www.kashmirage.net facebook.com/kashmirage youtube.com/@kashmirAge dailykashmirage@gmail.com

22nd Year of Publcation

Kashmir Age

"Truth we say..... come what may"

• Srinagar • Monday, 23 November 2026 • 7Jumada al-Thani 1448 AH • Issue No: 323

• Volume: 22 • Pages: 12 • Rs: 3/- (Air Surcharge for Delhi, Jammu & Ladakh 50/- Paisa) • JKENG/2006/23952

50 Crore People Lifted Out Of Poverty After 1,000 Years: PM Modi

Press Trust of India



AHMEDABAD, NOV 22: Prime Minister Narendra Modi on Sunday said some individuals still hesitate to acknowledge that 50 crore people have been pulled out of poverty in the country, in an apparent dig at the Opposition.

Addressing BJP workers virtually during a post-Diwali 'Sneh Milan' programme organised across all 182 assembly constituencies in Gujarat, he said the achievement reflected the success of his government's policies and efforts.

"All those who sacrificed their lives for independence, all those who dedicated their lives to freedom, all those who spent their youth in jails for independence, wherever their souls may be, today they must be the happiest seeing this World Bank report, thinking, 'finally, poverty is leaving my country'," he said.

According to a World Bank report, India's extreme poverty rate dropped sharply to 2.6 per cent in 2023 from 27.1 per cent in 2011, with the country lifting an estimated 496 million people out of poverty.

"A thousand years of slavery had impoverished us; for the first time after a thousand years of slavery, 50 crore people are coming out of poverty. There can be no greater satisfaction in life than this, no greater achievement than this," Modi said.

However, he said, some people were still reluctant to acknowledge the achievement.

"I know many people still hesitate to say this aloud, because all of this happened during this period (BJP rule). They don't like it. Whether they like it or not, we have the satisfaction that our efforts have borne fruit," Modi said.

Terming the development the beginning of a new chapter in the lives of citizens, he said coming generations would witness the country's "golden era".

"Our intention is true, our policy is right, our direction is right, and there is no shortcoming in our hard work," he said.

The BJP had organised the programme across all 182 assembly constituencies in Gujarat. Chief Minister Bhupendra Patel listened to the PM's virtual address in his Ghatlodia constituency.

Modi said this year's Diwali was significant for him as it marked 25 years since he became Gujarat's CM in October 2001.

He credited generations of BJP workers for supporting him in his political journey and said their hard work had enabled him to serve his home state and the country.

Recalling the devastating 2001 Gujarat earthquake, Modi said his first Diwali as chief minister was spent with affected families.

"That day, my belief became very strong that the true happiness of festivals, the true joy of festivals, lies in lighting a lamp of hope in someone else's life," he said.

Modi said the spirit of public participation had helped Gujarat overcome the devastation and transform Kutch into a new centre of hope. The reconstruction efforts subsequently spread across the state, leading to a wider transformation, he said. Recalling Gujarat's development journey, Modi said the state, once largely associated

See On Pg.10

MODI SAID THE SPIRIT OF PUBLIC PARTICIPATION HAD HELPED GUJARAT OVERCOME THE DEVASTATION AND TRANSFORM Kutch into a new centre of hope. The reconstruction efforts subsequently spread across the state, leading to a wider transformation, he said.

Commercial Amnesty Scheme For Power Consumers Soon: Minister



KA News Service

SRINAGAR, NOVEMBER 21: Minister for Revenue and Power Development Department, Ali Mohammad Sagar, today assured a delegation of the Kashmir Traders and Manufacturers Federation (KTMF), led by its President Mohammad Yaseen Khan, that the issues confronting the trading community would be examined on priority and necessary measures taken for their early resolution.

During the meeting, the Minister held detailed discussions on various issues pertaining to the Power Development and Revenue Departments, particularly electricity supply, power infrastructure, revenue assessments, property-related matters and administrative bottlenecks affecting traders and commercial establishments.

A key issue raised by the delegation was the demand for a Commercial Amnesty Scheme for commercial electricity consumers. Responding to the demand, Sagar assured that the matter would be taken up on priority and that the government would soon move forward with a scheme aimed at providing relief to commercial consumers and facilitating the settlement of their outstanding liabilities.

The Minister acknowledged the contribution of the trading community

See On Pg.10

NGT seeks fresh reports on J&K wetlands

Press Trust of India



NEW DELHI/JAMMU, NOV 22: The National Green Tribunal (NGT) has directed the Jammu and Kashmir Pollution Control Committee to submit a fresh and updated report on the status of wetlands in the Union Territory, including a comparative assessment of their recorded revenue area and the actual existing area.

The direction comes amid concerns over the shrinking of wetlands, encroachments and deteriorating water quality in several water bodies across Jammu and Kashmir.

A bench headed by NGT Chairperson Justice Prakash Shrivastava, along with Expert Members A Senthil Vel and Afroz Ahmad, asked the PCC to furnish details of the actual existing area of each identified wetland and compare those with the corresponding revenue records.

The tribunal passed the directions while hearing an application concerning a news report, titled

See On Pg.10

Govt has 'zero-casualty' approach for disaster management: Amit Shah



Press Trust of India

ITANAGAR, NOV 22: Union Home Minister Amit Shah on Sunday said the government was following a 'zero-casualty' approach for disaster management, under which timely warnings and immediate evacuation measures were being prioritised to protect vulnerable people.

Inaugurating the 12th battalion campus of the National Disaster Response Force (NDRF) at Hollongi, near here, he said it would significantly strengthen disaster preparedness and response across the Northeast, one of the country's most vulnerable regions to natural calamities.

Shah said the region is prone to various natural disasters and stressed the need for preparedness, modern warning systems and coordinated efforts to minimise loss of lives and property.

He said the campus has been constructed in accordance with earthquake-resistant standards, keeping in view the vulnerability of the region to seismic activity.

The home minister said the NDRF's expansion, improvement in resources and specialised training were among the key priorities of the government to strengthen the

See On Pg.10

Mock drill held at Srinagar airport

Press Trust of India

SRINAGAR, NOV 22: A full-scale emergency evacuation mock drill simulating a building collapse was conducted at the Srinagar International Airport on Sunday, officials said.

The exercise witnessed coordinated participation of the Central Industrial Security Force (CISF), multiple airport agencies, the Indian Air Force and the state administration, they said.

"Putting preparedness to the ultimate test! A Full-Scale Emergency Evacuation Mock Drill was conducted today at Srinagar International Airport, simulating a

See On Pg.10

JKSSB defends exam integrity after cheating bid

JKSSB
Jammu and Kashmir Services Selection Board

Press Trust of India

JAMMU, NOV 22: Amid mounting criticism, protests and demands for accountability over the alleged attempt to facilitate cheating in the recently held finance accounts assistant (FAA) examination, the Jammu and Kashmir Services Selection Board has announced additional security measures for the upcoming recruitment tests, while maintaining that the November 15 examination

See On Pg.10

6 more arrested; six govt employees among accused

Press Trust of India

JAMMU, NOV 22: Six more persons were arrested in the ongoing investigation into the Finance Accounts Assistant (FAA) examination conducted recently by J&K Services Selection Board, taking the total arrests to 20, with police clarifying that the malpractice was confined to a specific examination centre and did not involve a paper leak.

The accused include six government employees, among them the alleged mastermind.

See On Pg.10

'Drug peddler's' property attached

Press Trust of India

SRINAGAR, NOV 22: Property of an alleged drug peddler was attached in Jammu and Kashmir's Anantnag district on Sunday, police said.

In a major crackdown against drug trafficking and its proceeds, Anantnag Police attached immovable property worth approximately Rs 4.17 crore belonging to drug peddler Ishfaq Ahmad Mir, a police spokesman said.

The attachment has been carried out in connection with the accused's alleged involvement in multiple NDPS cases, the spokesman said.

He said the attached property comprises a residential house, eight shops, five rooms, one fire-service shed, one toilet and two washrooms, with an estimated market value of approximately Rs 4.17 crore.

The action has been taken as part of Anantnag Police's sustained efforts to dismantle

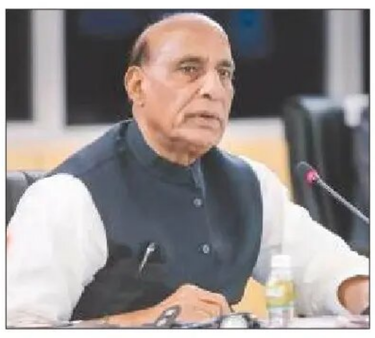
See On Pg.10

Rajnath Singh urges students to develop their own paths

Says 'Degrees Are Qualifications, Not Identities'

Press Trust of India

LUCKNOW, NOV 22: Defence Minister Rajnath Singh on Sunday urged students not to restrict themselves to the fields in which they obtain degrees and encouraged them to pursue careers based on their interests and abilities.



"Your degree is your qualification, not your identity," he said, adding that students should identify their interests and develop their own paths.

Addressing the convocation ceremony of Babu Banarasi Das University in Lucknow, Singh noted that emerging technologies such as AI would create opportunities and increase demand for new skills.

Deputy Chief Minister Brajesh Pathak also attended the programme.

> He said scientist Thomas Alva Edison had struggled academically as a child and was once called an "idiot" by a teacher.

At the convocation ceremony, the defence minister said a degree may help students secure their first job, but their skills, professional knowledge and competence would determine their identity and career growth.

See On Pg.10

'Narcotics' recovered near LoC

Press Trust of India

SRINAGAR, NOV 22: Heroin-like substance, valued at around Rs six crore, was recovered near the Line of Control (LoC) in Jammu and Kashmir's Kupwara district, officials said on Sunday.

In a major action against drug-related activities, police in Kupwara recovered approximately 827 grams of the heroin-like substance, they said.

The recovery was made during a Cordon and Search Operation (CASO) in the Amrohie area of Karnah, in the north Kashmir district, on Saturday. During the operation, a search of the residential premises occupied by Zameer Ahmad Tunch, a resident of Amrohie, Karnah, led to the recovery of a black polythene bag containing the suspected narcotic substance, the officials said.

See On Pg.10

SCO Forum's Outcome Document Calls For Protection Of Cultural Heritage



Press Trust of India

NEW DELHI, NOV 22: The SCO Civilisational Dialogue Forum hosted by India on Sunday came out with an outcome document -- Indraprastha Communique -- which called for the protection of cultural heritage, including from illicit trafficking, and "respecting every civilisation as an equal voice".

The three-day forum at the Purana Quila was inaugurated by Prime Minister Narendra Modi on November 20. It saw the participation of delegates from various Shanghai Cooperation Organisation (SCO) member countries, including Pakistan's federal minister Musadik Malik.

Asked if any formal bilateral talks were held between India and Pakistan on the sidelines, Union Culture Secretary Vivek Aggarwal said, "There were no formal bilateral talks between the two sides." However, he said that members of the Indian side

See On Pg.10

Kashmir Age
"Truth we say..... come what may"

SRINAGAR | MONDAY
23-NOVEMBER-2026

www.kashmirage.net facebook.com/kashmirage youtube.com/@kashmirAge dailykashmirage@gmail.com

ADDC Kupwara tours Kalaroos, inspects PHC, takes stock of development works



Kashmir Age News

KUPWARA, NOVEMBER 22: Additional District Development Commissioner (ADDC) Kupwara, Ghulam Rasool Choudhary, today visited Kalaroos block during which he took stock of the developmental works, healthcare facilities and issues faced by the people in the area.

The ADDC visited different upper hilly villages of Kalaroos including Moori and Sarkulli and had a first hand information about the infrastructure including roads and other developmental works.

He interacted with the locals and heard their grievances. The ADDC issued instructions to the departmental officers to resolve the immediate issues on priority and plan for long term development as per public requirement.

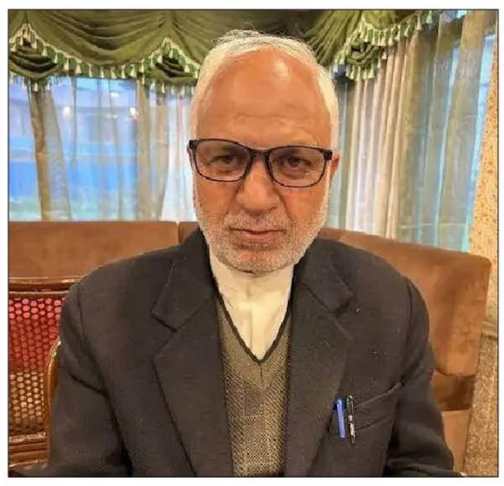
Health, power and other basic amenities were also assessed during the visit and directions were issued to the concerned sectoral heads for their timely redressal. During the visit, the ADDC held a surprise inspection of the PHC Kalaroos. He interacted with the patients and enquired about the medical facilities being provided to them. He also checked the availability of duty doctor and paramedical staff who were present there. During the surprise inspection, the duty roster was not found available. The ADDC expressed displeasure over it and directed the concerned to ensure availability of duty roster and its proper display. He also issued strict instructions for maintaining proper hygiene and heating arrangements within the hospital premises. Instructions to ensure proper lighting arrangements within the premises besides, wearing of proper dress code by doctors and paramedical staff were also issued on the spot.

Advocate Ab Rashid Hanjura expresses grave concern over rotten meat sale, unhygienic food items

Kashmir Press Service

SRINAGAR:- Chairman Islamic Relief and research Trust IRRT Adv. Ab Rashid Hanjura has expressed grave concern over repeated complaints and reports regarding the alleged sale, stocking and distribution of rotten meat, unhygienic, substandard and potentially unsafe food items in markets across Jammu and Kashmir.

Expressing grave concern over the issue, Hanjura has urged the Food Safety Department and other concerned law enforcement agencies to immediately activate their enforcement machinery and launch a sustained, comprehensive and proactive drive to check the menace. He stressed that public health, particularly the health and well-being of children, cannot be compromised for a few rupees of profit and greed by unscrupulous traders.



Advocate Hanjura said that reports of rotten meat and unhygienic food products being sold openly in hotels and restaurants have raised serious concerns about the effectiveness of food safety monitoring and enforcement mechanisms. He observed that food adulteration, improper storage, unhygienic handling and the sale of expired or deteriorated food products pose a grave threat to public health and cannot be allowed to continue unchecked.

He further pointed out that across Kashmir, substandard and potentially unsafe food products are reportedly being sold to consumers, including children, particularly through roadside vendors, shops in residential neighbourhoods and outlets operating in the vicinity of educational institutions. Children, who are often attracted to colourful packaged products, confectionery and ready-to-eat food items, remain particularly vulnerable to the consumption of unsafe food.

Such practices, he cautioned, can expose consumers to food poisoning, stomach infections, gastrointestinal disorders and other serious health complications. The sale of rotten meat and contaminated food products is especially alarming, as it can have severe consequences for the health of unsuspecting consumers.

Adv. Hanjura has called upon the Food Safety Department to intensify its field-level enforcement activities and ensure regular as well as surprise inspections of meat shops, restaurants, eateries, grocery stores, food outlets and other establishments dealing with food products. He urged the department to pay particular attention to the quality, freshness, storage conditions, transportation and hygienic handling of meat and other perishable food items.

He also called for immediate seizure and destruction of unsafe, contaminated, expired and substandard food products in accordance with established procedures, besides initiating stringent legal action against those found violating food safety norms. The licences of habitual offenders, he said, should also be dealt with strictly under the applicable provisions of law. Adv. Hanjura further stressed the need for better coordination between the Food Safety Department, municipal authorities, local administration and police to ensure effective monitoring of markets and prevent the sale of unsafe food items. He said the greed of certain mutton importers and traders appears to have reached alarming proportions adding that, public health and food safety seem to have taken a back seat for them to make quick money. He said that consumers should be encouraged to report such violations without hesitation so that timely intervention could prevent potential health hazards.

He appealed to traders, shopkeepers, meat dealers and food business operators to maintain proper hygiene, adhere to prescribed food safety standards and place public health above commercial interests.

Maiden Kathua Cyclothon witnesses massive participation

Kashmir Age News

KATHUA, NOVEMBER 22: The District Administration Kathua successfully organised the maiden Kathua Cyclothon 2026 today under the banner of Nasha Mukt Abhiyan, witnessing an overwhelming response with 860 registrations and enthusiastic participation from across the country.

Organised in collaboration with Bicycle for Change and Barwal Athletics Club, the event transformed Sports Stadium Kathua into a hub of sporting enthusiasm. Cyclists from different parts of the country and across Jammu and Kashmir participated, representing diverse age groups, from young children and youth to middle-aged participants and senior citizens.

The Cyclothon aimed at promoting fitness, healthy lifestyles and cycling while spreading awareness against drug abuse. A lively Zumba session, motivational music and enthusiastic cheers added to the excitement, creating an electrifying atmosphere.

Deputy Commissioner Kathua Rajesh Sharma and SSP Kathua Mohita Sharma also participated in the Cyclothon, joining cycling enthusiasts in promoting fitness and community participation. The DC appreciated the overwhelming response, particularly the enthusiastic participation of youth and thanked the participants, officers, volunteers and supporting organisations for making the event a success. He also lauded CPO Kathua and officers of the concerned departments, sporting clubs and sponsors for their dedicated efforts in ensuring the successful conduct of the event. He said that more such initiatives would be organised to promote sports, fitness and positive youth engagement. In the 2 KM category (6–12 years), Aryan Singh secured first position in the boys' category, followed by Arjit Singh and Naksh Sharma. In the girls' category, Anayla Khullar secured first position, followed by Amaria and Nikhat Shafiq.

Div Com Jammu inspects works at Shri Shiv Khori



Kashmir Age News

REASI, NOVEMBER 22: Divisional Commissioner Jammu, Vikas Kundal, who is also Chairman of the Shri Shiv Khori Shrine Board, today visited Ransoo to inspect the ongoing development works being executed by various departments and agencies in and around the Shri Shiv Khori Shrine. During the visit, the Divisional Commissioner inspected the under-construction helipad and reviewed the progress of associated facilities, including the waiting room, frisking point and security guard room. He directed the Public Works Department (PWD) to expedite the hill-cutting work and instructed the concerned agencies to ensure early completion of the helipad and allied infrastructure for the convenience and safety of pilgrims.

He also reviewed the arrangements at the frisking point and stressed the need for adequate security measures and smooth movement of devotees. Later, he visited the Shri Shiv Khori Shrine and paid obeisance. Subsequently, the Divisional Commissioner chaired a review meeting at Shiv Shakti Bhawan, Ransoo, with the district administration and concerned departmental officers to assess the progress of ongoing development works and infrastructure projects in Ransoo and the shrine area.

Deputy Commissioner Reasi, Kumar Abhishek, briefed the Divisional Commissioner on the status of various projects being executed by different departments and agencies. He apprised him of their physical and financial progress and highlighted issues requiring intervention for timely completion. The status of security-related infrastructure and facilities was also reviewed.

The meeting discussed several key projects aimed at strengthening infrastructure and improving pilgrim amenities, including construction of an alternate track, improvement of the existing track, development of waiting halls and cafeteria facilities, construction of overhead sheds, installation of drinking water points, renovation of buildings and upgradation of facilities at the shrine. The Deputy Commissioner also apprised the meeting of works being undertaken by the Tourism Department, Rural Development Department, Jammu Power Distribution Corporation Limited (JPDCL), Public Works Department and through the funds of the Shri Shiv Khori Shrine Board.

Khet Bachao Abhiyan programme held at Hajin

Kashmir Age News

BANDIPORA, NOVEMBER 22: The Agriculture Production and Farmers Welfare Department, Bandipora, today organised a programme under Khet Bachao Abhiyan at Hajin, which was attended by the Joint Director (JD), Engineering Wing, Department of Agriculture, as the guest of honour. Addressing the gathering, the Joint Director highlighted the importance of balanced use of chemical fertilizers, scientific farming practices and soil health management. He urged farmers to avoid excessive and indiscriminate use of fertilizers and adopt soil-test-based application to protect soil fertility and promote sustainable agriculture.

Stalls showcasing organically produced vegetables, pulses and other agricultural products were also set up on the occasion, providing farmers and visitors an opportunity to explore locally produced organic crops and farming practices.

Among others, District Agriculture Officer, Bandipora, Sub-Divisional Agriculture Officer, Sumbal, Subject Matter Specialist, Sumbal, and other officers of the department were present on the occasion.

DC, SSP monitor rescue operations at Ganote Bhatti fire site

Kashmir Age News

RAMBAN, NOVEMBER 22: A major fire incident broke out early this morning here at village Ganote Bhatti, resulting in complete destruction of four residential houses belonging to four families. Fortunately, no loss of life or injury was reported in the incident.

Upon receiving information about the incident, teams of Fire and Emergency Services, Quick Response Team (QRT), J&K Police and Civil Administration were immediately dispatched to the affected area to undertake firefighting, rescue and relief operations.

Deputy Commissioner Mohammad Alyas Khan, accompanied by Senior Superintendent of Police (SSP) Anna Lata Sinha, rushed to the spot and monitored the

rescue, firefighting and relief operations. Senior district officers,

along with personnel of the Fire and Emergency Services, Police, QRT and Village Defence Guards (VDGs), remained deployed on the ground to coordinate the response.

Meanwhile, MLA Ramban Arjun Singh Raju



also visited the fire-affected area at Ganote Bhatti, assessed the losses caused by the devastating fire and interacted with the affected families. He expressed solidarity with the victims, listened to their concerns and assured them of all possible assistance and support for their rehabilitation.

Grand Nagar Kirtan taken out in Poonch to mark Prakash Purab of Shri Guru Nanak Dev Ji

Kashmir Age News

POONCH, NOVEMBER 22: A grand religious procession (Nagar Kirtan) was taken out in Poonch today to mark the auspicious occasion of the Prakash Purab of Shri Guru Nanak Dev Ji. The procession witnessed enthusiastic participation from devotees and members of the Sikh community.

The Nagar Kirtan commenced from Singh Sabha Gurudwara Sahib, with the beautifully decorated Palki Sahib of Sri Guru Granth Sahib Ji. The Panj Pyare led the procession, walking ahead of the vehicle carrying Sri Guru Granth Sahib Ji. Joint Secy DGPC Gurharan Singh and other members were also present on the occasion.

The procession passed through prominent areas of the town, including Qila Market, Main Bazaar and Bus Stand, proceeded via Nakha Wali Road and finally culminated at Singh Sabha Gurudwara Sahib. President District Gurdwara Parbandhak Committee (DGPC) S. Narinder Singh, General Secretary DGPC S. Harcharan Singh and Giani Beant Singh, Preacher from Mohali, Punjab, addressed the devotees. They highlighted the life and teachings of Shri Guru Nanak Dev Ji and shared Gurbani Vichaar, emphasising the relevance of his universal message in today's world. The celebrations also featured impressive Gatka (Sikh martial arts) performances by young members of the Sikh community, showcasing their traditional skills and martial art heritage. The Nagar Kirtan was marked by deep religious devotion, enthusiasm and a spirit of communal harmony. Devotees participated with great faith and reverence, spreading the timeless message of peace, equality, brotherhood,

Sainik Welfare Department J&K organises Udyam Jagriti programme for ex-servicemen

Kashmir Age News

SRINAGAR, NOVEMBER 22: The Department of Sainik Welfare, Jammu and Kashmir, today organised an Udyam Jagriti programme under Mission YUVA and HADP/JKCIP for Ex-Servicemen, widows and their family members to sensitise them about various self-employment schemes and entrepreneurial opportunities through virtual mode.

Organised in collaboration with Mission YUVA, the programme familiarised participants with the available government initiatives, financial assistance and support mechanisms for establishing sustainable self-employment ventures. The initiative aimed at empowering Ex-Servicemen, widows and their wards by encouraging entrepreneurship, promoting self-reliance and facilitating their access to various government-sponsored schemes.

5th Kaushal Deekshant Samaroh held at Govt ITI Rajouri

Kashmir Age News

RAJOURI, NOVEMBER 22: Government Industrial Training Institute (ITI) Rajouri organized the 5th Kaushal Deekshant Samaroh (Skill Convocation Ceremony) on its campus today to celebrate the achievements of its graduating trainees.

The event was held in alignment with the National Level Programme hosted in Lucknow, where Prime Minister Narendra Modi graced the occasion as the Chief Guest. The live telecast of the National level programme was also witnessed by the students and staff of the Institute.

The convocation ceremony at Government ITI Rajouri honoured trade-wise toppers and skill graduates who successfully passed out across various engineering and non-engineering trades. The Principal of the Institute Naresh Singh presided over the function as the Chief Guest, while the Superintendent Government Women ITI Kalakote attended as the Guest of Honour.

During the felicitation ceremony, the chief guest honoured the trade toppers with Certificates of Merit and Mementos, besides distributing



certificates to other graduating trainees.

Congratulating the pass-outs on reaching this milestone, the Principal ITI delivered an insightful briefing on diverse career pathways available to skilled youth. He guided the graduates on opportunities in government and private sector jobs, apprenticeship training under the National Apprenticeship Promotion Scheme (NAPS), internships through the Prime Minister's Internship Scheme (PMIS), higher technical education (Diploma and Degree programmes) and entrepreneurship avenues supported by self-employment schemes such as Mission YUVA, PMEGP etc. He exhorted upon youth to apply their acquired technical skills to become self-reliant, secure sustainable livelihoods for themselves and their families and actively contribute toward realizing the vision of Viksit Bharat @2047.

Guest of Honour also motivated the young graduates, emphasizing that practical skills are the backbone of modern industry and encouraging them to utilize their training effectively to build a prosperous future.

Kashmir Age
"Truth we say..... come what may"
SRINAGAR | MONDAY
23-NOVEMBER-2026

www.kashmirage.net facebook.com/kashmirage youtube.com/@kashmirAge dailykashmirage@gmail.com

Chief Secretary assesses sports infrastructure, training facilities in Jammu

Interacts with athletes and coaches; calls for leveraging Khelo India, Fit India initiatives to strengthen sports ecosystem in J&K

Kashmir Age News



JAMMU, NOVEMBER 22: Chief Secretary, Dr. Sajjan Singh Yadav, today undertook an extensive inspection of sports infrastructure and training facilities being operated by the Youth Services and Sports (YS&S) Department and the J&K Sports Council across Jammu city, covering the M.A. Stadium and Khel Gaon at Nagrota, to assess the availability of facilities, ongoing training activities and the scope for further strengthening the sports ecosystem here.

During the visit, the Chief Secretary interacted with players, budding athletes and coaches across various sporting disciplines to obtain first-hand feedback on the quality of training, infrastructure and other facilities available to them. He enquired about their training schedules, participation in forthcoming competitions and the requirements for upgrading existing facilities to help them improve their performance.

Encouraging the young sportspersons to pursue excellence in their respective disciplines, Dr. Yadav urged them to set higher goals and strive to bring laurels to Jammu and Kashmir through their performance in national and other competitive events. He also participated in several sporting activities during the inspection to motivate the young athletes and underline the importance of sports in everyday life.

Observing that sports play a vital role not only in maintaining physical fitness but also in fostering mental well-being, discipline, confidence and the overall development of an individual, the Chief Secretary emphasised the need to cultivate a vibrant sporting culture among the youth.

He enjoined upon the concerned sports bodies to ensure the best possible training facilities and infrastructure for aspiring athletes by making optimal use of the opportunities available under the Khelo India and Fit India initiatives. He stressed upon the need for judicious and productive utilisation of available space across sports complexes to accommodate more sporting activities and provide greater opportunities to the youth to hone their skills.

The Chief Secretary also took stock of the achievements made by various sports disciplines, the calendar of forthcoming sporting events and the preparations underway for participation in these competitions.

He sought details about the present sporting landscape in Jammu and Kashmir and the initiatives being undertaken to identify, nurture and motivate emerging talent at different levels.

Master Nazir Ahmad Bhat honoured with Best Teacher Award 2026



Kashmir Press Service

SRINAGAR: Master Nazir Ahmad Bhat, Head Teacher, Upper Primary School (UPS) Chontipora Mawer and Vice District President of Jammu and Kashmir Teachers Forum (JKTF), Kupwara, has been honoured with the prestigious Best Teacher Award 2026 at a Teachers Conference held at SP College, Srinagar.

The award was presented by Advisor to the Chief Minister, Nasir Aslam Wani, in recognition of Bhat's outstanding contribution to the field of education, dedication to teaching and exemplary professional commitment.

Congratulating him on the achievement, Nayeem Khan of Jammu Kashmir Teachers Forum said the recognition was a moment of immense pride for the teaching fraternity, particularly in Kupwara district.

He said the award marked Bhat's third recognition since September 5 this year and reflected his consistent efforts towards improving educational standards and inspiring students and fellow teachers. Khan described Bhat as a dedicated educator and an inspiring leader whose commitment to the teaching profession had earned him widespread appreciation. He extended heartfelt congratulations to Bhat and wished him continued success, good health and greater achievements in his educational journey.

4 of family killed as private bus hits tempo in Hathras

Press Trust Of India

HATHRAS, NOV 22 : Four members of a family, including a six-year-old boy, were killed and three were injured after a private bus rammed into a tempo in Sikandra Rao here on Sunday, police said.

The bus driver fled the scene after the accident and efforts are underway



to trace him, they added.

The accident took place around 1 pm when the tempo -- carrying a family travelling from Gurugram to a wedding ceremony in Sikandra Rao area -- was hit from behind by a private bus near Bilaar village, causing it to overturn.

The deceased have been identified as Rihana alias Chhoti (35), Sabana alias Moti (40), Sabina (35) and her six-year-old son Fahad. They were residents of Nauserwala village under Barla police station in Aligarh district, and were residing in Gurugram. Sabina and her son Fahad died at a hospital in Aligarh.

The injured have been identified as Kamarjahan, Sania and Zoobi (all women).

According to the police, there were seven passengers in the tempo. The tempo driver fled after the accident.

The three women who lost their lives were sitting on the back seat of the tempo. Kamarjahan and Sania were sitting on the seat in front of them. The child, Fahad, was sitting next to the driver, and Zoobi was also seated in the front.

Police reached the spot after receiving information and shifted the injured to different hospitals.

Some were admitted to the Akrabad Community Health Centre, while those seriously injured were referred to Aligarh for treatment.

Sikandra Rao Circle Officer (CO) Amit Pathak said that four people died and three others were injured in the accident. The victims were travelling from Aligarh to Sikandra Rao in a tempo when a bus hit it from behind.

He added that two women died on the spot, while a child and another woman passed away in Aligarh.

The bodies of the deceased have been sent for a post-mortem examination, police said.

DC Kupwara conducts extensive inspection of SDH Kupwara, Market areas, Civic Infrastructure



Kashmir Age News

KUPWARA, NOVEMBER 22: Deputy Commissioner (DC) Kupwara, Abhishek Sharma, today conducted an extensive inspection of Sub-District Hospital (SDH) Kupwara and various areas of Kupwara town to review healthcare facilities, sanitation, traffic management and public infrastructure.

During his visit to SDH Kupwara, the DC inspected staff attendance, parking facilities, CCTV surveillance and various hospital sections, including the Gynaecology Ward. He also conducted a first hand audit of the recent maternal death case reported at the hospital by examining relevant medical records, reviewing CCTV footage and seeking on-the-spot explanations from the Medical Superintendent SDH and other concerned officials regarding the circumstances of the incident.

Stressing punctuality, accountability and quality healthcare, he directed hospital authorities to ensure better patient care, maintain strict sanitation standards and provide essential amenities to patients and their attendants.

The DC subsequently inspected market in Kupwara town and directed shopkeepers to maintain proper hygiene, ensure cleanliness and keep food items adequately covered. He also directed the concerned authorities to remove unauthorised encroachments to facilitate smooth pedestrian and vehicular movement.

At the General Bus Stand, the DC reviewed traffic management, sanitation and public convenience facilities, calling for improved arrangements for commuters.

He also inspected the Old Bridge at Kupwara to assess its condition and safety, besides reviewing local flood channels. The concerned departments were directed to ensure timely removal of waste and obstructions from the channels to prevent waterlogging during heavy rainfall.

Syed Mushtaq Ali Trophy

Samad's unbeaten 64 powers J&K to 5-wicket win over Punjab

Kashmir Age News

JAMMU, NOV 22 : Abdul Samad smashed an unbeaten 64 off just 27 balls as Jammu and Kashmir defeated Punjab by five wickets in the Syed Mushtaq Ali Trophy on Sunday.



Samad struck seven sixes and two fours in a match-winning knock to guide J&K to victory. He was named Player of the Match for his performance.

Earlier, J&K bowlers kept Punjab's batters under pressure, with Sunil Kumar, Umar Nazir and Lone Nasir picking up one wicket each.

Chasing the target, J&K got off to a strong start through Qamran Iqbal, who scored 53 off 33 balls to lay the foundation for the victory.

Samad then took charge of the chase with an aggressive innings, while Lone Nasir remained unbeaten on 23 as J&K completed a five-wicket win.

The Jammu and Kashmir Cricket Association (JKCA) congratulated the players, coaching staff and support personnel on the victory.

The association praised the team's hard work, commitment and dedication and wished it continued success in the tournament.

Gorakhpur University VC booked in farmer's suicide case over alleged land grab

Press Trust Of India

BAREILLY (UP), NOV 22 :Police have registered an FIR against Gorakhpur University Vice-Chancellor K P Singh, his wife and two others after a farmer allegedly died by suicide over a land dispute, officials said.

The deceased, Bhagwan Singh (55), was cremated on Sunday. After his death on November 20 in Pachpera village, his family had refused to perform the last rites, demanding action against the accused, restoration of the disputed land and compensation.

The FIR was registered on a complaint by the deceased's son, Bhagat Singh, under sections of the Bharatiya Nyaya Sanhita relating to abetment of suicide,



cheating, forgery, criminal conspiracy and criminal intimidation, the officials said.

The named accused include Prof Krishna Pal Singh (K P Singh), his wife Sanjesh, Sanjeev Kumar Rathi and Anuj Kumar, along with unidentified others.

According to the complaint, Bhagwan Singh had purchased agricultural land in the village in 1995.

The complainant alleged that the accused, in connivance with revenue and consolidation officials, fraudulently got orders passed and arranged a fake sale deed to grab the land.

The family also alleged that Bhagwan Singh was threatened with eviction and false criminal cases, causing him severe mental distress.

Police said the farmer allegedly consumed poison on November 20 and held the accused responsible in a purported dying declaration. It is claimed that he also mentioned having written a suicide note.

Senior Superintendent of Police Anurag Arya said the case had been registered and an investigation was underway.

Tension prevailed in the area following the incident, prompting deployment of police personnel and Provincial Armed Constabulary (PAC) in Baheri, the village and the local gurdwara.

District Magistrate Avinash Singh and the SSP visited the area to review the situation. The family agreed to perform the last rites after the registration of the FIR.

Rs 5,000 fine imposed for dumping clothes, waste in Pamba river

Press Trust Of India

PATHANAMTHITTA (KERALAM), NOV 22 :The Sabarimala Additional District Magistrate on Sunday prohibited pilgrims from discarding clothes and dumping waste into the Pamba river and imposed a spot fine of up to Rs 5,000 on violators during the ongoing Mandala-Makaravilakku pilgrimage season, officials said

Additional District Magistrate Dilip K Kainikkara issued the prohibitory order on Sunday under Section 163 of the Bharatiya Nagarik Suraksha Sanhita (BNSS), 2023, citing concerns about river pollution and the threat it poses to public health.

The order prohibits devotees from abandoning or throwing



clothes, garments, fabrics and other personal belongings into the river, its tributaries and bathing ghats.

Dumping solid, plastic, or biodegradable waste into the river, or littering its banks and public places, has also been prohibited, the order said.

It said the Pamba river was a primary source of drinking water for lakhs of pilgrims at Pamba, Nilakkal, and Sannidhanam, and also served people living downstream.

Discarding clothes and dumping waste into the river could contaminate the water, obstruct its natural flow, and increase the risk of waterborne diseases, posing a threat to human life, health, and sanitation, it said.

The Duty Magistrate and Police Special Officer at Pamba and the Secretary of Ranni-Perunad Grama Panchayat have been authorised to enforce the prohibition, conduct inspections, and impose and collect fines of up to Rs 5,000 from violators.

The order said that those failing to pay the fine within 15 days will face prosecution, in addition to other legal action under the relevant provisions of the Bharatiya Nyaya Sanhita and the Water (Prevention and Control of Pollution) Act.

The panchayat secretary has also been directed to place the order before the panchayat council for ratification and authorisation to utilise the fines collected for sanitation, waste management, and river-cleaning activities at Sabarimala and Pamba.

Police hold public interaction meeting at Pampore

Discusses community safety, market security, crime prevention

Kashmir Age News

SRINAGAR: Continuing its efforts to strengthen police-public relations, Police in Awantipora organised a Police Public Meet at Pampore under the supervision of SHO Police Station Pampore, Inspector G.M. Rather. The meeting was attended by the Market President, other market representatives and respectable citizens of the area.

During the meeting, participants raised various issues of public importance. The officers patiently listened to their grievances and assured them that the issues raised would be taken up with the concerned authorities for early redressal.

Discussions also focused on strengthening community safety, improving market security arrangements, installation of CCTV cameras at vulnerable locations and prevention of theft and other criminal activities.

The participants were urged to cooperate with the police in eradicating drug abuse and curbing other social crimes. They were also encouraged to share information regarding anti-social activities and suspicious movements to help maintain peace and public order in the area. The general public was also urged to report information regarding criminal activities or any suspicious activity on Awantipora Police Helpline No. 7051404859.

The officers thanked the participants for their valuable suggestions and reiterated the commitment of Police to strengthening police-public relations, addressing public grievances, preventing crime and ensuring the safety and well-being of the public.

Police intensify enforcement against illegal mining in Bandipora

Kashmir Age News



BANDIPORA: Reaffirming its commitment to curbing illegal mining and the unlawful transportation of minerals, police in Bandipora continued its sustained enforcement drive under the Mines and Minerals (Development and Regulation) Act (MMDR Act), conducting operations across different areas of the district during late-night and early-morning hours.

During the enforcement operations, police teams seized 06 vehicles (04 Tipper & 02 Dumper), including one each from Sumbal and Aloosa and four from Ajas, for their involvement in the illegal transportation of minerals.

The seizures were made as part of ongoing efforts to prevent illegal extraction and transportation of minerals and ensure strict compliance with the provisions of the MMDR Act. Further legal proceedings have been initiated in the matter as per law.

Kashmir Age
"Truth we say..... come what may"
SRINAGAR | MONDAY
23-NOVEMBER-2026
04
www.kashmirage.net facebook.com/kashmirage youtube.com/@kashmirAge dailykashmirage@gmail.com

Do you take drugs for HEARTBURN? It can elevate death risk!

Heartburn is a condition related to digestion problems. It usually occurs after eating a big meal or while lying down after a meal, which can last for a few minutes or a few hours.

It may cause pain and discomfort, which can also result in sleepless nights. Many people experience the problem as a burning sensation in the chest, which is why the name.

Our first instinctive reflex is to take pills or drugs to relieve us of the discomfort. But is it the right way out?

A study says a firm no, warning that heartburn



drugs may actually turn fatal. According to the research, individuals who take drugs that are commonly used to treat heartburn, ulcers and other gastrointestinal problems for a prolonged time may be at an increased risk of death.

The findings showed that people taking these drugs called as proton pump inhibitors (PPIs) had a 50 percent increased risk of dying over the next five years.

"People have the idea that PPIs are very safe because they are readily available, but there are real risks to taking these drugs, particularly for long periods of time," said Ziyad Al-Aly, Assistant Professor at the Washington University School of Medicine in St. Louis. Further, for every 500 people taking PPIs for a year, there was one extra death that would not have otherwise occurred.

Given the millions of people who take PPIs regularly, this could translate into thousands of excess deaths every year, Al-Aly said.

PPIs have also been linked to a variety of health problems, including serious kidney damage, bone fractures and dementia, the researchers said.

For the study, published in the journal BMJ Open, the researchers examined medical records of some 275,000 users of PPIs and nearly 75,000 people who took another class of drugs – known as H2 blockers – to reduce stomach acid.

Both PPIs and H2 blockers are prescribed for serious medical conditions such as upper gastrointestinal tract bleeding, gastroesophageal reflux disease and esophageal cancer.

The results revealed a 25 percent increased risk of death in the PPI group compared with the H2 blocker group

Here's what happens when you eat too much protein



Protein intake is indeed imperative for the smooth functioning of our body but consuming protein in excess may imbalance our body system. Furthermore, protein in surplus may trigger serious health issues.

According to The DRI (Dietary Reference Intake), 0.8 grams of protein is required per kilogram of body weight. So this amounts to 56 grams per day for the average sedentary man and 46 grams per day for the average sedentary woman. Therefore, any amount in excess than what is required can prove to be harmful to our body's functioning. Here we have listed a few risks that excess protein intake may pose to our body.

You put your kidneys at risk

With protein intake, we also take in nitrogen by-products. Our kidneys then filter out these by-products from our blood. If protein is consumed as per the body's requirement, these nitrogen by-products are eliminated through urine. But gorging on protein foods puts pressure on the kidneys as they have to work hard to get rid of extra nitrogen content in the body. This, if not controlled, can damage our kidneys.

It may trigger gastrointestinal disease

People on a low-carb diet and high-protein food often experience constipation and bloatedness. This is because deficiency of fiber can trouble the digestive system, resulting in causing gastrointestinal diseases.

It may cause weight gain

You must be under the impression that foods rich in protein are ideal for weight watchers. But again, excess intake of protein foods may cause weight gain. A high-protein diet might help you drop a few kilos for a shorter duration but if you are eating egg whites in excess and consuming protein drinks, you will gain weight. A study done on more than 7,000 adults found that those who ate protein in surplus were 90 per cent more likely to become overweight compared to people who ate less of it.

Your mouth smells!

You heard it right! Cutting out carbs from your diet and eating high-protein diet, make your body enter a state called ketosis. It is a condition where the body needs to break down body fat for energy. This might seem great for weight loss, but not so good for your breath. When our body burns fat, it also produces chemicals called ketones that can leave the mouth smelling. No matter how much you brush, floss or rinse, it wouldn't help in making that bad breath fresh.

It may impact your mood

The kind of diet we consume greatly impacts our 'happy hormones'. Our brain needs carbs to stimulate the production of the mood-regulating hormone called serotonin. If these foods are eliminated from our diet, we are likely to feel irritable, short-tempered and even depressed. According to an Australian study, overweight adults who followed a strict low-carb diet for a year reported more crankiness compared to those who followed a higher-carb, low-fat diet, though both groups lost roughly the same amount of weight.

You feel dehydrated

High-protein foods also increase the constant desire for water. In fact, studies show that too much protein can even cause mild dehydration. Experts say that as our kidneys constantly work to remove the excess protein as well as the nitrogen waste, we tend to urinate too frequently and eventually feel more thirsty.

HERE'S HOW YOU CAN ENJOY AN ACNE-FREE MONSOON

Turns out, keeping those pimples and boils at bay is as easy as taking some antibiotics.

The simple skin abscesses, a swollen area containing an accumulation of pus, is caused by Staphylococcus aureus (staph) bacteria.

The findings showed that adults and children, who have abscesses five centimeters or smaller in diameter have higher cure rates and when the abscess is drained in combination with antibiotic treatment, either trimethoprim-sulfamethoxazole (TMP/SMX or Bactrim) or clindamycin, it helped in frequently preventing recurrence of infection.

They found that clindamycin and TMP/SMX were equally effective in adults, while clindamycin in children had a slightly higher cure rate in children and more frequently prevented recurrence of infection.

Clindamycin had an overall cure rate of about 83 percent of participants; TMP/SMX about 82 percent; and the placebo about 70 percent.

"What we saw is that in fact antibiotics are helpful.

You are more likely to get better if you have antibiotics on board than if you don't. And we also saw in children that clindamycin was associated with fewer recurrences in the one month of follow up," said Buddy Creech from Vanderbilt University Medical Center in the US.They analysed 786 participants of which 505 were adults and 281 were children.Bacteria isolated from the abscesses included 527 samples identified as staph and 388 samples identified as methicillin-resistant S. aureus (MRSA).Patients were randomised to receive either a placebo, clindamycin, or TMP/SMX for 10 days after the drainage of the abscess.

The team drained the abscess, measured it carefully to make sure it was less than five centimeters and then randomised participants received a placebo or one of the antibiotics, clindamycin or TMP/SMX.

Staph, including methicillin-resistant S. aureus (MRSA) strains, causes most skin and soft tissue infections, but the appropriate strategy for the treatment of these infections has not been defined.Clindamycin and TMP/SMX are often recommended for outpatient treatment of abscesses because of their low cost and their ability to fight community-acquired

Best sources of protein for vegans

While vegans eliminate meat, eggs, and all animal-based products (including milk) from their diet, it may seem that with limited options available, it would be next to impossible for them to fulfill their daily protein requirement. This essential nutrient is important for body functioning as protein deficiency can lead to serious health conditions. Below are some food types that are protein rich and 'vegan'.

Lentils: Lentils are packed with high-quantity of protein and fibre. Our body requires at least 0.8 grams of protein per kilogram of body weight daily. For example, if you are 60 kgs, your body requires 48 grams of protein everyday, until and unless specified otherwise. One cup of lentil provides about 18 grams of dietary protein. Try to include one bowl of lentil in your daily diet to meet your protein requirement.

Beans: Be it red kidney beans or black beans, they are enriched with protein. One bowl of kidney or black beans fulfills 13-15 grams of your protein requirement and also contains heart-healthy fiber.

Veggies: Green vegetables are packed with protein. Adding spinach, beans, kale, broccoli and green peas in a vegan diet can fulfill the desired protein requirement.

Quinoa: Quinoa is the best protein-rich food for vegans. Quinoa provides 9 grams of protein per cup. Eating one bowl of quinoa definitely compensates for your daily protein need.

Tofu: Tofu is prepared by coagulating soy milk and then pressing the resulting curd into soft white blocks. This is another best-protein source for vegans as about 100 grams of tofu provides 9 grams of protein.

Soy-milk: Soy milk is a healthy option for vegan diet. One cup of soy milk provides 8 grams of protein, 4 grams of heart-healthy fats, and phytosterols which aid good heart health.

Hemp seeds: Hemp seeds are enriched with protein and are packed with 13 grams of protein in just 3 tablespoons. You can add hemp seeds in your food to get their healthy benefits.

Oatmeal: Not many of us know that oatmeal contains three times the protein of brown rice. It has less starch and high fiber content. It's also a great source of magnesium, calcium, and B vitamins.

Pumpkin seeds: Pumpkin seeds are packed with iron and protein, containing 8 gram of protein per 1/4 cup. Adding pumpkin seeds to your diet can balance your body's protein need.

Chia seeds: Famous among fitness freaks and health enthusiasts, chia seeds are also the best source of protein for vegans. These seeds contain 5 grams of protein per 2 tablespoons!

Five easy home remedies to treat water retention!

Water retention is quite common and normal if you are pregnant or menstruating, otherwise one should consult a doctor immediately as it is considered not good for health. It can also indicate imbalanced diet, menopause, thyroid, liver problem, kidney disorders or others ailments.

Here are some easy home remedies for treating water retention:

Drink lots of water

One should consume lots of water to have less water retention but also make sure that water intake is evenly spread out through the day.

Reduce salt and sugar intake

Reduce your consumption of salt as excessive of it will lead to fluid retention. Even sugar ups the insulin level in the body, decreasing body's function to flush out sodium aka salt.

Herbal tea

Start drinking herbal teas with tea tree or parsley base as it helps in removing excess water from the body.

Garlic

One should have garlic empty stomach in the morning as it helps break down the fats.

Avoid alcohol

Try to avoid alcohol as it leads to water retention and should be taken in moderation.

What can childhood obesity lead to?

DR. SWAPNIL JAIN

Childhood obesity has increased in recent years. Most common causes are genetic factors, lack of physical activity, unhealthy eating patterns, or a combination of these factors. Although weight problems run in families, not all children with a family history of obesity will be overweight. The most important factors underlying the obesity epidemic are the current opportunities for food intake coupled with limited energy expenditure.

Consumption of sweetened beverages and the frequency of large portions of energy-dense food would increase the risk. Fast-food restaurants have a relative abundance of energy-dense food and sweetened beverages. Consumption of low-energy-dense food, such as fruits, salads and increased calcium intake has also been associated with a lower risk of obesity.



The presence of obesity in childhood greatly increases the risk of developing diabetes in young adulthood and heart problems in later life.

Obesity also adversely affects the hormonal development of the child. Girls tend to develop earlier puberty and menarche, along with irregularities in their menstrual cycles and also develop facial hair. Boys, on the other hand, have an impaired development of their external genitalia and tend to have enlargement of their 'breast' region.

The likelihood of an obese child becoming an obese adult increases with the age of the child. Multiple studies have shown the association of pediatric and adolescent obesity with obesity in adults. Almost half of overweight adults were overweight as children. Previous findings from the Bogalusa Heart Study (BHS) revealed that being overweight during childhood was an important determinant of cardiovascular risk factors in young adulthood. Thus, prevention as well as treatment of being overweight and obesity in adulthood necessitates the detection of children who are likely to become overweight as adults.

It is necessary to teach children to follow healthy eating habits and the importance of physical exercise since childhood. Encourage healthy eating by increasing serving of fruits & vegetables. Buy lesser soft drinks & high-fat, high-calorie snacks, making sure the child eats proper nutritional diet every day. Today's healthy child is tomorrow's healthy adult!

16 EASY WAYS TO BOOST YOUR METABOLISM

There are certain simple ways to boost metabolism and weight-loss professional, Dr Manjiri Puranik shares a few tips you could follow.

Our size, gender, and age, all factor into our metabolic rate, but there are also ways to independently control the speed of our metabolism. And the faster our metabolism, the more calories we tend to burn. If we follow a few simple rules daily and change our lifestyle a little we can end up burning many more calories than usual says weight-loss professional, Dr Manjiri Puranik.

1. Sleep is essential

There is a link between metabolism and sleep, and not getting enough of it may seriously slow metabolism. Sleep deprivation revs up your appetite-stimulating hormones and leads to a sluggish metabolism. It also zaps your energy, which means you're less likely to move. Sleep deprivation tends to promote insulin resistance. Even three weeks of sleep deprivation can change insulin activity, which translates to a slow metabolism. Sleep deprivation triggers high levels of ghrelin, the hunger hormone driving you to crave and eat more sugar and refined carbohydrates.

2. Drink green tea

Researchers have found having green tea speeds up your metabolism rate. Green tea is the only indulgence that can boost your immunity, reduce your cardiovascular risk, and bump up your metabolism for zero calories. Plus, it's naturally calorie-free, so there's no reason not to enjoy a mug (or two). A study in Greece indicated that drinking green tea significantly increased artery dilation within 30 minutes.

3. Amp up your workout intensity

High-intensity interval training (HIIT), quick bouts of intense exercise that can jumpstart metabolism and keep us help burning calories long after the workout is over.

4. Don't skip breakfast

Studies have shown time and again the importance of quick-starting metabolism with breakfast. Your body burns calories through the digestion, absorption, and processing of food. Eating breakfast can boost your energy level, which helps increase calories burned throughout the day. Providing your body with healthful fuel after nighttime "fasting" keeps your body from using calorie-burning muscle for energy during physical activity.

5. Pump some iron

Lifting weights can also help speed up resting metabolism rate.

6. Gulp some water

Drinking enough water is a simple way to speed up digestion and burn calories. Drinking water and eating water-based foods also can make you feel full, preventing you from overeating at mealtime.

Drinking water can increase the rate at which people burn calories. According to the findings, after drinking 17 ounces of water, the subjects' metabolic rates briefly increased by 30 per cent.

7. Spice things up

Spicy foods such as hot mustards, hot sauce,



chili peppers, salsa, and wasabi have been shown to increase metabolism for hours after you've finished a meal. The next time a chicken breast is cooking up in the kitchen, add a dash of cayenne pepper. The heat from the pepper is thanks to capsaicin 2, which won't only add a fiery kick—it could help boost metabolism, too.

8. Squeeze in some cardio

One study found that 45 minutes on the bike sped up metabolic rate for over 12 hours.

9. Eat wisely

Who knew eating could actually help speed calorie burn? Certain foods like tuna and grapefruit have been shown to speed up metabolic rate. Protein has also shown to boost metabolism, so pick some eggs over pancakes at the breakfast table for a morning metabolism boost.

10. Grab a cup of Joe

This caffeinated morning beverage is not only a savior when it comes to pushing through a midterm paper or work meeting. A cup of coffee is absorbed into the blood stream very quickly, speeding up heart rate and provide a metabolic boost that peaks at about 3 hours after drinking .

11. Laugh a lot

A little laughter may go a long way. Scientists have found that as little as 10 minutes of laughter per day can burn energy.

12. Eat foods with Omega 3

Add omega-3 fatty acids, a type of polyunsaturated fat, to your diet for heart health and a boost in metabolism. Omega-3 fats play a crucial role in fat-burning. Adding omega-3 rich foods as oily fish (think salmon or tuna), walnuts, dark leafy greens, or whole soy foods to your diet will help you to boost metabolism.

13. Pick good-for-you carbs

Keep your blood sugar steady and your metabolism up by limiting the sugar and white flour products you consume. White flour products, white rice, white potatoes, and sugar lead to rapid surges in blood glucose. These foods spike and then dip your blood sugar levels, which can make you feel hungry. Replace "bad" carbs with fruits, veggies, whole grains, and legumes. Other easy substitutions include choosing the following:

Sweet potatoes over starchy white potatoes

A small piece of dark chocolate instead of a cookie

Brown rice instead of white rice

14. Eat beans with meals

Beans are a cheap and convenient way to give a metabolism boost to your daily menu. "Beans have a lot of protein and fill you up. Not only do beans provide a metabolism boost, they're heart-healthy as well. "Beans are loaded with soluble fiber, which lowers cholesterol, and they're filled with B vitamins, which are important for heart health.

15. Choose healthy cooking oils and fats

Choose monounsaturated fats such as olive oil, avocados, nuts, and canola oil to keep your system running smoothly. Avoid saturated fats or trans fats — they tend to slow down your system. These not-so-good-for-you fats are found in foods such as fatty red meat, butter, whole dairy products, and hydrogenated oils.

16 De- stress

Stress can elevate your cardiovascular risk and decrease your metabolism. Under stress the body stores calories and conserves weight. Even without eating more or decreasing your exercise, stress can cause you to gain weight. Reducing your stress level can help keep your metabolism running its best. Try these super-simple stress busters:

Breathe deeply.

Spend time with friends.

Take a walk.

Get a massage.

Keep a journal.

Listen to music.

Kashmir Age
"Truth we say..... come what may"
SRINAGAR | MONDAY
23-NOVEMBER-2026

www.kashmirage.net facebook.com/kashmirage youtube.com/@kashmirAge dailykashmirage@gmail.com

Amit Shah unveils 'Arunachal Pradesh Cooperative Vision 2047'

Launches various development projects in Itanagar

Press Information Bureau

ITANAGAR: Taking an important step towards strengthening the cooperative movement in the country and making it a powerful instrument of self-reliance and public welfare, a Cooperative Festival was organised today in Itanagar, the capital of Arunachal Pradesh, under the vision of 'Sahkar Se Samriddhi' of Prime Minister Shri Narendra Modi and the guidance of Union Home and Cooperation Minister Shri Amit Shah. Shri Amit Shah attended the event at the Dorjee Khandu State Convention Centre, unveiled the 'Arunachal Pradesh Cooperative Vision 2047' and launched various development projects for the State. Several important initiatives were undertaken to promote cooperative institutions, strengthen rural livelihoods, connect women's Self-Help Groups with markets and accelerate the overall development of the State. Chief Minister of Arunachal Pradesh Shri Pema Khandu, Union Minister for Parliamentary Affairs and Minority Affairs Shri Kiren Rijiju, Deputy Chief Minister of Arunachal Pradesh Shri Chowna Mein, State Home Minister Shri Mama Natung, Cooperation Minister Shri Ojing Tasing, Agriculture Minister Shri Gabriel Denwang Wangsu, Rajya Sabha MP Shri Tai Tagak, sitting MLA from Itanagar Shri Techi Kaso, officials of the Ministry of Cooperation and representatives associated with the cooperative sector of the State were present on the occasion.

Addressing the gathering, Union Home and Cooperation Minister Shri Amit Shah paid his respects to the sacred land of Arunachal Pradesh and said that it is the blessed land where the Sun God first arrives in the country. Arunachal Pradesh is known across India for two special reasons: its ancient tradition of Sun worship and its religious and mythological association with Lord Parshuram. He said that the connection between Gujarat and Arunachal Pradesh is also around 6,000 years old. Lord Shri Krishna married Mata Rukmini, who is believed to have been associated with Arunachal Pradesh and later settled in Dwarka. Appreciating the extraordinary natural wealth and beauty of Arunachal Pradesh, Shri Shah, who hails from Gujarat, said that whenever he visits the State, the company of nature relieves him of all the fatigue and stress of Delhi politics.

Shri Amit Shah said that over the last 12 years, under the leadership of Prime Minister Shri Narendra Modi, unprecedented priority has been accorded to the development and connectivity of the Northeast. Today, there is no State in the Northeast whose capital is not connected by rail and air services. Historic efforts have been made to connect the Northeast with the rest of the country through roads, railways, air services and now waterways. He said that the Northeast has received its greatest connectivity boost during the tenure of the present Central Government in the nearly eight decades since Independence. Prime Minister Shri Narendra Modi has not only reduced the physical distance between Delhi and the Northeast but has also bridged the emotional distance between them. He has personally promoted educational opportunities, skill development and employment prospects for the youth of the Northeast, while also highlighting the region's tourism potential across the country. Shri Shah said that the Prime Minister has also taken steps to promote industrial development in the Northeast in a manner that expands economic activity without harming the region's natural beauty and environment.

The Union Home and Cooperation Minister said that the positive results of these efforts are visible across the Northeast, including Arunachal Pradesh. He stated that before the present Government came to power at the Centre, the budget of Arunachal Pradesh was approximately 12,000 crore, which has now increased to 36,000 crore. This is an important example of the development achieved by the State over the last 12 years. He also expressed happiness that during his two-day visit to Arunachal Pradesh, he learnt that the Arunachal Pradesh Police had been conferred the President's Colour. Arunachal Pradesh has become the 17th State in the country to receive this honour for its police force. This achievement is a matter of pride and honour for the entire State.

Shri Amit Shah said that the Central Government has resolved to develop the border villages of the Northeast as the first villages of the country, rather than treating them as the last



villages. The Vibrant Villages Programme was launched with this vision. He said that the positive results of the programme are now becoming visible in villages along the China border in Arunachal Pradesh. Earlier, people were migrating from 40 such villages, but now residents have started returning and the population has increased. Facilities relating to electricity, education, healthcare, employment and drinking water have been strengthened in these villages. He said that, to promote the local economy in border villages, the Ministry of Home Affairs has ensured that the ITBP and the Army procure their essential supplies from local villages and their cooperative institutions. As a result, local women are supplying dairy products, eggs, vegetables, millets, flour and other items through cooperative societies. This has strengthened the local agricultural and rural economy while also deepening the emotional bond between residents of border villages and the security forces.

The Union Home and Cooperation Minister said that Arunachal Pradesh has immense potential to make its rural economy self-reliant through the cooperative movement. He called upon the State to become self-reliant in the production of milk, eggs, meat and fish, stating that these products should not have to be sourced from outside the State. If Arunachal Pradesh achieves self-reliance in these four sectors, at least 32,000 families can become economically self-reliant. He said that this goal can be achieved through cooperative societies, fisheries cooperatives and dairy producer cooperatives. The State Government should formulate a well-planned programme for this purpose, and all cooperative institutions and women's Self-Help Groups should take up this challenge. He assured that the National Cooperative Development Corporation (NCDC) and NABARD would extend full support wherever capital is required for these efforts.

Shri Amit Shah said that more than 56,000 people in Arunachal Pradesh are associated with the cooperative movement through 185 Primary Agricultural Credit Societies (PACS), 52 dairy cooperative societies and 43 fisheries cooperative societies. Referring to the State's water resources and large hydropower dams, he emphasised the need to fully utilise the potential of fisheries cooperatives. He said that large reservoirs and favourable natural conditions could be used to promote cooperative-based fisheries, generating employment for a large number of rural families. Similarly, a comprehensive roadmap should be prepared to expand dairy activities in villages where temperature and climatic conditions are suitable for livestock rearing. He assured that the procurement of milk produced in Arunachal Pradesh would be ensured by Amul and the National Dairy Development Board (NDDB), and efforts would be made to develop milk-processing facilities within the State. He said that the availability of high-quality livestock, formation of cooperative institutions and expansion of animal husbandry would be important steps in this direction. Representatives of NDDB and Amul would soon be sent to Arunachal Pradesh to prepare a district-level roadmap for dairy development. This would economically empower rural women and strengthen family incomes, as well as support the education and well-being of the next generation.

The Union Home and Cooperation Minister said that the overall development of Arunachal Pradesh cannot be assessed merely through economic indicators such as the budget, Gross State Domestic Product (GSDP) or GST collection. The true objective of development should be to ensure employment, education, healthcare and family well-being for every person in the State. He said that development should be visible not merely in government documents and statistics, but in the lives of citizens. Happiness on every person's face, a healthy body, an educated and capable mind, and the commitment to carry forward one's culture and values are the hallmarks of a developed society. Cooperative institutions should become a means of ensuring economic prosperity for every family. He said that building a developed Arunachal Pradesh is also essential to realising the goal of a developed India.

Referring to the contribution of the Central Government to the development of Arunachal Pradesh, Shri Amit Shah said that the State received 33,530 crore from the Central Government between 2004 and 2014, whereas 1,49,664 crore was provided between 2014 and 2024 under the leadership of Prime Minister Shri Narendra Modi, nearly four times the earlier amount. He said that during this period, the devolution fund increased 18 times and grants-in-aid increased by one and a half times. Highlighting infrastructure development in the State, he said that the 1,500-kilometre Frontier Highway has been approved at a cost of 44,000 crore. The 2,880 MW Dibang Hydropower Project has been initiated at a cost of 32,000 crore. Work has commenced on eight packages covering a total length of 266 kilometres on National Highway-913, at a cost of 6,600 crore. The approximately 300-kilometre Balipara–Charduar–Tawang road connecting West Kameng and Tawang districts, the construction of the Nechiphu Tunnel and the bridge over the Sisiri River in Dibang Valley are also important components of this development journey. He said that all three airports at Likabali, Hollongi and Tezu were built during the tenure of the Government led by Prime Minister Shri Narendra Modi. Responding to the Chief Minister's request for a second daily flight connecting the State with Delhi, he said that discussions had been held with Air India and efforts were underway to introduce a second Itanagar–Delhi flight as new aircraft become available.

The Union Home and Cooperation Minister said that the Central Government has effectively implemented several public welfare schemes to ensure that the benefits of development reach every citizen of the State. More than 1.28 lakh farmers in the State have benefited from the PM-KISAN scheme, tap water connections have been provided to 2.30 lakh households, and 1.90 lakh people are being provided treatment facilities of up to 5 lakh under the Ayushman Bharat scheme. In addition, toilets have been constructed in 1.68 lakh households, 8.32 lakh people are being provided five kilograms of foodgrains per person per month, 56,000 gas cylinders have been provided and housing has been made available to approximately 48,000 families. He said that the Central Government is committed to improving the State's infrastructure and the standard of living of its citizens, and is continuously working to realise Arunachal Pradesh's potential in all sectors, including tourism.

On the occasion, Union Minister for Parliamentary Affairs and Minority Affairs Shri Kiren Rijiju said that Arunachal Pradesh has the important responsibility of protecting its tribal identity, culture, traditions and land rights, while also ensuring that the next generation has access to better roads, education, healthcare facilities, modern technology and employment opportunities. He said that the State has limited capital and technological resources, and it is necessary to develop a balanced framework to attract large investments while safeguarding the constitutional and land-related rights of local communities and creating new development opportunities. Describing the cooperative movement as an effective means of achieving self-reliance in this direction, he said that cooperative institutions can play an important role in sectors such as agriculture, horticulture and tourism. Shri Rijiju said that since 2014, under the leadership of Prime Minister Shri Narendra Modi and the guidance of Shri Amit Shah, Arunachal Pradesh has witnessed significant transformation in roads and infrastructure, national highways and connectivity in border areas. The positive results of the Vibrant Villages Programme have also encouraged people to return to border villages. He expressed confidence that the goal of a developed Arunachal Pradesh, alongside a developed India, could be achieved by 2047, and that the visit of the Union Home and Cooperation Minister would provide a new direction and momentum to the cooperative movement and overall development of the State.

On the occasion, Union Home and Cooperation Minister Shri Amit Shah unveiled the 'Arunachal Pradesh Cooperative Vision 2047' and felicitated four cooperative societies for their outstanding performance. The Namsai Dairy Cooperative Society received the 'Cooperation Excellence Award'; the Lower Subansiri Fish Farmers Cooperative Society was recognised as the Best Fisheries Cooperative Society; Kemli LAMPS received the award for Best Handloom, Textile and Weaver Cooperative Society; and Jang LAMPS was awarded the Best PACS/LAMPS. NCDC presented a loan certificate to Lagun Multipurpose Cooperative Society Limited; the Bharatiya Beej Sahakari Samiti Limited (BBSSL) provided 25 vegetable seed mini-kits; NABARD provided a micro-ATM to Poma Jute Dairy and Livestock Cooperative Society; and the Arunachal Pradesh State Cooperative Apex Bank Limited presented a loan certificate to Wakro LAMPS. A registration certificate was also presented to Khamyer Ane Multipurpose Cooperative Society Limited, formed by a Cluster Level Federation (CLF) of women's Self-Help Groups.

During the programme, the Union Home and Cooperation Minister launched 'Mission Shikshit Arunachal – Phase II', with an outlay of 1,500 crore; the 'Chief Minister's Comprehensive State Power Development Programme', worth 2,000 crore; and the 'Chief Minister's Comprehensive State Rural Road Development Programme', worth 2,000 crore. In addition, 199 projects under the Vibrant Villages Programme in 11 border districts of the State, with an outlay of 110.95 crore, and 'Mission SURAKSHA' were also launched. Thus, a total outlay of 5,610.95 crore has been earmarked for these four major development initiatives. The Union Home and Cooperation Minister also virtually inaugurated a foodgrain storage warehouse at Raga LAMPS under the Grain Storage Scheme and launched an e-commerce webpage for products of the Arunachal State Rural Livelihoods Mission (ArSRLM). These initiatives will strengthen the storage capacity of cooperative institutions, improve market access for rural products and promote the economic activities of women's Self-Help Groups.

At the beginning of the programme, Union Home and Cooperation Minister Shri Amit Shah flagged off mobile medical vans and inaugurated the SARAS Mela. He visited various stalls at the Mela and interacted with members of women's Self-Help Groups and cooperative societies. The mobile medical units, flagged off for villages in 11 border districts under the Vibrant Villages Programme, are solar-powered and equipped with facilities such as telemedicine, AI-based portable TB screening, digital X-ray, ECG and modern laboratory services. The SARAS Mela showcased local products, traditional crafts and other items prepared by women's Self-Help Groups, providing them with direct market access and opportunities to market their products.

Improved highway connectivity opens new opportunities for local businesses

Kashmir Age News

BHOPAL: The impact of better road connectivity in any region extends beyond reducing travel time and distance. It is also closely linked to the development of nearby towns, villages, small businesses and local employment opportunities. Improved road connectivity can create new business opportunities for local shopkeepers, dhaba owners, restaurants and other service providers by increasing the movement of travellers through the region.

The Dewas–Bhopal Highway plays an important role not only in facilitating transportation but also in connecting economic activities in the surrounding areas. Several small businesses operate along this route, including tea stalls, eateries, restaurants, petrol pumps, vehicle repair centres and other service establishments. These businesses support the livelihoods of local families and contribute to the region's small-scale economic activities.

Travellers using highways have different requirements during their journeys. People travelling long distances often stop along the way for food, tea, refreshments, fuel and vehicle-related services. This provides small establishments located along the highway with an opportunity to reach customers travelling from different cities and regions.

Local dhabas and eateries are not just stopping points for travellers; they often represent the food culture and local identity of a region. This creates opportunities for small business owners to introduce their products and services to a wider customer base.

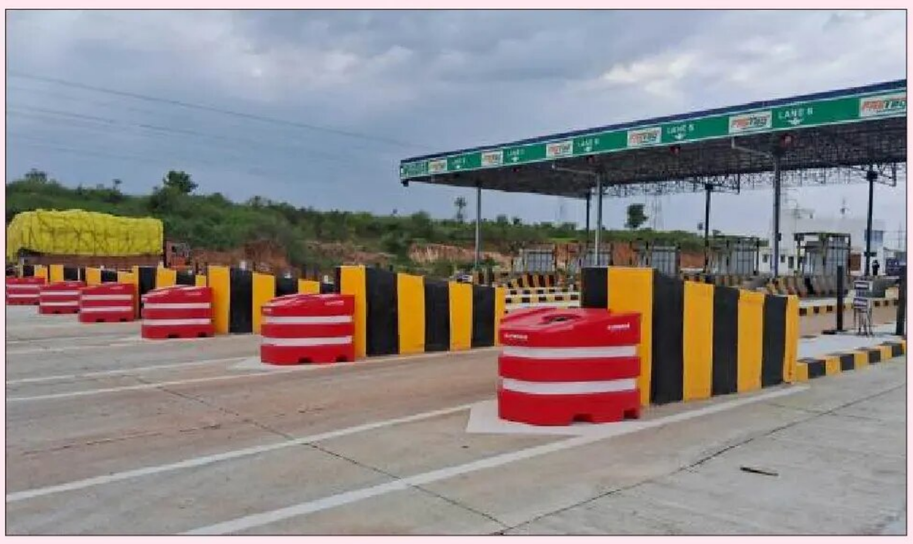
Small businesses operating along highways support more than just their owners. Employees, cooks, cleaners, suppliers, vehicle mechanics and other service providers are also part of the economic ecosystem associated with these establishments.

As commercial activities expand, they can create opportunities for local employment. Particularly in rural and semi-urban areas, small businesses can become an important source of livelihood for many people.

The areas surrounding the Dewas–Bhopal Highway offer opportunities to introduce local food products, traditional cuisines, handicrafts and other regional products to travellers. Suitable commercial locations along the highway can help local products reach new markets and customers.

This can potentially benefit small producers and shopkeepers while also giving travellers an opportunity to experience the local culture, cuisine and products of the region.

Religious and tourist destinations located around the Dewas–Bhopal region can also generate business opportunities for local establishments.



Places such as Kubereshwar Dham, Salkanpur and other tourist and religious destinations attract devotees and visitors who require food, refreshments, fuel and various local services during their journeys.

Improved road connectivity can make access to these destinations more convenient, potentially benefiting nearby eateries, shops, accommodation facilities and other small businesses. In this way, road connectivity can serve as an important link between tourism and the local economy.

Encouraging local businesses requires more than just an increase in vehicular movement along the highway. Safe access to commercial establishments, clear direction signage, proper entry and exit arrangements, regular road maintenance and essential facilities for travellers are equally important.

Shopkeepers and commercial establishments must also follow traffic regulations and ensure that designated road areas remain free from encroachments so that the movement of vehicles and pedestrians is not affected. A safe and well-organised road environment benefits both travellers and local business owners.

As part of its corridor operations and maintenance responsibilities, Dewas Bhopal Corridor Private Limited (DBCPL) focuses on maintaining safe and convenient travel conditions along the corridor. Effective highway management and road safety measures can contribute to a smoother travel experience while helping create a favourable environment for commercial activities in the surrounding areas.The Dewas–Bhopal Highway should not be viewed merely as a route connecting two cities. It also serves as a link between surrounding villages, towns, religious destinations, tourist locations and local businesses. Better connectivity, safe access and well-organised commercial activities can collectively create new opportunities for small shopkeepers, dhaba operators and local service providers.Thus, highway development can contribute not only to improved transportation facilities but also to strengthening regional economic activities and supporting local livelihoods.

Editorial

Commercial Power Amnesty

The renewed assurance by the Revenue and Power Development Minister that the demand for a Commercial Amnesty Scheme for electricity consumers would be taken up on priority is a welcome step, raising hopes among traders and industrial establishments for a long-awaited relief from mounting power liabilities.

The demand assumes significance against the backdrop of Chief Minister's earlier statement in the Legislative Assembly that the proposal for reintroducing or extending the power amnesty scheme was being examined on merits. With the Chief Minister also holding the Power portfolio, the business community is now looking towards him for a decisive intervention that could provide relief to commercial consumers while helping the government recover substantial outstanding revenue.

A particularly practical proposal emerging from industry is to waive the accumulated interest and surcharge on pending commercial electricity dues while retaining the principal liability. Representatives of the business community believe that a one-time waiver of interest could encourage a large number of defaulting establishments to clear their principal dues, converting otherwise difficult-to-recover liabilities into actual revenue.

Industry representatives have estimated that such a mechanism could potentially facilitate recovery of around Rs 10,000 crore, although the actual amount would depend on the outstanding liabilities and the response of consumers. For establishments struggling under the burden of accumulated penalties and interest, the proposal could offer an opportunity to settle their accounts and resume regular payments.

The Chief Minister's apprehension that repeated announcements of waivers could undermine the culture of timely electricity payments is understandable. However, a clearly defined, one-time and final settlement window for commercial consumers need not encourage habitual defaults. Rather, it could be accompanied by strict enforcement measures and penalties against those who fail to honour their payment commitments after the stipulated period.

The issue was also taken up by a delegation of the Kashmir Traders and Manufacturers Federation with Minister Ali Mohammad Sagar, who assured them that the demand would receive priority attention. The interaction reflects the growing urgency within the trading community for a policy decision that addresses the accumulated burden of electricity dues.

The government must view the proposed amnesty not merely as a concession to consumers but as an opportunity to improve revenue realisation and strengthen the financial health of the power sector. Recovery of principal dues, improved compliance and a fresh beginning for commercial establishments could serve the interests of both sides.

A time-bound commercial amnesty, centred on interest waiver and payment of principal dues, could therefore emerge as a win-win arrangement. The expectation now is that the Chief Minister will take the proposal to its logical conclusion and convert the growing demand into a concrete policy initiative.

Kashmir Age
"Truth we say..come what may"

Printed and Published by Aakash Amin, Media Enclave, Residency Road Srinagar (J&K) and Printed at KT Press Pvt. Ltd. 120- Electronic Complex, Industrial Estate Rangreth Budgam (J&K)

Printer/Publisher
Aakash Amin

Bureau Chief (UT Ladakh)
Adv. Nisar Ali

Legal Advisor
Adv. Firdous Ahmad Bhat

Published From
Media Enclave, Residency Road Srinagar 190001 (J&K)

R.N.I No. :
JKENG/2006/23952

Newsroom Contact
0194-24800031
Fax: 24800031
9419019185 , 9419070001
kashmirage2006@gmail.com
dailykashmirage@gmail.com

Advertisement Contact
9419001998

Circulation Contact
6005894093, 7006115687
7006300023 , 6005919565

Scan the QR Code for instant access

GST's three-day registration needs a lock on its back door

Rule 14A gets small traders a GST number fast, but a few gaps in it could also help fake firms sell tax credit.





AIJAZ HUSSAIN MALIK

Since 1 November 2025, a new business can get a GST number in three working days. The facility comes from Rule 14A of the CGST Rules, inserted by Notification No. 18/2025-Central Tax of 31 October 2025 after the 56th GST Council meeting.

The applicant simply declares that the tax on his sales to other registered businesses will not cross 2.5 lakh a month. No proof is needed. Sales to consumers and total turnover have no limit. Identity is checked through a one-time password (OTP) sent to the applicant's Aadhaar-linked mobile. The rule provides for no visit to the premises before the number is issued.

This is real relief for a genuine small trader. But speed helps fake firms too.

Under GST, a business can subtract the tax paid on its purchases from the tax due on its sales. This is called input tax credit, or ITC. Fake firms issue bills without supplying any goods. The buyer claims credit for tax that never reached the government, and the fake firm vanishes.

One Rule 14A registration can pass on up to 2.5 lakh of credit a month, about 30 lakh a year. At 18 per cent GST, that means bills with a taxable value of nearly 13.9 lakh a month. The portal reportedly blocks reporting above this. But the limit is per registration, not per racket.

One PAN cannot hold a second Rule 14A registration in the same State, but it can take one in other States. Rackets already work with many borrowed or stolen identities. In a case detected in Chennai in November 2025, one outfit had floated more than 95 bogus firms in two States. An OTP proves only that someone holds the phone linked to an Aadhaar, not who runs the business.

In 2025-26, officers detected 30,162 ITC fraud cases involving 74,782 crore, the government told the Rajya Sabha in July 2026. No official figure links these to Rule 14A. Yet tax officers on the ground see the risk. A Haryana circular, reported in March 2026, made physical checks compulsory for auto-approved registrations. Uttar Pradesh ordered physical verification of all new registrations in May 2026.

A Rule 14A firm can leave the scheme by filing an online form, REG-32. An officer approves it in REG-33 or rejects it in REG-05. Once out, the 2.5 lakh cap no longer applies.

Since 1 April 2026, the firm needs returns for just one tax period, often a single month, down from three months earlier. And there is no turnover test. The firm need not show that its business has grown beyond 2.5 lakh. The form even accepts "Other" as a reason.

Checks exist, but most are optional. Aadhaar OTP is compulsory. A biometric Aadhaar check, a look at original documents and a visit to the premises happen only if the risk system flags the case or the officer chooses. If the officer does not act in time, the application may be treated as approved by default.

Recent steps loosen oversight further. In October 2026, the 57th GST Council recommended automatically accepting changes to registration details for Rule 14A firms, and cancellation requests from small taxpayers. From 1 December 2026, a new Rule 19(3) lets such a firm change its main business address through online checks alone. Each step saves honest traders time, but each removes a point where an officer might spot trouble.

Exit checks should be compulsory: a biometric Aadhaar check and a geo-tagged visit to the premises, with no approval by default. The wait before exit should go back to three months, with proof of real trade, such as bank receipts and e-way bills (transport permits) that match the returns. One Rule 14A registration should be allowed per Aadhaar across India, not per PAN per State. Address changes should need an officer's nod until the premises have been seen once.

Rule 14A has a fair aim. A small trader should not wait weeks for a GST number. The task is to keep that fast lane open for him while shutting it to fake firms.

The author is a JKAS officer presently serving as State Taxes Officer, Circle- Budgam. Views expressed are personal.

The Story Behind Susovan Sonu Roy's Acting Career

From a mythological character in his television debut to contemporary roles in Bengali serials, Susovan Sonu Roy's professional experience reflects the different demands of acting across television, modelling and film production.

An actor's career is not always defined by the number of productions in which they appear. The nature of the roles, the circumstances surrounding each opportunity and the changes in professional direction can also offer a clearer picture of an individual's work. For Bengali actor Susovan Sonu Roy, the move into television began with a mythological role before taking him into contemporary fictional settings and, later, commercial modelling and feature-film production.

Roy entered Bengali television in 2019 with Anandamoyee Maa, broadcast on Aakash Aath. Directed by the late Debidas Bhattacharya, the serial featured him as a Vaishnav devotee. It was his first television project and required him to work within the conventions of a mythological production.

The assignment presented a particular challenge for someone beginning a television career. Roy has described it as the project that took him furthest outside his comfort zone. The role required patience, calmness and an understanding of the emotions associated with the character. Body language and screen presence were also important to the portrayal. He has regarded the experience as a learning opportunity that helped him develop greater confidence as a performer.

After Anandamoyee Maa, Roy appeared in Mohor, where he portrayed a media professional. His association with the production house continued with Korapakhi, for which he received an opportunity through the same production team.

His character in Korapakhi was a negative role opposite actress Parno Mitra. The change from a media professional to a negative character meant working with a different type of fictional personality and narrative situation. It also contrasted with his first television assignment, which had placed him in a mythological setting.



These roles illustrate the different character categories Roy has encountered in Bengali television. The requirements of a mythological character are not identical to those of a contemporary professional or an antagonist. Each calls for an understanding of the character's motivations, relationships and position within the story.

His other television credits include Jamuna Dhaki, Titli and Khelaghar, adding to his experience across Bengali serial productions associated with channels such as Star Jalsha and Zee Bangla.

Roy's entry into entertainment followed a period of education and employment outside the industry. Born on 19 July 1994 in Howrah, West Bengal, and raised in Kolkata, he completed a Bachelor of Commerce degree in 2016 from Dum Dum Motijheel Rabindra Mahavidyalaya, affiliated with West Bengal State University.

Before entering the entertainment industry, he had a job that he eventually left to pursue a career in acting. His interest in performance had developed earlier through dance. He trained in Western dance for approximately two years and participated in stage programmes.

He subsequently attended an acting workshop conducted by director Pijush Saha, where he received training for around one and a half to two years. The combination of dance, stage participation and acting training preceded his television debut.

His family circumstances also formed part of his early life. His father, Sanat Kumar Roy, worked at the Variable Energy Cyclotron Centre (VECC) in Kolkata under the Department of Atomic Energy and died in a road accident when Roy was around three and a half years old. His mother, Anita Roy, raised him while working at a clothing store. Although he grew up in Kolkata, he also has family connections with Guwahati, Assam, where his maternal aunt lives.

The COVID-19 pandemic and its aftermath affected the availability of acting opportunities in Roy's professional experience. In 2023, he began pursuing professional modelling alongside his interest in acting.

The shift brought him into commercial and advertising assignments, including work associated with Holiday Inn Hotel, Dabur, Amazon, Spencer's, Big Bazaar and others.

Although modelling and acting involve different working formats, both require familiarity with camera presentation. In television, performance is developed through a character and a continuing narrative, whereas commercial modelling generally works within the visual requirements of a campaign.

Roy also participated in the Ethnic Elegance 2025 pageant, held in Kolkata on December 2025, where he received the title of Mr. Ethnic Elegance 2025 – First Runner-Up.

Roy's professional work has also extended to Bengali cinema through Take Care Bhalobasa, directed by Soumyajit Adak. He plays Joy in the film, which centres on four friends and their relationships. The principal cast includes Solanki Roy, Soumyo Mukherjee, Rahul Mazumdar and Shreema Bhattacharjee.

The project adds feature-film work to his previous experience in television and commercial modelling. The character of Joy is part of a story built around the relationships among the four friends.

Roy's professional experience has developed across several formats rather than remaining confined to one category of entertainment work. His television assignments have included a mythological devotee, a media professional and a negative character. Modelling subsequently became another area of work, while Take Care Bhalobasa brought him into Bengali feature-film production.

His career also reflects a transition from employment outside entertainment to acting, preceded by dance training, stage participation and formal acting workshops. The different stages provide context for understanding how he entered the industry and the kinds of work he has undertaken since his television debut in 2019.

Kashmir Age
"Truth we say..... come what may"
SRINAGAR | MONDAY
23-NOVEMBER-2026

www.kashmirage.net facebook.com/kashmirage youtube.com/@kashmirAge dailykashmirage@gmail.com

From Drying Springs In Villages To Increasing Shortages In Towns



BY MUDASIR GANI KHAN

Water is one of the most precious gifts of nature, yet it is perhaps the most neglected resource in our daily lives. We open our taps, fill containers, wash vehicles and use water for countless activities without considering how much of it is being wasted. For many people, water becomes valuable only when the supply stops, taps run dry and families are forced to search for a few buckets of clean drinking water. This raises an important question: Are we realising the value of water only when it is no longer easily available?

The water crisis is no longer a distant warning discussed only at international conferences. It is becoming a serious concern for communities across the world. From major cities to remote villages, access to safe and sufficient drinking water is increasingly under pressure. Jammu and Kashmir, known for its rivers, lakes, glaciers, streams and natural springs, is also facing questions about the future of its water resources.

For generations, natural springs and small water channels have served as important sources of drinking water in villages across the Himalayan region. People depended on these traditional sources for household needs, agriculture and livestock. However, many communities are increasingly concerned about declining spring flows, seasonal shortages and changing water availability. A source that once provided sufficient water throughout the year may now become less dependable during certain months.

The impact of water scarcity is particularly challenging for rural households. Women, children and elderly people may have to travel longer distances to collect water. Agriculture and livestock activities can also suffer. In areas where families depend on traditional sources, water shortages can become a daily struggle.

Climate change is another important factor that cannot be ignored. Changes in rainfall patterns, rising temperatures and fluctuations in snowfall may affect the natural water cycle. Snow and glaciers are important parts of the Himalayan water system. Their changing behaviour raises concerns about the long-term availability of water for communities, agriculture and ecosystems.

Human activities are adding to the problem. Unplanned construction, deforestation, encroachment around water bodies, pollution and careless waste disposal place additional pressure on natural resources. Plastic and household waste frequently find their way into streams and rivers. Development is necessary, but it should never destroy the natural systems that sustain human life.

Another serious concern is our attitude towards water consumption. In many homes, taps remain open unnecessarily. Water is wasted while washing vehicles, cleaning courtyards and performing routine household activities. Leaking public taps and damaged supply pipelines may continue wasting water when timely repairs could prevent it. Individually, these actions may appear insignificant, but collectively they contribute to unnecessary wastage.



We must also recognise that access to clean drinking water is not equal everywhere. While some households enjoy regular supply, others depend on water tankers, distant springs or limited public sources. Water scarcity therefore becomes not only an environmental issue but also a question of public welfare, dignity and equality.

Addressing this challenge requires collective responsibility. Government departments must strengthen water conservation programmes, maintain supply infrastructure, repair leaking pipelines, protect natural water bodies and regularly monitor drinking-water sources. Rainwater harvesting should receive greater attention, particularly in areas where seasonal shortages are common.

Local communities also have an important role. Panchayats, village committees, youth organisations and civil society groups can work together to protect traditional springs, prevent pollution, maintain water channels and encourage responsible consumption. Protecting a natural water source should become a shared community responsibility rather than an occasional activity.

Schools can play a transformative role in building a water-conscious generation. Students should understand that water conservation is not merely a chapter in an environmental science textbook. It is a practical responsibility that begins with everyday behaviour. Schools can organise water audits, awareness campaigns, poster-making activities and rainwater harvesting demonstrations.

Teachers can encourage students to observe how water is used and wasted in their surroundings. Children can carry the message of conservation from classrooms to their homes and neighbourhoods. Parents must also lead by example. Repairing leaking taps, closing running taps and avoiding unnecessary wastage are simple habits that can create lasting change.

Rainwater harvesting offers another practical opportunity. Collecting and storing rainwater for suitable household, agricultural and other non-drinking purposes can reduce pressure on existing water sources. Traditional water conservation practices should also be revived wherever feasible, with proper technical guidance and community participation.

Most importantly, we must change our understanding of development. A village with good roads but declining drinking-water sources cannot be considered truly developed. A town with modern buildings but polluted streams cannot claim sustainable progress. Real development must ensure access to clean water while protecting natural resources for future generations.

We cannot manufacture fresh water whenever we need it, nor can we restore a damaged natural ecosystem overnight. The future of water security depends on the decisions we make today. Government departments must act responsibly, communities must participate actively, schools must educate effectively and individuals must change their daily habits.

Let us not wait for empty water containers, long queues and dry taps to teach us the importance of conservation. Water is not an unlimited resource or a luxury; it is the foundation of life, health, agriculture and human dignity.

Saving water today is not simply an environmental responsibility; it is an investment in the survival, security and well-being of future generations.

Author can be reached at.. ganimudasir@gmail.com

What watching the sunset really does for your health



ALLY HIRSCHLAG

Humans appear to see sunrises and sunsets "almost like bookends". Here's what a dose of golden hour does for our memory, sleep and mood.

On the eve of my wedding, my parents, husband-to-be and I watched a beautifully memorable sunset from the deck of a house in Cape Cod, Massachusetts.

Cape Cod is famous for its "golden hour" light. On a narrowing peninsula almost entirely surrounded by water, moisture scatters the light of the Sun when it nears the horizon, creating a series of especially vivid oranges, golds and pinks that appear to melt into the sea.

That day, a storm was also approaching from the west, making the unfurling colours look almost psychedelic. While the men snapped photos of the scene, my mother and I stood and watched, shivering in the crisp September air. As we went back inside, I wrapped my mother in a hug. All our nagging pre-wedding worries seemed to have set with the Sun.

While the release that comes with the end of a long day no doubt helped, watching the sunset likely also played a role. In fact, there's growing evidence that sunsets – and sunrises, for that matter – can have a meaningful impact on our brain and mental health: diminishing anxiety and depression while boosting memory, creativity, sleep and even altruism.

The sunset awe effect

One of the main benefits stems from the awe a sunset inspires, which research shows can have a startling impact on many aspects of our health.

Awe is the feeling we get when we witness something immense and profound that we can't quite comprehend. It could be a piece of art, a human achievement like watching someone give birth, or a natural wonder. Experiencing it changes our perception, often eliciting a physical response, like tears or chills. But it's also doing a lot more behind the scenes.

"One of the most reliable properties of awe is the feeling of being small, that one's personal issues, problems and life are insignificant in the grand scheme of things," says Michelle Shiota, a professor of social psychology at Arizona State University in the US and a long-time researcher of awe. "This is great for mental health because we realise that maybe some of the things causing us so much distress are not really that important after all."

Keeping an inward focus can lead to overthinking and anxiety, but when we get stuck in negative thought loops, awe-inspiring events can demand our attention, breaking the loop and bringing us back to the present.

Research has shown that this perspective shift also inspires more prosocial behaviour, such as volunteering and a greater sense of purpose.



While awe can be found in many aspects of life, from spirituality and moral beauty to wonderful music or visual design, surveys indicate that most people find it is nature that inspires it the most. "When we ask people in the US to tell us about a time they felt strong awe, the most common category of answers is natural phenomena – typically a panoramic view of some kind," says Shiota.

Sunsets and sunrises are the prime examples of this, according to a 2023 study, which measured over 2,500 participants' reactions to images of different natural environments.

"Sunsets are exceptionally beautiful [and] beauty tends to elicit awe," says Jennifer Stellar, a psychology researcher at the University of Toronto in Canada who studies the impacts of positive emotions on health and wellbeing. "[Sunsets have] a kind of beauty that is incredibly immersive, large in size and unusual, when you think about what the sky normally looks like."

Supercharging awe

As well as making us feel better, a captivating sunset may also boost our brain power by increasing our information retention. In an age where technology-fuelled distractions abound, it's a welcome notion.

For example, in an experiment to see whether awe helps humans better retain information, Shiota asked participants to watch three films, one of them an awe-inspiring science film. They then listened to a story and were asked to immediately recall details about it. The participants who watched the science film had by far the most accurate recall.

It's not yet understood what's happening in the brain to produce such an effect, says Stellar. It may be that people are more focused on what's going on in front of them because the awe-inspiring thing has caught their attention.

Research also indicates that consistent doses of awe could provide serious mental health benefits. One study, for example, found that regularly experiencing awe helped diminish the acute and chronic stress people experienced during the Covid-19 pandemic.

In another study, researchers asked a group of older adults to try to experience moments of awe, from the glow of autumn leaves to the look of wonder on a child's face, whilst on short weekly walks. After eight weeks, their responses to a survey about what they felt and saw on their walks were much more outwardly focused and descriptive than those of a control group, which hadn't been asked to search for awe.

Both groups were also asked to take selfies; the awe groups' smiles were consistently wider, and they made themselves increasingly smaller in their photos as the weeks went on, favouring their natural surroundings instead.

Catching a sunset while also on a nature walk might be like getting supercharged awe. "Nature has [health] benefits, and sunsets, which are especially awe-inspiring nature events, have their own benefits, so my guess would be that sunsets [are] especially beneficial compared to non-nature events," says Stellar. (Source: BBC)

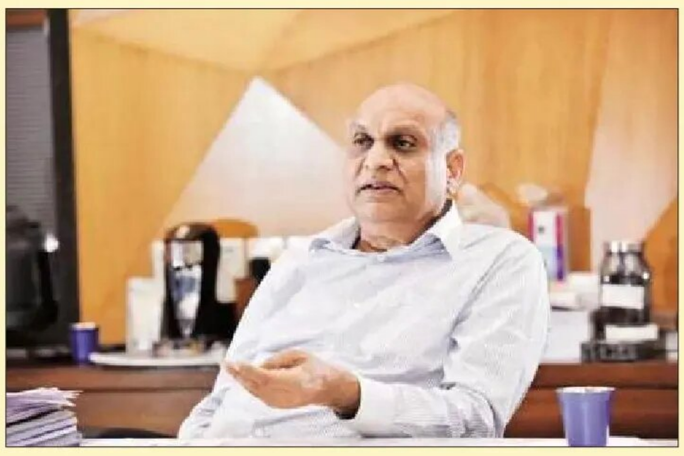
As well as making us feel better, a captivating sunset may also boost our brain power by increasing our information retention. In an age where technology-fuelled distractions abound, it's a welcome notion.

Kashmir Age
"Truth we say..... come what may"
SRINAGAR | MONDAY
23-NOVEMBER-2026

www.kashmirage.net facebook.com/kashmirage youtube.com/@kashmirAge dailykashmirage@gmail.com

Shree Cement to cross 100 MT capacity in 3-4 yrs; targets 9-10 pc growth: Chairman Hari Mohan Bangur

Press Trust Of India



KOLKATA, NOV 22: Shree Cement, the country's third-largest cement maker by installed capacity, is expecting to cross the 100 million tonnes per annum (MTPA) production capacity over the next three to four years, driven by an aggressive expansion push and steady demand from the country's infrastructure and housing sectors, said its Chairman Hari Mohan Bangur.

In an interaction with PTI, Bangur said the company is targeting a compound annual growth rate (CAGR) of 9-10 per cent over the next six to seven years, higher than the expected 7-8 per cent growth in the overall Indian cement industry.

Shree Cement Ltd (SCL), which earlier this month announced a Rs 7,000 crore investment to set up cement plants in Andhra Pradesh as part of its expansion, expects to reach 80 MTPA capacity in the next two years, he said.

In response to a question on whether Shree Cement would cross 100 MTPA, Bangur told PTI: "Yes, in the next 3-4 years."

SCL is having a combined investment of nearly Rs 3,500 crore to Rs 4,000 crore in setting up plants at Kutch in Gujarat and Meghalaya, which are mostly funded through the company's internal reserves, he added.

The company currently has an installed production capacity of around 75 MTPA. Besides India, the company also has offshore manufacturing facilities in the UAE.

Bangur said SCL is also expanding its play in the ready-mix concrete (RMC) as an adjacent business.

Shree Cement currently operates around 40 RMC plants, with plans to increase the number to around 60-80 over the next 15-18 months, he said.

"Now, we have one lakh cubic metre (RMC production capacity) per month. This will be increased to two lakh cubic metres in the next 18 months," Bangur added.

Bangur said that unlike some of its competitors, which are expanding into adjacent building-material segments such

as wires, cables and paints to offer integrated building solutions, SCL is not looking at such diversification at present.

"Shree Cement is not thinking in that line," he said, indicating that the company is focusing on strengthening its presence in the RMC segment rather than diversifying into unrelated building-material categories.

On margins and premiumisation, Bangur said the cement industry could sustain margins of around 15-20 per cent on sales, while premium cement commands better realisations and offers an opportunity to improve profitability, as individual homebuilders are willing to spend more on quality construction. However, large builders generally remain focused on value for money products.

On sustainability, he said around 60 per cent of Shree Cement's energy requirement is met through renewable sources and waste heat recovery, including solar and wind power. "We are very proud of our progress in this area and will continue to increase our contribution. Consciousness about it is also growing in India," Bangur said.

On the long-term outlook for the cement industry, Bangur said India's cement consumption has grown from around 40 million tonnes annually to approximately 450-500 million tonnes, reflecting the rapid pace of development.

Airbnb looks beyond traditional holiday hubs to deepen India presence, bets on homestays

Press Trust Of India

NEW DELHI, Nov 22: Global hospitality platform Airbnb is looking to deepen its presence in India by expanding beyond traditional holiday destinations, strengthening the homestay ecosystem and bringing more local entrepreneurs onto its platform to tap the country's growing domestic travel market.Buy Maps

In an interview with PTI, Airbnb India Country Manager Amanpreet Bajaj said the company's India growth strategy will focus on expanding quality accommodation supply, enabling more communities to participate in tourism and diversifying its offerings beyond stays through experiences and services.

"We will also continue expanding quality supply, both in traditional leisure markets and metros and in emerging destinations such as spiritual corridors and nature-led locations. We want travellers to have more choices and local communities to benefit from tourism," Bajaj shared.

He highlighted that India is one of Airbnb's fastest-growing origin markets globally, with domestic travel emerging as a major growth driver. Over 85 per cent of bookings by Indian guests in the first half of 2026 were domestic, while almost 70 per cent of first-time bookers during the period were from Gen Z.

The company is looking to expand its reach beyond established leisure destinations such as Goa and hill stations, with growing interest in cultural, spiritual, nature-led and rural tourism.

"We have a presence across India, and the travel map is widening as travellers look beyond traditional tourism hubs for nature, culture, heritage and local experiences," Bajaj said.

Destinations such as Kangra, East Khasi Hills and Srinagar, along with hill stations



in Himachal Pradesh and Uttarakhand, are attracting attention, while Varanasi and Amritsar are emerging as important cultural and spiritual tourism destinations, he added.

As demand spreads to newer locations, Airbnb is also focusing on developing accommodation supply and building a stronger host ecosystem in these markets.

Its two-year memorandum of understanding with the Ministry of Tourism is aimed at strengthening India's homestay ecosystem through host training, digital onboarding and destination promotion.Buy Maps

The company also conducts community meet-ups and training programmes to encourage more people to participate in tourism. It has piloted the Airbnb Entrepreneurship Academy in Goa to help prospective homestay hosts learn hospitality best practices and prepare to welcome guests.

Bajaj cited the company's long-standing partnership with the Self-Employed Women's Association (SEWA) in rural Gujarat, under which women have received training to open their homes to visitors.

He stressed that the economic benefits extend beyond the accommodation business.

"Hosts have also told us that welcoming visitors creates opportunities beyond the home: local young people can provide transport, artisans can sell their products, and shops and restaurants can benefit. That is the multiplier effect of tourism on a local economy," Bajaj said.

He shared that Airbnb will keep strengthening its core stays business while expanding what guests can do through experiences and services.

Technology-led initiatives are another part of the strategy, with the company introducing AI-powered tools for searching, filtering and comparing

homes, alongside features aimed at simplifying the hosting process.

SEBI proposals will open window to foreign funds with opaque offshore ownership structures: Cong

Press Trust Of India

NEW DELHI, Nov 22: With SEBI proposing to review the additional disclosure framework for Foreign Portfolio Investors, the Congress on Sunday said credibility, transparency and investor protection are the bedrock of efficient financial markets, but the new proposals are a step in the opposite direction and should be buried.

India definitely needs foreign investors but not those with opaque and convoluted offshore ownership structures, the opposition party said, asserting that ease of doing business cannot come at the cost of capital market integrity.

Congress general secretary in-charge communications



Jairam Ramesh said very soon after Prime Minister Narendra Modi berated the captains of Indian industry at FICCI on November 19, SEBI issued a consultation paper that proposes to scrap the very disclosure rules it had introduced in August 2023 to expose opaque offshore money flowing into Indian companies.

"It is clear that the Prime Minister has little hope of reviving domestic private investment, or even FDI, and has decided instead to roll out the red carpet for foreign portfolio investors to keep the stock markets buoyant, even at the cost of market integrity," Ramesh said on X.

In January 2023, the nation was rocked by revelations of how the "Modani conglomerate" had allegedly used a complex and opaque network of overseas funds and shell companies to build up benami stakes worth billions of dollars in its own group companies, in violation of capital market regulations, Ramesh said, referring to the Adani Group.Buy Maps

India to add 200 mn air conditioners by 2035 as cooling becomes new front in global energy demand

Press Trust Of India



NEW DELHI, NOV 22: India is set to install an additional 200 million air conditioners in homes over the next decade, making it the biggest driver of global energy demand growth, the International Energy Agency said in its World Energy Outlook 2026.

The agency said India and Southeast Asia's share of the global stock of air conditioners (ACs) will rise from "less than 10 per cent today to 20 per cent by 2035". In India and Indonesia, the IEA said, "fewer than one in five households own an AC, despite high cooling needs".

By comparison, around 90 per cent of households in Australia, Japan and the United States own at least one AC.

The IEA said "for the first time in energy history", demand for cooling in buildings is overtaking demand for heating.

India's electricity demand is likely to grow 6 per cent a year, over the next decade, under the IEA's Stated Policies Scenario, the fastest of any major region. Total energy demand is expected to rise 2.5 per cent annually, "triple the global rate".

Globally, space-cooling demand is likely to rise by 1,700 terawatt-hours by 2035, and in that scenario, an increase the agency said is "roughly equivalent to India's total electricity demand today".

The IEA also modelled a heatwave case, in which hotter and longer heatwaves push up AC ownership and use. Cooling demand growth is 700 TWh, or 40 per cent, higher, "with particularly strong implications for peak demand".

In its Current Policies Scenario, global peak cooling demand is expected to grow by 720 gigawatts by 2035, "more than the entire generation capacity of India today", the report said.Buy Maps

The report said India's seasonal swings in power demand are lower in the Stated Policies Scenario than under current policies, "

despite similar levels of electrification". The reason is faster adoption of more efficient appliances that "moderate variations in electricity demand".

Weather also moves the numbers. In 2025, an early and strong monsoon depressed India's electricity demand and boosted hydropower output, helping keep its coal demand in check, the IEA said. India is the world's second-biggest coal consumer.

Beyond cooling, the IEA expects India to add over 12,000 cars a day to its roads and see a 33 per cent rise in built space. Steel and cement production is also likely to

surge. Energy investment in India may rise 85 per cent by 2035 from 2025 levels, making it the fastest-growing major destination for such spending.

India generated around 2,114 TWh of electricity in 2025. That rises to 3,585 TWh by 2035, with 51 per cent from non-fossil sources, the

report said. Coal remains "a mainstay", and India's CO2 emissions do not peak until around 2040. (PTI)

EV brand E-Went eyes mass market, to test sodium-ion batteries from December

Press Trust Of India



KOLKATA, NOV 22: Kolkata-based Saraogi E-Ventures, which markets electric two-wheelers under the E-Went brand, sees significant growth opportunities in India's price-sensitive markets, particularly in the sub-Rs 1 lakh segment, while exploring sodium-ion battery technology as an alternative to conventional lithium-ion batteries, its founder and CEO Umang Kumar Saraogi said.Buy Maps

The company plans to begin trials of sodium-ion battery-powered scooters around December, deploying some vehicles for testing. The technology is being explored for its potential safety advantages over conventional lithium-ion batteries, although its relatively lower energy density makes the battery packs bulkier, Saraogi said.

"It is supposed to be safer. We expect to conduct trials here starting in December and deploy some vehicles with these batteries. The economics and convenience have to be evaluated before we can deploy them in our new product launches. Currently, most of the models use lithium-ion technology," he told PTI. If commercialised successfully, sodium-ion batteries could accelerate India's push to indigenise battery manufacturing by tapping into abundant domestic raw materials, cutting the country's heavy reliance on imported lithium-ion components.

The battery trials form part of its broader product development efforts.

Saraogi said regional electric two-wheeler manufacturers have considerable growth potential as national brands largely focus on premium models, leaving the sub-Rs 1 lakh segment and smaller towns relatively underserved.Buyers in tier-three and smaller towns, as well as rural areas and consumers in tier I and II cities, often look for affordable mobility options, creating space for regional players that can build their businesses through local dealer networks, lower ownership costs and word-of-mouth publicity rather than expensive branding campaigns, he said.

ECL provision requirement around Rs 5,000 cr; no impact on profitability: PNB MD

Press Trust Of India

NEW DELHI, Nov 22: Punjab National Bank (PNB) may require an additional provision of around Rs 5,000 crore upon migration to the Expected Credit Loss (ECL) framework of RBI from April 1, 2027, but the transition is unlikely to have any significant impact on profitability or capital position, the bank's MD and CEO Ashok Chandra said.

The bank had initially estimated an ECL provision requirement of Rs 9,000-10,000 crore based on preliminary manual calculations.

However, a detailed assessment using a digital system has brought down the estimated requirement to around Rs 8,000 crore, Chandra told PTI in an interview.

The reduction of around Rs 1,000-1,500 crore reflects the bank's sound underwriting standards over the past six years, he added.



PNB has already built up floating ECL provisions of Rs 2,560 crore and maintained another Rs 1,150 crore as a separate provision in its standard assets portfolio, he said, adding that, after adjusting for these provisions, the incremental requirement at the time of migration is expected to be around Rs 4,500-5,000 crore.

Chandra said the bank has not yet decided whether to absorb the entire additional provision in one go or stagger it over a period of time.

"Even if we migrate fully to the ECL framework in the first year itself, the impact on our capital adequacy ratio (CAR) will be around 52-53 basis points. From the current level of around 17.95 per cent, our CAR would still remain at around 17.5 per cent," he said.

The ECL framework, which is scheduled to be implemented from the beginning of next fiscal year, will require banks to make forward-looking provisions for expected credit losses rather than relying primarily on the existing incurred-loss approach.

Besides, he said, credit card and cash management services verticals are expected to generate around Rs 200 crore each in quarterly profit from the next financial year.

The bank has created dedicated digital platforms for three key businesses -- credit cards, supply chain management and cash management services -- each headed by a general manager to drive growth, he said.

Ahead of FY28 budget, aluminium product makers seek duty-free imports for primary metal

Press Trust Of India

NEW DELHI, Nov 22: Ahead of the Union budget for 2027-28, aluminium product manufacturers have urged the government to allow duty-free imports of raw metal to boost domestic consumption and enhance the competitiveness of small enterprises.

Manufacturers' body ALEMAI has written a letter to Finance Minister Nirmala Sitharaman, seeking to bring down the basic customs duty on primary aluminium to zero, arguing that the current 7.5 per cent levy, which translates into an effective import duty of 8.25 per cent including social welfare surcharge, is hurting MSMEs (micro, small and medium enterprises) and domestic value addition.

"We respectfully request the government in the forthcoming Union Budget... the basic customs duty on



primary aluminium under tariff heading 7601 (be reduced) from 7.5 per cent to 0 per cent," Aluminium Extrusion Manufacturers Association of India (ALEMAI) said in the letter. Buy Maps

The measure, it said, can help strengthen the competitiveness of the country's downstream manufacturing ecosystem, encourage greater domestic value addition, support MSMEs, improve export competitiveness, and expand aluminium consumption across the economy.

India has established a globally competitive primary aluminium industry and has significant potential to expand domestic aluminium consumption. However, the downstream aluminium sector, comprising a large number of MSMEs, continues to face a structural cost disadvantage due to the prevailing tariff structure on primary aluminium, the principal raw material, it said.

Domestic primary aluminium prices are influenced by international prices and import-parity considerations. The customs duty applicable to imported primary aluminium consequently forms an important component of the domestic price benchmark, it said, adding that the issue has also been recognised by the Ministry of Mines in its Vision Document on Aluminium Sector 2025.

Kashmir Age
"Truth we say..... come what may"
SRINAGAR | MONDAY
23-NOVEMBER-2026

www.kashmirage.net facebook.com/kashmirage youtube.com/@kashmirAge dailykashmirage@gmail.com

Gang-rape survivor, who set herself on fire, dies at Tripura hospital

Press Trust Of India

AGARTALA, NOV 22 LA 46-year-old woman who allegedly set herself on fire a day after being gang-raped in South Tripura district died at a hospital here on Sunday, police said.

The incident took place in the Sabroom police station area on November 9, when two men allegedly raped the woman while under the influence of intoxicants, Sub-Divisional Police Officer Dipatanu Biswas told PTI.

The woman, traumatised by the incident, set herself on fire the following morning in an apparent attempt to end her life.

"She was initially taken to Sabroom Hospital and later referred to GBP Hospital in Agartala on November 10 due to the severity of her burn injuries. She died during treatment," Biswas said.

"During the investigation, we recorded her dying declaration, which is a key piece of evidence. In it, she narrated her ordeal," he said.

The prime accused was arrested soon after the incident and is currently in judicial custody. The second accused, a resident of the same village, is absconding.

"Police teams are conducting raids at suspected hideouts to arrest him," Biswas said, expressing confidence that he would be apprehended soon.

"She was initially taken to Sabroom Hospital and later referred to GBP Hospital in Agartala on November 10 due to the severity of her burn injuries. She died during treatment," Biswas said.

"During the investigation, we recorded her dying declaration, which is a key piece of evidence. In it, she narrated her ordeal," he said.

Kerala HC concerned over conduct of poojas at Vaikom Mahadeva temple



Press Trust Of India

KOCHI, NOV 22 :The Kerala High Court has expressed concern over the pooja timings being allegedly violated by various santhies (priests) at the Vaikom Mahadeva temple in Kottayam district and directed the TDB to take note of the matter.

A bench of justices Devan Ramachandran and Johnson John noted that despite an earlier undertaking given by the Travancore Devaswom Board (TDB), various santhies in the temple were violating the timings of the poojas.

The observation by the bench came after perusing a report by the advocate commissioner which also stated that the poojas were being performed "according to their (santhies) whims and fancies", leading to several complaints.

"The report certainly requires to be noticed by the Devaswom Board immediately," the bench said.

The report also stated that the post of accountant at the temple was vacant from November 2022, thus forcing another watcher to be in charge, with consequent allegations of misappropriation having come up – specifically for an amount of Rs 34 lakh.

It further stated that a post of department 'Kazhakam' has been vacant for more than eight years and such work is being done by the santhies inside the 'Nalambalam'.

The advocate commissioner also claimed that instead of recognised priests, rituals were being performed by various other santhies, not authorised or recognised by the Board and requested that all vacant posts be directed to be filled up properly.

The Board assured the bench that the issues raised in the report would be looked into and the matter was listed.

The observations and direction came during hearing of a plea initiated by the court on its own regarding the status of the temple, one of the major shrines dedicated to Lord Shiva and a prominent pilgrimage site.

Assam Police seize 350 bags of fertiliser being smuggled out of Cachar

Press Trust Of India

GUWAHATI, NOV 22 : Assam Police have seized 350 bags of suspected fertiliser allegedly being smuggled out of Cachar district to supply cross-border drug cartels, Chief Minister Himanta Biswa Sarma said on Sunday.

This was the second such seizure in the district in as many days, he said.

"Our second strike: 350 bags of suspected fertiliser intercepted by Cachar Police before they could be smuggled out," he said in a social media post.

He alleged that smugglers were diverting fertiliser meant for farmers to supply narcotics and cross-border cartels.

The chief minister said a major crackdown had been launched against fertiliser smuggling in the state, adding that the authorities were targeting the supply chain.

He did not specify whether anyone had been arrested in connection with the seizure.

On Saturday, Cachar Police had seized 22 tonnes of subsidised fertiliser allegedly being smuggled out of the state. "Our second strike: 350 bags of suspected fertiliser intercepted by Cachar Police before they could be smuggled out," he said in a social media post.

He alleged that smugglers were diverting fertiliser meant for farmers to supply narcotics and cross-border cartels.

The chief minister said a major crackdown had been launched against fertiliser smuggling in the state, adding that the authorities were targeting the supply chain.

He did not specify whether anyone had been arrested in connection with the seizure.On Saturday, Cachar Police had seized 22 tonnes of subsidised fertiliser allegedly being smuggled out of the state.

Gurugram cop arrested for taking bribe to settle complaint

Press Trust Of India

GURUGRAM, NOV 22 :A sub-inspector posted as an additional SHO at Gurugram's Shivaji Nagar police station was arrested red-handed while accepting Rs 30,000 bribe for settling a complaint and ensuring no criminal case was registered against a man, the Anti-Corruption Bureau (ACB) said on Sunday.



The accused, Narpal Singh, had allegedly demanded Rs 2 lakh from the complainant, following which the deal was negotiated down to Rs 60,000. He was caught accepting the first instalment of Rs 30,000 during an ACB trap operation, an official said.

According to ACB officials, the complainant, originally from Uttar Dinajpur district of West Bengal, currently lives in a rented accommodation at Emaar Palm Hills society in Gurugram. A person identified as Bhupendra had lodged a complaint against him at Shivaji Nagar police station.

The complainant alleged that Singh demanded Rs 2 lakh in exchange for not taking action against him and settling the complaint. Distressed by the demand, he approached the ACB.

After verifying the complaint, the ACB's Gurugram unit laid a trap to catch the accused. As part of the operation,

the complainant was asked to hand over the first instalment of Rs 30,000 on Sunday. Singh was arrested at the spot immediately after accepting the money.

Dharmendra Kumar, an SDO with DHBVN, was present during the trap operation as a gazetted officer. The operation was conducted in accordance with the procedure prescribed under Section 105 of the Bharatiya Nagarik Suraksha Sanhita (BNSS), 2023, officials said.

An FIR has been registered against the accused sub-inspector, and further investigation is underway, said Inspector Jaipal Singh, in-charge of the ACB Gurugram unit.

Two-year jail term for rider in 2015 fatal crash in Chennai

Press Trust Of India

CHENNAI, NOV 21 :A court has sentenced a 41-year-old Chennai resident to two years of imprisonment and imposed a fine of Rs 10,000 in connection with a 2015 two-wheeler crash in Tiruvottiyur that claimed the life of his pillion rider.

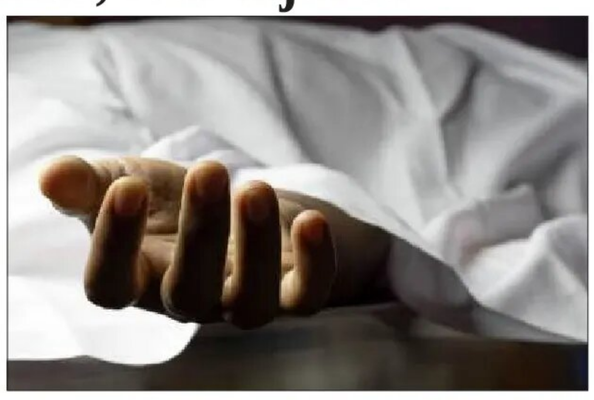
According to an official release on Saturday, on the afternoon of April 1, 2015, Jafar (41) of Poonga Nagar in Chennai was riding his two-wheeler with his friend Srinivasan (36) riding pillion.

Near the church on Basin Road in Tiruvottiyur, Jafar allegedly rode at high speed and in a rash and negligent manner over a speed breaker. Losing balance, the two-wheeler crashed, leaving Srinivasan severely injured.Srinivasan was admitted to Government Stanley Hospital for treatment, where he succumbed to his injuries on April 19, 2015.

Following a complaint lodged by Srinivasan's wife, Washermenpet Traffic Investigation Wing (TIW) police registered a case and took up the investigation.Accordingly, TIW filed the final report before the Judicial Magistrate Court in Tiruvottiyur. Upon completion of the trial, the court delivered its verdict last Wednesday.The Judicial Magistrate found the accused, Jafar, guilty of causing the death and sentenced him to two years of imprisonment along with a fine of Rs 10,000.

Three of a family killed as private bus hits tempo in UP's Hathras; four injured

Press Trust Of India



HATHRAS (UP), NOV 22 :Three members of a family, including a six-year-old boy, were killed and four others sustained injuries after a private bus rammed into a tempo in Sikandra Rao area here on Sunday, police said.

The bus driver fled the scene after the accident, and efforts are underway to trace him, they added.

The accident took place around 1 pm when the tempo -- carrying a family travelling from Gurugram to a wedding ceremony in Sikandra Rao area -- was hit from behind by a private bus near Bilaar village, causing it to overturn.

The deceased have been identified as Chhoti (35), Moti (40) and six-year-old Fahad. They were residents of Nauserwala village under Barla police station in Aligarh district, and were residing in Gurugram.

Police reached the spot after receiving information and shifted the injured to different hospitals.

Some were admitted to the Akrabad Community Health Centre, while those seriously injured were referred to Aligarh for treatment.Sikandra Rao Circle Officer Amit Pathak said three people died and four others sustained injuries in the accident.

"Two women died on the spot, while the child succumbed to injuries in Aligarh," he said.

The bodies of two deceased have been sent to Hathras for post-mortem, police said. The deceased have been identified as Chhoti (35), Moti (40) and six-year-old Fahad. They were residents of Nauserwala village under Barla police station in Aligarh district, and were residing in Gurugram.

Uttarakhand HC grants interim relief from arrest to woman accused in Haldwani honey trap case



Press Trust Of India

NAINITAL, NOV 21 :Uttarakhand High Court has granted interim protection from arrest until November 25 to a woman accused in a case of honey trapping and extortion targeting an elderly businessman in Haldwani.

A single-judge bench of Justice Alok Mehra has also directed the state government to present its stance on the matter during the next hearing.

The businessman from Haldwani had filed a complaint accusing six individuals, including the woman, of orchestrating the honey trap and extorting crores of rupees.

According to the complaint, the accused coerced the businessman into meeting their financial demands by threatening to circulate his private photographs and videos on social media. The businessman claims that the accused extorted large sums of money through repeated threats and illegally occupied his property.

The businessman approached the Senior Superintendent of Police (SSP) of Nainital, seeking legal action against the accused and protection from further harassment and threats.

Challenging the First Information Report (FIR) registered in connection with these allegations, Jyoti Singh filed a petition in the High Court requesting protection from arrest.Following the hearing, the High Court granted Singh interim protection from arrest until November

25 and directed the state government to present its position regarding the allegations at the next hearing.

8-month-old boy kidnapped from Delhi's Pandav Nagar rescued in UP; three arrested

Press Trust Of India



NEW DELHI, NOV 22 :) An eight-month-old baby boy kidnapped from east Delhi's Pandav Nagar area was rescued from a village in Uttar Pradesh, with police arresting three persons, including a couple who allegedly wanted a male child to carry forward their family name and inheritance.

The infant was allegedly kidnapped from the custody of his caretaker while his mother, an e-rickshaw driver, was away at work, police said on Sunday.

The accused have been identified as Rishipal (40), a truck driver from Mathura, and Chatru (50), a

farmer, and his wife Kusma (45), residents of Wajidpur village in Aligarh district, they said.

According to police, the incident came to light after the infant's mother lodged a complaint stating that her eight-month-old son had gone missing while in the care of her caretaker in the Pandav Nagar area.

A case was registered at Mandawali police station and an investigation was initiated.

"During questioning, the caretaker told police that she had gone to purchase some items from Ganesh Nagar around 11.30 am when she met an unidentified person, who subsequently took away the infant," the officer said.

A police team was formed. Teams analysed CCTV footage from the area and suspected escape routes, which showed a man running away with the infant.

Further examination of footage and questioning of auto-rickshaw drivers helped police trace the suspect's movement towards Akshardham.

"The investigation into the movement of a mini truck led police to identify its driver, Rishipal. Technical surveillance and local intelligence subsequently revealed that the infant had allegedly been handed over to Chatru, a distant relative, in Wajidpur village," the officer said.

Further investigation revealed that Chatru and Kusma had allegedly planned to procure a baby boy around a year ago. The couple, who have three daughters, allegedly

wanted a male child to carry forward their family name and inheritance and look after them in their old age, police said.

Following interrogation and a prolonged search operation, the police team traced the infant to Wajidpur village. "All three accused were arrested within 24 hours of the kidnapping. None of them had any previous criminal involvement," the officer said.

Allahabad HC seeks enquiry report on alged financial irregularities in BHU's hospital

Press Trust Of India

PRAYAGRAJ, NOV 21 :The Allahabad High Court has directed the vice-chancellor and registrar of the Banaras Hindu University (BHU) to place on record, within 10 days, enquiry committee reports regarding alleged financial irregularities and embezzlement of public funds in purchase of medicines for the hospital attached to the institution, along with the action taken in this regard.

Directing the university to preserve all relevant records, including purchase files, tenders, supply orders, stock registers, payment vouchers and bills until the next hearing, the court ordered the vice-chancellor/registrar of the university to remain present in court on the next date of hearing in case the reports, along with necessary affidavits, are not filed within the stipulated timeframe.

A bench of Justice Chandra Dhari Singh and Justice Tarun Saxena passed the order on Friday while hearing a criminal writ petition filed by Amit Kumar Mishra and two others.

The petitioners have alleged financial irregularities in purchase of medicines and CT scan equipment for Sir Sunder Lal Hospital, Banaras Hindu University between April 2025 and March 2026, seeking an independent probe by the Central Bureau of Investigation (CBI) or a special investigation team (SIT) in the matter.

According to the petitioners, the internal enquiry committees constituted by the university had submitted reports in August and September 2026, pointing out inflated pricing, purchases made without tenders and procurement of sub-standard items.

Despite these findings, the university administration has neither made the reports public nor initiated action against the officials responsible, while repeated representations to the vice-chancellor and the state government have gone unheeded, the plea contends.

Given the alleged involvement of senior university and medical college officials, and administrative inaction in the matter, the petitioners argue that an internal or state police inquiry does not inspire confidence --warranting a probe by an independent agency such as the CBI or an SIT.Observing that the matter required consideration, the bench remarked, "The allegations, if found proved, disclose serious financial irregularities in the purchase of medicines in a public hospital directly affecting public health."

Kashmir Age
"Truth we say..... come what may"
SRINAGAR | MONDAY
23-NOVEMBER-2026

www.kashmirage.net facebook.com/kashmirage youtube.com/@kashmirAge dailykashmirage@gmail.com

CONTINUE FROM FRONT PAGE.....

50 Crore People

with trade, had expanded its presence in sectors such as agriculture, dairy, industries, semiconductors, petrochemicals, automobiles and green energy.

He said Gujarat's economic progress had contributed significantly to the country's development and reiterated his earlier slogan of achieving national development through Gujarat's development.

Recalling the difficult years around 2001, he said party workers had gone door-to-door collecting 'sukhdi' (a traditional sweet) for poor families to provide them with essential nutrition. They had also arranged cattle fodder from different parts of the country during droughts and organised cattle camps, he said.

The PM said public participation had helped Gujarat overcome droughts and water shortages.

"Campaigns to conserve water and construct check dams had gradually turned into mass movements, changing the situation in the state," he said.

The prime minister also referred to the Garib Kalyan Melas launched during his tenure as the CM in 2001, saying they helped build confidence among poor families and encouraged them to come out of poverty.

"The experience gained from launching such programmes helped me create welfare schemes introduced by my government at the Centre after 2014," said the PM.

Modi recalled that when his government started opening bank accounts for the poor, critics questioned their utility, while similar doubts were raised over the provision of LPG connections to households that could not afford cylinder refills.

"We kept making scheme after scheme and taking them to the last person in the queue. We proved what social justice means for those who are rightful claimants and in need. And who were the ones without bank accounts? Our Dalit families, tribal families, the oppressed and downtrodden, as well as the women," the PM said.

While bank accounts were opened, gas stoves arrived in homes, and electricity connections and Ayushman cards were distributed to the needy, he said.

"As a result of all these schemes, 50 crore people have come out of poverty," the PM added.

Modi urged BJP workers to keep national interest above party interests. He said the social harmony and unity developed in Gujarat would help the state and the country progress.

He expressed confidence that Gujarat would achieve much more in the next 20 years than it had accomplished over the previous 25 years.

Commercial Amnesty

towards economic activity and employment generation, and emphasised that genuine concerns of traders would be addressed through coordinated efforts of the concerned departments.

KTMF President highlighted the need for improved electricity supply, strengthening of power infrastructure and resolution of revenue-related issues.

President Handwara Traders Association, Mansoor Ahmad Bhat, raised issues concerning electricity, parking facilities and revenue matters in Handwara market. He also sought installation of high-mast lights in the main market to improve illumination and public safety.

Chairman Shopian Traders Federation, Riyaz Ahmad Mantoo, highlighted revenue-related issues concerning traders and residents of Shopian and sought the Minister's intervention for their early resolution.

Taking note of the concerns, Sagar assured the delegation that the concerned departments would examine the issues and initiate necessary action within their respective mandates. He also emphasised the importance of regular engagement with trade bodies for effective grievance redressal.

The delegation thanked the Minister for his patient hearing and assurance of appropriate intervention.

Those accompanying KTMF President included Din Mohammad Mattoo, Qazi Tauseef, Javaid Iqbal Bujja, Mehrajuddin Khan, Sheikh Abdul Rashid, Handwara Traders Association President Mansoor Ahmad Bhat and Shopian Traders Federation Chairman Riyaz Ahmad Mantoo.

The Minister also met a delegation of JE Electrical aspirants, who submitted a memorandum seeking advertisement of vacant Junior Engineer (Electrical) posts in the Power Development Department.

The aspirants urged the Minister to initiate the recruitment process at the earliest to provide employment opportunities to eligible candidates. Sagar gave them a patient hearing and assured that their representation would be examined by the concerned authorities.

NGT seeks

"What Challenge are Kashmiri Wetlands Facing", published in Kashmir Life on February 2, 2024, along with a connected application relating to a report, titled "518 of 697 Lakes in J&K Either Vanished or Shrunk: CAG", published in The Hindu on April 7 this year.

During the hearing on November 6, the tribunal examined a report dated October 1 submitted by the PCC that identified 27 additional wetlands measuring more than one hectare and located outside forest areas.

However, the tribunal noted that the report was incomplete as information from the deputy commissioners of Jammu and Kupwara districts was still awaited.

The report contained details of the revenue area and sources of pollution and encroachments in the identified wetlands, based on information received from district administrations.

According to the information submitted by the Baramulla administration, the Rakh-i-Dastipora wetland was reportedly no longer existing at the site, with the corresponding proprietary land being used for paddy cultivation through Kamas.

In Kathua district, no source of pollution or encroachment was reported in the Janglote wetland, while the Samba administration reported no encroachments in the identified wetlands. However, domestic effluent was identified as a source of pollution in Mawasar Sar.

The tribunal was also informed about a water-quality analysis conducted by the regional directors of the PCC. It revealed that several wetlands failed to meet the Class-B primary water quality criteria prescribed for organised outdoor bathing.

In Jammu district, all three samples collected from the identified locations failed to meet the prescribed standards. In Kathua, the sample collected from the identified wetlands conformed to the criteria.

In Samba, only two of the nine identified locations met the prescribed standards, while one location was inaccessible for sampling.

In Kupwara, four of the six wetlands tested failed to conform to the standards, primarily due to elevated Biochemical Oxygen Demand (BOD) levels.

Similarly, the Rakh-i-Duslipora wetland in Baramulla failed to meet the criteria with respect to BOD and Dissolved Oxygen levels.

The PCC informed the tribunal that it has asked its regional directors to identify individuals, agencies or departments responsible for environmental violations in wetlands failing to meet the prescribed water-quality standards so that corrective, remedial and punitive action can be initiated.

During the hearing, the member secretary of the PCC submitted that an updated report would be filed after receiving the pending information from the deputy commissioners of Jammu and Kupwara.

However, the tribunal observed that while the revenue areas of the identified wetlands have been disclosed, the actual existing areas have not been provided.

It asked the PCC to obtain and submit the details of the recorded revenue area and the actual existing area of each wetland, along with a comparative statement indicating the extent of any difference between the two.

The fresh report has been directed to be filed at least a day before the next hearing scheduled for February 26, 2027.

JKSSB defends

remained unaffected.

The J&K Services Selection Board (JKSSB) said the alleged attempt to manipulate the exam was foiled before it could compromise the interests of candidates, claiming that timely intervention by police and the security arrangements put in place ensured its smooth conduct across all 20 districts of the Union territory.

Recently, police in Jammu arrested 14 suspects ahead of the FAA exam, "uncovering" a network that planned to transmit answers to select candidates inside the exam centres through electronic communication devices.

Several wireless radio sets were seized in the intelligence-based operation, three FIRs were lodged, and a special investigation team (SIT) was constituted to probe the alleged conspiracy.

Responding to concerns surrounding the incident, the JKSSB said it took cognisance of the modus operandi allegedly adopted by the suspected facilitators and decided to reinforce its existing security mechanism to prevent similar attempts in future.

The additional measures include revisiting and updating the existing standard operating procedures (SOPs), tightening access controls at the exam centres and halls, and strengthening technical surveillance and barriers against the use of electronic gadgets for cheating.

The Board said the existing security framework, which includes CCTV surveillance, electronic jammers, biometric authentication, physical frisking and verification at entry points, surprise inspections by flying squads and monitoring of examination material, would continue to remain in place.

The Board also reassured the candidates that the recruitment process would remain merit-based and free from any outside interference.

It said the interests of the genuine aspirants, who invest years in preparing for competitive exams, cannot be compromised with attempts to secure undue advantage through unfair means.

The FAA examination was conducted on November 15 at 493 centres across the UT, with 1,61,946 candidates appearing for selection against 600 posts.

Appreciating the role of J&K Police, the Board said its prompt action, in coordination with district administrations and other agencies, prevented the suspected elements from disrupting the exam process.

The JKSSB maintained that the "isolated attempt" to use unfair means did not compromise the exam process, and warned that anyone found undermining the integrity of recruitment exams would face strict legal action.

Senior BJP leader Purnima Sharma slammed the Omar Abdullah-led government over the controversy, accusing it of failing to ensure a transparent recruitment process and protect the interests of the educated, unemployed youth.

Expressing solidarity with the protesting aspirants, she demanded a thorough probe into the alleged racket, identification of all those involved, including any officials found complicit, and strict action against the guilty.

The BJP leader also sought accountability from the chief minister and the JKSSB, saying the candidates deserved a fair, merit-based selection process.

Mock drill

building collapse scenario," the airport officials said.

"The exercise reinforces our collective commitment to emergency preparedness, seamless coordination and safeguarding lives," they added.

Govt has

country's disaster management capabilities.

Highlighting the importance of community participation in disaster management, the home minister appreciated the role of local volunteers, including children associated with scouts and trained 'Aapda Mitras', who remain prepared to assist people during emergencies.

He said disaster management efforts should not be limited to specialised forces but must involve people at the grassroots level, including village-level functionaries.

Shah claimed that the country's improved disaster response mechanism has improved and timely cyclone warnings, issued 24 to 48 hours in advance, help authorities evacuate people from vulnerable areas and prevent casualties.

He said there have been several cyclones in the last four years in which no lives have been lost, attributing the achievement to improved forecasting, preparedness and coordinated evacuation efforts.

The NDRF has undertaken more than 11,000 rescue and relief missions in India and abroad, including in Japan, Nepal, Turkey and Sri Lanka, he said, adding that the force has earned recognition through its professional response during disasters in different parts of the world.

He expressed confidence that the force would emerge as one of the leading disaster response agencies in the world.

Shah said the Northeast occupies an important place in the country's development and security framework.

He congratulated the state government and the people of Arunachal Pradesh on the establishment of the NDRF battalion campus.

Shah later left for Delhi, concluding his three-day visit to the northeastern state.

'Drug peddler's

the financial networks of drug traffickers and to ensure that proceeds generated through illicit drug activities are identified and dealt with in accordance with law, the spokesman added. (agencies)

Rajnath Singh

Filmmaker Satyajit Ray had studied economics, while the father of India's White Revolution, Verghese Kurien, initially pursued mechanical engineering before going on to establish themselves in other fields, he said.

Kurien went on to spearhead India's White Revolution and strengthen the cooperative movement through institutions such as Amul, Singh said.

He said their journeys showed that people could achieve success beyond their academic backgrounds.

"Never be afraid of creating new paths in life. Never hesitate to walk those paths alone. Success will eventually come your way," he told the students.

Singh said emerging technologies, particularly artificial intelligence (AI), were rapidly changing the nature of work. Tasks that earlier took several hours could now be completed in minutes or even seconds with the help of AI.

He said that competence in new skills would build confidence and enable young people to face challenges.

The defence minister also urged students never to give up in life and said their efforts, rather than circumstances, would determine their future.

He said scientist Thomas Alva Edison had struggled academically as a child and was once called an "idiot" by a teacher. He also lost much of his hearing ability at the age of 12 but went on to make inventions that changed human history, he said.

"Your circumstances do not determine your future. Your efforts do," Singh said.

On spirituality, Singh said it was not confined to religious practices but was essentially about the elevation and expansion of the mind.

"Visiting a temple to worship, a mosque to offer prayers or a church to pray is not spirituality in itself. These are only means of attaining spiritual heights. Spirituality is the elevation of the mind," he said.

Drawing a mathematical analogy, Singh said the circumference of the mind was directly proportional to happiness and joy, ultimately leading to supreme bliss.

"A person with a large mind is truly spiritual and worthy of reverence.

There can be no greater achievement in life," he said, adding that material wealth and possessions were secondary to having an expansive mind.

Referring to developments in Lucknow, Singh said efforts had been made to establish major defence projects and that a Defence Research and Development Organisation (DRDO) laboratory had been set up to provide research opportunities to students. BrahMos missiles were now being manufactured in Lucknow, he added.

Singh lauded Indian students' "exceptional" performance at the international Olympiads and highlighted India's achievement in acquiring satellite docking and undocking capabilities, making it the fourth country in the world to achieve this feat.

India's emergence as one of the fastest-growing economies was the result of vision, sustained efforts and conviction, he said.

Singh also said India's development and its ability to guide the world depended on the security of its borders. "Only when our country's borders are secure can India become an advanced and developed nation and guide the world," he said.

The Union minister urged students to understand India's culture, civilisation and traditions, saying these were increasingly attracting admiration across the world. He said that in mathematics, Pascal's triangle and Pythagoras' theorem were described and studied by ancient Indian scholars.

Reconnecting with India's roots would not only strengthen one's identity but also provide knowledge, encourage curiosity and inspire new discoveries, he said.

Singh urged young people to examine India's history and traditions from the right perspective instead of accepting every historical narrative uncritically.

The defence minister also urged young people to help restore the original meaning of "rajneeti" (politics), saying the word was derived from 'Raj' and 'Neeti'. Politics should be about policies and systems that guide society towards progress, he said.

However, he regretted that the word had lost its original meaning and was often associated with falsehood and misleading people.

'Narcotics' recovered

They said police have registered an FIR under relevant provisions of the NDPS Act, and investigation has been initiated.

Further investigation is underway to ascertain the source of the recovered substance and establish its forward and backward linkages, the officials added. (agencies)

SCO Forum's

did have interactions with him over banquets, and that there were other interactions with him during the course of the forum.

Shortly before the closing session, the culture secretary said that based on discussions held during the forum and suggestions offered by the SCO member states, the forum has come out with an outcome document, which will be adopted at the closing session.

Aggarwal read out the details of the communique in his remarks.

The SCO Forum document called for the protection of heritage from illicit trafficking and natural calamities.

The communique also advocated embracing technology and "constructive use of artificial intelligence" in accessing cultural heritage.

It also affirmed "respecting every civilisation as an equal voice" and recognised shared legacies in architecture, music, cuisine and textiles.

The outcome document said it recognises culture as a "vital bridge for friendship, good neighbourliness" among nations.

The communique also underlined joint nomination by countries for UNESCO heritage tag.

After inaugurating the first SCO Civilisational Dialogue Forum on Friday, Prime Minister Modi emphasised the significance of holding a dialogue on civilisational connections in India at a time when global discussions are "dominated by war and unrest", asserting that cultural connections serve as the "strongest guarantee" for world peace.

In his address, he also noted that cultural and civilisational cooperation among member countries of the SCO can further strengthen these ties.

Modi said around 5,000 years ago, there were trade relations between the Indus Valley Civilisation and Mesopotamia, while later, other trade routes expanded that network of connections.

The PM asserted that "our shared civilisational experiences will play an important role in uniting the world".

The three-day event is being hosted by the Ministry of Culture and the Ministry of External Affairs from November 20-22.

The SCO was founded at a summit in Shanghai in 2001 by the presidents of Russia, China, the Kyrgyz Republic, Kazakhstan, Tajikistan and Uzbekistan.

India and Pakistan became its permanent members in 2017. Iran became a member in 2023.

Scholars, academics, experts and cultural representatives gathered for the three-day event to explore the "shared civilisational heritage of SCO countries".

The initiative builds upon the proposal made by PM Modi at the SCO Summit in Tianjin, China, in 2025 to establish a dedicated platform for civilisational dialogue under the SCO framework. The proposal was subsequently welcomed in the Bishkek Declaration of the SCO.

PUBLIC NOTICE

It is hereby informed to the general public that the electricity connection bearing Consumer ID No 0214010011383
Currently registered in the name of Gh Mohd Mir S/O Mohd Abdullah R/O Shanipora Villagma is proposed to be transfer to Gulam Ahmad Mir
S/o Gulam MohammadMir
R/O Shanipora Villagma in this regard if anyone has any objection to the said transfer he/she may file the objection in the office of the Executive Engineer PDD Division Handwara within seven days from the date of publication of this notice No objection shall be entertained after the expiry of the stipulated period

PUBLIC NOTICE

It is hereby informed to the general public that my name and parentage has been wrongly recorded in my Aadhar Card as Mushtaq Ahmad Sofi, S/o Ghulam Mohammad Sofi, whereas per my Domicile certificate my correct name and parentage is Mushtaq Ahmad Nanwai, S/o Gh Mohd. Nanwai. I request the concerned authorities to kindly correct my name and father's name in their records accordingly. In this regard if anybody has any objection he/she may file his/her own objection in the Tehsil Office Mattan within 07 days. After that no objection will be entertained.

Mushtaq Ahmad Nanwai
S/o Gh Mohd. Nanwai
R/o Mattan

PUBLIC NOTICE

It is hereby informed to the general public that the electricity connection bearing Consumer ID No 0214010008701
Currently registered in the name of Mohd Akbar Dar S/O Faqeer Mohd Dar R/O zafarkhani kukroosa is proposed to be transfer to Jameela Begum
W/o Bashir Ahmad Dar R/O zafarkhani Kukroosa in this regard if anyone has any objection to the said transfer he/she may file the objection in the office of the Executive Engineer PDD Division Handwara within seven days from the date of publication of this notice No objection shall be entertained after the expiry of the stipulated period

PUBLIC NOTICE

It is hereby notified to the general public that the father's name of Midhat Nabi R/o Chana Mohalla, Chandpora, Harwan, Srinagar*, has been inadvertently mentioned as Ghulam Nabi Teli whereas his correct name is Gulam Nabi Teli
The general public and all concerned are hereby informed that the correct name of the father of the above-mentioned student shall be read and understood as Gulam Nabi Teli instead of Ghulam Nabi Teli
Any person having any objection regarding the aforesaid correction may submit the same in writing to the concerned school authorities within seven (7) days from the date of publication of this notice. In the absence of any objection within the stipulated period, the school authorities may proceed accordingly.
All concerned are requested to take note of the above correction.

Kashmir Age
"Truth we say..... come what may"
SRINAGAR | MONDAY
23-NOVEMBER-2026

www.kashmirage.net facebook.com/kashmirage youtube.com/@kashmirAge dailykashmirage@gmail.com

Williamson recalls Kohli's role in surprise retirement call

United News Of India

WELLINGTON, NOV 22: Kane Williamson shocked the cricketing world earlier this year when he announced his retirement from all forms of international cricket after a decorated 16-year career, bowing out as New Zealand's all-time leading Test run-scorer with 9,515 runs and a national-record 33 centuries.

Alongside Kohli, Steve Smith, and Joe Root, Williamson formed the famed 'Fab Four' of modern batting-a quartet whose careers have been closely intertwined since their teenage years. With

Kohli stepping away from T20Is in 2024 and Test cricket in 2025, Williamson turned to his

longtime rival and close friend for perspective as he weighed his own future.

Speaking with host Nasser Hussain on the most recent episode of The ICC Review, Williamson explained why reaching out to Kohli felt like the natural step as he neared the end of his international journey.



"I have a great relationship with Virat, and we've chatted many times over the years and obviously played against each other for a long time," Williamson said.

"And I suppose off the back of that and our relationship it just felt right to chat to someone that you knew had the very experience of stepping away from the game not all that long ago and fully understood where you're at."

Having first crossed paths at the Under-19 level before going on to captain their respective nations, start families, and battle each other across countless high-stakes ICC events and bilateral series, Williamson noted that few people could relate to the unique pressures and life changes they had

both experienced.

The former Black Caps skipper revealed that speaking with Kohli brought immediate clarity, ultimately confirming that the time was right to step away.

"But to connect with Virat, it was great actually, and it just made it so clear," Williamson noted.

"It's been quite unique and our sort of story together, from under 19s to international cricket and even having a family and then leading our country and sort of being

quite close throughout that journey along the way whilst competing against each other on numerous occasions.

"But it was just sort of like looking in the mirror, sharing those thoughts, fully understanding each other and then getting off that call and knowing that it was time." "I have a great relationship with Virat, and we've chatted many times over the years and obviously played against each other for a long time," Williamson said.

"And I suppose off the back of that and our relationship it just felt right to chat to someone that you knew had the very experience of stepping away from the game not all that long ago and fully understood where you're at."

Having first crossed paths at the Under-19 level before going on to captain their respective nations, start families, and battle each other across countless high-stakes ICC events and bilateral series, Williamson noted that few people could relate to the unique pressures and life changes they had

both experienced.

The former Black Caps skipper revealed that speaking with Kohli brought immediate clarity, ultimately confirming that the time was right to step away.

Pant moves beyond six-hitting records, puts consistency ahead

United News Of India

BENGALURU, NOV 22: India's Rishabh Pant may have built his reputation on audacious strokeplay and a penchant for clearing the boundary, but the wicketkeeper-batsman says his priorities have shifted, with consistency and making a meaningful impact for the team now mattering more than individual records.

Having surpassed New Zealand's Brendon McCullum in the list of most sixes in Test cricket, Pant made it clear that such milestones no longer feature prominently in his career ambitions.

"As a kid, I definitely used to have those goals for sure, hitting a lot of sixes. But right now in my career, I'm not thinking about that



anymore. I just want to be more consistent and just make an impact wherever I play the game," Pant said after his century against New Zealand.

The admission offers a glimpse into the evolving mindset of a cricketer whose fearless approach has often made him one of the most unpredictable batsmen in Test cricket. While his attacking instincts remain intact, Pant said he was increasingly focused on staying at the crease and contributing to the team's cause.

His century in New Zealand was particularly satisfying, as scoring a hundred in the country had been one of his ambitions. On a surface where batting required patience and sustained application, Pant said he consciously focused on spending as much time in the middle as possible.

"New Zealand was one place where I was eyeing that hundred for sure. On a wicket like this, where you have to grind and everyone is batting well, I just wanted to stay there as long as possible and make my impact," he said.

Pant also offered an insight into his batting philosophy, saying he preferred to keep things simple rather than overthink his strokeplay.

He said he generally tried to read the bowler's intentions and backed himself to attack whenever the ball was in his hitting zone.

India clinch New Zealand centenary series 1-0

United News Of India

AUCKLAND, NOV 22: India played out a 2-2 draw against hosts New Zealand in the third and final game at the Lloyd Elsmore Hockey Stadium here on Sunday to win the NZ vs IND 2026 centenary hockey series 1-0.

India captain Sanjay Rana (16') and Selvam Karthi (18') scored the goals for India, while New Zealand netted through Dylan Thomas (9') and Benji Culhane (55'), according to olympics.com.

The three-match NZ vs IND friendly series commenced on Thursday with the Indian hockey team winning the opener 3-2 courtesy of goals from Uttam Singh, Shardanand Tiwari and Sanjay Rana.

Rana's late equaliser had salvaged a 2-2 draw for India in the second hockey match on Saturday after Angad Bir Singh restored parity for the visitors



earlier in the match.

With three goals in as many matches, Rana, a member of the Indian team which won bronze at the Paris 2024 Olympics and gold at the Asian Games 2026, finished as the highest scorer in the series.

Sam Hiha and Dylan Thomas each scored two goals for the Black Sticks. Looking to level the series, world No. 9 New Zealand began with intent and took the lead through a Dylan Thomas penalty corner in the first quarter.

However, India struck back twice in the second period. Rana scored for the third straight match, converting a penalty corner, to bring India level shortly before Selvam Karthi put India in front

with a field goal. The visitors led 2-1 at half-time.

The Indian defence held strong in the third period and protected the lead through most of the fourth quarter. However, with just five minutes left on the clock, Benji Culhane scored from open play to restore parity.

The New Zealand hockey team couldn't find a winner in the remaining minutes to level the series.

The India vs New Zealand hockey series, officially titled the 2026 India/New Zealand Century of Sporting Unity Event, commemorated 100 years of sporting ties between the two nations.

Back in 1926, an Indian Army hockey team featuring the legendary Major Dhyan Chand became the first side from the country to tour New Zealand.

Heinrich holds off Marciello to win Macao GT World Cup qualification race

United News Of India

MACAO, NOV 21: Germany's Laurin Heinrich secured pole position for Sunday's FIA GT

World Cup main race with a lights-to-flag victory in Saturday's qualification race at the Guia

Circuit, holding off a late challenge from BMW driver Raffaele Marciello.

Starting from pole position in his AO by Absolute Porsche 911 GT3, Heinrich maintained his lead through the opening corners and quickly established a gap over fellow Porsche driver Thomas Preining, who came under pressure from Marciello.

The German was 1.5 seconds clear by the end of the opening lap and extended his advantage to two seconds by lap three, while Marciello remained stuck behind Preining on the narrow, twisting street circuit.

Marciello finally found a way past at the start of lap four, using a better exit from the final corner to draw alongside Preining before completing the move on the main straight. The Swiss immediately pulled away from Preining and began closing on Heinrich, reducing a deficit of more than two seconds to around one second in the closing stages.

Bangladesh lose batter Mushfiqur Rahim for second South Africa Test



United News Of India

CENTURION, NOV 22: Bangladesh have suffered a significant setback ahead of the second Test against South Africa, with veteran batter Mushfiqur Rahim ruled out of the ICC World Test Championship contest due to a groin injury.

The second Test is set to begin at Centurion on November 23, with Bangladesh aiming to bounce back after suffering a nine-wicket defeat in the series opener in Johannesburg.

Mushfiqur sustained the injury during the first Test and subsequently underwent an MRI scan, which revealed inflammation and irritation around the bony pelvis.

Providing an update on his condition, Bangladesh national team physiotherapist Bayjedul Islam Khan confirmed that the batter would require immediate rest and rehabilitation.

"Mushfiqur complained of acute pain in the left groin region during the first Test match. Following the Test, he underwent an MRI scan and the results confirmed some inflammation and irritation around the bony pelvis," Khan said.

"He requires immediate rest and targeted rehabilitation to manage the stress response and prevent further aggravation and is unavailable for the second Test," he added.

Rahim made a duck and 22 in the opening Test as South Africa eased to a comfortable nine-wicket win on Day 5, according to ICC. It marks a second injury setback for the visitors, with Hasan Mahmud also doubtful for the remainder of the South Africa tour

due to a right elbow issue. The duo's absence will be a blow to Bangladesh's line-up as they look to level the two-match series against the Proteas.

Ben McKinney earns maiden England Test call-up



United News Of India

LONDON, NOV 22: England have turned to rising talent Ben McKinney for their upcoming ICC World Test Championship tour of South Africa, handing the uncapped 22-year-old his first senior international call-up after Jacob Bethell was ruled out for further knee surgery.

The left-hander first announced himself on the county circuit with a maiden century in 2024 at just 19, before backing it up that winter with a run-a-ball 110 for the England Lions against a strong Australia A side.

His selection follows a standout domestic summer in Division Two of the County Championship, where he piled on 1,044 runs at an average of 52.20, including towering knocks of 244 against Gloucestershire, 184 against Middlesex, and 140 against Derbyshire.

McKinney was already scheduled to travel to South Africa with the Lions squad, making his transition into the senior setup seamless.

With Bethell sidelined, McKinney offers an aggressive option during the series, which gets underway in Johannesburg on December 17, according to ICC.

England are currently at the sixth place in the ICC World Test Championship standings, with a point percentage of 38.54, whereas South Africa are leading the table with a point percentage of 75, after going 1-0 up in the series against Bangladesh. Updated squad: Joe Root (c), Jofra Archer, Gus Atkinson, Sonny Baker, Harry Brook, Sam Cook, Jordan Cox, Ben Duckett, Emilio Gay, Dan Lawrence, Ben McKinney, Liam Patterson-White,

India beat South Korea 2-1 to register second consecutive win at Women's Asian Champions Trophy

United News Of India

Bhopal, Nov 21 (UNI) Defending champions India registered their second consecutive victory at the Madhya Pradesh Women's Asian Champions Trophy Bhopal 2026 by overcoming South Korea 2-1 at the International Sports Complex, Nathu Barkheda, on Saturday.

After a goalless opening quarter, India scored once in each of the next two quarters through Mumtaz Khan and Sunelita Toppo before South Korea reduced the deficit in the final quarter, but held firm to secure three points.

India entered the contest looking to build on their opening 4-1 victory over Malaysia. Both teams started cautiously with the opening exchanges characterized by resistance and a contest for space across the pitch. Neither side managed to find the breakthrough in the first quarter.

India earned five penalty corners during the opening 15 minutes. South Korea, meanwhile, remained organised defensively, with goalkeeper Seoyeon Lee making her presence felt in the post.

India continued to build their attacking play through captain Salima Tete while the combination of Puja Sahoo and Navneet Kaur offered opportunities going forward. Navneet's creativity and ability to win possession through quick interceptions contributed to India's attacking efforts as the hosts sought to penetrate the Korean defence.

Operating in India's defence in only her second senior international match, Puja showed confidence in initiating attacking movements from the deep. India also maintained an advanced



attacking structure with Jyoti, Lalthantluangi and Sushila Chanu occupying higher positions on the wings to provide width in the forward movement.

India eventually broke the deadlock in the 30th minute when Mumtaz found the back of the net in the dying seconds before the half-time break. A well-directed pass from Sakshi found Navneet in an advanced position, and the latter picked out Mumtaz, who positioned herself well to complete the move with a field goal. India carried their 1-0 advantage into the half-time interval.

India extended their lead shortly after the restart. Sunelita scored in the 34th minute to make it 2-0 by converting a penalty corner to give the hosts a two-goal lead. The third quarter concluded with India maintaining their advantage. The hosts continued to combine effectively through the midfield, maintained their attacking impetus and looked to make further inroads into the Korean defence.

South Korea, however, found a way back into the contest when Hong scored in the 56th minute to reduce the deficit to 2-1. India subsequently came close to extending their lead in the closing stages, but the score remained unchanged as the final hooter confirmed a 2-1 victory for the hosts.

The victory marked India's second successive win in the tournament following their opening-day triumph over Malaysia. The hosts now lead the table jointly with Japan; both teams have six points and an identical goal difference of 4. China are placed third with four points from a win and

draw, while Malaysia have one point. South Korea and Thailand are yet to open their account.

Earlier on Saturday, China and Malaysia played out an entertaining 2-2 draw with Wei Qixiao and Feng Jiaxin bringing China back after Malaysia scored first through Siti Mohd via a penalty stroke and then managed to find an equaliser from the stick of Azmyra Azhairy. In the day's second encounter, Japan secured a comfortable 3-0 victory over .

Javed Rana hails Maulana Ghulam Qadir as 'Sir Syed of Pir Panjal'; Lifetime Achievement Award conferred

Book on Maulana's life released, documentary on five decades of service screened at commemorative event in Poonch

KASHMIR PRESS SERVICE



POONCH, NOV. 22: Minister for Food, Civil Supplies and Consumer Affairs, Transport and Tribal Affairs, Javed Ahmed Rana on Saturday described Hazrat Maulana Ghulam Qadir Sahib as the "Sir Syed of Pir Panjal" in recognition of his outstanding contributions to education, institution-building and social welfare.

The Minister was speaking at a commemorative programme organised to celebrate five decades of Maulana Ghulam Qadir Sahib's dedicated service to education, humanity and communal harmony at the New Auditorium, GDC College Ground, Poonch.

The programme was organised jointly by Jammu and Kashmir Alig Society and Pir Panjal Foundation for Peace and Communal Harmony, in collaboration with the Department of Urdu, Government Degree College Poonch.The event witnessed the participation of MLA Surankote Ch. Muhammad Akram Lasanvi, DIG Muhammad Irshad, Secretary Gujjar Advisory Board Dr. Bisharat Hussain, Session Judge Javed Rana Hakla, SSP Iftikhar Ahmed Choudhary, former Directors Matloob Khan, Muhammad Saleem Malik and Shokat Kazmi, senior journalists Yousuf Jameel, Qalbe Jawad and Sibte Muhammad Hasan, besides other prominent personalities and scholars.

Addressing the gathering, Minister Javed Ahmed Rana appreciated Maulana Sahib's remarkable contribution towards the educational advancement of the Pir Panjal region. He particularly highlighted his efforts in establishing educational institutions, including madrasas and a higher secondary school, and acknowledged his role in promoting social upliftment, communal harmony and mutual understanding.

Speakers on the occasion highlighted Maulana Sahib's qualities of humility, simplicity, wisdom, patience, tolerance and compassion, describing him as a dedicated educationist and humanitarian who has consistently worked for the welfare of society beyond religious and communal considerations.

As part of the commemorative proceedings, scholars and academicians presented research papers highlighting different aspects of Maulana Ghulam Qadir Sahib's life, educational initiatives, humanitarian activities and contribution to communal harmony.

A specially prepared documentary portraying five decades of his struggles, achievements and social contributions was also screened, offering an insight into his journey and institution-building efforts.

The Minister also released a book documenting the life, work and contributions of Maulana Ghulam Qadir Sahib. Published by Jammu and Kashmir Alig Society, the publication chronicles his educational initiatives, humanitarian services and five decades of dedicated work for society.

A panel discussion featuring Narinder Singh, President Gurdwara Parbandhak Committee, Advocate Sanjay Raina and Pardeep Khanna was also held. The discussion, moderated by Dr. Khaleeq, focused on Maulana Sahib's contribution to education, social development and communal harmony.

On the occasion, Himalayan Education Mission conferred its prestigious Lifetime Achievement Award upon Maulana Ghulam Qadir Sahib in recognition of his longstanding contributions to education and social welfare. Prof. Saleem Wani presented the award on behalf of the Mission.

In his address, Maulana Ghulam Qadir Sahib expressed gratitude to Almighty Allah and acknowledged the dedication and hard work of his team behind the achievements made over the years. He observed that much more remained to be done in the fields of education and social development, emphasising that collective efforts, mutual cooperation and a spirit of service were essential for achieving meaningful progress.

He reiterated his commitment to continuing efforts towards promoting education, assisting needy people and contributing to the overall welfare of society.

The speakers also appreciated Maulana Sahib's humanitarian initiative, Tanzeem Imdad-ul-Mustahiqeen (Help for All), which provides assistance to needy people irrespective of caste, creed or community. The organisation undertakes various welfare activities, including relief distribution, food assistance, medical support and educational assistance for deserving children.

The programme was anchored by Haroon Rathore, Senior Lecturer, while Maulana Sayeed A. Habib presented the vote of thanks. He expressed gratitude to the Chief Guest, dignitaries, scholars, speakers, panellists, organisers, media representatives and participants for making the occasion memorable.

The event concluded with a collective resolve to carry forward Maulana Ghulam Qadir Sahib's mission of education, humanitarian service, communal harmony and brotherhood, describing these ideals as the most meaningful tribute to his five decades of dedicated service.

Kulgam Police arrest drug peddler, seize 2.705 Kg of Ganja

KASHMIR PRESS SERVICE



KULGAM, NOVEMBER 22: Continuing its drive against drug trafficking and substance abuse, Kulgam Police arrested an alleged drug peddler during routine naka checking at Chattabal Bypass and recovered 2.705 kilograms of cannabis-like substance (ganja) from his possession.

According to police, the naka party intercepted a suspicious person identified as Sajad Ahmad Wagay, son of Ghulam Mohammad Wagay, a resident of Goripora, Kulgam. During his search, the police recovered the contraband weighing 2.705 kilograms.

In this connection, a case under FIR No. 223/2026, under Sections 8/20 of the NDPS Act, has been registered at Police Station Kulgam. Further investigation has been taken up to ascertain the source of the recovered substance and identify possible links in the drug trafficking network.

Kulgam Police reiterated its commitment to intensifying action against drug trafficking and appealed to the general public to cooperate with law enforcement agencies in the collective fight against drug abuse and in building a drug-free society.

Over 100 athletes participate in district Pencak Silat Championship

KASHMIR PRESS SERVICE



KULGAM, NOVEMBER 22: The District Kulgam Pencak Silat Championship 2026–27 concluded successfully at the Indoor Sports Hall of Ayesha Ali Academy, Kanipora, with more than 100 male and female athletes participating in the event.

The championship provided a competitive platform for young players to showcase their skills, talent and sporting abilities while promoting martial arts and encouraging greater participation in sports at the grassroots level.

The Principal of Ayesha Ali Academy, who attended the event as the Chief Guest, appreciated the efforts of the District Pencak Silat Association and the J&K Sports Council for organising the championship and providing opportunities to budding athletes.

He also encouraged young sportspersons to actively participate in sports and work hard to excel at district, state and national levels.

The event concluded on a positive note, reflecting growing enthusiasm for martial arts and sports among the youth of District Kulgam.

M Altafdar Rajbagh condoles demise of Fayaz Ahmad Sheikh

KASHMIR PRESS SERVICE



Srinagar: M Altafdar Rajbagh visited the residence of the bereaved family to express his heartfelt condolences over the sad demise of Fayaz Ahmad Sheikh, a retired Forest Department employee, originally a resident of Abi Guzar and presently residing at Stadium Colony, Badshah Nagar, Srinagar.

During the visit, he conveyed his deep sympathies to the bereaved family, particularly the deceased's sons, Mohammad Altaf alias Sharu Altaf, Jameel and Mansoor, and shared their grief in this difficult hour.

M Altafdar Rajbagh prayed to Almighty Allah to grant the departed soul the highest place in Jannat-ul-Firdous and bless the bereaved family with strength, patience and courage to bear this irreparable loss.

The congregational Fateha Khawani will be held on Tuesday, November 24, 2026, at 10:30 AM at the family's ancestral graveyard in Malteng, Dalgate, Srinagar.

May Almighty Allah grant eternal peace to the departed soul. Ameen.

Karnah Valley School celebrates annual day with enthusiasm

Brigadier Dharmendra Yadav graces occasion as Special Guest

PEERZADA SAYEED



Karnah : Karnah Valley School, Chitterkote, celebrated its Annual Day with great enthusiasm and festive spirit, witnessing the participation of approximately 200 people, including students, parents, teachers, distinguished dignitaries, social representatives and members of the local community.

The occasion was graced by Brigadier Dharmendra Yadav, Sena Medal, Commander, Shakti Vijay Brigade, who attended the programme as the Special Guest.

The event witnessed the participation of several distinguished personalities and officials, including the Block Development Officer (BDO), Tangdhar; the Zonal Education Officer (ZEO), Tangdhar; the Zonal Physical Education Officer (ZPEO), Tangdhar; Peerzada Ishfaq Sayeed, Chairperson, Private School Association Karnah; Kaneez Fatimah, Political and Social Activist; media personality Tahir Qadoos; and Dr. Ashfaq Ahmad. The team of Roshan Kal Welfare Foundation, including Zahoor Ahmad Lone and Ishfaq Ahmad Mir, also participated in the celebration. Professors from Government Degree College (GDC), Tangdhar, along with other officials, prominent citizens, parents and community members, were present on the occasion.

During the programme, Brigadier Dharmendra Yadav addressed the gathering and highlighted the importance of education, discipline, dedication and perseverance in shaping the future of young generations. He encouraged students to pursue their academic goals with determination, develop confidence and contribute positively towards society and the nation.

He also interacted warmly with students, teachers, parents and members of the public, taking a keen interest in their activities and encouraging children to explore their abilities and talents. His interaction provided students with an opportunity to engage with a senior Army officer and receive valuable guidance and motivation.

As part of the celebration, Brigadier Dharmendra Yadav distributed prizes among students in recognition of their achievements, performances and participation in various academic and extracurricular activities.

'Back to Village' must reach areas where Govt is missing: Inam Un Nabi

AIP delegation visits Pethgam, Moriyan in Uri; raises concerns over electricity meters installed on trees without basic infrastructure

KASHMIR PRESS SERVICE



Uri, November 22: Awami Itihaad Party (AIP) Chief Spokesperson Inam Un Nabi today visited Pethgam, Moriyan and Uri along with District President Ajaz Ahmad Lone, PA to MP Baramulla Sajad Lone, senior party leader Shabir Ahmad and Abrar Moriyar to assess development works and address public grievances.

The delegation reviewed the progress of a PMGSY road project sanctioned by MP Baramulla Er Rashi, reiterating that public commitments must translate into visible results.

A major grievance concerned access to ration. Residents were compelled to travel nearly three kilometres down a difficult hilly stretch to collect rice, often spending an entire day on the exercise. Inam Un Nabi took up the matter with senior CAPD authorities, who assured that from December onwards, ration would be delivered to the respective villages, ending the exhausting journey for residents.

Pensioners Welfare Federation welcomes new Chief Secretary

KASHMIR PRESS SERVICE

Jammu, Nov 22: The Jammu & Kashmir Pensioners Welfare Federation (Senior Citizens Civil Society) has warmly welcomed Dr. Sajjan Singh Yadav, IAS, on assuming charge as the Chief Secretary of the Union Territory of Jammu and Kashmir and expressed hope that the long-pending issues concerning pensioners and senior citizens would receive priority attention under his leadership.

In a congratulatory communication addressed to the Chief Secretary, State President of the Federation, Lenin Sampat, and State General Secretary, Ghulam Mohi-ud-din Bhat, extended their heartfelt congratulations and described his appointment as a matter of hope for the pensioners' fraternity.

The Federation highlighted Dr. Yadav's distinguished academic background, including a doctorate in Public Health, and his more than three decades of administrative experience in key sectors such as health, nutrition, finance, urban development and public administration.

It also referred to his previous assignments, including Additional Chief Secretary and Chief Executive Officer of the Delhi Jal Board, expressing confidence that his administrative experience and people-centric approach would contribute towards addressing public grievances.

The Federation expressed hope that under his guidance, long-pending demands of pensioners would receive due consideration, particularly the expeditious clearance of outstanding dues and release of pending benefits.

It also called for enhancement of medical allowances, timely redressal of pensioners' grievances and concrete measures to improve the overall quality of life of senior citizens.

The representatives observed that pensioners and senior citizens had rendered dedicated services to the nation and the erstwhile state throughout their working lives and deserved dignity, care and timely administrative support during their retirement years.