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CJP Protest Rocks Delhi; 150 Detained



Press Trust Of India

New Delhi: Tricolours in hand and raising slogans of 'Jai Hind', hundreds of supporters of the Cockroach Janta Party (CJP) and members of student organisations held a series of flash protests in central Delhi on Friday evening after police denied permission for the party's 'Lehra Do Tiranga' march at Connaught Place.

CJP founder Abhijeet Dipke and AISA president Neha Bora were among the around 150 protesters detained by Delhi Police. The detentions drew sharp attacks from the opposition, with Congress leader Rahul Gandhi backing the protesting students, while the BJP-led

central government called the protest an attempt to bring about a regime change by "using" young people to spread "anarchy".

The protesters walked through the inner circle of Connaught Place, intermittently raising the slogan of 'Jai Hind' before dispersing and regrouping at different spots. Some also sang the national anthem.

Students and members of the All India Students' Association (AISA) protested at Mandi House, demanding the resignation of Chief Election Commissioner Gyanesh Kumar, rollback of the Special Intensive Revision (SIR) of electoral rolls, and withdrawal of the 2023 Election | [More on P6](#)

Court Sets Limits On Invocation Of Migrant Act Says Prior Possession Must Be Examined Before Invoking 1997 Legislation

M Ahmad

Srinagar: The High Court of J&K and Ladakh has held that the provisions of the Jammu and Kashmir Migrant Immovable Property (Preservation, Protection and Restraint on Distress Sales) Act, 1997 cannot be invoked mechanically against persons whose possession of the disputed land had commenced much before the migration of those claiming ownership.



A bench of Justice Sanjay Parihar observed that where possession had commenced prior to November 1, 1989, the date linked to the statutory definition of "migrant", the subsequent migration of the persons claiming ownership would not, by itself, establish that the occupants had encroached upon or taken possession of migrant property within the meaning of the 1997 Act.

"The question whether such possession was lawful, permissive, | [More on P6](#)

J&K Orders Inquiry As IAS Officer's Conduct Sparks Outcry

CM Assures Protection Against Retaliation; NCW seeks report within seven days

Observer News Service

Srinagar: The Jammu and Kashmir government on Friday ordered an in-depth inquiry into the alleged misconduct of senior IAS officer Kumar Rajeev Ranjan towards a junior woman JKAS officer, following widespread condemnation of a heated exchange between the two that surfaced on social media.

The General Administration Department (GAD) has appointed Mandeep Kaur, a 2004-batch IAS officer and Commissioner-Secretary to the Housing and Urban Development Department, as the inquiry officer. She has been directed to submit her report within 15 days of the



issuance of the order.

Additional Secretary, GAD, Amit Vermani, has been appointed as the presenting officer in the matter, according to the government order.

Ranjan, Administrative Secretary of the Labour and Employment Department, came under scrutiny

after he allegedly used abusive language against Beenish Wani, Assistant Director (Employment), Ganderbal, during a review meeting earlier this week. The exchange reportedly concerned the role of the National Rural Livelihood Mission (NRLM) during a review meeting on

Mission YUVA.

Videos of the confrontation circulated on social media, prompting condemnation from members of the Jammu and Kashmir Administrative Service (JKAS), who called for an impartial inquiry into the incident and the alleged public humiliation of the woman officer.

Omar Assures Protection Against Retaliation

Chief Minister Omar Abdullah condemned the alleged conduct in strong terms, saying the senior bureaucrat's behaviour, prima facie, fell short of the standards expected of an IAS officer.

In a post on X, Abdullah said he had taken up the matter with the Chief Secretary and directed that | [More on P6](#)

Govt Warns Officials Against Abusive Language

The Jammu and Kashmir Government has issued a circular reminding all officers and officials that they must maintain professionalism, courtesy, and mutual respect in their interactions with seniors, colleagues, subordinates, and the public.

Citing Rule 3 of the J&K Government Employees (Conduct) Rules, 1971, the General Administration Department (GAD) directed that employees are expected to uphold integrity, discipline, and conduct befitting public servants. The circular has been issued at a time

when a major controversy has erupted over alleged misconduct by a senior IAS officer with a junior KAS officer. It emphasizes that official interactions should be conducted with due courtesy, restraint, dignity, and mutual respect. Seniority and supervisory | [More on P6](#)

HC Pulls Up Doctors For Failing To Act Under MTP Law

Orders Constitution Of Medical Board In Late-Stage Pregnancy Termination Case

M Ahmad

Srinagar: The High Court of J&K and Ladakh has expressed serious concern over registered medical practitioners, particularly doctors working in medical college-associated and district hospitals, failing to discharge their statutory responsibilities under the Medical Termination of Pregnancy Act, 1971 and the rules framed thereunder, leaving aggrieved women to approach courts for relief.

The court also directed Lalla Ded Hospital here to constitute a competent Medical Board and take immediate action on the request for medical termination of a pregnancy after serious foetal abnormalities were detected at nearly 32 weeks of gestation.

A bench of Justice Mohd



Yousuf Wani passed the directions while disposing of a petition filed by a legally wedded couple seeking constitution of a Medical Board for examination of the woman and evaluation of the foetal abnormalities.

The court was informed that scans conducted at 12 weeks and six days on May 8 and 21 weeks and four days on July

26 had not shown any gross congenital anomaly. However, an ultrasound conducted on September 24, when the pregnancy had reached 31 weeks and six days, detected polyhydramnios, a large cystic structure in the foetal lumbar spine measuring about 83x72x82 mm, mild ventriculomegaly and findings suggestive of Arnold-Chiari Type-II malformation.

A Fetal MRI conducted on September 25 subsequently confirmed a large posterior spinal defect with a cystic sac measuring approximately 6x6.5x8.3 cm, consistent with open spinal dysraphism with a large myelomeningocele.

The medical records placed before the court showed that the prognosis regarding morbidity and mortality had been explained to the | [More on P6](#)

SC Seeks Centre's Stand On Social Media Curbs For Children

KO Web Desk

Srinagar: The Supreme Court on Friday sought responses from the Centre and the National Commission for Protection of Child Rights (NCPCR) on a plea seeking a comprehensive national framework to protect children from alleged risks associated with social media platforms.

A bench comprising Chief Justice Surya Kant and Justice Joymalya Bagchi issued notices to the ministries of Women and Child Development and Law and Justice, along with the NCPCR, on the petition filed by Indore-based Emerald Heights International School and its director of academics, Siddharth Singh Gimar.

The bench tagged the plea, filed through advocate Vaibhav Choudhary, with a pending petition and listed the matter for hearing on December 7.

The petition seeks an enforceable regulatory

framework to address risks children may face on social media, including online grooming, sexual exploitation, cyberbullying, exposure to age-inappropriate content and excessive platform use.

It contends that the absence of effective safeguards against such risks is arbitrary and unreasonable and violates Articles 14, 15(3), 21 and 21A of the Constitution, which deal with equality before the law, provisions for women and children, the right to life and personal liberty, and the right to education.

The petitioner has urged the court to direct the Centre to frame, notify and implement a dedicated national framework governing children's access to and use of social media platforms.

Among the measures sought are mandatory age verification, age-appropriate access, verifiable parental consent and stronger | [More on P6](#)



Centre-Ladakh Talks Hit Hurdle Over Safeguards, Legislature

LAB, KDA reject Centre's draft; fresh talks on October 22

KO Web Desk

Srinagar: Talks between the Union Home Ministry and Ladakh leaders ended without a breakthrough, with both sides expressing differences over the Centre's draft proposal on constitutional safeguards and a legislature for the Union Territory.

The two sides will meet again in New Delhi on October 22 after the Leh Apex Body (LAB) and the Kargil Democratic Alliance (KDA) expressed dissatisfaction with the proposal presented by the Centre.

The meeting between a sub-committee of the Union Home Ministry and representatives of the LAB and KDA lasted nearly

three hours at the Secretariat on Thursday.

The Ladakh delegation included Lok Sabha MP Haji Haneefa Jan, climate activist Sonam Wangchuk, Kargil Hill Council Chief Executive Councillor Mohammad Jaffer Akhoun, Ladakh Chief Secretary Ashish Kundra and former Leh Hill Council CEC Tashi Gyalson.

KDA co-chairman Asgar Karbalai said the Ladakh representatives submitted detailed, point-by-point replies to a questionnaire and presented a memorandum of understanding before the Home Ministry shared its draft proposal.

"We are totally dissatisfied with the | [More on P6](#)

Ladakh Gets Eighth District; 5 New Tehsils Notified

The Ladakh administration on Friday announced the creation of Sankoo as the Union Territory's eighth district, fulfilling a long-standing demand of the people of the Kargil region. Lieutenant Governor V K Saxena approved the decision and announced | [More on P6](#)

J&K Unveils ₹3,549-Cr Circular Economy Roadmap

Sets 10-Year Plan for Waste Recovery, Recycling; Targets 90% Urban Recovery

Observer News Service

Srinagar: The Jammu and Kashmir Government has notified the Circular Economy Policy, 2026, outlining a 10-year roadmap with an indicative financial outlay of ₹3,548.7 crore to promote waste recovery, recycling, resource efficiency and green livelihoods across the Union Territory.

Chief Minister Omar Abdullah described the policy as "a decisive step towards resource recovery, green growth and ecological sustainability", saying it marked a shift towards a low-waste, resource-efficient

CM Omar Calls Policy A Decisive Step Towards Green Growth

development model suited to Jammu and Kashmir's diverse geographical and settlement patterns.

The policy aims to achieve over 90 per cent urban material recovery through improved waste segregation, greater diversion of waste from landfills and the development of sustainable green livelihoods.

It proposes a three-tier governance framework, classified as Circular, Circular+ and Circular++, to align waste management, recycling, resource recovery and wastewater reuse with the capacities and | [More on P6](#)

J&K Schools Told to Implement 10 Bagless Days

KO Web Desk

Srinagar: The Jammu and Kashmir Government has directed Chief Education Officers (CEOs) across the Union Territory to implement the 10 Bagless Days initiative in government schools for students of Classes 6 to 8, focusing on practical learning, vocational skills and exposure to local occupations.

In a communication dated October 14, 2026, the Directorate of Samagra Shiksha J&K instructed all CEOs to circulate the prescribed guidelines among higher secondary, high and middle schools where Classes 6 to 8 are taught and ensure their implementation in line with the National Education Policy (NEP) 2020.

The communication, issued by Administrative Officer Ashwini Kumar, also directs the officers to submit consolidated monthly reports on the initiative by the fifth of every month through the designated email address.

The guidelines, developed in November 2025 by the Pandit Sunderlal Sharma Central Institute of Vocational Education, a constituent unit of the National Council of Educational Research and Training (NCERT), aim to take learning beyond conventional classrooms by introducing students to practical skills, community life and the world of work.

Under the initiative, students are encouraged to interact with local artisans, craftspeople and skilled professionals and gain first-hand | [More on P6](#)



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02

New Study Reveals Brain's Role In Chronic Back Pain

Press Trust Of India

A study has found that targeting the brain's default mode network, which becomes active when one is thinking about themselves and their identity or reflecting on internal thoughts and feelings, may be a better approach to managing chronic low back pain.

Findings published in the British Journal of Anaesthesia showed pain that patients of chronic low back pain experience due to a movement could be turning on the brain region, or 'self-network', possibly explaining why typical symptom-based treatments are often ineffective.

Researchers from the US' Univer-

sity of California San Diego had 114 patients perform a 'leg raise test' -- a standard way to trigger a back pain flare -- while measuring blood flow in the brain using a specialised functional MRI technique.

The team also tested how the patients' brains responded to a harmless but painful heat stimulus on the calf, comparable to accidentally touching a hot stove.

They found that the brain region's default mode network is turned on when patients of chronic low back pain experience sudden pain brought on by a movement, providing the first evidence that the experience of chronic pain is not merely a sensation, but is deeply embedded in the sense of self.

In contrast, when the participants were subjected to the painful heat, their default mode network shut down, which is the brain's usual response to acute pain, allowing the brain to focus entirely on the external threat rather than on the self, according to author Fadel Zeidan, professor in the department of anesthesiology.

"In every pain study, when you're experiencing pain, the DMN (default mode network) deactivates," said Zeidan.

"What we show for the first time ever is that when you have a pain flare, it turns on instead. You start to identify the experience with who you are," the author said.

About 619 million people across

the world were affected by low back pain in 2020, the World Health Organization says. In essence, the brain in chronic low back pain is maladaptively coupling the physical pain with a deep, internal sense of self, the researchers said.

"The moment-to-moment experience is contaminated not only by the feeling of pain, but by the anticipation of it and recovery from it. It's contaminated by past experiences like embarrassment about not being able to participate in normal ac-

tivities and fear of movement when trying to avoid the pain," Zeidan said.

Standard treatments including opiates often fail because pain flares evoked by movement in chronic low back pain patients activate different brain networks than typical acute pain, the researchers said.

"Current pain medicine is fixated on ridding patients of their pain symptoms, but that's not the source of chronic pain. These data suggest that a chronic pain flare also encompasses one's identity," Zeidan said.

NORTHERN RAILWAY

Mechanized Cleaning and Housekeeping Works of Martyr Captain Tushar Mahajan Udhampur Goods Shed for a period of 1 years.

Sr. Divisional Commercial Manager, Divisional Railway Manager's Office, Jammu Division, for and on behalf of the President of India invites bids from interested eligible parties for "Mechanized Cleaning and Housekeeping Works of Martyr Captain Tushar Mahajan Udhampur Goods Shed for a period of 1 year". Eligible and interested parties may submit their bids on GeM portal. **Gem Bid Number: GEM/2026/B/8173031 dated 16.10.2026.**

For more details & Other information kindly visit GeM portal: www.gem.gov.in or contact at 9779233938.

Last date of submission of bid: Upto 16:00 Hrs on 09.11.2026.

No: MCTM/GDS/Cleaning/2026 Date: 16.10.2026

3627/2026

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PUBLIC NOTICE

This is information for the general public that in Birth Certificate of my son ASHTAR ALI LONE the fathers name is entered as ASHIQ AHMAD LONE while actual fathers name is ASHAK AHMAD LONE. Now i want its correction, in this regard if anybody having any objection may contact EXECUTIVE OFFICER MUNICIPAL COUNCIL BUDGAM with in a period of seven days. No objection shall be entertained after that.

ASHAK AHMAD LONE F/o ASHTAR ALI LONE
R/o BUDGAM CELL 9419488413

MBC

PUBLIC NOTICE

I, This is information for the general public that in Adhar card of my son bearing No 710680381588 the name is entered as DANISH YOUSUF LONE while his actual name is DANISH ALI LONE. 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.

MOHAMMAD YOUSUF LONE F/O DANISH ALI LONE
R/o PARISABAD BUDGAM.

MBC

PUBLIC NOTICE

This is for the information to the general public that I intend to change the name on my electricity bill bearing Consumer ID 0212040004795 from Late Gh Rasool Shah S/o Gh Mohi-ud din Shah R/o Buchoo to Hissar Begum W/o Late Gh Rasool Shah. In this regard if anybody have any kind of objection he/she may file the same with Executive Engineer PDD Division Wagoora with in a period of 7 days from the date of publication of this notice. No objection will be entertained afterwards.

FGO

PUBLIC NOTICE

This is for the information to the general public that I intend to change the name on my electricity bill bearing Consumer ID 0212040004699 from Late Gh Mohammad Shah S/o Gh Mohmmad Ayoub Shah R/o Buchoo to Hajra Begum W/o Late Gh Mohammad Shah. In this regard if anybody have anykind of objection he/she may file the same with Executive Engineer PDD Division Wagoora with in a period of 7 days from the date of publication of this notice. No objection will be entertained afterwards.

FGO

PUBLIC NOTICE

This is for the information to the general public that I intend to correct the name on my Driving License bearing no. JK04-20080003179 from Parveez Ahmad Dar to Parvaiz Ahmad Dar as per my aadhar Card. In this regard if anybody have anykind of objection he/she may file the same with ARTO Budgam within a period of 7 days from the date of publication of this notice. No objection will be entertained afterwards.

Parvaiz Ahmad Dar
S/o Abdul Rashid Dar
R/o Humhama Bilal Mohalla Srinagar

I-HO

PUBLIC NOTICE

Notice is hereby given that I, Ghulam Hassan Bangroo, resident of House No. 3, Hyderpora Bypass, Srinagar, and owner of the property situated at Hyderpora Bypass, Srinagar, intend to register and operate the said premises as "The Qila Luxury Bed & Breakfast (B&B)" under the applicable regulations of the Tourism Department and other concerned authorities.

Any person having any objection, claim, or legal right in respect of the said property or the proposed registration and operation of the establishment is hereby requested to submit their objection in writing, along with supporting documentary evidence, to the Office of the Deputy Director of Tourism, Srinagar, within 7 (seven) days from the date of publication of this notice.

No objections shall be entertained after the expiry of the stipulated period.

Date: October 15, 2026

Ghulam Hassan Bangroo
R/o House No. 3, Hyderpora Bypass, Srinagar

FGO

PUBLIC NOTICE

I, SURIYA BIBI W/O MOHD SADIQ R/O JANDYALTA THIAGRO TEHSIL AKHNOOR DISTRICT JAMMU do hereby inform the general public that I want to apply for **BEE CLASS CONTRACTOR CARD**. If anybody is having any objection, he/ she may contact Chief Engineer CI&D Wing JKPDC, Bemina within a period of seven days. After that no objection will be entertained.

Abass Advt.

PUBLIC NOTICE

I, AMIR ALI RATHER S/O GHULAM ALI RATHER R/O MALIKPORA LABERTAL TEH-BUDGAM, DISTRICT BUDGAM, do hereby inform the general public that I want to apply for **DEE CLASS CONTRACTOR CARD**. If anybody is having any objection, he/ she may contact Chief Engineer CI&D Wing JKPDC, Bemina within a period of seven days. After that no objection will be entertained.

Abass Advt.

PUBLIC NOTICE

I, MUSHTAQ AHMAD LONE S/O ALI MOHAMMAD LONE R/O DAHARMUNAH, BUDGAM TEH-BUDGAM, DISTRICT BUDGAM, do hereby inform the general public that I want to apply for **A-CLASS CONTRACTOR CARD**. If anybody is having any objection, he/ she may contact Chief Engineer CI&D Wing JKPDC, Bemina within a period of seven days. After that no objection will be entertained.

Abass Advt.

PUBLIC NOTICE

I, SURTAJ ALI S/O INSAF ALI GARAH R/O CHANDOORKOTE RAMBAN TEHSIL RAMBAN DISTRICT RAMBAN, do hereby inform the general public that I want to apply for **DEE CLASS CONTRACTOR CARD**. If anybody is having any objection, he/ she may contact Chief Engineer CI&D Wing JKPDC, Bemina within a period of seven days. After that no objection will be entertained.

Abass Advt.

PUBLIC NOTICE

Notice is hereby given that I, Ghulam Hassan Bangroo, resident of House No. 3, Hyderpora Bypass, Srinagar, and owner of the property situated at Hyderpora Bypass, Srinagar, intend to register and operate the said premises as "The Qila Luxury Bed & Breakfast (B&B)" under the applicable regulations of the Tourism Department and other concerned authorities.

Any person having any objection, claim, or legal right in respect of the said property or the proposed registration and operation of the establishment is hereby requested to submit their objection in writing, along with supporting documentary evidence, to the Office of the Deputy Director of Tourism, Srinagar, within 7 (seven) days from the date of publication of this notice.

No objections shall be entertained after the expiry of the stipulated period.

Date: October 15, 2026

Ghulam Hassan Bangroo
R/o House No. 3, Hyderpora Bypass, Srinagar

FGO

PUBLIC NOTICE

I, Muzamil Sayed, hereby declare that the name of the mother of my child, Abu Bakar, a student of G.D. Goenka Public School, Srinagar, has been incorrectly recorded as "Muzamil" in the school records. The correct name is "MUZAMIL SAYED".

It is requested that all concerned authorities and institutions may kindly take note of the correction and update their records accordingly.

Child's Name: Abu Bakar
School: G.D. Goenka Public School, Srinagar
Admission No.: 2296
Class/Section: 2nd Tulip
Incorrect Name: Muzamil
Correct Name: Muzamil Sayed

FGO

PUBLIC NOTICE

I, HAYA AIJAZ, daughter of AEJAZ AHMAD BHAGAT, mother's name MADEENA AKHTER, Date of Birth 16-08-2015, presently studying in Class 6th, Session 2026, vide Admission No. 710, at Government Girls High School, Ichigam, Budgam, hereby notify the general public that my father's name has been incorrectly recorded as AEJAZ AHMAD BHAGAT in my school records.

The correct name of my father is AIJAZ AHMAD BHAGAT. Therefore, the concerned authorities and all persons are requested to read and record my father's name as AIJAZ AHMAD BHAGAT instead of AEJAZ AHMAD BHAGAT in all relevant records. Any discrepancy in this regard may kindly be corrected accordingly.

Mobile No.: 7006259436

MBC

PUBLIC NOTICE

I have lost my passport at somewhere bearing passport no..J900497. Now I am applying for its duplicate (fresh) if anybody having any objection in this regard he/she may file his/her objection in the office of concerned passport office within seven days from the publication of this notice after that no objection will be entertained

Name: NISAR AHMAD BABA
S/O: MOHD AKBER BABA
R/O: DOULATPORA KREERI
District: BARAMULLA

FGO

PM SHRI SCHOOL JAWAHAR NAVODAYA YAVIDYALAYA

AISHMUQAM DISTT. ANANTNAG

NOTIFICATION FOR EXTENSION OF LAST DATE

FOR SUBMISSION OF APPLICATIONS FOR CLASSES IX & XI LEST-2027

Online Registration portal for Lateral Entry Selection Test (LEST) - 2027 for admission to classes IX & XI for the session (2027-28) was launched on 01.09.2026. The last date of submission of online application is further extended up to 22.10.2026. The candidates may apply free of cost by visiting the following links:

For class IX: https://cbseitms.nic.in/2026/nvsix_9

For class XI: <https://cbseitms.nic.in/2026/nvsxi11>

The correction window will remain open from 23.10.2026 to 25.10.2026. Registered candidates can make necessary corrections in the field of Category/Gender/Area/Disability only.

DIPK-6816-26

DT: 16/10/2026

(S.N. Gupta)

Principal

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE CHIEF EDUCATION OFFICER MINI-SECRETARIAT KULGAM

Tel: 01931-467195 email: ceokulgam-accts@jk.gov.in, web: www.ceokulgam.in

Subject: Final Selection of Class IV/MTS posts issued under Order No: 22 CEOK of 2026, Dated: 13.05.2026 in light of LPA No. 109/2020 and submission of Joining thereof.

FINAL NOTICE

Whereas this office issued the final selection list of Class IV/MTS posts advertised Vide Notice No. CEO/K/NT/01/14/2048-50, Dated: 04.08.2014 in compliance to the judgement/orders passed in LPA No. 109/2020 titled UT of J&K and others Vs. Maria Nazir & Others read with Govt. Order No. 14-JK(Edu) of 2026, Dated: 15.04.2026 issued under Order No. 22 CEOK of 2026, Dated: 13.05.2026.

Whereas this office operated the waiting list of 05 candidates, against the non-joining candidates from the selection list of fifteen (15) candidates, vide order No: 37 CEO KGM of 2026 dated:- 19-06-2026.

Whereas the selectees were directed to report this office within seven days for submission of Online CID VRoll and other requisite documents.

Whereas only 03 candidates out of 05 in selection (Waiting) list reported this office and CID Verification was generated online in their favor.

Whereas the following candidates failed to report this office within a period of 07 days.

S. No	Name	Parentage	Residence	DOB	Category	S. No. in the Selection waiting List
1.	Rabia Mushtaq	Mushtaq Ahmad Rather	Matipora	22.01.1993	OM	1
2.	Abid Hussain Wani	Nazir Ahmad Wani	Okey	09.09.1995	OM/RBA	3

Accordingly the above mentioned candidate are provided one more chance and are intimated through the medium of this notice to report this office within a period of Seven (07) days from the date of publication of this notice for submission of online CID Verification VRoll and other requisite documents failing which after expiry of seven days the claim of the said candidate for appointment as Class IV shall not be entertained in any circumstance.

No: CEO/K/Estt-NT/4479-85/26

Dated: 14 /10/2026

DIPK-6798-26

DT: 16/10/2026

Fayaz Ahmad Mir
Chief Education Officer
Kulgam

ceo-mcganderbal@jk.gov.in

Fax @:- 01942416090

Phone No: 01942416090



GOVERNMENT OF JAMMU AND KASHMIR DEPARTMENT OF URBAN LOCAL BODIES KASHMIR SRINAGAR OFFICE OF THE MUNICIPAL COUNCIL GANDERBAL



DASTI QUOTATION

On behalf of the Government of Jammu & Kashmir, sealed quotations are hereby invited from registered dealers, agencies, firms for the supply and installation/replacement of tyres and batteries of Garbage Hopper vehicles of Municipal Council Ganderbal, as per the details given below:

S.No.	Name of items with description	Qty	Rate to be quoted
1	Tyres No. 165R 14LT	10 No	Complete Job
2	Batteries for Garbage Hooper's 12S (Voltage)	03 No.	

Terms and Conditions:

- The sealed Dasti quotations should reach to the office of the undersigned by or before 20 -10-2026 up to 2 pm either by post or by hand on the printed letter head of firm/dealer
- The rates should be quoted both in words and figures without cutting/ overwriting.
- The quotations shall be opened on the same day after 2 pm or on any other convenient day to the opening authority in presence of the registered dealer/ agencies/Authorized Dealers who which to be remain present
- The successful bidder shall be bound to carry out the supply & Installation of Tyres and batteries of the of the Garbage Hooper's as specified above, strictly in accordance with the specifications and quality standards mentioned in the quotation
- The undersigned reserves the right to accept or reject any or all of the quotations without any reason.
- Further details can be had from the office of the undersigned during the working hours.
- The rates should be quoted inclusion of all applicable taxes.

No: MC/GBL/2026/3484-87

Dated:- 16/10/2026

DIPK-NB-1899-26

DT: 16/10/2026

Sd/-
Chief Executive Officer
Municipal Council Ganderbal.

Rs 13.99 Crore Allocated For Srinagar EV Charging Infrastructure



Observer News Service

SRINAGAR: The Jammu and Kashmir administration has allocated Rs 13.99 crore for electric vehicle charging infrastructure in Srinagar, with work under way at Batamalo, Harwan and Bemina, as Chief Secretary Atal Dulloo on Friday reviewed measures to ease traffic congestion and improve road safety in Jammu and Srinagar.

The Multi-Disciplinary Committee (MDC) on Traffic Management reviewed parking, public transport, road infrastructure, enforcement and implementation of recommendations of the Supreme Court Committee on Road Safety (SC-CoRS).

The meeting was informed that the Pantha Chowk charging station, with a capacity for 100 buses, has been developed, while the Zoonimar

station is functional for 15 vehicles. Charging stations at Batamalo, Harwan and Bemina are under execution under the ₹13.99-crore allocation.

In Jammu, sites have been handed over to the Transport Department under the PM E-Drive scheme, with ₹15 crore allocated and civil works for an electric bus depot underway.

Seventeen roadside parking sites have been identified in Jammu, of which three are functional and seven allotted to vendors. In Srinagar, an IT-based Automatic Number Plate Recognition (ANPR) system is monitoring 300 parking spaces at key locations.

Dulloo directed the municipal corporations to regularly inspect traffic signage and create additional parking spaces to reduce congestion caused

by unregulated parking.

He also called for upgrading the Integrated Traffic Management System (ITMS) in both cities with facial recognition capabilities to strengthen enforcement and road safety.

The Traffic Department was directed to analyse e-DAR data to identify accident-prone locations and deploy personnel at identified hotspots and blackspots.

The meeting was informed that Jammu generated 1,75,384 e-challans involving ₹20.20 crore between January and July 2026, while Srinagar generated 1,04,311 challans involving ₹10.50 crore.

Together, 2,79,695 e-challans involving ₹30.70 crore were generated during the seven months. Of these, 14,677 were disposed of and ₹1.23 crore realised.

Dulloo also sought a proposal to strengthen safety audits of heavy passenger vehicles, particularly school buses, and called for an effective grievance redressal mechanism under PM-RAHAT for road accident victims.

The Transport Department said 68,000 vehicle registration certificates had been cancelled for repeated violations.

Since 2021, ₹18.14 crore has been allocated under Road Safety Funds, of which ₹13.83 crore has been utilised for traffic monitoring and enforcement equipment, including body-worn cameras, interceptor vehicles, cranes, breath analysers and first-responder kits.

No-honking zones have also been mapped at 29 major institutional locations in Jammu and 12 in Srinagar. (with KNO inputs)

Kapsons Opens 33rd Store In Srinagar



Observer News Service

SRINAGAR: Kapsons, a leading fashion retailer with 37 years of experience, has opened its 33rd store in Srinagar, bringing more than 100 international fashion brands under one roof and expanding its retail presence to Jammu and Kashmir.

Located at Harco City Centre, Sanat Nagar Chowk, Rawalpura, the new outlet spans 22,000 square feet, making it the largest retail format in the company's history. The store aims to offer fashion-conscious customers in the Valley a wider selection of international brands in a contemporary shopping environment.

The outlet features an extensive portfolio of global and established fashion labels, including Brooks Brothers, Tommy Hilfiger, Calvin Klein, GAP, Forever New, Guess and Adidas Kids, among others.

With dedicated selections across menswear, womenswear, kidswear and accessories, the store caters to individuals and families

seeking a diverse range of fashion options at a single destination.

The opening marks a significant milestone in Kapsons' expansion journey, extending its established retail presence across North India to Jammu and Kashmir. Over the past 37 years, the company has built its business around a broad brand portfolio, product quality, choice and customer experience.

The Srinagar outlet reflects the retailer's continued focus on making international fashion more accessible to customers beyond major metropolitan markets.

For shoppers in the Valley, the new store offers an opportunity to explore a wider range of clothing and accessories, discover contemporary styles and shop from multiple brands in a spacious retail setting.

The expansion also adds to Srinagar's organised retail landscape, providing customers with a consolidated destination for international fashion labels across different age groups and categories.

CBI Arrests SMC Ward officer For Accepting Rs 10,000 Bribe

Observer News Service

SRINAGAR: The Central Bureau of Investigation (CBI) has arrested a Ward Officer of the Srinagar Municipal Corporation (SMC), Safa Kadal, for allegedly demanding and accepting a bribe of rupees 10,000, the agency said on Friday.

In a statement issued, a spokesperson said the CBI said it registered a case on October 15, 2026, based on a complaint alleging that the accused had demanded rupees 10,000 to allow the continuation of minor renovation work at the complainant's residence.

The agency said it laid a trap on October 15 and caught the accused red-handed while allegedly demanding and accepting



the bribe amount from the complainant.

The accused has been arrested, while further investigation into the case is in progress, the statement added.

The CBI urged citizens in Jammu and Kashmir and Ladakh to report instances of corruption or demands for bribes by public officials. It said complaints can be lodged at the CBI Anti-Corruption Branch office at Guest House No. 6, near MLA Hostel, MA Road, Srinagar.

Bemina Man Dies of Suspected Heart Attack While Riding Scooty

Agencies

SRINAGAR: A 45-year-old man from Bemina died after suffering a heart attack while riding his scooty near Karan Nagar in Srinagar on Friday, officials said.

An official told KNO that the man collapsed on the road near the cremation ground crossing in Karan Nagar.

Locals spotted him lying unconscious and shifted him to SMHS Hospital Srinagar, where doctors declared him brought dead.

The deceased was identified as Bilal Ahmad Ahanger, son of Ghulam Ahmad Ahanger and a resident of Gousia Colony, Bemina.

The official said the inquest proceedings suggested that the deceased had suffered a heart attack. The body would be handed over to his legal heirs after the completion of medico-legal formalities—(KNO)

surroundings without compromising the scenic charm of the river.

The DC further stated that the District Administration Srinagar has already undertaken several similar measures, particularly at vulnerable bridges over the River Jhelum, including New Zaina Kadal, Aali Kadal, Old Zaina Kadal, Nawakadal and Safakadal in the Shahr-e-Khaas areas of the District. These measures are aimed at creating a safer environment for pedestrians and commuters through the installation of appropriate safety safeguards and strengthening preventive infrastructure. He also stated that fencing work along Noor Jehan bridge at Qamarwari is also being taken up and will be completed soon.

Director Agriculture Inaugurates Agricultural Products Sale Centre at Lal Mandi

Observer News Service

SRINAGAR: Director Agriculture Kashmir, Sartaj Ahmad Shah inaugurated a Sale Centre for Agricultural Products at the Directorate of Agriculture, Lal Mandi, Srinagar, in the presence of Joint Director Agriculture (Extension), Joint Director Agriculture (Inputs) and other concerned officers of the department.

The establishment of the Sale Centre marks an important initiative towards promoting agricultural products

and strengthening their marketing through an organised platform. The centre is aimed at facilitating the availability of agricultural products to consumers while providing greater visibility and market opportunities for the produce of the agricultural sector.

On the occasion, the Director Agriculture underscored the importance of strengthening marketing infrastructure and promoting agricultural products through dedicated sale outlets. He emphasised that such initiatives can play

a significant role in improving market access, encouraging agricultural entrepreneurship and fostering stronger linkages between producers and consumers.

He also stressed the need for coordinated efforts among departmental officers to ensure the effective functioning of the centre and to promote greater awareness about the availability and significance of agricultural products.

The initiative underscores the Department of Agriculture Kashmir's continued

commitment to promoting the agricultural sector, supporting farmers and entrepreneurs, and creating better avenues for the marketing and promotion of agricultural produce.

Joint Director Agriculture (Extension), Joint Director Agriculture (Inputs) and other officers present on the occasion appreciated the initiative and reiterated their commitment to supporting efforts aimed at strengthening agricultural marketing and promoting the sector's growth.

← KIND ATTENTION RAIL PASSENGERS! → IMPORTANT INFORMATION

RUN OF MORE FESTIVAL SPECIAL TRAINS - 2026
In order to clear extra rush of passengers during this Festival Season, Railways have decided to run the following additional Festival Special Trains as per details given below:-

04092/04091 Delhi Jn. - Howrah Jn. - Delhi Jn. Reserved Festival Special Express Train						02 Trips
Train No. 04092		STATIONS		Train No. 04091		
ARR.	DEP.			ARR.	DEP.	
---	00:30	Delhi Jn.		15:50	---	
08:40	---	Howrah Jn.		---	10:10	

DAYS OF RUN: 04092 Ex. Delhi Jn. on 17.10.2026 and 04091 Ex. Howrah Jn. on 18.10.2026.
STOPPAGES: Tundla Jn., Govindpur, Prayagraj Jn., Pt. Deen Dayal Upadhyaya Jn., Bhabua Road, Sasaram, Dehri On Sone, Anugraha Narayan Road, Guraru, Gaya Jn., Koderma, Hazaribagh Road, NSC Bose J Gomo, Dhanbad Jn., Asansol, Durgapur & Bardhaman Stations.
ACCOMMODATION: AC 2 Tier & AC 3 Tier.

04404/04403 Shakur Basti - Patna Jn. - Shakur Basti Unreserved Festival Special Express Train						16 Trips
Train No. 04404		STATIONS		Train No. 04403		
ARR.	DEP.			ARR.	DEP.	
---	15:15	Shakur Basti		15:00	---	
14:30	---	Patna Jn.		---	15:40	

DAYS OF RUN: 04404 Ex. Shakur Basti on 05, 06, 07, 10, 11, 12, 13 & 14.11.2026 and 04403 Ex. Patna Jn. on 06, 07, 08, 11, 12, 13, 14 & 15.11.2026.
STOPPAGES: New Delhi, Ghaziabad, Aligarh, Tundla, Govindpur, Subedarganj, Mirzapur, Pt. Deen Dayal Upadhyaya Jn., Buxar, Ara & Danapur Stations.
ACCOMMODATION: Sleeper & General.

04410/04409 Shakur Basti - Jhanniharpur Jn. - Shakur Basti Unreserved Festival Special Express Train						16 Trips
Train No. 04410		STATIONS		Train No. 04409		
ARR.	DEP.			ARR.	DEP.	
---	13:00	Shakur Basti		01:40	---	
16:00	---	Jhanniharpur Jn.		---	18:15	

DAYS OF RUN: 04410 Ex. Shakur Basti on 05, 06, 07, 10, 11, 12, 13 & 14.11.2026 and 04409 Ex. Jhanniharpur Jn. on 06, 07, 08, 11, 12, 13, 14 & 15.11.2026.
STOPPAGES: New Delhi, Ghaziabad, Aligarh Jn., Kanpur Central, Unnao Jn., Aishbagh, Gonda Jn., Gorakhpur Jn., Kaptanganj Jn., Bagaha, Narkatiaganj Jn., Sikta, Raxaul Jn., Ghorasahan, Bairagnia, Sitamarhi, Janakpur Road, Kamtaul, Shisho Halt & Sakri Jn. Stations.
ACCOMMODATION: Sleeper & General.

09617/09618 Udaipur City- Delhi Sarai Rohilla - Udaipur City Festival Special Express Train (Weekly)						12 Trips
Train No. 09617		STATIONS		Train No. 09618		
ARR.	DEP.			ARR.	DEP.	
---	21:15	Udaipur City		04:00	---	
11:15	---	Delhi Sarai Rohilla		---	13:45	

DAYS OF RUN: 09617 Ex. Udaipur City on every Wednesday from 21.10.2026 to 25.11.2026 and 09618 Ex. Delhi Sarai Rohilla on every Thursday from 22.10.2026 to 26.11.2026.
STOPPAGES: Mavli Jn., Chanderia, Bhilwara, Bijainagar, Ajmer Jn., Kishangarh, Phulera, Ringas Jn., Nim Ka Thana, Narnaul, Ateli, Rewari Jn., Gurgaon & Delhi Cantt. Stations.
ACCOMMODATION: AC 2 Tier, AC 3 Tier, AC 3 Tier Economy, Sleeper & General.

08407/08408 Khurda Road Jn. - Anand Vihar (T) - Khurda Road Jn. Festival Special Express Train						02 Trips
Train No. 08407		STATIONS		Train No. 08408		
ARR.	DEP.			ARR.	DEP.	
---	12:15	Khurda Road Jn.		10:45	---	
22:30	---	Anand Vihar (T)		---	00:30	

DAYS OF RUN: 08407 Ex. Khurda Road Jn. on 17.10.2026 and 08408 Ex. Anand Vihar (T) on 19.10.2026.
STOPPAGES: Bhubaneswar, Cuttack, Jajpur K Road, Bhadrakh, Balasore, Hiji, Midnapore, Bishnupur, Bankura, Adra, NSC Bose J Gomo, Koderma, Gaya Jn., Dehri On Sone, Sasaram, Bhabua Road, Pt. Deen Dayal Upadhyaya Jn., Subedarganj, Govindpur, Tundla Jn. & Ghaziabad Stations.
ACCOMMODATION: AC 2 Tier, AC 3 Tier, Sleeper & General.

04070/04069 New Delhi - Howrah Jn. - New Delhi Reserved Festival Special Superfast Express Train						02 Trips
Train No. 04070		STATIONS		Train No. 04069		
ARR.	DEP.			ARR.	DEP.	
---	08:20	New Delhi		18:45	---	
10:50	---	Howrah Jn.		---	15:00	

DAYS OF RUN: 04070 Ex. New Delhi on 17.10.2026 and 04069 Ex. Howrah Jn. on 18.10.2026.
STOPPAGES: Aligarh Jn., Kanpur Central, Prayagraj Jn., Pt. Deen Dayal Upadhyaya Jn., Buxar, Ara, Patna Jn., Bakhtiyarpur Jn., Kiul Jn., Jhajha, Jasidih Jn., Madhupur Jn., Chittaranjan, Asansol Jn., Durgapur, Bardhaman & Bandel Stations.
ACCOMMODATION: AC 2 Tier & AC 3 Tier.

04085/04086 New Delhi - Shri Mata Vaishno Devi Katra - New Delhi Reserved Festival Special Express Train						02 Trips
Train No. 04085		STATIONS		Train No. 04086		
ARR.	DEP.			ARR.	DEP.	
---	14:00	New Delhi		23:30	---	
03:00	---	Shri Mata Vaishno Devi Katra		---	10:00	

DAYS OF RUN: 04085 Ex. New Delhi on 17.10.2026 and 04086 Ex. Shri Mata Vaishno Devi Katra on 18.10.2026.
STOPPAGES: Sonapat, Panipat Jn., Kurukshetra Jn., Ambala Cantt, Dhandari Kalan, Jalandhar Cantt, Pathankot Cantt, Martyr Captain Sunil Kr Choudhary Kathua, Jammu Tawi & Martyr Captain Tushar Mahajan Stations.
ACCOMMODATION: AC 2 Tier, AC 3 Tier, Sleeper & General.

For any kind of information, passengers are requested to contact RailMadad Helpline No. 139 or visit Indian Railways website <https://enquiry.indianrail.gov.in> or NTES App.

04485/04486 New Delhi - Shri Mata Vaishno Devi Katra - New Delhi Reserved Festival Special Express Train						04 Trips
Train No. 04485		STATIONS		Train No. 04486		
ARR.	DEP.			ARR.	DEP.	
---	14:15	New Delhi		23:30	---	
03:00	---	Shri Mata Vaishno Devi Katra		---	10:00	

DAYS OF RUN: 04485 Ex. New Delhi on 18.10.2026 & 20.10.2026 and 04486 Ex. Shri Mata Vaishno Devi Katra on 19.10.2026 & 21.10.2026.
STOPPAGES: Sonapat, Panipat Jn., Kurukshetra Jn., Ambala Cantt, Dhandari Kalan, Jalandhar Cantt, Pathankot Cantt, Martyr Captain Sunil Kr Choudhary Kathua, Jammu Tawi & Martyr Captain Tushar Mahajan Stations.
ACCOMMODATION: 1st AC, AC 2 Tier, AC 3 Tier, Sleeper & General.

04231/04232 Varanasi Jn. - Jammu Tawi - Varanasi Jn. Reserved Festival Special Express Train						02 Trips
Train No. 04231		STATIONS		Train No. 04232		
ARR.	DEP.			ARR.	DEP.	
---	13:40	Varanasi Jn.		17:40	---	
21:00	21:10	Lucknow		10:05	10:15	
15:20	---	Jammu Tawi		---	17:00	

DAYS OF RUN: 04231 Ex. Varanasi Jn. on 18.10.2026 and 04232 Ex. Jammu Tawi on 19.10.2026.
STOPPAGES: Jaunpur Jn., Ayodhya Dham Jn., Ayodhya Cantt, Lucknow, Shahjahanpur Jn., Bareilly, Moradabad, Saharanpur Jn., Ambala Cantt. Jn., Ludhiana Jn., Jalandhar Cantt. Jn. & Pathankot Cantt Stations.
ACCOMMODATION: AC 3 Tier, Sleeper & General.

04201/04202 Varanasi Jn. - Ayodhya Dham Jn. - Varanasi Jn. Unreserved MEMU Festival Special Train (Daily)						88 Trips
Train No. 04201		STATIONS		Train No. 04202		
ARR.	DEP.			ARR.	DEP.	
---	16:20	Varanasi Jn.		04:00	---	
21:40	---	Ayodhya Dham Jn.		---	22:20	

DAYS OF RUN: 04201 Ex. Varanasi Jn. and 04202 Ex. Ayodhya Dham Jn. from 18.10.2026 to 30.11.2026 (Daily).
STOPPAGES: Shivpur, Birapatti, Babatpur, Pindra Road Halt, Khalispur, Trilochan Mahadeo, Jalalganj, Sarkoni, Zafarabad Jn., Jaunpur Jn., Mahawan, Mirhawan, Manikala Halt, Khetasari, Shahganj Jn., Bilwai, Tulsinagar, Malipur, Jafarganj, Akbarpur, Katarhi, Goshinganj, Ulna Bhari, Bilhar Ghat & Darshannagar Stations.
ACCOMMODATION: General.

14212 New Delhi - Agra Cantt. Intercity Express will be extended up to Gwalior Station w.e.f 05.11.2026 to 14.11.2026 & 14211 Agra Cantt. - New Delhi Intercity Express will originate from Gwalior Station w.e.f 06.11.2026 to 15.11.2026					
Train No. 14212		STATIONS		Train No. 14211	
ARR.	DEP.			ARR.	DEP.
---	17:40	New Delhi		10:00	---

No Change					
22:05	22:20	Agra Cantt Jn.		05:40	05:45
23:18	23:20	Dhaulpur		04:35	04:37
00:10	00:12	Morena		03:28	03:30
01:40	---	Gwalior Jn.		---	02:40

64426 New Delhi - Ghaziabad EMU will be extended up to Aligarh Jn. & 64429 Ghaziabad - New Delhi EMU will originate from Aligarh Jn. w.e.f 05.11.2026 to 14.11.2026

Train No. 64426			STATIONS		Train No. 64429	
ARR.	DEP.			ARR.	DEP.	
---	09:55		New Delhi	17:20	---	
No Change						
10:45	10:55		Ghaziabad	16:10	16:30	
11:20	11:21		Maripat	15:12	15:13	
11:26	11:27		Dadri	15:01	15:02	

11:31	11:32	Boraki Halt	14:55	14:56
11:37	11:38	Ajaibpur	14:50	14:51
11:45	11:46	Dankaur	14:42	14:43
11:53	11:54	Wair	14:34	14:35
11:59	12:00	Chola	14:28	14:29
12:04	12:05	Gangraul Halt	14:23	14:24
12:09	12:10	Sikandarpur	14:18	14:19
12:15	12:16	Khurja Jn	14:12	14:13
12:21	12:22	Kamalpur	14:05	14:06
12:26	12:27	Danwar	14:00	14:01
12:35	12:36	Somna	13:51	13:52
12:44	12:45	Kulwa	13:42	13:43
12:50	12:51	Mahrawal	13:36	13:37
13:00	-----	Aligarh Jn	-----	13:30

Let the Channel Flood Us with Fortune

With unemployment and land scarcity posing persistent challenges, Kashmir could examine whether parts of its flood channel can support seasonal farming. Engineering assessments, water testing and strict safeguards must come first.



Farooq Ahmad Khan

The flood channel passing through Mahjoor Nagar towards Wular has a demanding job.

When water rises, it must provide an escape route for excess discharge and help protect nearby settlements. During drier periods, however, parts of its bed could serve another purpose, provided engineers establish that such uses are safe.

Seasonal vegetable cultivation and open spaces for young people call for a serious examination.

Kashmir frequently speaks of scarce land, limited employment and rising living costs. Meanwhile, public land remains under the care of government departments, often with little discussion of how it might serve several compatible needs.

The flood channel presents an opportunity to examine whether better planning can turn some of this space into a source of livelihoods while preserving its protective function.

Consider an illustrative stretch of 48 kilometres with an assumed average bed width of 80 metres. Together, these dimensions produce an area of 3.84

square kilometres, or approximately 7,600 kanals.

This is a calculation to show the possible scale, rather than a survey of the land available for cultivation.

Departmental documents record 80 metres as a recommended design reference, while the actual width varies along the channel.

If half that illustrative area could safely support seasonal vegetables, cultivation might cover about 3,800 kanals, equivalent to 192 hectares.

The assumption needs field verification, and the usable area could prove much smaller. Even so, the possibility merits investigation.

A carefully selected patch of public land can support a household income, while several such patches could provide work for growers, harvesters and sellers.

Picture a stretch where seasonal vegetables grow between periods of heavy discharge, with local growers tending their plots and taking produce to nearby markets. Elsewhere, a suitable open patch might give children and young people room to play.

Such uses would bring practical benefits to surrounding communities, provided the land remains available for its primary purpose.

But the engineering question must come first.

The channel needs an unobstructed passage for ordinary drainage, including water pumped from adjoining settlements. Outfalls and access for maintenance must remain clear.

During a flood, however, the wider bed may be needed to convey much



greater volumes of water.

An open stream through the middle would not, by itself, make cultivation safe. Engineers must assess the effect of crops, soil disturbance and cultivation methods on the movement of floodwater.

The scheme should therefore begin with a map of suitable locations, seasonal conditions and areas where cultivation would be prohibited.

Wetlands and sensitive habitats need separate protection. Land that appears empty may perform an ecological function that is difficult to see from the road.

Public access and accountability would be equally important. Interested residents of adjoining villages could apply through an open process for seasonal cultivation permissions. Experienced growers, unemployed young people and groups of women could participate individually or collectively.

The land would remain public, with permission limited to cultivation and no right to transfer plots to others.

The rules should prohibit houses, shops, permanent sheds, boundary walls and other structures that could lead to encroachment. Cultivators would have to pay an agreed rent, grow approved crops and keep the channel accessible to government staff.

Persistent misuse or failure to cultivate could lead to cancellation after notice and an opportunity to explain, while genuine crop failure should receive fair consideration. Government access for desilting, inspection and emergency work must remain unrestricted.

Water quality presents another test.

Water pumped from nearby settlements may contain sewage or other pollutants, making it unsuitable for vegetables. Soil and water testing must precede cultivation, with treatment or

another safe irrigation source provided where necessary.

A project intended to improve household incomes would defeat its purpose if it exposed consumers to contaminated produce.

The economic case also needs evidence.

Officials should establish how much of Kashmir's vegetable supply comes from Jammu, Punjab and other places, which varieties arrive during particular seasons, and what local buyers pay for them.

Those figures could help identify crops that local growers can produce competitively. Better planning and collective marketing could then connect cultivation with demand, allowing more of the money spent on vegetables to reach local households.

Such a scheme will attract objections, and some will be essential.

Engineers may identify flood risks, environmental specialists may rule out particular locations, and growers may point to practical difficulties. Their findings should guide the project.

A proposal involving public land and flood protection needs scrutiny before implementation, rather than enthusiasm alone.

The sensible response is a small pilot on carefully selected stretches outside sensitive wetland areas. Authorities should test the soil and water, assess drainage and flood conveyance, and establish clear rules before assigning plots.

They should then measure harvests, net earnings, compliance and any effect on the channel.

Publishing the results would allow the public to judge whether expansion is justified.

The same approach could help identify other productive uses for suitable institutional land, surplus produce or shared facilities for small growers.

Such possibilities would need separate assessments, but public resources should receive the same practical examination wherever a compatible use appears possible.

The channel must remain ready for the flood that may come. Its value does not depend on whether water fills its bed on a particular day. The harder question is whether public authorities can preserve that capacity while making suitable portions useful to the people who live nearby.

A channel built to protect settlements should never become an obstacle to livelihoods through careless planning. Nor should its protective purpose prevent officials from examining safe, seasonal uses.

The answer lies in measuring the land, testing the risks and allowing evidence to guide decisions.

Some stretches may prove unsuitable, others may produce vegetables, incomes and places for recreation.

Kashmir should know which is which before leaving the question unanswered.

—The author is an advocate, a former civil servant and Honorary Chairman of The City School, Kakapora. He can be reached at advqfarooqahmadkhan@gmail.com.

Authority Is Not Superiority

The inquiry into an alleged confrontation between two officers should establish the facts while prompting wider scrutiny of how authority is exercised inside government offices.



Dr Rizwan Rumi

A government office can tolerate disagreement, but it cannot function well when employees fear the consequences of speaking honestly.

That difference has become central to the controversy involving senior IAS officer Kumar Rajeev Ranjan and JKAS officer Beenish Wani after an altercation during a Mission YUVA review meeting on October 14.

A circulating video has prompted public concern, and the Jammu and Kashmir Government has ordered an inquiry into the alleged misconduct.

The footage, its context and the competing claims must be examined impartially before conclusions are drawn. The larger question, however, extends beyond two officers: what type of workplace does Kashmir administration want to become?

Bureaucracy depends on hierarchy. Senior officers must review performance, question delays and hold subordinates accountable. Government programmes cannot function without discipline, clear responsibilities and decisions taken on time.

But authority over someone's work does not grant authority over their self-respect.

A superior can reject an explanation, demand better results or insist on corrective action without humiliating the person responsible.

The distinction separates professional leadership from the personal exercise of power.

When criticism concerns the work, employees have an opportunity to improve, but when it becomes an attack on the individual, the office itself begins to change.

Staff may become more concerned about avoiding a superior's anger than identifying mistakes or reporting difficulties.

Such fear can conceal administrative failures behind an appearance of control.

Consider the purpose of a Mission YUVA review meeting.

An initiative associated with youth entrepreneurship and employment needs officials to identify implementation problems, examine progress and coordinate their work. If targets remain unmet, the administration needs an honest account of why they have fallen short.

A junior officer who fears humiliation may hesitate to explain a departmental delay or question an unrealistic expectation.

Senior officials then risk making decisions without the information needed to correct the problem.

Young people seeking employment and entrepreneurial opportunities have little reason to care about the internal hierarchy of government departments. They need programmes to work. The quality of administrative relationships can influence whether that happens.

A workplace's real standards emerge when power is challenged.

The controversy has also renewed attention to women's experiences in professional institutions. Women enter public administration through education, competitive examinations and years of preparation. Their place in government is earned through professional ability, rather than granted as a concession by their colleagues.

Formal equality, however, tells only part of the story.

An officer must also be able to question a decision, explain a professional difficulty and defend her assessment without fearing humiliation or retaliation.

When allegations of misconduct involve a woman and a senior male official, the inquiry must approach the complaint with particular care while applying the same standards of conduct to all employees.

The facts should determine the outcome, rather than assumptions about gender, rank or service cadre. The allegations must receive serious examination, and the officer concerned must have access to a credible process through which she can raise concerns without jeopardising her career.

A department's commitment to women becomes visible when a complaint involves someone with greater institutional power. Policies and public statements can establish principles, but their credibility depends on how those principles operate when tested.

Jammu and Kashmir administration brings together officers from different services and levels of seniority. Their responsibilities may differ, but effective government depends on cooperation. A junior officer should be able to question a decision respectfully, while a senior officer should be able to enforce lawful instructions without resorting to intimidation.

Firmness sets expectations and establishes accountability. Aggression uses personal attacks or threats to establish dominance.

Confusing the two weakens the institution because employees may begin to associate compliance with personal submission rather than professional responsibility.

The government inquiry therefore needs to establish more than a public account of the incident. Investigators should examine the complete, unedited recording, where available, interview those involved and review relevant official records. Questions about the footage's authenticity and

editing should receive appropriate technical examination.

The process should establish what happened, determine whether service conduct rules were breached and recommend action supported by evidence.

Fairness also means protecting employees from retaliation for raising legitimate concerns or participating honestly in an inquiry.

If misconduct is established, action should follow the applicable service rules. If the evidence fails to substantiate an allegation, the findings should state that clearly. Accountability and due process belong together.

The government should use this controversy to strengthen workplace standards throughout its departments. Clear protocols for official meetings can keep performance reviews focused on work. Confidential grievance mechanisms can help employees report verbal abuse, intimidation and retaliation.

Leadership training can equip officers to manage disagreement, communicate under pressure and resolve conflicts without personal attacks.

Performance assessments should also rely on documented responsibilities, measurable targets and clear explanations of shortcomings.

When an officer fails to meet an objective, the administration should examine the reasons before deciding on corrective measures or disciplinary action. Standards must apply consistently, regardless of rank or cadre.

These changes would benefit the entire public workforce, instead of only women officers. They would also help senior officials obtain more candid assessments from the people responsible for implementing government decisions.

The inquiry into the October 14 incident must reach its findings through evidence, rather than public pressure. Its broader significance lies in the opportunity to examine how government employees exercise authority over one another.

A senior officer's position gives them the power to direct work. It also places a greater responsibility on them to exercise that power with judgment.

The strongest administration is one in which employees can admit mistakes, explain difficulties and challenge flawed decisions without fear of personal humiliation.

The people of Jammu and Kashmir depend on public servants to exercise authority fairly. Inside government offices, that standard begins with how those servants treat one another.

—The author is a Srinagar-based academic and commentator. He can be reached at rizewanroomi2012@gmail.com.

The Olympiad Opportunity

Science education must move beyond textbook learning to give students in Kashmir the skills and guidance to compete at the national level.



Dr Mushtaq Rather

When I travelled to Mumbai for a five-day Biology Olympiad Exposure and Training Workshop at the Homi Bhabha Centre for Science Education (HBCSE), I expected to learn new methods of teaching biology. I returned with a larger concern about science education in Kashmir: our students may be missing opportunities simply because they and their teachers lack information about the right platforms.

The workshop, organised at a national centre of the Tata Institute of Fundamental Research, brought together science educators from different parts of India and neighbouring Nepal. Its sessions introduced us to practical experiments, new approaches to teaching and the standards expected of students who aspire to compete in national and international science Olympiads.

One revelation stood out: registration from Jammu and Kashmir for the official Olympiad programme was remarkably low.

The sessions showed that many teachers and students lack awareness of these opportunities. Kashmir's schools are full of curious young minds, and educators must help them find the right path.

I had arrived in Mumbai with my own misconceptions about the Olympiad system. Like many people in educational circles, I believed that several privately conducted examinations were the principal routes to international science competitions. Discussions with HBCSE experts helped me understand the distinction.

The authentic National and International Science Olympiad programme is coordinated through HBCSE, which acts as the national nodal agency with central government funding.

The distinction is important because students and parents need reliable information before committing their time, money and effort to competitive examinations. A clear understanding of the official pathway can help them direct their preparation towards the appropriate stages of selection.

The examinations demand far more than the ability to recall facts. They test conceptual understanding, analytical thinking and the capacity to apply knowledge to unfamiliar problems.

These qualities are difficult to develop through classroom teaching that places too much emphasis on memorisation.

The workshop gave me a practical sense of what a different approach could look like.

Our sessions explored the use of empirical data to teach science, connections between biology and physics, and the responsible use of artificial intelligence as a supplement to classroom instruction.

The discussions challenged us to reconsider how students learn scientific concepts and how teachers can encourage them to investigate rather than simply accept information.

The laboratory sessions brought these ideas to life.

We worked on detecting metabolic disorders, analysing pedigrees and classifying animals through dichotomous identification keys.

During a molecular biology session, we extracted DNA and observed DNA bands. The experience brought an abstract concept from textbooks into a laboratory, where it could be examined through direct observation.

A visit to the main TIFR campus in Colaba gave us a glimpse of the environment in which fundamental research takes place.

Such exposure can expand a teacher's understanding of what science education can lead to, while helping connect school lessons with the work of researchers.

I found the question-design sessions equally valuable.

We developed conceptual problems, presented them to fellow educators and resource persons, and received criticism. Defending a question and revising it in response to feedback forced us to think carefully about what an examination should measure.

A good question tests understanding, rather than simply a student's ability to reproduce a textbook passage.

Kashmir's schools need more opportunities for teachers to acquire these skills. Students cannot prepare effectively for demanding competitions if their teachers remain unfamiliar with the examination format, selection process or intellectual standards. Awareness campaigns must reach schools directly, with educators explaining the official pathway and helping interested students prepare.

The responsibility cannot end with sharing information. Teachers also need opportunities to practise experimental methods, develop better questions and introduce analytical work into ordinary lessons.

Such changes can begin within existing classrooms, even when access to advanced laboratories remains limited.

My experience in Mumbai also brought an unexpected lesson about the institutions in which learning takes place. HBCSE maintained a plastic-free campus, demonstrating how environmental responsibility could become part of the daily functioning of a major institution.

Kashmir has particular reason to take this example seriously. Plastic pollution and environmental degradation threaten its natural surroundings, including ecosystems already vulnerable to pressure. Schools can help address this problem by reducing single-use plastics on their premises and encouraging students to take responsibility for the spaces around them.

I returned to Kashmir thinking about what educators bring home from such workshops. Certificates and new teaching techniques have value, but their greater purpose lies in what changes inside a classroom. A student who learns to question evidence, conduct an experiment or discover an unfamiliar scientific opportunity has gained something that extends beyond an examination.

Kashmiri students need access to the same knowledge, guidance and opportunities available to their peers elsewhere.

My task now is to help make those pathways visible, beginning with the schools and teachers within my reach.

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Beyond Kashmir's Usual Destinations

A comprehensive tourism strategy could help Bandipora build on its natural beauty and cultural heritage to attract visitors, support local enterprises and create jobs.



Mudasser Wani

The late afternoon sun cast a silver glow over Wular Lake as families gathered along the waterfront. Children ran toward the edge of the water, young men paused for photographs, and visitors watched fishing boats drift through one of Kashmir's grandest landscapes.

Then scene felt familiar and surprising at the same time.

Familiar because Kashmir has long drawn visitors with its scenery. Surprising because this setting lay in Bandipora, a district that rarely features in discussions about the valley's tourism plans.

Tourism narratives in Kashmir usually gravitate toward destinations such as Gulmarg, Pahalgam and Sonamarg. Bandipora occupies a different place on the map and in the public imagination.

Nestled beside Wular Lake and framed by forests, mountains, historic sites and revered shrines, the district possesses a remarkable collection of natural and cultural assets. Much of that potential remains waiting for sustained investment and strategic planning.

Wular dominates the landscape and the district's future prospects. As India's largest freshwater lake and one of Asia's major freshwater bodies, it gives Bandipora a tourism resource that many regions spend decades attempting to replicate.

Villages line its shores, migratory birds visit its waters, and changing seasons transform the scenery throughout the year.

Standing along the lakefront, it becomes easy to picture a broader tourism ecosystem taking shape. Boating facilities, birdwatching routes, photography trails, waterfront cafés, recreational zones and lakefront accommodation could extend visitor stays and deepen local economic activity.

Similar lake-based destinations elsewhere have built thriving visitor economies around their waterfronts. Wular already possesses the natural foundation.

Additions such as Nishat Park and Wular Vintage Park have demonstrated public inter-

est in the area. Weekend visitors increasingly travel to Bandipora seeking open spaces and views of the lake. Those projects serve as a starting point rather than a final destination.

Heritage centres, cycling tracks, cultural venues, food courts featuring local cuisine and craft villages showcasing regional artisans could connect these attractions into a larger visitor experience.

A short distance away, another chapter of Bandipora's story unfolds beneath tall trees at the Chattarnar Forest Campus.

The historic Kashmir Forest Training School, established in 1911, remains one of the country's oldest forestry institutions. Forest officers and trainees pass through a landscape rich in biodiversity and environmental history.

Chattarnar presents an opportunity that extends beyond traditional sightseeing. Guided forest walks, biodiversity parks, nature education camps, environmental research programmes and wildlife observation points could attract students, researchers and eco-tourists.

Such initiatives would strengthen conservation efforts while generating income for surrounding communities.

Bandipora's tourism map also includes a network of important religious sites. Shrines such as Aham Sharief, Kousar Afghan, Baba Shukur-ud-Din, Baba Sahib Malangam, Dade-Mooj Bathoo, Sharda Temple at Kaloosa and Peer Baba Razdan Top hold deep spiritual and historical significance.

Better roads, visitor facilities, parking spaces and heritage conservation projects could support pilgrimage tourism throughout the year while strengthening local businesses.

Athwatoo provides another glimpse of what may lie ahead.

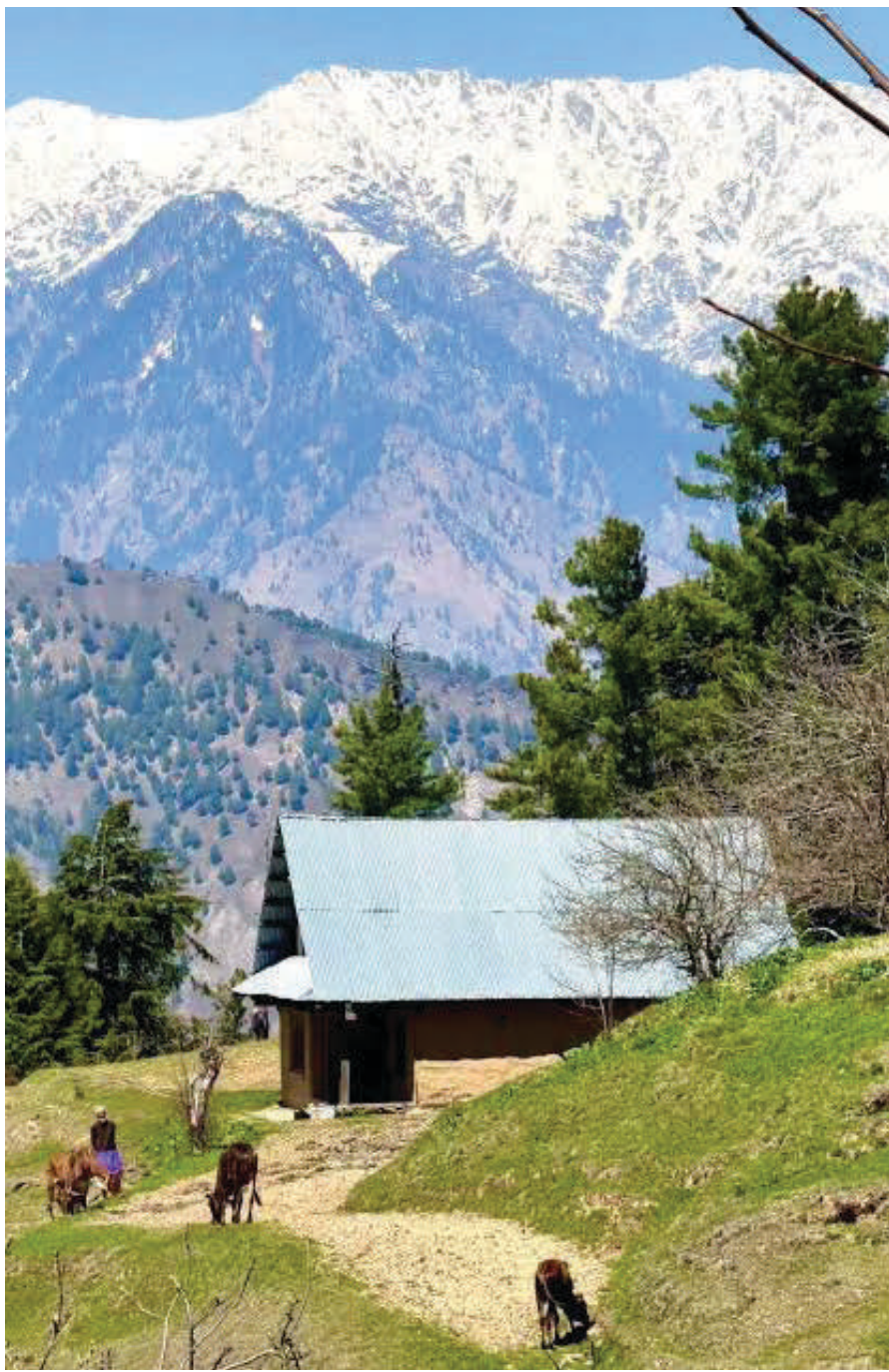
Recently declared a tourist destination, the area combines sweeping views with natural surroundings suited to trekking, camping, family outings and rural tourism experiences.

Integrated with Wular and nearby attractions, Athwatoo could become an important stop within a wider Bandipora tourism circuit.

Evidence of what focused planning can achieve already exists nearby.

Gurez Valley transformed from a little-known destination into one of India's most admired mountain escapes through improved connectivity, sustained promotion and targeted investment. Guest houses, restaurants, transport services and homestays followed the growth in visitor numbers, creating new income streams for local residents.

Bandipora possesses many of the same in-



gredients. Tourism development here could support guides, boat operators, photographers, artisans, restaurant owners, transport

providers, event managers, cultural performers, homestay operators and digital content creators.



CHATTARNAR PRESENTS AN OPPORTUNITY THAT EXTENDS BEYOND TRADITIONAL SIGHTSEEING.

Guided forest walks, biodiversity parks, nature education camps, environmental research programmes and wildlife observation points could attract students, researchers and eco-tourists.

Economic benefits would reach far beyond hotels and tourist facilities.

Such growth requires a comprehensive tourism master plan. Lakefront development, improved connectivity, public transport, visitor amenities, heritage preservation, hospitality training, entrepreneurship programmes and digital promotion all form part of the equation.

Private investment and public-private partnerships could accelerate progress while ensuring local participation.

Environmental stewardship remains central to that vision. Sustainable tourism models around the world demonstrate how visitor economies can support conservation through responsible planning, visitor management and habitat protection.

Wular Lake and the surrounding forests represent the district's greatest assets, making their preservation an economic priority as much as an ecological one.

As evening settled over the lake, visitors continued to gather along the waterfront. Their presence showed something larger than a pleasant outing.

Bandipora already possesses the landscapes, heritage and cultural depth required to draw travellers. The district's evolution depends on transforming those assets into opportunities that generate livelihoods, strengthen communities and place North Kashmir's overlooked gateway firmly on the tourism map.

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Stop Questioning Depression

Asking people to justify their depression deepens the stigma around mental illness and makes seeking help harder.



Palveen Kour

Depression faces two battles in Kashmir.

One unfolds inside the mind, the other begins the moment someone decides to speak.

That second battle often comes with suspicion, gossip, amateur diagnosis, and endless questions that push people back into silence.

"What happened? Did you have a breakup?" "Were you cheated on?" "You have a good job, a loving family, and enough money. What reason do you have to be depressed?"

Those questions expose a belief that has settled deep into public thinking.

Depression, many people assume, needs one dramatic event before anyone accepts it as real.

Pain, in this view, comes with a neat explanation. Anything less sounds unbelievable.

Medical science tells a different story. Depression grows through a complex mix of biological, psychological, and social influences.

One event may contribute, several influences might combine, or the illness possibly emerge without any obvious trigger.

Someone may build a successful career, enjoy financial security, share life with supportive parents, or live in a happy marriage and still wake up under the weight of depression.

Mental illness never checks a bank account before entering someone's life.

Public discussion keeps chasing explanations that fit popular imagination. Someone shares their diagnosis, and attention shifts straight to romance, family conflict, financial trouble, or hidden scandal.

Friends become investigators, neighbours become commentators, and illness fades into the background while speculation takes centre stage.

That response turns a medical condition into entertainment, leaving the person who reached out wondering whether speaking had become a mistake.

Picture the courage it takes to admit depression after months of internal struggle. Then picture the response: "Did someone reject you?" "Did your partner leave?" "You must be hiding something."

Compassion disappears before the discussion even begins. Curiosity wins, judgment follows close behind, and anyone watching learns the same lesson: keep your mouth shut.

Money creates another powerful myth. Success, many people believe, protects the mind from depression. Someone owns a beautiful house, drives an expensive car, earns a high salary, or posts smiling photographs online. Public opinion quickly reaches a verdict: "You have everything people dream of, what more do you want?"

Those remarks confuse comfort with emotional health.

Money buys treatment, medication, and access to specialists, but none of those purchases guarantee peace of mind.

Wealth cannot silence racing thoughts. It cannot fill emotional emptiness, and restore the ability to enjoy ordinary life.

Many of the world's wealthiest people have spoken openly about living with depression. Their experiences show one simple truth: mental illness reaches people through age, profession, religion, gender, education, and income without asking permission.

Another common response pushes people deeper into guilt: "Be thankful for what you have."

Gratitude enriches life, though it never functions as a cure for depression. Comparing suffering rarely helps anyone.

A broken leg continues to hurt even when another patient has two broken legs. Emotional pain follows the same logic.

Someone else's hardship never erases your own.

That constant comparison creates shame. People begin believing they lack permission to struggle because someone else appears worse off. Instead of asking for help, they minimise their symptoms, convince themselves they should cope alone, and postpone treatment.

Depression grows stronger while pride and fear keep the door firmly closed.

In this whole process, silence becomes the biggest casualty. People continue attending college, showing up at work, raising children, meeting deadlines, and

smiling through family gatherings while fighting private battles that nobody sees.

Months pass, sometimes years. Friends praise their strength without recognising exhaustion hiding behind normal expressions. Families celebrate achievements while missing warning signs that have existed for a long time.

Popular advice rarely improves the situation.

Someone finally admits they are struggling, and responses come instantly: "Stay strong", "Think positively", "Move on."

Those phrases sound comforting to the speaker, but they often feel dismissive to the listener.

Depression rarely disappears because someone repeated a motivational slogan.

Listening serves people far better than lectures. Most people speaking about depression do not expect instant solutions. They seek someone willing to hear difficult emotions without interruption, criticism, or suspicion.

They seek a dialogue free from labels like drama, weakness, attention-seeking, or ingratitude.

Tears need acceptance more than analysis, while silence needs companionship more than clever words.

One sentence often achieves more than an hour of advice: "I am here for you." Those four words create space where honesty becomes possible.

Sitting beside someone during a painful afternoon sometimes accomplishes far more than searching endlessly for perfect answers.

Human presence has its own power. Kashmir speaks often about compassion, community, and shared responsibility. But those values ring hollow when depression still faces interrogation before empathy.

Someone living with diabetes rarely has to explain high blood sugar. A patient recovering from a fracture rarely answers questions about why a bone broke.

Depression alone still stands trial before anyone offers understanding.

That, in itself, is depressing.

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The Three-Second Mind

Short-form videos promise instant entertainment, but endless scrolling may be weakening our ability to concentrate, study and stay present in everyday life.



Iffat Aurooj

Watch someone open Instagram or YouTube right now. Count how long they let a video play before their thumb moves. Three seconds, maybe four.

The content isn't the problem. Something in the design of these platforms has trained an entire generation to feel discomfort the moment anything fails to deliver its payoff fast enough.

Reels and Shorts run on a simple loop. A video plays, the brain receives a small hit of reward, and the next clip loads before the last one fades.

Autoplay removes any natural stopping point, making it harder to close the app.

Over time, the brain stops expecting things to take time. It starts expecting everything to happen the way a video does: instantly.

This isn't casual observation anymore, researchers have quantified it.

A large review spanning nearly a hundred thousand participants found heavy short-form video use linked to weaker cognition, particularly attention span and impulse control. Fourteen separate studies, pulled together in a second review, connected heavy use with shorter attention spans and worse academic outcomes.

The neuroscience narrows the picture further: short-form video appears to weaken executive control, the brain regions responsible for regulating attention and holding back impulses, while activity in self-control regions actually drops during viewing, nudging behaviour toward reactive responses over thoughtful ones.

Here's what makes this an at-

tention crisis rather than a media-habit quirk: the deficit generalizes.

Once brains adjust to instant payoff delivered several times a minute, anything slower, like a buffering screen, a line, or a friend who takes a while to finish a sentence, starts registering as an irritant rather than an ordinary part of life.

One psychology coach who studied this described speeding through content as evidence of a "decline in the ability to focus on and process information at a normal pace," tied to "growing impatience with how information is delivered."

She also noted that rapid consumption keeps the brain in heightened arousal, a clinical description of feeling perpetually on edge.

Then the platforms escalated the problem instead of correcting it.

Instagram introduced 2x playback for Reels, and the framing around that launch told its own story.

Coverage noted the company had effectively conceded that people often lack the patience to sit through a full Reel, so it built a fast-forward button as the fix.

Even writers favourable to the feature couldn't dismiss the cost: speeding footage up risks losing meaning, since pace determines emotion, nuance, and storytelling, and some experts worried users would "zap" through videos rather than watch them.

A feature meant to save a few seconds amounts to a confession: fifteen seconds now feels like too much to ask.

Students absorb the sharpest damage, because studying is one of the last activities that cannot be compressed.

One study tracking more than a thousand college students found short-form video addiction produced academic procrastination by weakening attention control, which then made coursework harder to manage.

A separate review covering sev-

eral years of research reported that heavy TikTok-style use correlated with shorter attention spans, weaker academic performance, and measurable changes in the brain tissue tied to behavioural control, with younger users especially vulnerable, since their brains are still developing.

Parents and teachers already know this without needing research to confirm it.

A student sits down to read, gets through half a page, and feels a physical pull toward the phone that has little to do with willpower.

Their nervous system has been trained on reward cycles lasting eight seconds. A forty-five-minute study session doesn't fit that timing at all.

One review focused on adolescents found heavy short-form use, more than three hours daily, linked to attention performance two full standard deviations below what's typical for their age group, and identified a feedback loop that tightens rather than levels off: low attention endurance pushes people toward shorter content, and shorter content weakens endurance further.

That tightening loop probably explains the anger, too.

It stops being about videos at some point. It becomes a baseline expectation that everything should resolve quickly, and the frustration that builds whenever real life refuses to cooperate.

Adults display the same impatience adolescents do now, and it shows up as bickering, isolation, and doomscrolling instead of time spent with people nearby.

The real concern is how easily the habit of endless scrolling erodes our ability to stay present with everyday life.

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Jantar Mantar to Jail': CJP Protests Inspire Online Video Games

Press Trust Of India

New Delhi: What if marching to-wards Jantar Mantar meant earning 'points' by gathering crowds, dodging tear gas and water can- nons, and trying to avoid deten- tion? Scenes that unfolded on the streets of Delhi are now being recreated on screens as free online video games inspired by the Jantar Mantar protests.

From 'Jantar Mantar Chalo', where players can choose between a protester and police personnel to 'Bhaag Neha Bhaag' inspired by AISA president Neha Bora's attempts to reach Jantar Mantar, game creators are turn- ing the political developments into gaming experiences.

In another game, 'Jantar Mantar to Jail', players step into the shoes of Cockroach Janta Party (CJP) members Abhijeet Dipke, Saurav Das and Ashutosh Ranka, dodging falling jail bars and police personnel while collecting coins marked 'Accountability' and 'Democracy'.

For Suraj Kushwah, a 27-year-old Bareilly resident who creat- ed the 'Jantar Mantar Chalo' vid- eo game, the idea came while watching the news. He works at a cloud gaming company and is a tech enthusiast.

"I was watching the news and, out of sarcasm, thought of making a game around it," Kushwah told PTI.

Using artificial intelligence (AI) and his knowledge of gaming, Kushwah developed the game in just one-and-a-half days.

The game allows players to choose between being a pro- tester and Delhi Police person- nel. Protesters must gather people and march towards Jantar Mantar, with a larger crowd making them more powerful. Those playing as police person- nel, meanwhile, must detain as many protesters as possible.

The game recreates several elements associated with the demonstrations. Tear gas slows down protesters, while water cannons provide another ob- stacle. Players can also dance in front of water cannons and give interviews to media personnel.

Media coverage influences the course of the game, with interviews potentially increasing a protest- er's influence and drawing more people into the gathering. The vir- tual map features locations such as police stations, detention centres, India Gate and the Badarpur border among other spots.

Kushwah said he initially shared the game on social media plat- forms, where it gained traction as users began making reels about it. Around 2,000 people were playing the game simultaneously on one day, while an average of 500 play- ers regularly logged in, he said.

"I made it as a sarcastic take, but now that it is getting so much attention; I am looking at updating it further," he said.

Another game, 'Bhaag Neha Bhaag', was developed by 30-year-old Anav Nayar, a screenwriter and filmmaker who co-founded Wizloop Studios with his brother Akshay Nayar. The company focuses on content strategy, IP addresses for brands and the creative use of AI.

Nayar said the idea emerged as the brothers followed Neha Bora's attempts to reach Jantar Mantar and the repeated deten- tions that followed.

CONTD. FROM FRONT PAGE

CJP Protest

Commissioner Appointment Act.

Minor altercations broke out between the protesters and police as the latter attempted to disperse the crowd.

Dipke and Bora were preventively detained by Delhi Police while on their way to participate in the protests, with the CJP leader headed to Connaught Place and the AISA chief to Mandi House.

While Dipke was picked up from his residence in Jhandewalan, Bora was detained at Mandi House. The detentions triggered scenes of jostling among crowds, camera crews and security personnel.

Police also began detaining protesters who had reached Connaught Place.

"Those attempting to disrupt law and order are being detained," a police officer said, adding that around 150 people have been detained so far.

Earlier in the day, more than 20 Delhi Police personnel had visited Dipke's residence and served him a notice directing him to refrain from any action that could prejudice the rights of citizens, traders, commuters, patients and others.

The Aam Aadmi Party held a Tiranga march near Rashtrapati Bhavan and its headquarters in central Delhi. Holding tricolours, scores of party workers marched outside their office on Pandit Ravi Shankar Shukla Lane, raising slogans such as "Bharat Mata Ki Jai" and "Vande Mataram".

The protests drew sharp criticism from the central government, with Defence Minister Rajnath Singh accusing the Congress and its allies of attempting to bring about a regime change along the lines of Bangladesh and using the energy of young people to spread "anarchy".

Addressing a press conference in Lucknow, Singh said democracy does not give anyone the licence to create disorder or undermine the credibility of constitutional institutions.

"It appears that the Congress and its political allies, directly and through their supporting organisations, are trying to use the energy of the youth to fuel political confrontation and spread anarchy instead of channel-ling it towards constructive work and nation-building," the defence minister said.

"The youth of the country are being made pawns in the politics of anar- chy," he stated.

Singh alleged that the Congress and its allies want a change of government in India along the lines of Bangladesh.

"They openly say at press confer- ences that they have drawn inspi- ration from Bangladesh for regime change, while another speaks openly about bringing down the government. This makes it clear that their only agenda is to dismantle democratic in- stitutions and set the country on fire," he said, referring to the uprising in Bangladesh in 2024 that toppled the Sheikh Hasina government.

West Bengal minister and BJP leader Dilip Ghosh accused the CJP of disrupt- ing Navratri and Durga Puja celebra- tions by organising political protests during the festive season, alleging that such demonstrations were creating tension in the country.

Backing the protesters, Rahul Gandhi said Delhi Police was refusing to register an FIR on the "assault" of student protesters by security person- nel, and asserted that police can break bones but not a 'satyagraha'.

The Leader of Opposition in Lok Sabha also stressed that "brutality by Home Minister Amit Shah's Delhi Police" will not go unchecked and the Congress will pursue every legal route against the officers responsible.

"Police can break bones. They can- not break a satyagraha. India's youth, especially young women, are fear- less, determined and united. They are standing up for our democracy, and I stand with them," Gandhi said.

Former West Bengal chief minister Mamata Banerjee too criticised the preventive detention of Dipke, assert- ing it was "nothing short of an unde- clared Emergency".

Security arrangements were stepped up across Connaught Place ahead of the proposed march. Police cordoned off Central Park, forming a human chain along its metal railings.

Central Park was closed to the pub- lic on Friday and Saturday, with po- lice citing prohibitory orders under Section 163 of the Bharatiya Nagarik Suraksha Sannhita (BNS), which bars mass gatherings in Connaught Place and adjoining areas.

The Delhi Traffic Police issued an ad- visory warning that traffic movement on roads in and around Connaught Place could be affected from 3 pm onwards and advised commuters to avoid select routes.

The protests and traffic disruptions triggered concerns among traders and businesses, who said repeated demon- strations in commercial areas were af- fecting sales during the festive season.

National Restaurant Association of India (NRAI) treasurer Manpreet Singh said frequent protests in and around Connaught Place have significantly affected businesses, with some estab- lishments recording zero sales on cer- tain days.

The Federation Lajpat Nagar Traders Association sought compensation from Prime Minister Narendra Modi for losses allegedly suffered during the October 10 protest and urged restric- tions on demonstrations during the festive season.

Court Sets Limits

referable to any tenancy or proprie- tary right, or otherwise unauthorized, may involve consideration of the reve- nue record and the law governing agri- cultural holdings and Shamilat-e Deh land," the court said, adding, "Such questions cannot be conclusively an- swered merely by reference to the subsequent migration of the persons claiming ownership or by treating the existence of possession, by itself, as sufficient proof of encroachment under the Act."

The court made the observation on a plea concerning 4 kanals and 1 marla of land in Bandipora district. As per the plea, the petitioners' predecessor was recorded cultivating possession of the land since Rabi 1976, while the land was classified as Shamilat-e-Deh.

The court noted that the 1997 Act defines an "unauthorised occupant" as a person who has encroached upon or taken possession of the immovable property of a migrant without consent and authority of law. It held that this statutory requirement assumes sig- nificance where possession had already commenced before the alleged owner acquired migrant status.

"The subsequent migration of the persons claiming ownership of the land could not, by itself, conclusively determine the legal character of possession which had commenced prior thereto." Whether such posses- sion was permissive at its inception, whether any permission was subse- quently withdrawn, whether the peti- tioners continued in occupation with- out authority of law, and whether such occupation attracted the provisions of the Act of 1997 were questions requir- ing independent consideration, the court said.

"A declaration that directing eviction, a person is an unauthorized occupant, followed by an order undoubtedly en- tails serious civil consequences," the court said. Such a determination must, therefore, rest upon an enquiry con- ducted in accordance with law, consid- eration of the relevant material and a reasoned finding that the statutory re- quirements for exercise of jurisdiction stand satisfied, the court observed.

Holding that the authorities had failed to undertake the necessary ex- amination before invoking the special machinery of the Migrant Act, the Court quashed the Deputy Commissioner, Bandipora's order declaring the peti- tioners unauthorised occupants, as well as the Financial Commissioner (Revenue)'s appellate order.

"The mere circumstance that the petitioners did not possess a formal document of title, or that the creation of a tenancy after the enforcement of the Agrarian Reforms Act was dis- puted, could not, without further ex- amination, furnish a complete basis for declaring them unauthorized oc- cupants under the Act of 1997," the court said. The competent authority, the court said, was required to deter- mine the nature and legal status of the possession claimed by the petitioners and thereafter consider whether the provisions of the Act were attracted to the facts so established.

"The failure to undertake such an exercise has materially affected the legality of the order passed by the Deputy Commissioner."

The matter has been remanded to the Deputy Commissioner for fresh consideration, including determina- tion of the origin and continuity of possession and, crucially, whether the provisions of the 1997 Migrant Act

were attracted at all.

J&K Orders Inquiry

the junior officer should not face re- taliation action.

"I've seen the video of the online meeting that is circulating on social media. Prima facie, the conduct of the senior bureaucrat was not in keep- ing with the standards expected of a senior IAS officer and the subsequent threats issued to a junior JKAS officer only make matters worse," he said.

The Chief Minister said he had in- structed the Chief Secretary to ensure that Wani did not face any retributive action following the incident.

Abdullah also pointed to the Union Territory's administrative structure, saying that control over IAS officers rested with the Lok Bhavan. He said that had Jammu and Kashmir been a state, the officer would have been at- tached to the General Administration Department pending an inquiry.

"As a UT, we expect the authorities with control over IAS officers to set the right example and ensure that abusive, threatening behaviour is not brushed under the carpet," he said.

NCW Seeks Report Within Seven Days

The National Commission for Women (NCW) has taken suo motu cognisance of the viral video allegedly showing Ranjan verbally abusing, hu- miliating and threatening the junior woman officer during an official re- view meeting.

NCW Chairperson Vijaya Rahatkar has written to the Chief Secretary of Jammu and Kashmir, seeking verifi- cation of the video, an impartial in- quiry and appropriate disciplinary and legal action if the allegations are established.

The Commission has also called for safeguards against workplace haras- sment, victimisation and professional retaliation, besides protection and support for Wani.

An Action Taken Report (ATR) has been sought within seven days.

"Every woman officer is entitled to a safe, respectful and dignified work- place. Abuse of authority and work- place humiliation must be addressed with utmost seriousness," the NCW said.

Mehbooba Seeks Centre's Intervention

Peoples Democratic Party (PDP) president Mehbooba Mufti said the alleged conduct of the senior IAS of- ficer could not be tolerated and urged Abdullah to take up the matter with the Centre.=

"Such erratic and disdainful con- duct cannot be tolerated. CM @ OmarAbdullah must immediately take up the matter with the Government of India and demand strict action against the officer who is already facing al- legations of issuing illegal gun licences," Mufti said in a post on X.

Farooq Calls for Officer's Expulsion

National Conference president Farooq Abdullah also criticised Ranjan's alleged behaviour, saying the language used against the junior of- ficer lacked the decency and restraint expected of a civil servant.

He called for the officer's expulsion from Jammu and Kashmir, arguing that government officials were duty- bound to address people's grievances rather than insult or abuse those pre- senting them.

"The language he used was com- pletely wrong; he should be reprimanded. This shows that he lacks the decency and conduct an officer ought to possess. Officers are duty-bound to listen to the people, who only want to present their grievances," Farooq Abdullah said.

He added that the alleged conduct had put the civil services in a difficult position and described it as unbecom- ing of an IAS officer.

The NC president also linked the incident to the changes in Jammu and Kashmir's administrative status fol- lowing the abrogation of Article 370 and the region's reorganisation into two Union Territories in 2019.

Adopt "Post-2019" Work Culture: BJP

The Jammu and Kashmir BJP also condemned the alleged conduct of se- nior IAS officer Kumar Rajeev Ranjan, calling it unacceptable and urging bu- reaucrats to adopt a "post-2019 work culture" based on transparency, ac- countability and effective implemen- tation of government schemes.

BJP spokesperson Altaf Thakur said officers, irrespective of their rank, must be held accountable for their

actions and ensure that government schemes reach intended beneficiaries.

He said the Centre was investing thousands of crores of rupees in vari- ous schemes to support the youth of Jammu and Kashmir, but their imple- mentation on the ground was not as effective as it should be.

"This is the new Jammu and Kashmir, transformed after 2019. In this transformed Jammu and Kashmir, you must adopt the post-2019 work culture," Thakur said, adding that negligence in implementing crucial schemes would no longer be tolerated.

JKAS Fraternity Condemns Incident

The Jammu and Kashmir Administrative Service (JKAS) frater- nity condemned the alleged abuse and public humiliation of Beenish Wani, demanding an impartial inquiry into the incident. The association also called for a one-day pen-down strike to protest the alleged humiliation of the woman officer.

The government-ordered inquiry is expected to examine the circum- stances surrounding the exchange and the allegations against Ranjan. The in- quiry officer has been directed to sub- mit her findings within 15 days, while the NCW has sought an Action Taken Report within seven days.

The controversy has also brought renewed attention to the conduct ex- pected of senior government officials and the safeguards available to junior officers who report alleged workplace misconduct.

Govt Warns Officials

authority, the GAD said, must be exercised with responsibility and fair- ness, while all employees are expected to extend due regard to lawful direc- tions, established procedures, and the responsibilities attached to their offices.

The department cautioned against the use of derogatory, threatening, or inappropriate language, stressing that conduct inconsistent with the dignity of office must be avoided.

The circular directed all Administrative Secretaries, Divisional Commissioners, Deputy Commissioners, Heads of Departments, and Managing Directors to bring these instructions to the no- tice of employees under their admin- istrative control and ensure strict ob- servance. (KNO)

Dry Weather

Among the other weather sta- tions, Gulmarg recorded the lowest minimum temperature at 0.5 degrees Celsius, while Pahalgam recorded a minimum of 4.8 degrees Celsius.

The Meteorological Department has advised people to follow of- ficial weather updates for further information.

SC Seeks Centre's

safeguards against cyberbullying, sexual exploitation, harmful con- tent and compulsive use of digital platforms.

The plea has also sought a direction to the Centre to prohibit children be- low a prescribed age from using social media platforms and regulate access for those above that age.

It further calls for age-based restric- tions on the creation, maintenance and use of accounts by children on designated social media platforms.

Concerns Over Children's Online Safety

The school cited instances of under- age children operating social media accounts, being contacted by stran- gers and facing cyberbullying and har- rassment. It also flagged concerns over sleep deprivation and reduced con- centration linked to prolonged mobile phone use.

According to the plea, parents have raised concerns about excessive screen time, anxiety over online popularity, body-image issues, social withdrawal and declining interest in studies and outdoor activities.

The petition argues that schools and parents cannot address these concerns independently because the risks stem not only from online content but also from the design and functioning of commercial social media platforms, which can encourage prolonged engagement.

It further highlights children's vul- nerability to online grooming, sexual exploitation, blackmail, imperson- ation and the circulation of private images, besides exposure to violent, sexually explicit and self-harm-relat- ed material.

The petitioner has sought court in- tervention to establish clear and en- forceable safeguards, arguing that a comprehensive regulatory framework is needed to protect children from po- tential harms associated with social media use.

The Supreme Court has sought re- sponses from the concerned authori- ties, with the matter scheduled to be heard on December 7.

HC Pulls Up

parents and that the mode and tim- ing of termination was to be decided in consultation with the obstetrician. However, owing to the advanced ges- tational age, the couple approached the High Court.

The counsel for the government sub- mitted that the Medical Termination of Pregnancy Act, 1971 and the Rules of 2003 provide a mechanism for deal- ing with such cases and suggested that the woman be referred to Lalla Ded Hospital for examination by a compe- tent Medical Board.

The Court observed that Section 3(2-B) of the MTP Act provides that the statutory gestational limits do not apply where termination is necessitat- ed by substantial foetal abnormalities diagnosed by a Medical Board.

Accordingly, the court directed the Superintendent of Lalla Ded Hospital to constitute a competent Medical Board and take immediate consequen- tial action based on its opinion regard- ing early medical termination through an approved medical procedure.

The court further directed that, if the termination is undertaken on the advice of the Medical Board and the baby is born alive, immediate neona- tal ICU treatment should be provided within the hospital. It also directed that all requisite medical formalities, including the necessary consent, be completed.

Expressing concern over delays in such cases, the court observed that registered medical practitioners, par- ticularly those working in medical col- leges and district hospitals, often fail to discharge their statutory responsi- bilities under the MTP Act, leaving dis- tressed women with no option but to approach courts.

The court stressed that where the statutory provisions are clear, Medical Boards constituted under the MTP Act should not unnecessarily avoid at- tending to emergent cases.

Centre-Ladakh Talks

presentation. It does not match our demands or what the people of Ladakh want," Karbalai said.

He said the Home Ministry had agreed to share the draft with the LAB and KDA leadership. Their legal experts would examine the proposal and submit a response by October 18, he added.

The revised proposals will be dis- cussed during the next round of talks in New Delhi on October 22.

Wangchuk said the Ladakh leader- ship was dissatisfied with the out- come but would view the meeting as a continuation of the process rather than a failure until the revised draft was examined.

He said the differences between the two sides were much wider than anticipated and alleged that the discus- sions had failed to preserve the pro- gress made during earlier rounds.

"We had expected a difference of 19-20, but the actual gap is like that between the sky and the earth," Wangchuk said, expressing hope that the revised draft would narrow the differences.

LAB co-chairman Chering Dorje said both sides had presented their proposals but failed to reach an agree- ment. He expressed hope for a consen- sus in the next round of discussions, while maintaining that the demand for a legislature and constitutional safeguards under Article 371(K) would not be diluted.

Former Leh Hill Council chief execu- tive councillor Tashi Gyalson said the Home Ministry presented its proposal, while the LAB and KDA submitted a document containing several sugges- tions that were discussed during the meeting.

No decisions had been taken, and the process would continue in New Delhi, he said.

The LAB and KDA have been spear- heading the agitation for constitution- al safeguards and democratic rights for Ladakh. Their demands include state- hood, a legislature and safeguards to protect the region's land, identity and

culture, along with measures to create employment opportunities.

Ladakh Gets

it on X, describing it as a step to- wards fulfilling the aspirations of the people.

"In line with the 'Sabka Saath, Sabka Vikas' vision of Hon'ble PM Shri Narendra Modi ji and Hon'ble HM Shri Amit Shah ji, I am pleased to announce the creation of Sankoo district!" Saxena said.

The administration acknowledged the role of various organisations and public representatives in the process, particularly Anjuman-e-Sahib Zaman, under the leadership of its chief patron Syed Mohammad Razvi, also known as Aga Migi Outh, and chairman Sheikh Sadiq Balaghi.

It also recognised the contributions of Kargil Hill Council Chief Executive Councillor Dr Jaffar Akhoon, Ladakh MP Haneefa Jan and former Leh Hill Council CEC Tashi Gyalson.

The creation of Sankoo comes after the administration approved the for- mation of five new districts on April 27, namely Sham, Nubra, Changthang, Zaskar and Drass, taking Ladakh's district count from two to seven.

With Sankoo, the Union Territory will now have eight districts.

Five New Tehsils Notified

In a separate development, the Ladakh administration notified the creation of five new tehsils and the reorganisation of 31 revenue vil- lages across five districts, taking the total number of tehsils in the Union Territory to 37.

The notification was issued by Commissioner-Secretary, Revenue, Ladakh, Shurbir Singh, on October 16 under Section 5 of the Jammu and Kashmir Land Revenue Act, 1996. It follows earlier administrative orders issued on April 27 and July 12, 2026.

The five new tehsils are Aryan Valley in Sham district, Sodh in Kargil, Phey in Zaskar, Thasgam in Drass and Himya in Changthang.

In Sham district, Aryan Valley tehsil will have its headquarters at Dha-Bema and comprise four revenue villages: Dha-Bema, Hanu, Garkone and Darchiks.

Sodh tehsil in Kargil district will be headquartered at Yourbaltak and include eight revenue villages: Yourbaltak, Akchamal, Apatee, Tumail, Barchey, Silmoo, Lalung and Chulichan.

In Zaskar district, Phey tehsil, headquartered at Phey, will comprise nine revenue villages: Rangdum, Phey, Remala-Skagam, Hamiling, Abran, Akshow, Atting, Rantaksha and Tungri.

Thasgam tehsil in Drass district will have its headquarters at Thasgam and include four revenue villages: Thasgam, Jasgund, Kharboo and Shamisha.

In Changthang district, Himya tehsil will be headquartered at Himya and comprise six revenue villages: Tukla, Likte, Tarchit, Kungyam, Teri and Himya.

The notification also provides for the transfer of specified revenue villages from their existing tehsils to the newly constituted administrative units. The changes will take effect from the date of publication in the official Gazette.

ADC Powers Assigned to Durbuk SDM

In another decision, the adminis- tration entrusted the powers of the Additional Deputy Commissioner (ADC), Durbuk, to the Sub-Divisional Magistrate (SDM), Durbuk.

The move follows a long-standing public demand and aims to strengthen local administration, improve access to government services and ensure their timely delivery to residents, the administration said.

Ladakh was granted Union Territory status in 2019 following the enact- ment of the Jammu and Kashmir Reorganisation Act, 2019. The latest decisions are aimed at expanding ad- ministrative reach and improving ser- vice delivery across the region. (ONS)

J&K Unveils

requirements of local bodies.

Under the framework, small and remote areas will be encouraged to adopt decentralised waste processing systems, while intermediate areas will use hub-and-spoke logistics. Major urban centres, including Srinagar and Jammu, are envisaged to develop ad- vanced circular economy systems.

The policy covers a wide range of waste streams, including municipal solid waste, food and wet waste, tour- ism-related waste, horticulture and agricultural biomass, packaging waste,

AIIMS Awantipora 81% Complete, DDC Pushes For Early OPD Services

Observer News Service

PULWAMA: District Development Commissioner Pulwama, Kuldeep Krishan Sidha, has directed officials to expedite pending works at AIIMS Awantipora and make its Outpatient Department (OPD) functional by the end of October, wherever feasible.

Chairing a review meeting on Thursday to assess the institute's construction progress and operational preparedness, Sidha was informed that the project had achieved around 81 percent physical progress, while financial progress stood at over 72 percent.

Officials said the revised master plan and associated changes had been approved. Hospital Block-I has been completed, while Hospital Block-II is around 99 percent complete. Emphasising the need to



translate construction progress into functioning facilities, the DDC directed the executing agencies to resolve pending issues on priority and ensure that the OPD becomes operational at the earliest, with the required medical personnel, including senior residents, in place.

Electrical substations and allied works are around 99 percent complete, with testing and commissioning underway. Sidha directed officials to complete these activities within

two weeks and ensure that essential infrastructure is ready before winter.

Reviewing Phase-II, which includes academic, administrative and hostel buildings, the DDC asked the executing agency to complete the remaining civil works within 20 days, wherever technically feasible, and make the buildings functional by the end of November.

He also called for accelerating Phase-III works, including hospital and academic blocks,

residential buildings, hostels and external development. The shopping complex and guest house were also identified for early completion.

The DDC directed all concerned departments to submit pending no-objection certificates (NOCs) before the end of October and prepare a comprehensive operational-readiness plan covering infrastructure, manpower, equipment, utilities, transport and statutory clear-

ances. Water supply, fire safety and electricity arrangements were also reviewed, with instructions to complete and test all essential services without delay. Officials were further directed to make arrangements for buses to facilitate the transportation of patients, students and staff.

Sidha asked the concerned departments and executing agencies to fix clear timelines for pending works, stressing that avoidable delays in operationalising the institute would not be acceptable. He assured that the district administration would extend full support to resolve bottlenecks and facilitate the project's early functioning.

The meeting was attended by senior district officials, representatives of AIIMS Awantipora, engineers from concerned departments and other stakeholders.

Obesity Major Risk Factor For Diabetes, Heart Disease, Hypertension: Doctors

Agencies

SRINAGAR: Unhealthy dietary habits and a sedentary lifestyle are among the major factors contributing to the rising burden of obesity, which doctors warn can pave the way for several chronic diseases, including diabetes, hypertension, cardiovascular disorders and certain types of cancer.

Doctors called for early intervention, healthier eating habits and regular physical activity to prevent obesity and reduce the growing burden of lifestyle-related diseases. They said obesity should not be viewed merely as a weight-related problem, as excessive fat accumulation can interfere with normal metabolic functions, increase the risk of multiple health complications and significantly affect overall quality of life.

Dr Murtaza Dar from the Directorate of Health Services Kashmir (DHSK) said obesity generally develops when calorie intake consistently exceeds the body's energy requirements, resulting in excessive fat accumulation.

"Obesity is not simply about gaining weight. It is a major risk factor for several

serious health conditions. Excess body fat can affect the body's metabolism, increase blood pressure, disturb cholesterol levels and raise the risk of developing cardiovascular diseases, including heart attacks and strokes," he said.

Dr Dar said obesity is closely associated with insulin resistance, making it difficult to regulate blood glucose levels and eventually leading to type 2 diabetes. It can also contribute to fatty liver disease, which may progress to inflammation and liver scarring. Obesity is linked to increased risk of certain cancers, including breast, colorectal and pancreatic cancers, while excess weight places additional pressure on knees, hips and other joints.

"People should not wait until they develop diabetes, high blood pressure or heart problems before taking their weight seriously," he said, adding that maintaining a healthy weight through appropriate dietary choices and physical activity can reduce these risks.

Dr Muzamil from Government Medical College (GMC) Anantnag said a sedentary lifestyle, characterised by prolonged

sitting and insufficient physical activity, has become a major contributor to obesity. Changing work patterns, increased screen time, reduced outdoor activities and dependence on motorised transport have contributed to a decline in daily physical movement.

"Physical inactivity affects more than just body weight. It can adversely affect cardiovascular and metabolic health and is also associated with poorer mental well-being. Prolonged inactivity has been linked to an increased risk of anxiety and depression, while regular physical activity can help improve mood, sleep and overall health," he said.

He said obesity usually results from a combination of factors rather than a single cause, including genetic predisposition, hormonal disorders, inadequate sleep, chronic stress and emotional eating. Conditions such as hypothyroidism and Cushing's syndrome may contribute to weight gain in some individuals and require medical evaluation. Obesity can also affect psychological well-being, contributing to low self-esteem, social anxiety and emotional distress. (KNO)

ACB Books Mining Officers, Private Persons In Illegal Mining Case

Observer News Service

SRINAGAR: The Jammu and Kashmir Anti-Corruption Bureau (ACB) has registered a case against two mining officers and private persons over illegal mining, overcharging and manipulation of e-challans, with searches underway at the accused persons' residential and commercial premises.

According to a statement issued, the case was registered under FIR No. 09/2026 at Police

Station ACB Udhampur against Assistant Mining Engineer Rajeev Jammu, District Mining Officer Reasi Rameshwar Sangra, Swaran Singh Rathore and other private persons.

The allegations include extraction of minerals beyond permissible limits, mining beyond lease validity, charging rates above government-notified prices, misuse of e-challans and operation of stone crusher units without valid Consent to Operate (CTO).

The ACB said the enquiry

had also indicated the alleged involvement of public servants in facilitating these activities in connivance with private operators.

The role of each accused, the extent of alleged illegal extraction and transportation and the loss caused to the government exchequer are being investigated, the statement said. Searches at the accused persons' residential and commercial premises are underway, while further investigation is in progress.

Rider Killed After Tanker Hits Scooty in Jammu

JAMMU: A 65-year-old man was killed after his scooty was hit by an unidentified tanker near Rotary Chowk in Jammu city on Friday.

An official said that the accident occurred near Rotary Chowk when the scooty, bearing registration number JK02CN 9934, was hit by the tanker, leaving the rider injured.

He said the rider died on the spot and was identified as Kuldeep (65), a resident of Jain Bazar in Jammu city. Meanwhile, cognisance of the incident has been taken and a probe is underway—(KNO)

Bear Mauls Lady In Udhampur, Hospitalised

UDHAMPUR: A 29-year-old lady was injured after being attacked by a wild bear in the Nallayan area of Panchari tehsil in Jammu and Kashmir's Udhampur district, officials said. An official said that the lady sustained injuries in the bear attack.

He said she was shifted to the Primary Health Centre (PHC), Panchari, for first aid and later referred to Government Medical College (GMC) Hospital, Udhampur, for specialised treatment.

The lady was identified as Kamlesh Devi (29), a resident of Chulna village in Nallayan ward. Meanwhile, authorities have taken cognisance of the incident, while locals urged them to take measures to prevent further attacks—(KNO)

Man Found Dead Inside Shop In Samba

SAMBA: A 34-year-old man was found dead inside a shop near Main Chowk at Samba Bus Stand on Friday, officials said.

An official said that the man was found unconscious inside the shop. He was later identified as Ravi Kumar (34), a resident of Nagrota village in Samba district. Meanwhile, police have taken cognisance of the incident and further investigation into the matter is underway—(KNO)

Passenger Dies As Vehicle Plunges Off Road In Kupwara

KUPWARA: A 45-year-old passenger died while the driver was injured after their vehicle lost control and went off the road in the Zab Khurhama area of Lolab in north Kashmir's Kupwara district on Friday, officials said.

An official said that the vehicle, bearing registration number JK05C-4886, went off the road, leaving both the driver and the passenger injured in Zab Khurhama.

He said the duo was shifted to Sub-District Hospital (SDH) Sogam, where one of them was declared brought dead on arrival.

J&K Bank Deepens Strategic Institutional Engagement In Ladakh

Observer News Service

SRINAGAR: Taking forward J&K Bank's strategic focus on strengthening institutional relationships through engagement at the senior leadership level, Executive Director Sudhir Gupta visited Ladakh and held meetings with Commissioner/Secretary, Finance, UT Ladakh, Tsewang Tharchin (IAS&AS) and Director General of Police, Ladakh, Anand Jain (IPS).

The interactions formed part of the Bank's continued efforts to deepen partnerships with government institutions and key stakeholders, particularly across Jammu & Kashmir and Ladakh, and align its banking outreach with regional priorities.



During the meetings, the Executive Director briefed the senior officers on the Bank's key initiatives and on-going efforts to support economic growth and expand access to banking services in Ladakh. He also sought their perspectives on institutional requirements, regional priorities and areas where closer coordination could strengthen service delivery and facilitate greater collaboration.

The visit reflects the Bank

leadership's emphasis on sustained institutional dialogue as a strategic means of building enduring partnerships, understanding emerging needs and translating stakeholder engagement into responsive banking services. It also reaffirms the Bank's commitment to contributing to Ladakh's socio-economic development through a stronger relationship with the UT Administration and other institutions.

DHSK Orders Probe Into Pregnant Woman's Death In Gurez

Agencies

SRINAGAR: The Directorate of Health Services Kashmir (DHSK) has constituted a four-member committee to investigate the death of a pregnant woman from Gurez in north Kashmir's Bandipora district, with the panel asked to determine whether medical negligence was involved.

Haseena Begum, wife of Showkat Ahmad Lone and a resident of Mazung village in Tulail, died on October 14, according to an order issued by the Directorate on Thursday.

According to KNO, the committee, headed by Deputy Director Schemes Dr Saba Wani, has been directed to submit its report within five days of the issuance of the order and specifically examine whether the death was attributable to medical negligence.

The panel also includes Medical Superintendent of District Hospital Bandipora Dr Mukhtar Ahmad Malla, consultant gynaecologist at Gousia Hospital Srinagar Dr Rohana Ali, and Medical Officer Dr Musadiq Ahmad Khan, who is also a nodal officer with the Directorate.

As already reported by KNO on Wednesday, Begum was shifted to District Hospital Bandipora that morning after developing complications during pregnancy. Her baby was stillborn. She was initially taken to a primary health centre in Sheikhpora late on Tuesday evening, but no medical staff was available there, the report said.

Traffic Advisory Withdrawn As 'Paddle For Peace' Event Postponed

Observer News Service

SRINAGAR: The Traffic Police Srinagar on Friday withdrew its earlier traffic advisory following the postponement of the "Paddle for Peace" event scheduled for October 18.

SSP Traffic City Srinagar Bisma Qazi confirmed that the event had been postponed and the traffic restrictions announced in connection with it would not be enforced.

NORTHERN RAILWAY

E-TENDER NOTICE

acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.irops.gov.in with closing date 09.11.2026 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to the closing date and time only. Manual offers are not allowed against these tenders, 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 payment modes available on the IREPS portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheques, Deposit receipts, FDR, etc. are not allowed.

Tender Type		Tendering Section	Bidding System		
Open		Works	Single Packet System		
Date of Uploading Tenders		Bid Starting Date	Bid Closing Date/Time		
16.10.2026		26.10.2026	09.11.2026		
S. No	Tender No.	Details of Tender	Advertised Value (Rs.)	Validity of Offer	Period of Completion
1	71-2026-27-PTK-DRM-JAT	Misc Pway zone work (2026-27) for various track maintenance work in the section of SSE/Pway/DHW under ADEN-PTK	99,78,745.24	60 Days	12 Months
2	72-2026-27-PTK-DRM-JAT	Misc Pway zone work (2026-27) for various track maintenance work in the section of SSE/Pway/PTK under ADEN-PTK	1,46,92,875.94	60 Days	12 Months

Note: Contractors are advised to check the IREPS website for any corrigendum issued against this tender before submitting the bids. **Tender Notice No:- 770-W/01/WA/JAT/2025 71-2026-27-PTK-DRM-JAT, 72-2026-27-PTK-DRM-JAT (to be opened on 09.11.2026)**

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3613/26

GOVERNMENT OF UNION TERRITORY OF JAMMU & KASHMIR OFFICE OF THE PRINCIPAL REGIONAL FAMILY PLANNING TRAINING CENTER/ANMT SCHOOL KANGAN

Subject: -Provisional Selection List of Candidates for Admission to Leftover Seats (Various SAHC Courses Session 2026-27).

NOTIFICATION

Pursuant to Advertisement Notice Session 2026-27 Issued vide No: RFPTC/EST/434-440 Dated:03-10-2026. The list of candidates provisionally selected for Various SAHC Courses Session 2026-27 in RFPTC/ANMT School Kangan is hereby notified as per Annexure "B" to this notification. The provisionally selected candidates are advised to report to the office of the undersigned for completion of admission formalities by or before last date 21th of October 2026, 02:00 pm, along with the following documents in original.

- Domicile Certificate.
- Date of Birth Certificate (10th)
- Marks Certificate 10th & 12th
- Discharge Certificate.
- Affidavit from 1st Class Magistrate (proforma available with the office)
- Any other formalities and certificates required by the institute in accordance with the rules.

Failure to submit the relevant documents will lead to cancellation of candidature.

Note:-

- In case candidates conceal/ surpass any information at the time of admission, his/her candidature shall be cancelled ab-initio and action as warranted under the rules shall be initiated against such candidates.
- If any candidate fails to join the institute by or before last date, provisional selection in his/her case will be cancelled.
- The selection/admission is purely provisional, subject to outcome of verification by J&K State Allied and Healthcare Council, and relevant Certificate Issuing Authority.
- The other terms and conditions shall remain the same as notified in the information Brochure and Notification issued by J&K BOPEE/ J&K State Allied and Healthcare Council, from time to time.

No:- Rfptc/Est/496-502
Dated:- 14-10-2026

S/d
Principal,
Regional Family Planning Training
Center/ANMT School Kangan

PROVISIONAL SELECTION LIST OF STUDENTS FOR 12th based various SAHC Courses Session 2026-27
ANNEXURE "B"

Rank	Name of the Candidate	Parentage	DOB	Residence	Maximum Marks	Marks Obtained	Percentage	Category	Course	Date of Submission of Docs
1	HIBA RASHID	ABDUL RASHID RATHER	09-07-2008	KANGAN GANDERBAL	500	426	85.20%	OM	Anaesthesia & Operation Theatre Technology (D.AOTT)	10-10-2026
2	SAMIYA ALTAF	ALTAF AHMAD SOFI	25-05-2006	HARIPORA GANDERBAL	500	389	77.80%	OM	Medical Laboratory Technology	10-10-2026
3	SAHIL NASEER SOFI	NASEER AHMAD SOFI	08-01-2006	NUNER GANDERBAL	500	385	77.00%	OM	X-RAY Asstt. / Technology	06-10-2026
4	ANFUS BASHIR	BASHIR AHMAD LAHERWAL	10-07-2004	KONDABAL GANDERBAL	500	371	74.20%	OM	X-RAY Asstt. / Technology	10-10-2026
5	KAISAR AHMAD MALLAH	TARIQ AHMAD MALLAH	15-11-2007	YANGOORA GANDERBAL	500	363	72.60%	OM	Anaesthesia & Operation Theatre Technology (D.AOTT)	07-10-2026
6	MOHAMMAD USMAAN	TARIQ AHMAD BHAT	03-03-2007	KURSOO RAJBAGH SRINAGAR	500	358	71.60%	OM	X-RAY Asstt. / Technology	08-10-2026
7	AAIZA AKHTER	GULZAR AHMAD WANI	04-10-2007	GUNDI RAHMAN TULMULLAH GANDERBAL	500	351	70.20%	OM	X-RAY Asstt. / Technology	10-10-2026
8	SURIYA MUSHTAQ	MOHAMMAD MUSHTAQ MALIK	06-06-2004	LARI KANGAN GANDERBAL	500	347	69.40%	OM	X-RAY Asstt. / Technology	10-10-2026
9	SURIYA MUSHTAQ	MUSHTAQ AHMAD KAMBAY	04-06-2007	WAKURA GANDERBAL	500	336	67.20%	OM	Ophthalmic Assistant	07-10-2026
10	ABIROO RASHID	ABDUL RASHID WAR	10-11-2007	KANGAN GANDERBAL	500	335	67.00%	OM	X-RAY Asstt. / Technology	05-10-2026
11	NEELOFAR MUSHTAQ	MUSHTAQ AHMAD DAR	01-06-2007	WAKURA GANDERBAL	500	334	66.80%	OM	Ophthalmic Assistant	07-10-2026
12	ARBAZ IRSHAD	IRSHAD AHMAD BHAT	07-01-2008	SARICH CHODRI BAGH GANDERBAL	500	319	63.80%	OM	ECG Technology	05-10-2026
13	KHUSHI ALI	ALI MOHAMMAD GANIE	18-09-2006	WAKURA GANDERBAL	500	308	61.60%	OM	ECG Technology	08-10-2026
14	NOWSHEENA HASSAN	GHULAM HASSAN MIAN	18-01-2006	GUND ARI CHATURGUL KANGAN	500	303	60.60%	OM	ECG Technology	06-10-2026
15	TABIYA HAMEED	ABDUL HAMEED SHEIKH	28-03-2006	BATWINA GANDERBAL	500	298	59.60%	OM	Ophthalmic Assistant	07-10-2026
16	IQRA RASHID	ABDUL RASHID LONE	10-09-2005	MAMMER KANGAN	500	292	58.40%	OM	ECG Technology	05-10-2026
17	TUIBA MAJEED	ABDUL MAJEED KHAN	07-04-2001	GANDERBAL	500	291	58.20%	OM	ECG Technology	07-10-2026

S/d Principal,
RFPTC/ANMT SCHOOL KANGAN
Dr. Nisar Ali (Chairman)

DIPK-6818-26
DT: 16/10/2026



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