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Youth Falling Prey To Drugs Shatter Family Dreams: PM Modi

PRESS TRUST OF INDIA

New Delhi, Nov 23: Prime Minister Narendra Modi on Monday urged the nation's youth to stay away from drug addiction, saying that when young people fall prey to drugs, it shatters the dreams of their families.

After attending a Shabad Kirtan recital at Delhi Lok Niwas on the eve of Parkash Purab, the birth anniversary of the first Sikh Guru, Sri Guru Nanak Dev, Modi said all communities, gurdwaras and social organisations should come together to guide such young people and give them the courage to choose the right path.



The Modi government has pledged to eliminate the drug menace by 2029 in the country. The prime minister has been voicing concern over the impact of the drug problem in Punjab and it has emerged as a major issue in the poll-bound state.

"Gurbani teaches us 'Sarbat Da Bhala' - the welfare of all. At a time when conflicts and violence affect people across the world, this message of peace, safety and dignity for everyone becomes even more important," the prime minister said.

Flagging the challenge posed by drug addiction, Modi said, "May every youth of the country be free from drugs."

"May they fulfill their dreams. May they study well, move forward, and enhance the pride of their family and the nation. Families have a massive role to play in this effort," he said, adding

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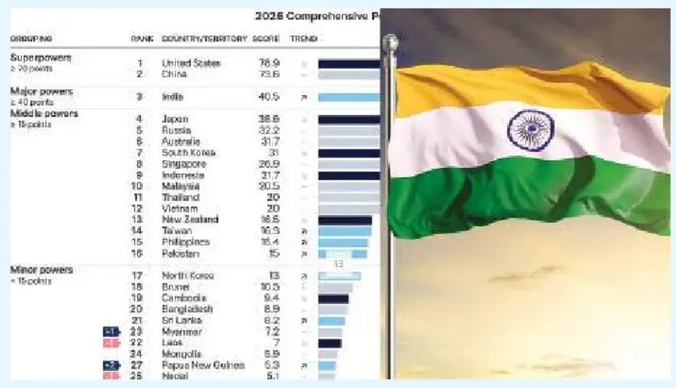
India Consolidates Position As Asia's Third-Largest Power: Lowy Index



PRESS TRUST OF INDIA

New Delhi, Nov 23: India has consolidated its position as Asia's third-largest power, with the gap between its overall power score and that of China narrowing to its lowest level since 2018, even as Prime Minister Narendra Modi has climbed three places to rank as the region's second-most effective leader, according to the 2026 Asia Power Index released by Australia's Lowy Institute.

India's overall score rose by 0.5 points to 40.5, the biggest improvement among the region's top 10 powers, while China's score declined marginally by 0.1 points to 73.6. The resulting gap of 33.1 points is the narrowest since the index was launched in 2018, although China continues to wield substantially greater overall power than India.

India retained third position for the third consecutive edition, behind the United States, which scored 78.9, and China. It remains the only country in the index's Major Power category, while Japan, Russia and Australia occupy the next three positions.

"Despite a dip in relative economic capability and a year focused on internal challenges, India played a much more influential role in Asia," the report said.

The findings underscore India's expanding regional influence, supported by its diplomatic engagement, defence partnerships, cultural reach and long-term

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LG, CM, others greet people on Guru Nanak Jayanti

KA NEWS SERVICE

Srinagar, Nov 23: Lieutenant Governor Manoj Sinha, Chief Minister Omar Abdullah and Speaker of the Jammu and Kashmir Legislative Assembly Abdul Rahim Rather on Sunday extended warm greetings to the people, particularly the Sikh community, on the eve of Guru Nanak Jayanti (Prakash Parv), celebrating the birth anniversary of Guru Nanak Dev Ji, the founder of Sikhism.

In his message, the Lieutenant Governor said the timeless teachings of Guru Nanak Dev Ji, centred on love, truth, compassion, equality of all human beings and selfless service,

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Army, police, CRPF officers review Kashmir security grid

KA NEWS SERVICE



Srinagar, Nov 23: Security forces on Monday reviewed the overall security grid across the Kashmir Valley, with emphasis on strengthening inter-agency coordination, operational preparedness and intelligence sharing, police said.

The meeting was attended by

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Temp drops below freezing point in Kashmir parts



KA NEWS SERVICE

Srinagar, Nov 23: Many places in Kashmir experienced the coldest night of the season so far as the minimum temperature dropped below the freezing point, the meteorological department here said on Monday.

Srinagar, the summer capital of Jammu and Kashmir, recorded the coldest night of the season as the night temperature settled at a low of minus 0.4 degrees Celsius last night, officials of the MeT Department said.

Shopian was also the coldest recorded place in Jammu and Kashmir with a low of minus 3.9 degrees Celsius.

The minimum was half-a-degree Celsius below the normal for this time of the season, they added.

The officials said that Qazigund, the gateway town

See on Pg. 10

Govt approves land for school

KA NEWS SERVICE

Jammu, Nov 23: The Jammu and Kashmir government has approved the transfer of five kanals of land to the social welfare department for establishing a school for children with special needs in Baramulla district, officials said on Monday.

"The government approved the transfer of 5 kanals of land at Estate Hadipora, Tehsil Watergam, Baramulla, to the social welfare department for establishing a school for children with special needs", the Office of the Chief Minister said in a post on X.

The land will be utilised for setting up a dedicated educational institution aimed at providing specialised learning facilities, therapeutic support and skill development opportunities to children with special needs.

"The initiative is expected to promote inclusive education, empower children with special needs and facilitate their

See on Pg. 10

Fully Developed J&K Is PM Modi's Vision: Rijiju

KA NEWS SERVICE



Srinagar, Nov 23: As India's power score improved in the Asia Power Index, Union Minister Kiren Rijiju asserted on Monday that the country has changed, risen and moved far ahead under the leadership of Prime Minister Narendra Modi.

His remarks came after the Lowy Institute's Asia Power Index 2026 said India has consolidated its position as the third-most powerful country and a "major powerhouse" in Asia.

"Not just Lowy, several global rating agencies have ranked India quite high in the economy, military, and financial sectors," Rijiju told reporters here.

He said that 12 years ago, the country used to have much lower rankings, but now, India has risen and moved far ahead.

"Today, we remain in the top three or four, right at the top. We are definitely in the top 10 and top five. India has changed now; our leadership is strong," he added.

Rijiju said the opposition will say various

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Army doctors reattach soldier's severed hand

KA NEWS SERVICE

Jammu, Nov 23: The doctors at Northern Command Hospital in Jammu and Kashmir's Udhampur have successfully reattached the severed right hand of a serving Army soldier, who sustained multiple fractures and severe injuries in a snowbound area of Himachal Pradesh, officials said.

A team of Army doctors conducted a complex 11-hour surgery, preventing permanent limb loss, officials said. The soldier, Lance Naik Beerpal Singh, sustained serious injuries, resulting in complete severance of his right hand from his body, they said.

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Forest fire in Poonch

KA NEWS SERVICE

Mendhar/Jammu, Nov 23: A forest fire broke out along the Line of Control (LoC) in the Balakote sector of Jammu and Kashmir's Poonch district, officials said on Monday.

No casualties were reported in the fire, which erupted on Sunday evening in the forest area of Lanjote, ahead of the border fence, with the blaze continuing to rage when the last reports were received, the officials said.

As the flames spread through the forest vegetation, efforts were initiated to contain and prevent it from spreading to adjoining areas.

However, fire tenders could not be pressed into service due to the difficult terrain and the inaccessible location of the affected area. Instead, personnel used fire beaters in an

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SC seeks response of Centre, EC on PIL for reforms in anti-defection law



PRESS TRUST OF INDIA

New Delhi, Nov 23: The Supreme Court on Monday sought responses from the Centre, the Election Commission and the Law Commission on a PIL seeking comprehensive reforms in the anti-defection framework.

The PIL raised concerns over alleged misuse of resignations by elected representatives to circumvent disqualification proceedings and influence the survival of elected governments.

Besides the Election Commission and the law panel, a bench comprising Chief Justice Surya Kant and Justices Joymalya Bagchi and V Mohana also issued notices to the Ministries of Law and Justice and Parliamentary Affairs on the PIL filed by one A Sethu.

The PIL, filed through lawyers R Satish Kumar and Jatin, sought directions to prevent misuse of "strategic resignations" by MPs and lawmakers from legislative assemblies to evade discipline of the Tenth Schedule to the Constitution.

It also sought directions to "(ii) secure time-bound, reasoned and transparent adjudication of resignations and disqualification proceedings; (iii) secure institutional review of the Speaker-centred adjudicatory mechanism; and (iv) reaffirm that in a hung Legislative

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Post-Amarnath Yatra road widening works follow environmental norms: BRO

KA NEWS SERVICE



Jammu, Nov 23: The Border Roads Organisation (BRO) on Monday said road widening works being undertaken on routes leading to the Amarnath cave shrine after the annual Yatra are being carried out in accordance with prescribed safety norms and environmental safeguards.

In a statement, the BRO said it is taking all necessary measures to ensure safe disposal of excavated material, protect natural drainage systems and minimise disturbance to the surrounding terrain.

Rejecting claims circulating in a video on social media that new works are being undertaken, the organisation termed the allegations incorrect.

The BRO said that based on experience from previous Yatras and the requirement for wider roads highlighted during the pilgrimage, it has initiated track-widening works to

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Sakeena Itoo reviews winter preparedness of GMCs in Kashmir Division

Calls for advance survey of expecting women in snowbound areas

Kashmir Age News



SRINAGAR, NOVEMBER 23: Minister for Health & Medical Education and Social Welfare, Sakeena Itoo today reviewed the winter preparedness of Government Medical Colleges (GMCs) of Kashmir Division, taking stock of healthcare arrangements, emergency response mechanisms, availability of essential medicines, medical equipment, manpower and patient-care facilities to ensure uninterrupted healthcare delivery during the harsh winter months.

The meeting was attended by Commissioner Secretary Health and Medical Education, Saugat Biswas; Director Finance Health and Medical Education department, Administrator GMC Srinagar, Principals of GMCs of Srinagar, Anantnag, Baramulla and Handwara, Principal Dental College Srinagar, Director Health Services Kashmir, Medical Superintendents of all District and Sub-district hospitals of Kashmir division, representatives of JKMSCL, State Health Agency and other concerned officers .

During the review meeting, the Minister stressed on the need for comprehensive advance planning, particularly for people residing in far-flung, remote and snowbound areas, where severe weather conditions and road closures often pose challenges in accessing timely medical attention.

Giving special emphasis to maternal healthcare, Sakeena Itoo directed the concerned authorities to conduct a comprehensive advance survey of expecting women residing in snowbound and inaccessible areas and maintain an updated, district-wise database of such cases. She called for identifying expectant mothers, particularly those nearing their delivery dates or requiring specialised medical attention, well before the onset of severe weather conditions.

The Minister directed the health authorities to ensure that vulnerable pregnant women are appropriately assessed and wherever medically required, shifted in advance to safer locations closer to healthcare institutions having adequate maternity and emergency facilities.

"No pregnant woman from a snowbound or remote area should be left without timely medical assistance because of weather-related disruptions.

We must identify such cases beforehand, assess their requirements and put necessary arrangements in place so that no emergency is allowed to turn into a crisis due to lack of preparedness", the Minister emphasised.

She further directed the concerned

J&K emerging as promising destination for cinema

Film Policy, incentives and opportunities highlighted at 57th IFFI Goa



Kashmir Age News

GOA, NOVEMBER 23: Highlighting Jammu and Kashmir's growing potential as a preferred destination for film production, a panel discussion titled "Jammu and Kashmir: An Emerging Destination for Cinema" was organised at the 57th International Film Festival of

India (IFFI), Goa, as part of the participation of the Department of Information and Public Relations (DIPR), Jammu and Kashmir, at the prestigious international film festival.

The discussion witnessed the participation of Director, DIPR, Jammu and Kashmir,

Mamta Yadav, alongside noted actor Mir Sarwar and filmmakers Rahat Kazmi and Kapil Mattu, who shared their perspectives

on the region's evolving film ecosystem, its cinematic potential and the opportunities available for promoting Jammu and Kashmir as a prominent filmmaking destination.

Speaking on the occasion, Mamta Yadav provided a comprehensive overview of the Jammu and Kashmir Film Policy, outlining the Government's vision, policy framework

and various initiatives aimed at facilitating film production, encouraging investment in the film sector and strengthening the region's overall cinematic ecosystem.

She highlighted the proactive measures being undertaken by the Government to create a filmmaker-friendly environment, facilitate shooting permissions, promote film tourism and encourage filmmakers from across the country and abroad to explore the diverse locations of Jammu and Kashmir.

Javed Rana flags off first batch of LMV applicants

Kashmir Age News



MENDHAR, NOVEMBER 23: Minister for Tribal Affairs, Food, Civil Supplies & Consumer Affairs and Transport, Javed Ahmed Rana, today inaugurated a driving test facility in Mendhar and flagged off the first batch of applicants.He also fagged off the first batch of applicants for the driving tests, formally marking the commencement of operations at the facility. A total of 23 candidates appeared for Light Motor Vehicle (LMV) driving tests on the occasion.

Driving tests will be conducted regularly at the facility, enabling residents of border Sub-Division Mendhar to access the service locally without travelling to the district headquarters, saving time and expenses.

"Access to essential public services should not be determined by geographical distance," Rana said, highlighting the initiative's benefits for youth seeking employment and livelihood opportunities.

The Minister directed officials to ensure transparent and efficient testing, strict adherence to prescribed norms and due emphasis on driving competence and road safety. Vehicle inspection and fitness certification services will also be made available at Mendhar.

ARTO Poonch, Nawaz Sharief, senior officers of the local administration, Transport Department staff, public representatives and prominent citizens attended the inauguration.

Guru Nanak Dev Ji's message of equality, brotherhood, selfless service: Javid Dar

JAMMU, NOVEMBER 23: Minister for Agriculture Production, Finance, Mining and Cooperative Departments, Javid Ahmad Dar, has extended warm greetings to the people of Jammu and Kashmir, particularly the Sikh community, on the auspicious occasion of 557th Parkash Purab (birth anniversary) of Sri Guru Nanak Dev Ji, being celebrated on November 24, 2026.In his felicitation message, the Minister said that the life and teachings of Sri Guru Nanak Dev Ji represent an eternal source of wisdom, spiritual enlightenment and guidance for humanity. He said that Guru Ji's universal message of 'Ik Onkar' (oneness of the Supreme Being) promotes the ideals of equality, compassion, humility, tolerance and universal brotherhood, transcending all barriers of caste.

Education Minister inaugurates renovated hostel at Amar Singh College; announces State-of-the-Art Girls' Hostel



Kashmir Age News

SRINAGAR, NOVEMBER 23: Minister for Education, Shamim Firdous, today inaugurated the renovated Hostel Block at Amar Singh College Srinagar and announced construction of a state-of-the-art Girls' Hostel at the College, designed in traditional heritage architectural style.The Minister was the chief guest at the annual day 2026 celebration of the College, held under the theme "Dream, Discover, Create: Celebrating the Spirit of Amar Singh College." She was accompanied by Sheikh Ahsan Pardesi, MLA, Lal Chowk Constituency.

Addressing a large gathering of students, faculty, alumni and parents at the College auditorium, Shamim Firdous appreciated the students for their talent and achievements. She lauded Amar Singh College for its academic excellence and contribution to higher education in Jammu and Kashmir.Highlighting the Government's commitment towards strengthening the educational infrastructure, the Minister said providing better facilities and opportunities to students, especially girls, remains a top priority. She said the new Girls' Hostel will provide safe, modern and comfortable accommodation to girl students while preserving the heritage character of the historic institution.

On the occasion, the Minister felicitated meritorious students Aayat, Mir Muhtar Ahmad, Arbeen Nazir Dar and Saif Ullah Bhat for their achievements in academics, arts and sports. She also felicitated faculty members and non-teaching staff for their dedicated service, including Prof. Nusrat Sayed from teaching faculty, Prof. Momina Nazir as best researcher, Rehana Nazir from non-teaching staff, Dr. Javid Darzi and Gardener Abdul Aziz for his 28 years of dedicated service to the College.

Shamim Firdous also released the College Newsletter and Magazine and unveiled the books authored by various faculty members.

Earlier, Principal, Amar Singh College, Prof. Tehmina Yousuf, reaffirmed the College's commitment to academic excellence, innovation and holistic student development. She highlighted its academic achievements and developmental initiatives.

Speaker lauds Guru Nanak's message of selfless service

Kashmir Age News

SRINAGAR, NOVEMBER 23: Speaker Jammu and Kashmir Legislative Assembly, Abdul Rahim Rather, has extended warm greetings to the Sikh community and people of Jammu and Kashmir on the auspicious occasion of Gurpurab (Guru Nanak Jayanti), which celebrates the birth of Guru Nanak Dev Ji, the founder of Sikhism.

In his felicitation message, Rather highlighted the timeless teachings of Guru Nanak Dev Ji, particularly his message of peace, brotherhood, equality, compassion and selfless service to humanity. He said that the teachings of Guru Nanak Dev Ji hold universal

relevance and inspire people to promote communal harmony, mutual respect and peaceful coexistence. His teachings inspire us to Choose humility over pride and service over self, he asserted.

The Speaker wished the people happiness, prosperity and well-being,



expressing hope that the sacred occasion would further strengthen the bonds of unity and brotherhood and would prove harbinger of peace and prosperity in Jammu and Kashmir.

SDRF conducts Disaster Awareness Camp at Kanispora Baramulla

Kashmir Age News

BARAMULLA, NOVEMBER 23: The State Disaster Response Force (SDRF), Jammu & Kashmir, today organised an awareness camp at The Prestige International School, Kanispora, Baramulla, with the objective of sensitising students about disaster preparedness and emergency response.

During the programme, students were educated about various aspects of disaster management, including safety measures, emergency response procedures, basic rescue techniques and precautions to be taken during natural and man-made disasters.

The SDRF team highlighted the importance of remaining calm, alert and well-prepared during emergencies, while emphasising the role of awareness and timely response in minimising risks and saving lives.

The interactive session provided students with valuable insights into disaster preparedness and encouraged them to develop a sense of responsibility towards personal and community safety.

DC Srinagar visits Makhdoom Sahib (RA) Shrine, Sharika Devi Temple

Kashmir Age News



SRINAGAR, NOVEMBER 23: Deputy Commissioner (DC) Srinagar, Akshay Labroo today undertook a visit to the shrine of Hazrat Sheikh Hamza Makhoom (RA) and Sharika Devi Temple atop Hari Parbat to take on-the-spot stock of the progress of ongoing developmental, restoration and beautification projects at both historical religious sites.

During the visit, the DC was accompanied by Additional Deputy Commissioner, Mir Imtiyaz Ul Aziz, SP North, Showkat Ahmad, Chief Planning Officer, Fayaz Ahmad Dar, Superintending Engineer North, Shabir Ahmad, Tehsildar Khanyar, Syed Shahid, Executive Engineer R&B, Arif Hazari, Executive Engineer KPDCL, Nasir Ahmad, District Health Officer, Dr Rubeena and other Officers were also present on the occasion.

At Makhdoom Sahib Shrine, the DC reviewed the progress of the Rs 4.44 crore project aimed at strengthening and restoring retaining walls, upgrading steps and paving them with traditional Devri stone, developing a viewing deck, improving lighting and installing CCTV surveillance, besides other allied beautification works aimed at enhancing public amenities and improving facilities for devotees visiting the Shrine..

DC Bandipora reviews Forest Rights Act Implementation, calls for faster disposal of Cases

Kashmir Age News

BANDIPORA, NOVEMBER 23: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today chaired a meeting to review the implementation of the Forest Rights Act (FRA), 2006, and the status of forest clearance cases in the district.

During the meeting, Divisional Forest Officer (DFO) Bandipora, Waseem Farooq Mir gave a detailed presentation on various provisions of the Act, covering eligibility for individual and

community forest rights, settlement of rights, community resource management, the role of Gram Sabhas and Forest Rights Committees, field verification and mapping, and

the responsibilities of field forest officers and Sub-Divisional Level Committees (SDLCs).

Reviewing the road clearance cases, the Deputy Commissioner directed the concerned Executive Engineer, PMGSY, Revenue, Rural

Development and Forest officers to re-examine the Jawdara road case and jointly hold a Gram Sabha at the road's take-off point. She directed that the



Gram Sabha notice be served at least 15 days in advance, and urged the District Information Officer Bandipora to ensure wide publicity.

On the occasion, the Deputy Commissioner also directed the concerned officers to conduct a survey at Kilshay next week and asked the Executive Engineer, PMGSY, to meet the Divisional Forest Officer to discuss and resolve pending issues.

The DC stressed that all departments must work in close coordination, maintain proper documentation and ensure timely action so that pending cases are processed without unnecessary delays.

Pulwama Admin mandates priority services, barrier-free access for senior citizens

Kashmir Age News

PULWAMA, NOVEMBER 23: Deputy Commissioner Pulwama, Kuldeep Krishan Sidha, has issued directions to all Heads of Departments and District Officers to ensure priority treatment, dignity, accessibility and facilitation for senior citizens and persons with disabilities (Divyangjan) in Government offices.

The instructions aim to ensure an inclusive, accessible and citizen-centric administrative framework, recognising the difficulties faced by elderly persons and persons with disabilities in navigating administrative procedures, accessing public offices and availing Government services.

As per the circular, senior citizens and persons with disabilities shall be accorded preferential treatment at public dealing counters, with priority processing of applications, grievances, pension-related cases, revenue matters and other service-related requests within prescribed timelines. An official shall be designated in every office to assist them with application forms, documentation and online submissions, while unnecessary movement between sections and offices shall be avoided.The circular also directs Government offices to ensure adequate barrier-free access, including ramps, handrails, accessible toilet facilities, suitable seating arrangements and appropriate signages. Offices with substantial public interaction shall establish priority seating arrangements and designated facilitation/help desks. Appropriate assistance and reasonable accommodation shall also be provided to persons with visual, hearing, locomotor and other disabilities. Where physical attendance is difficult or impracticable, alternative arrangements for service delivery shall be explored wherever permissible under applicable rules.

Emphasising courteous and sensitive conduct, the Deputy Commissioner has directed all officers and officials to maintain the highest standards of patience, respect and courtesy while dealing with such applicants. Discriminatory, humiliating, intimidating or discourteous treatment shall not be tolerated, and applicants must be provided clear explanations and appropriate guidance regarding procedures and documentation.All Heads of Offices have been directed to designate Nodal Officers to oversee implementation, prominently display information regarding priority-service arrangements and conduct periodic inspections to assess accessibility facilities and compliance. Complaints relating to denial of assistance, discrimination or discourteous behaviour shall be addressed promptly, with responsibility fixed wherever lapses are established.The circular further directs all Heads of Departments and District Officers to ensure immediate implementation of the instructions and submit an Action Taken Report to the Deputy Commissioner's office within 10 days, detailing the arrangements made, accessibility facilities available.

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Chill tightens grip across Kashmir, Pahalgam coldest at minus 3.8 degrees

Kashmir News Observer

SRINAGAR, NOV 23 :Cold conditions intensified across Kashmir on Monday, with several places recording sub-zero minimum temperatures. Pahalgam was the coldest place in Jammu and Kashmir at minus 3.8 degrees Celsius, according to the Meteorological Department.Srinagar recorded a minimum temperature of minus 0.4 degrees Celsius, while Qazigund registered minus 1.6 degrees Celsius. Kupwara recorded minus 1.4 degrees Celsius and the ski resort of Gulmarg minus 2 degrees Celsius.



According to details available Kokernag was comparatively warmer at 1.5 degrees Celsius.

In the Jammu region, night temperatures remained significantly higher. Jammu recorded a minimum of 10.2 degrees Celsius, followed by Katra at 10.4 degrees Celsius, Banihal at 9.1 degrees Celsius, Batote at 8.3 degrees Celsius and Bhaderwah at 1.9 degrees Celsius.

The maximum temperature in Srinagar settled at 16.6 degrees Celsius, 2.7 degrees above the seasonal normal of 13.9 degrees Celsius.

The Meteorological Department has forecast mainly dry weather across Jammu and Kashmir until November 30. Shallow to moderate fog is likely at several places, particularly during morning and night hours.

The department has advised commuters to exercise caution while travelling, especially on highways and other major roads during foggy conditions.

MLA Zainapora reviews agriculture sector functioning in Shopian



Kashmir Age News

SHOPIAN, NOVEMBER 23: Member of Legislative Assembly (MLA) Zainapora, Showkat Hussain Ganie today convened a review meeting with the Agriculture Department, Shopian, to assess the overall functioning of the department and the progress achieved under various agricultural schemes and initiatives.

During the meeting, the MLA took stock of the implementation of different schemes, ongoing activities, field-level interventions and the progress made in extending benefits to farmers. He stressed the need for effective follow-up, regular field monitoring and result-oriented implementation of all agriculture-related initiatives to ensure that the intended benefits reach the farming community.

Emphasising the need to make agriculture a viable and attractive livelihood option for the younger generation, the MLA underscored the importance of identifying, documenting and replicating successful initiatives and farmer success stories across the district. He observed that showcasing successful farmers and innovative agricultural practices would inspire local youth to take up agriculture and allied activities as entrepreneurial ventures.

He further stressed the adoption of modern farming technologies, innovative practices, scientific cultivation methods and diversified agricultural activities to enhance productivity, profitability and employment opportunities in the agriculture sector.

The officers briefed the MLA about the progress of various schemes, achievements at the field level, farmer-centric interventions and the initiatives being undertaken to strengthen the agriculture sector in the district.The meeting concluded with an emphasis on coordinated efforts, timely follow-up and strengthening field-level extension services to ensure effective implementation of government schemes and promote technology-driven, sustainable and youth-oriented agriculture in District Shopian.The meeting was attended by Shahnawaz Ahmad Shah, Chief Agriculture Officer, Shopian, Gh Nabi Reshi, District Agriculture Officer; Sub-Divisional Agriculture Officer, Shopian, Agriculture Extension Officers and other field functionaries of the Agriculture Department.

KVIB holds district-level bankers' meeting to expedite employment generation schemes

Kashmir Age News

SRINAGAR, NOVEMBER 23: The Jammu & Kashmir Khadi & Village Industries Board (KVIB) organised a District Level Bankers' Meeting at Sanat Ghar, Bemina, under the chairmanship of the Secretary/Chief Executive Officer, J&K KVIB along with Deputy Chief Executive Officer KVIB Kashmir, to review the progress, identify bottlenecks and assess the implementation of the Prime Minister's Employment Generation Programme (PMEGP) and Jammu & Kashmir Rural Employment Generation Programme (JKREGP) in respect of Districts Srinagar, Ganderbal, Budgam and Pulwama.

The meeting was attended by the Lead District Managers (LDMs), Cluster Heads, Director RSETI, District Coordinators of SBI, PNB, JKGMB, JKSCB and representative of State Office KVIC besides other concerned representatives of the banking sector and the Board.

During the deliberations, a comprehensive review of pending PMEGP and JKREGP cases pertaining to these districts was undertaken.

It was informed that during the current financial year 2026-27, Margin Money to the tune of Rs 1866.29 lakh to 914 cases stand released/disbursed creating employment among 5595 person in respect of District Srinagar,

Ganderbal, Pulwama and Budgam. Also under JKREGP during the current financial year 2026-27, J&K KVIB, Kashmir Division has sponsored 637 number of cases involving Margin Money of Rs 1996.53 lakh creating employment opportunities to 3822 unemployed educated youth and Margin Money (subsidy) to tune of Rs 1079.20 lakh stand disbursed in favour of 342 educated youth.

SSP Srinagar reviews crime, security scenario

Calls for crackdown on drug networks, OGWs



Kashmir Age News

SRINAGAR, NOV 23 :Senior Superintendent of Police (SSP) Srinagar, Dr G.V. Sundeep Chakravarthy, on Monday reviewed the district's crime and security situation, directing officers to intensify preventive policing, expedite pending investigations and maintain round-the-clock operational preparedness.

Chairing a Crime and Security Review Meeting at Police Control Room (PCR) Kashmir, the SSP took stock of the crime scenario, progress of investigations and overall security preparedness across Srinagar district.

The meeting was attended by Zonal SPs, SP Headquarters, SDPOs, SHOs and other supervisory officers of District Police Srinagar.

During the meeting, a detailed review of cases registered under UAPA, NDPS, POCSO, crimes against women, murder, theft, burglary and other offences was conducted. Stress was laid on the quality of investigations

,timely disposal of cases, prosecution outcomes and effective implementation of the new criminal laws.

The SSP directed officers to expedite pending investigations, strengthen scientific evidence collection and address

shortcomings that lead to acquittals, while improving conviction rates.

He also stressed dismantling drug trafficking networks by investigating their financial and criminal linkages and attaching proceeds of crime in accordance with law.

On the security front, officers were directed to sustain day-and-night area domination, conduct dynamic nakas and surprise checking, maintain heightened vigilance around sensitive locations and intensify action against overground worker (OGW) networks.

The SSP also called for better coordination with Central Armed Police Forces (CAPFs) and other security agencies to ensure operational readiness.

All SHOs were instructed to regularly review investigations, adhere to statutory timelines and strengthen preventive policing and public grievance redressal.

DC Kulgam reviews solid waste management, assesses waste collection, billing system

Kashmir Age News

KULGAM, NOVEMBER 23: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today chaired a meeting at Mini-Secretariat, Kulgam, to review the status and implementation of Solid Waste Management measures in urban and rural areas of the district.



During the meeting, the DC took a detailed review of household and commercial establishment coverage,

door-to-door waste collection, manpower deployment, operational zones, vehicle deployment and billing arrangements.

The meeting was informed that out of 70,177 households in the district, 37,451 have been covered under door-to-door waste collection. Similarly, out of 4,942 commercial units, 3,431 have been brought under the coverage. A total of 42 operational zones have been established, with 18 vehicles presently in use.

He directed the concerned officers to prepare and maintain year-wise consumer

registers for households and commercial establishments, ensuring proper documentation of bills issued and receipts collected.

He further directed that offline copies of all relevant data be maintained for every Panchayat, ensuring proper record-keeping and easy availability of information whenever required.

The DC called for strengthening door-to-door waste collection, improving coverage of uncovered households and commercial units, and ensuring effective coordination between urban and rural functionaries for proper implementation of Solid Waste Management measures.

DC Pulwama inaugurates 3-day Peace Education Programme



Kashmir Age News

PULWAMA, NOVEMBER 23: Deputy Commissioner (DC) Pulwama, Kuldeep Krishan Sidha, today inaugurated a three-day District-Level Facilitator Training Programme on Peace and Inner Capacity Building at Circuit House, Pulwama.

The three-day training programme is scheduled to be held on November 23, 25 and 26, 2026.

The programme is being organised by 'The Prem Rawat Foundation' (TPRF) in collaboration with the District Administration, Pulwama. The inaugural session witnessed participation of officers and representatives from various departments, including ICDS, Health, Education, Youth Services and Sports, Police, Degree Colleges, besides volunteers from MY Bharat Pulwama.

The nominated participants will undergo the training as Master Trainers and subsequently facilitate similar programmes at different levels across the district. Certificates of participation will also be awarded to the trainees.

The Peace Education Programme is an innovative series of video-based workshops designed to help participants explore their inner strengths and personal resources.

DC Anantnag flags off 120-boy contingent for 5-day adventure trekking expedition to Pahalgam

Kashmir Age News

ANANTNAG, NOVEMBER 23: Deputy Commissioner (DC) Anantnag, Dr. Bilal Mohi-Ud-Din Bhat, today flagged off a contingent of 120 boys from Sports Stadium Anantnag for a trekking expedition to the world-famous tourist destination of Pahalgam.



The flag-off ceremony was held in the presence of District Youth Services and Sports Officer (DYSSO) Anantnag, along with field staff and other officials of the department.

The trekking expedition, organised by the District Youth Services and Sports Office Anantnag, will be conducted from November 23 to November 27, 2026.

Adressing on the occasion, the DC encouraged the participants to actively engage in the expedition and make the most of this enriching experience.

DYSSO added that the department has put in place the necessary arrangements for the smooth and safe conduct of the expedition, with field staff and officials accompanying the contingent throughout the programme

Child Protection Services Bandipora conducts awareness programmes

Kashmir Age News

BANDIPORA, NOVEMBER 23: Continuing its efforts to reach every corner of the community, Mission Vatsalya organised awareness programmes at Sumlar, Cuntimulla and Kaloosa in District Bandipora to sensitise the public about various child protection laws, legal safeguards and welfare schemes.

The programme aimed to create awareness among community members about the provisions of the POCSO Act, Juvenile Justice (Care and Protection of Children) Act, 2015, Adoption Regulations, Child Marriage Prohibition Act and COTPA, along with various schemes and initiatives being implemented under Mission Vatsalya.

DC Shopian launches 'Swachh Shopian Janbhagidari Abhiyan' from his official residence

Kashmir Age News

SHOPIAN, NOVEMBER 23: District Administration Shopian today launched the 'Swachh Shopian Janbhagidari Abhiyan' from the official residence of Deputy Commissioner (DC) Shopian, Charandeep Singh, calling for active public participation in promoting scientific waste management and making cleanliness a shared responsibility.

The Deputy Commissioner also led by example by adopting sustainable waste management practices at his official residence.

Launched under the Swachh Bharat Mission (Urban) 2.0, the campaign aims to promote responsible waste disposal, source segregation, home composting and the elimination of single-use plastics, with a focus on ensuring a cleaner and healthier Shopian.

The launch programme was attended by ADDC Shopian, Dr. Nasir Ahmad Lone; Suhail Ahmad Malik, Executive Officer, Municipal Council Shopian; members of civil society, Traders Association and sanitation workers.

During the programme, a live demonstration of the four-bin source segregation system was conducted, explaining the separation of household waste into wet waste, dry waste, sanitary waste and special-care waste, including domestic hazardous items such as batteries, expired medicines and chemical containers.

Safai Mitras demonstrated the door-to-door waste collection process, showcasing the collection and transportation of segregated waste in designated compartments of the municipal collection vehicle. The demonstration highlighted the importance of proper waste segregation and the vital role of sanitation workers in



maintaining cleanliness across the town.

Reinforcing the importance of decentralised waste management, the Deputy Commissioner deposited wet waste into the compost pit at his official residence, demonstrating how kitchen and garden waste can be converted into organic manure through home composting.

In another significant initiative, the Deputy Commissioner unveiled SUP-Free signage and declared his official residence a Single-Use Plastic-Free Premises, setting an example for government offices, institutions, commercial establishments and households to adopt environmentally responsible practices.

A collective pledge was also administered to the participants, who resolved to uphold the commitment "Shopian Ko Saaf Rakhna Hai" and work collectively towards maintaining cleanliness, practising waste segregation, ensuring responsible waste disposal and reducing the use of single-use plastics.

The Deputy Commissioner also signed awareness and appeal letters addressed to prominent citizens and key stakeholders, urging them to adopt sustainable waste management practices and become ambassadors of cleanliness by motivating others in their respective neighbourhoods.

Speaking on the occasion, the Deputy Commissioner emphasised that cleanliness must become a daily habit and a shared responsibility of every citizen. He stressed that effective solid waste management begins at the household level and requires active participation from all sections of society.

He issued strict directions to the concerned officers and stakeholders to ensure effective implementation of waste segregation practices, strengthen door-to-door collection of segregated waste and intensify awareness regarding home composting and the elimination of single-use plastics.

He further directed the concerned departments to work in close coordination, ensure strict adherence to the Solid Waste Management Rules, 2026, and take sustained measures to translate public awareness into tangible action on the ground.

The Deputy Commissioner called upon residents, traders, institutions and civil society members to extend full cooperation to the District Administration and municipal sanitation teams, reiterating that keeping Shopian clean requires collective responsibility, sustained public participation and commitment from every household.

Kashmir Age
"Truth we say..... come what may"
SRINAGAR | TUESDAY
24-NOVEMBER-2026

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Health Benefits of MANGO



■ SAHIL MANZOOR BHATTI

When it comes to health, we should always say that we will never compromise with it because wise people always give priority to their health and achieve their life goals. Health has no alternative. It is the greatest blessing in the world and should never be taken lightly. We do not need rocket science to stay healthy. We only need simple, fresh, and hygienic food for a healthy lifestyle.

Anyone who wants to stay away from serious infections and diseases needs an adequate amount of fresh and healthy food on a regular basis. It is our responsibility to introduce seasonal fruits and vegetables into our families and share their health benefits. Health experts believe that fresh fruits and vegetables are very good for our health. Natural and pure food items are always beneficial.

One thing is interesting: everyone has different food choices. The same is true when choosing recipes and meals. This is fine, but health should always be our priority. We should never ignore health-related issues.

In this article, let us learn some amazing facts about the mango, one of the most favourite and beneficial fruits that the Almighty has bestowed upon us. Mango is a seasonal fruit with great health benefits. It is native to India and Southeast Asia. Maharashtra, Odisha, and Punjab are among the states where mangoes have been cultivated for centuries.

Mango is beneficial for digestive health, heart health, and eye health. It contains antioxidants that may lower the risk of cancer. Mangoes have unique characteristics such as taste and size. This delicious fruit offers many health benefits.

Benefits of Mango

Mango boosts the immune system as it contains vitamin E, which helps protect us from various infections. People who do not get enough vitamin E are at a higher risk of infections.

Mango contains important minerals like folate and copper, along with vitamins E and B.

Mango supports heart health because it contains potassium and magnesium. These help maintain good blood flow and reduce the risk of high blood pressure. It also helps lower bad cholesterol.

Mango helps in digestion. It is very good for digestive health because it contains digestive enzymes called amylases.

Mango supports eye health as it contains nutrients that help keep our eyes healthy. It also contains antioxidants that protect us from cancer.

Suggestions

We should eat a balanced diet to keep our bodies fit and healthy. A balanced diet includes proper amounts of vitamins, minerals, and fats. It plays a crucial role in our overall development.

We should stay away from junk food and oily, reused food items commonly sold on the streets. We must avoid unhealthy food that spoils our lifestyle and makes us ill.

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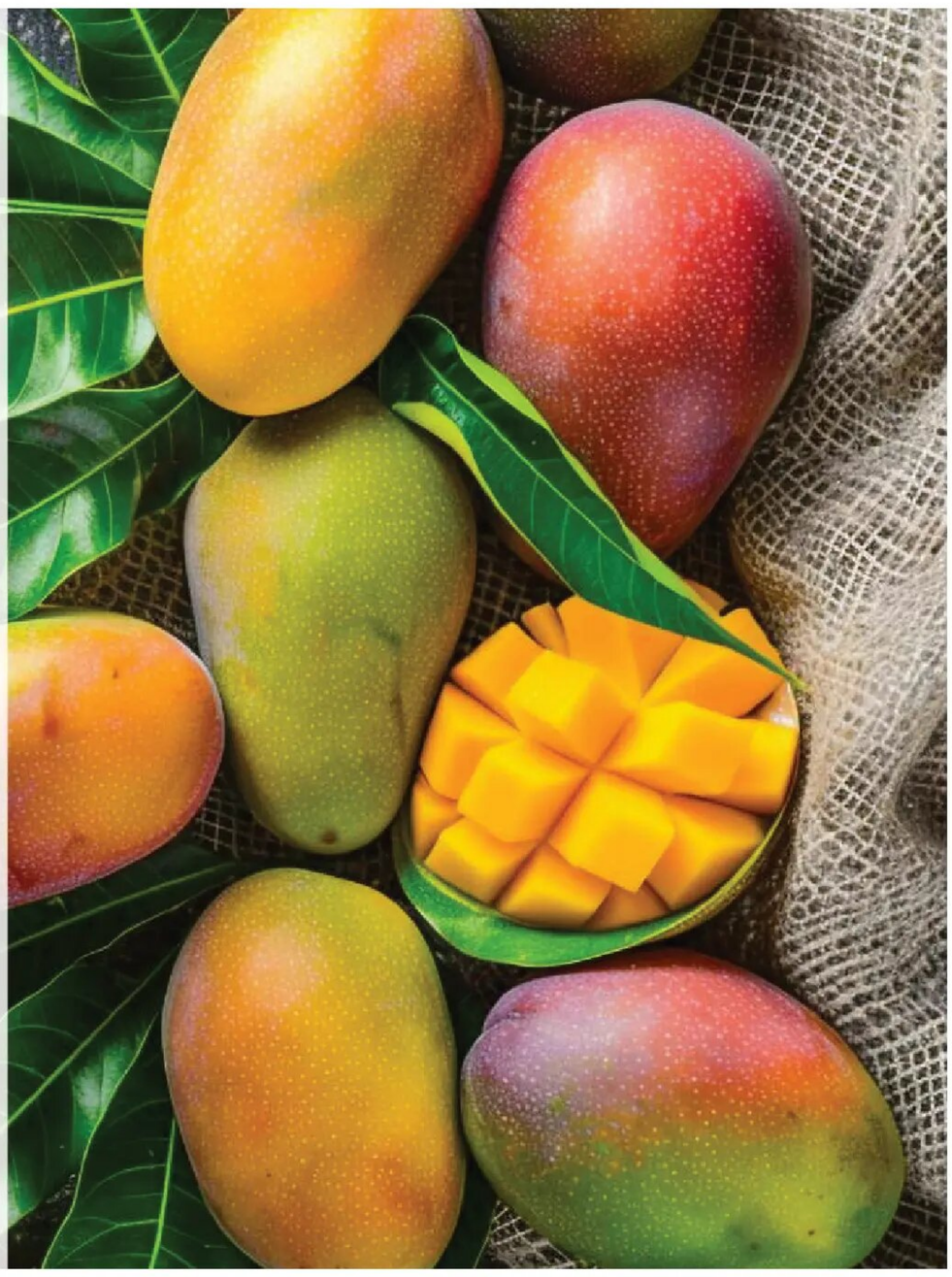




SUMMER MAKE-UP TRICKS TO BEAT THE HEAT



■ SHAHNAZ HUSAIN

Summertime is right around the corner, but can your makeup withstand the heat? Summer makeup can be quite a challenge due to the high humidity and scorching heat.

Summer makeup means spending hours applying makeup only to sweat it all off in the heat. It's the perfect weather for meltdown mishaps; running foundation, chapped lips, smudged eyeliner and streaky mascara. Rising temperatures can cause a makeup meltdown, leaving you with oily skin, fading foundation and creased eyeshadow.

A full face of makeup can quickly start running, look cakey and unnatural, and be incredibly hot to be outside in. However, there are a few simple measures you can take to give your full makeup look a little more staying power on the hottest of days.

The common question is What's the best way to make your look sweat and heat resistant and start enjoying sunshine .Summertime makeup has a completely different set of need and minor adjustment in beauty routines can prevent melted make up and sun burn etc The golden rule for summer make-up is "soft, delicate and very sparing." Water-based and powder make-up items are better during summer. Use powder eye shadows and powder blushon. Waterproof mascaras and eye liners will prevent eye make up from running during the hot and humid season. Waterproof or water resistant lip colours and lip liners are also available. Or, go for matte lipstick and add just a dab of gloss in the centre for a delicious pout.

Cleansing the skin before make-up is most important. Wash off with plenty of cool water. After cleansing, use chilled rose water to tone and cool the skin. This helps to close the pores. In hot and humid weather, wrap an ice cube in a clean cloth and wipe the face with it, just for a few seconds at a time. This helps to close the pores.

For oily skin, apply astringent lotion with cotton wool, to close pores and reduce oiliness. Or apply a face serum. It is lighter than a moisturizer and provides an ideal cover. Applying primer also helps. Dab it on oily areas, like the T-zone. It is said that Milk of Magnesia works as a primer during the humid season. It helps to reduce oiliness. Take some Milk of Magnesia on moist cotton wool or a sponge and dab it on the face. Allow it to dry.

After a few minutes, apply water based foundation, blending with a damp sponge for a smooth finish. Use foundation with beige tones, rather than pink. I feel beige suits Indian skin colour better. Add a drop or two of water, before applying, to provide a lighter coverage. Then apply powder to "set" the foundation. When you apply powder, press the powder all over the face and neck, with a slightly damp sponge. This helps it to set and last longer. Or, use only compact powder, which lasts longer and provides a smooth finish. Primers and powders help to remove the oily look. Try tinted powders, like warm yellow tones of powder. Bronzing powders may also suit. If you want a really healthy glow without the shine, go for a bronzing powder. Avoid applying too much. It should be lightly applied, using a big powder puff. A powder puff is better than a brush in summer.

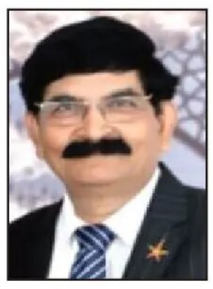
Blot your make-up with tissue. When you apply make-up, remember not to smear too much or rub it. Whether it is foundation or blusher, it is best to dot it with a light touch, using a finger tip, or an applicator. It can also be applied lightly and evenly with a damp sponge.

A hint of blusher should be used on the cheeks. A powder blusher is best in summer. Use it after you have applied powder and at the end of your make-up. Apply on the cheekbones and blend it outwards and slightly upwards. Applying foundation on the lips before applying lipstick to help lipstick last longer. Go for matte lipstick and add just a dab of gloss in the centre for a delicious pout. Use a spray mist to help set the make-up. If you use kajal, after applying on the lower lid, just below eyelashes, apply a line of grey or brown eye shadow over it. This helps it last longer.

At night, you need more colour. Applying lipstick with a lip brush helps it to last longer. The lip colour should match the attire. However bronze, coral, copper, burgundy and even red would look good for the night. Coral lipsticks are in fashion. A coral or dark pink lipstick may look very attractive, even with light coloured clothes. Apply a hint of lip gloss after applying lisptick. This gives a fresh and cool look.

The author is international fame beauty expert and is called herbal queen of India

Asthma Unmasked - Facts, Care, and Hope



■ DR. VINOD CHANDRASHEKHAR DIXIT



World Asthma Day is observed annually on 5th May to raise awareness about asthma, its prevention, and management. It highlights the importance of early diagnosis, proper treatment, and access to healthcare to reduce asthma-related complications.

Asthma is a long-term condition that affects the airways. It can cause coughing, wheezing, chest tightness, and breathlessness. With timely diagnosis, correct inhaler use, trigger control, and regular follow-up, most people with asthma can live active and fulfilling lives. Asthma is one of the most common chronic non-communicable diseases, affecting over 260 million people worldwide. It is responsible for more than 450,000 deaths each year, most of which are preventable.

Asthma attacks cause great distress for patients, their families, and caregivers. They may result in hospital admission and, in some cases, death. The theme for World Asthma Day 2026 is "Access to anti-inflammatory inhalers for everyone with asthma, still an urgent need."

This theme highlights a simple but important message: asthma is often driven by inflammation in the airways. Reliever medicines may ease symptoms quickly, but anti-inflammatory inhalers help control the underlying inflammation and reduce the risk of attacks. GINA emphasizes that people with asthma should have access to inhaled corticosteroid-containing treatment, as advised by their doctor. This is especially important because many asthma-related deaths are preventable with the right care, timely treatment, and better access to essential medicines.

Asthma affects people of all ages, including children and adults. Its burden is high across the world and in India. It can cause missed school and work days, poor sleep, and reduced quality of life. Many asthma-related deaths occur due to under-diagnosis, under-treatment, or poor access to essential inhalers. India carries a high asthma burden, with studies estimating over 34 million people affected. Air pollution, dust, pollen, smoke, respiratory infections, and changing weather can worsen symptoms. The good news is that asthma can be managed well. Early detection and the right medical plan can make everyday life much easier.

Asthma symptoms can come and go. They may be mild at first and may worsen at night, early morning, during exercise, or after exposure to triggers. Common symptoms include wheezing or a whistling sound while breathing; persistent cough, especially at night or early morning; shortness of breath; chest tightness or pressure; coughing after exercise; breathlessness during routine activities; needing a reliever inhaler more often than usual; and repeated chest infections or slow recovery after a cold. Asthma attacks involve obstruction of the air passages in the lungs which reduces the ability of the person to inhale life sustaining oxygen into the body. The airway obstruction is caused by spasm and tightening of the airway muscles, and inflammation which causes both swelling of the walls of the air passages and mucus or phlegm blocking the airways.

Doctors and allied health care professionals are called upon to ensure that all people with asthma, including most preschool children with asthma, are prescribed evidence-based, essential, inhaled corticosteroid-containing medication. These should be prescribed in addition to, or in combination with, reliever medication, to prevent the continuing avoidable morbidity and mortality from asthma. World Asthma Day is more than a date on the calendar. It is a global reminder that millions still struggle to breathe freely, and that awareness, access, and action can change that. Asthma is not just a personal health issue — it is a public health priority shaped by air quality, healthcare access, education, and stigma. The real progress lies in early diagnosis, proper treatment, cleaner environments, and breaking the myth that asthma limits a full, active life. With inhalers, education, and community support, most people with asthma can manage their condition and thrive.

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Director SKIMS inaugurates medical equipment projects worth Rs 4 crore

PSMA PET and Neuro-Navigation facilities introduced to reduce patients' dependence on hospitals outside J&K says Dr M Ashraf Ganie

Aijaz Rashid Dar



SRINAGAR: In a significant step towards strengthening advanced healthcare facilities in Jammu and Kashmir, Director Sher-i-Kashmir Institute of Medical Sciences (SKIMS), Soura, Prof. Dr. Mohammad Ashraf Ganie, inaugurated a series of state-of-the-art medical equipment projects worth approximately 4 crore, aimed at enhancing diagnostic capabilities, improving treatment facilities and ensuring better patient care at the premier healthcare institution.

The newly inaugurated facilities are expected to substantially improve the availability of advanced diagnostic and medical procedures within the Union Territory, particularly benefiting patients suffering from complex and critical medical conditions who previously had to travel outside Jammu and Kashmir to access specialised healthcare services.

Speaking on the occasion, SKIMS Director Prof. Mohammad Ashraf Ganie said that the introduction of advanced technologies, including PSMA PET imaging for prostate cancer patients and neuro-navigation technology for brain biopsies, marks an important milestone in strengthening specialised healthcare services at the institute.

He emphasised that these facilities would significantly reduce the need for patients to seek such specialised diagnostic and treatment services outside J&K, thereby saving valuable time, reducing financial hardships and ensuring access to advanced medical care closer to home.

The availability of PSMA PET technology is particularly important for prostate cancer patients, as it provides advanced imaging support for detecting and assessing the spread of cancer, helping doctors in better disease evaluation and treatment planning.

Similarly, the introduction of neuro-navigation technology will strengthen the institute's neurosurgical capabilities by facilitating greater precision and accuracy during brain biopsy procedures. The technology assists surgeons in identifying targeted areas within the brain, thereby improving procedural accuracy and supporting better clinical outcomes.

The inauguration of these projects reflects SKIMS' continued commitment to modernising its healthcare infrastructure and incorporating advanced medical technologies to meet the growing healthcare requirements of the people of Jammu and Kashmir.

The investment of around 4 crore in these medical equipment projects is expected to further strengthen the institute's position as a leading tertiary-care healthcare centre in the region.

Prof. Ganie reiterated the importance of continuously upgrading medical infrastructure, introducing modern technologies and strengthening specialised departments to ensure that patients receive quality, affordable and advanced healthcare services within the Union Territory.

The initiative is also expected to provide considerable relief to patients and their attendants, who often face financial and logistical challenges while travelling to specialised hospitals outside Jammu and Kashmir for advanced diagnostic investigations and medical procedures.

With the introduction of these facilities, SKIMS has taken another important step towards making advanced healthcare services more accessible to the people of the region.

HT electric poles installed in front of Government Girls Middle School Sopat Tangpora

Parents, locals express concern over safety



Kashmir Press Service

KULGAM 23 NOV : The installation of High Tension (HT) electric poles directly in front of Government Girls Middle School, Sopat Tangpora, has triggered resentment among local residents and parents, who have expressed serious concern over the safety of students.

Locals alleged that the contractor installed the HT poles at the school entrance despite the availability of alternative routes for their installation.

They further alleged that the work was carried out on Sunday, apparently taking advantage of the school holiday, without adequately addressing the concerns of local residents and parents.

Parents fear that the presence of high-tension electric poles so close to the school could pose a serious safety risk to students, particularly young children, and may lead to an unfortunate incident at any time.

The residents have urged the concerned Power Development Department (PDD) authorities and district administration to immediately intervene, inspect the site and shift the poles to a safer alternative location before any untoward incident occurs.

They have also appealed to the authorities to prioritise the safety of schoolchildren and take appropriate action in the matter without further delay.

KVK Kupwara achieves another milestone

Kashmir Press Service

KUPWARA: It is indeed a proud and memorable moment for the entire KVK Kupwara family. The dedicated efforts and remarkable work accomplished by KVK Kupwara during the last one year, particularly in establishing various demonstration models and facilities, were highly appreciated by the Hon'ble sitting MLA



Kupwara and former Member of Parliament, Mir Mohammad Fayaz Sahib.

The major initiatives appreciated included the establishment of Natural Farming Models, Fodder Cafeteria, Silvipastoral Model, Fruit-Based American Apriouge Model, and nurseries of various broadleaved and evergreen tree species. These initiatives reflect the commitment of KVK Kupwara towards promoting sustainable agriculture, agroforestry, natural resource conservation and livelihood enhancement among farming communities.

Dr. G. M. Bhat, Professor and Head, KVK Kupwara, received the Letter of Appreciation from the Hon'ble MLA during the valedictory function of the five-day training programme on Natural Farming and Capacity Building for officers and officials of the Sericulture Department.

On this occasion, Dr. Bhat congratulated the entire KVK Kupwara team, including scientific, non-teaching and field staff, for their dedicated efforts, teamwork and commitment, which have brought this recognition to the institution. He emphasised that this appreciation would further motivate the team to work with greater dedication towards agricultural development and farmers' welfare in Kupwara district.

A recognition of teamwork, dedication and commitment to farmers' prosperity.

Special Neighbourhood Youth Parliament organised in Awantipora

Kashmir Press Service

PULWAMA, NOVEMBER 23: A special Neighbourhood Youth Parliament (NYP) was successfully organised in Awantipora today under the national theme of 'Nasha Mukt Yuva' (Drug-Free Youth), with the objective of creating awareness among young people about the harmful effects of substance abuse and promoting youth participation in grassroots leadership and policy making.

The programme was organised in collaboration with Mera Yuva (MY) Bharat Pulwama, under the Ministry of Youth Affairs and Sports, Government of India.

District Youth Officer (DYO), MY Bharat Pulwama, Devanshu Jaiswal, attended the event as the Special Guest. Several prominent dignitaries, social workers and

youth leaders also participated in the deliberations, emphasising the importance of empowering young people and encouraging their active involvement in shaping inclusive, youth-oriented policies at the district and block levels.

Addressing the gathering, Devanshu Jaiswal highlighted the significant role of youth in building a progressive, healthy and responsible society. He encouraged the participants to maintain regular engagement with his office for mentorship, guidance and discussions on youth-related initiatives.

He said that his office was dedicated to addressing the aspirations and concerns of young people and urged them to come forward with innovative



ideas and actively collaborate in programmes aimed at shaping their future.

To encourage greater youth participation, a special Idea Box was installed at the venue, providing participants with an opportunity to submit their suggestions, innovative ideas and creative

solutions. The initiative aimed at ensuring that the voices of young people are heard and their ideas are translated into practical initiatives at the grassroots level.

During the interactive sessions, speakers discussed the growing concern of substance abuse among young people and highlighted how addiction can often

begin with seemingly harmless habits such as casual smoking before developing into serious drug dependency.

They stressed the importance of early intervention, parental vigilance, peer support and sustained awareness campaigns to prevent substance abuse and protect the younger generation from the menace of drugs.

The speakers also called for collective efforts involving families, educational institutions, community organisations and government departments to strengthen the fight against drug abuse.

The programme concluded with all participants, dignitaries and officials taking a solemn 'Nasha Mukt Yuva' pledge, vowing to stay away from drugs and actively spread awareness about the harmful consequences of substance abuse.

The participants reaffirmed their commitment to working collectively towards building a healthy, responsible and drug-free society, with a special focus on making Pulwama an addiction-free district.

AIIMS Handwara School celebrates 16th Annual Day

Kashmir Press Service

HANDWARA: The 16th Annual Day Celebration 2026 was organised with great enthusiasm and fervour at AIIMS Handwara School, witnessing the participation of students, teachers, parents and distinguished guests.

MLA Handwara Sajad Gani Lone was the Chief Guest on the occasion.

The event was attended by several prominent dignitaries, including Raja Moudin, Editor-in-Chief of Kashmir Press Service (KPS), Mohammed Rafiq, CEO Bandipora, Tehsildar Zachaldara and Executive Officer Handwara, besides other officials and distinguished guests.

The celebration provided a platform for students to showcase their talent, achievements and creativity through a series of colourful cultural performances and activities.

The programme highlighted the academic accomplishments and extracurricular achievements of the students, while reflecting the school's commitment towards providing quality education and nurturing young talent.

The presence of distinguished guests added significance to the occasion, as students and faculty members celebrated the institution's journey and achievements.

55 RR organises medical camp at Panzgam, Pulwama

Kashmir Press Service



PULWAMA: In a commendable initiative aimed at extending healthcare facilities to the local population, 55 Rashtriya Rifles (RR), Panzgam, today organised a medical camp at Government Primary Health Centre (PHC), Panzgam, in Pulwama district.

The camp was organised with the objective of providing medical assistance and basic healthcare facilities to the people of the area. The initiative reflects the continued efforts of the Indian Army towards promoting public welfare and strengthening its bond with the local population.

The medical camp provided an opportunity for local residents to avail healthcare services at their doorstep. Such initiatives play an important role in creating health awareness and ensuring better access to medical facilities, particularly for people living in remote areas.

The local residents appreciated the efforts of 55 RR for organising the medical camp and expressed gratitude for the initiative aimed at serving the community.

MLA Javaid Mirchal chairs high-level review meeting at Mini Secretariat Karnah

Peerzada Sayeed



KARNAH: Member of Legislative Assembly (MLA) Karnah, Javaid Mirchal, chaired an important review meeting at the Mini Secretariat, Karnah, to assess the functioning of various government departments and discuss key developmental issues and public concerns, with particular emphasis on education, infrastructure, administrative improvements and winter preparedness in the far-flung border area of Karnah.

The meeting was attended by Tehsildar Karnah Mohammad Amin Bhat, Private Secretary Haji Tasleem Mir, ZEO Tangdar, ZPEO Tangdar, Assistant Executive Engineer (AEE), Roads and Buildings (R&B), Executive Engineer (XEN), Hydraulic, Principals and Heads of various educational institutions, along with other concerned officials.

During the meeting, extensive discussions were held on strengthening the education sector, addressing institutional challenges and improving the availability of essential infrastructure in educational institutions. The specific issues concerning Kadhama Club School were also discussed, with a focus on finding appropriate solutions through coordination with the concerned authorities.

The issue of inadequate office space at the Mini Secretariat also came up for discussion. With several government departments functioning within the complex, the shortage of adequate accommodation has created additional administrative pressure and difficulties in the smooth functioning of offices. In this regard, the need for constructing additional government buildings was highlighted to accommodate different departments, ease congestion and reduce the existing burden on the available office infrastructure, ultimately ensuring better public service delivery.

Considering Karnah's geographical location as a far-flung border area, special emphasis was laid on winter preparedness. The region frequently experiences heavy snowfall during winter, resulting in the closure of roads and disruption of connectivity, particularly in remote and higher-altitude areas. In view of these challenges, the importance of advance preparations, effective inter-departmental coordination and timely arrangements to ensure the availability of essential services during the winter months was discussed.

The issue of Farmer ID registration was also highlighted during the meeting, and awareness was shared to encourage farmers across Karnah to complete their registration and avail themselves of the benefits of various government schemes and agricultural services.

The meeting focused on addressing ground-level challenges, improving departmental coordination and ensuring that the concerns of the people,

particularly those living in remote and snowbound areas, receive due attention. The importance of strengthening educational infrastructure, improving administrative facilities and ensuring uninterrupted essential services during the harsh winter season remained central to the discussions.

Editorial

Healthcare preparedness

With winter set to get severe, ensuring uninterrupted healthcare services must remain among the Government's foremost priorities. There is need for advanced planning, particularly for residents of remote and snowbound areas. In this context, the Health Minister's review is timely. However, the real test lies in translating these directions into effective ground-level arrangements.

One of the most significant aspects of the review was the focus on maternal healthcare. Expectant mothers living in inaccessible areas are among the most vulnerable during winter, when reaching a healthcare facility can become difficult, if not impossible. The direction to conduct advance surveys and maintain district-wise databases of pregnant women, particularly those nearing delivery, reflects an important recognition that emergencies can be prevented through timely intervention. Shifting vulnerable women to safer locations closer to adequately equipped hospitals, wherever medically necessary, should be treated as an essential component of winter planning rather than an emergency measure undertaken at the last moment.

Equally important is the need to strengthen the referral mechanism between primary, secondary and tertiary healthcare institutions. Patients requiring specialised treatment often face avoidable delays because of poor coordination, inadequate stabilisation or lack of communication between referring and receiving hospitals. A clearly defined referral protocol, accompanied by trained medical personnel during the transportation of critically ill patients, can significantly improve outcomes. This must be supported by functional ambulances, adequate oxygen supplies and reliable emergency response arrangements. The availability of medicines, blood components, heating facilities, backup power, medical equipment and adequate manpower also requires continuous monitoring. Merely conducting inspections or holding review meetings cannot guarantee preparedness. Hospitals must be assessed on their actual capacity to handle emergencies during prolonged snowfall and road blockades. Particular attention should be given to maternity wards, neonatal units, intensive care facilities and emergency departments.

The Minister's directions regarding public display of diagnostic test charges, free testing facilities, doctors' duty schedules and contact numbers are equally important. Transparency in hospital functioning helps patients make informed decisions and reduces confusion. Similarly, an effective grievance redressal mechanism can improve accountability and restore public confidence in government healthcare institutions.

Ultimately, winter preparedness cannot remain confined to official instructions and administrative assurances. It demands sustained monitoring, interdepartmental coordination and accountability at every level. For people living in far-flung areas, access to healthcare during winter is not merely a matter of convenience but often a question of life and death. The Government must ensure that its preparedness reaches the last mile, so that no patient is denied timely treatment because of geographical isolation, harsh weather or administrative shortcomings.

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

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Winter Chill Can Worsen Joint Pain And Stiffness



DR. SANJAY AGARWALA

Winter brings a welcome change from the heat and humidity, but for many people, particularly older adults and those living with arthritis or other joint conditions, the colder months can be accompanied by increased joint pain, stiffness and difficulty in movement. Many individuals notice that their knees, hips, shoulders and fingers become more painful during winter, making everyday activities such as walking, climbing stairs, getting out of bed or even holding objects uncomfortable. While cold weather does not directly cause arthritis or joint damage, it can aggravate existing musculoskeletal problems and affect mobility.

One of the reasons joints may feel more painful during winter is the body's response to lower temperatures. Cold weather can cause muscles, tendons and surrounding soft tissues to become tighter, reducing flexibility and increasing stiffness around the joints. Changes in atmospheric pressure may also influence how some individuals perceive joint discomfort, particularly those with pre-existing arthritis. Additionally, people tend to remain indoors and reduce their physical activity during winter. This lack of movement can weaken supporting muscles, reduce joint flexibility and contribute to increased stiffness and pain. Individuals with osteoarthritis, rheumatoid arthritis, previous joint injuries or chronic back and neck problems may be particularly vulnerable to these seasonal changes.

Knee and hip joints are among the most commonly affected, especially in older adults. People with osteoarthritis may experience increased discomfort after prolonged sitting or upon waking up in the morning. Stiffness in the hands and fingers can also make routine tasks difficult. Those with inflammatory joint conditions may experience fluctuations in their symptoms during colder months. It is important to understand that persistent or worsening joint pain should not automatically be attributed to winter. It may indicate an underlying condition that requires medical evaluation and appropriate treatment.

The most effective way to protect joint health during winter is to remain physically active. Regular, low-impact exercises such as walking, stationary cycling, swimming in temperature-controlled pools and gentle stretching can help maintain joint flexibility and strengthen the muscles that support the joints. Strengthening the quadriceps, hamstrings and hip muscles is particularly important for people experiencing knee or hip discomfort. However, exercise routines should be adjusted according to individual fitness levels and medical conditions. A proper warm-up before physical activity is essential to prepare muscles and joints for movement.

Keeping the body warm is equally important. Wearing appropriate winter clothing, especially covering the knees, hands and feet, can help improve comfort. Warm showers, heating pads and warm compresses may provide temporary relief from stiffness and muscular discomfort. However, heat should be applied carefully to avoid burns, particularly in individuals with reduced skin sensation. Maintaining adequate hydration is also important, as people often tend to drink less water during winter. A balanced diet containing sufficient protein, calcium, vitamin D and other essential nutrients supports bone and muscle health. Vitamin D deficiency, which is relatively common, can contribute to musculoskeletal discomfort and should be addressed under medical guidance.

Another important aspect is maintaining a healthy body weight. Excess body weight increases the mechanical load on weight-bearing joints, particularly the knees and hips, potentially accelerating discomfort in individuals with osteoarthritis. Even modest weight reduction can significantly improve mobility and reduce pressure on these joints.

Most importantly, people should avoid self-medication or ignoring persistent pain. If joint pain is accompanied by swelling, redness, warmth, significant stiffness or difficulty walking, medical consultation is advisable. Early diagnosis, physiotherapy, appropriate medication and other treatment options can help prevent symptoms from affecting long-term mobility and quality of life.

Winter should not become a reason to compromise an active lifestyle. With regular exercise, adequate nutrition, appropriate precautions and timely medical attention, individuals can protect their joint health and remain mobile and independent throughout the colder months.

Author is Director – Professional Services (Medical Director) and Head of Orthopaedics & Traumatology, P.D. Hinduja National Hospital & Medical Research Centre, Mumbai

From Hudipora to Healthcare Entrepreneurship

The journey of Dr Iqbal Hussain Dar and the growth of MedScan



BY RAMEEZ BHAT

Every institution begins with an idea, but turning that idea into something that serves the public requires persistence, professional conviction and a willingness to take risks. In North Kashmir, where patients have often had to travel beyond their towns for specialised diagnostic investigations, the journey of Dr Iqbal Hussain Dar offers an example of how medical experience can be transformed into a local healthcare initiative. From Hudipora in Wahdatpora to the establishment of MedScan Diagnostic and Imaging Centre, his path reflects an ambition to bring modern diagnostic services closer to the people of the region.

MedScan Diagnostic and Imaging Centre

Dr Iqbal's academic journey began at Al-Noor School, where he received his early education, before he continued his studies at JET School in Baramulla. With a clear ambition to enter the medical profession, he worked towards that goal and secured admission to Government Medical College (GMC), Jammu, for his MBBS. The completion of his undergraduate medical education marked an important milestone, but he chose to pursue further specialisation. He went on to obtain his MD in Radiology from Government Medical College, Srinagar, entering a field that has become central to the detection, assessment and diagnosis of a wide range of medical conditions.

After completing his postgraduate training, Dr Iqbal served as a Registrar at Sher-i-Kashmir Institute of Medical Sciences (SKIMS), Soura. The experience added to his clinical exposure and understanding of diagnostic medicine. He later joined Government Medical College, Baramulla, as an Assistant Professor. The position offered him an opportunity to contribute to medical education while remaining connected with patient care. Yet, alongside his academic responsibilities, he continued to consider a larger question: how could his professional experience help improve access to diagnostic services in his home region?

For many patients in North Kashmir, obtaining specialised investigations has meant travelling to Srinagar or other centres. Such journeys can involve additional expenses, physical strain and anxiety, particularly for elderly patients, people with serious illnesses and families already managing the costs of treatment. Timely diagnosis is an essential part of effective healthcare, and the availability of reliable investigations closer to home can make the process less difficult for patients and their families. This gap in access helped shape Dr Iqbal's decision to build a diagnostic facility in the region.

Choosing entrepreneurship over the familiar path of an academic career was a significant decision. He stepped away from his position and began working towards an institution that could respond to local diagnostic needs. MedScan Diagnostic and Imaging Centre was established in 2023 in Baramulla. Its initial services included ultrasound, and what began as a focused diagnostic facility gradually developed into a broader initiative. The aim was to combine professional expertise with modern equipment and make essential investigations more accessible to people in and around the district.

The expansion of MedScan's work into Sopore marked another stage in this development. The centre's presence in both Baramulla and Sopore has widened its reach across North Kashmir. According to the information provided for this article, the Baramulla facility offers ultrasound, X-ray, echocardiography, ECG, FibroScan and blood-testing services. The Sopore centre offers MRI and a range of specialised investigations, including EEG, nerve conduction studies, treadmill testing (TMT) and Holter monitoring. Its promotional material also highlights advanced imaging services such as CT scanning.

The services represented by these facilities address different diagnostic needs. MRI and CT imaging help doctors examine internal structures, while ultrasound is widely used to assess organs and monitor a variety of conditions. Echocardiography and ECG support the evaluation of heart function, and Holter monitoring records cardiac activity over an extended period. Nerve conduction studies and EEG assist in investigating particular neurological concerns. FibroScan offers a non-invasive assessment of liver health. These investigations do not replace clinical judgement; rather, they provide treating doctors with information that can support decisions about further evaluation and care.



His story also speaks to a wider possibility for qualified professionals in Jammu and Kashmir. The region has a considerable pool of educated and skilled people, but building sustainable institutions locally requires investment, planning, professional standards and long-term commitment. Many talented individuals understandably pursue opportunities elsewhere. Those who choose to establish services in their own communities can contribute to local capacity, create employment and help strengthen the network of facilities available to residents. Such initiatives are most valuable when they complement, rather than replace, the essential role of the public healthcare system.

North Kashmir continues to need sustained investment in healthcare infrastructure, specialised services, trained personnel and modern technology. Government hospitals remain indispensable, particularly for affordable and comprehensive care. Responsible private diagnostic centres can add to the region's capacity by improving access to investigations and supporting doctors and hospitals with timely diagnostic information. Their credibility, in the long run, rests on the quality of their work and the trust they earn from patients.

MedScan's development from an ultrasound facility in Baramulla to a diagnostic initiative with an advanced imaging presence in Sopore reflects an effort to respond to that need. Its future contribution will depend not merely on adding equipment or expanding locations, but on consistently upholding diagnostic standards, transparency and patient-centred care. Technology matters most when it is supported by expertise and used responsibly for the benefit of those who need it.

For Dr Iqbal Hussain Dar, the road from Hudipora, Wahdatpora, to MedScan is therefore more than a personal account of academic and professional achievement. It is the story of a doctor who chose to take his experience beyond the classroom and hospital department and invest it in a venture rooted in the needs of his own region. Degrees and designations mark important stages in a career, but the lasting value of professional success is also measured by the opportunities it creates and the lives it touches. A student who once set out to become a doctor has gone on to build an institution intended to bring diagnostic healthcare closer to his community. That, ultimately, is the promise behind the journey of MedScan.

Kashmir Age
"Truth we say..... come what may"
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24-NOVEMBER-2026

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International Day For Elimination Of Violence Against Women





MALIK ZAHOOR MEHDI KASHMIRI

November 25 is observed as the International Day for the Elimination of Violence Against Women. As we all know, the true measure of a society's cultural refinement, moral greatness, and intellectual progress lies in the way it treats its people, particularly in the dignity, protection, freedom, and equal rights it affords to women.

Women occupy a fundamental position in the formation and development of human society. As mothers, they nurture and shape generations; as daughters, they become the centre of their families' hopes and aspirations; as sisters and life partners, they strengthen family bonds; and as conscious and responsible citizens, they contribute significantly to national and social development. Despite this, it remains a bitter social reality that, even in the twenty-first century, with its scientific advancements, modern civilisational ideals, and lofty claims of human rights, women in different societies across the world continue to face violence, exploitation, discrimination, and injustice.

It is to highlight the gravity of this global problem and emphasise the need to address it that November 25 is observed every year as the International Day for the Elimination of Violence Against Women. This day is not merely another date marked on the international calendar; rather, it poses a fundamental question before the collective conscience of humanity: Have we truly succeeded in building a society where women can feel safe and secure with regard to their dignity, lives, freedom, and fundamental rights?

In essence, this day provides an opportunity to awaken collective consciousness, reform social attitudes, and renew our commitment to creating a dignified, safe, and just environment for women.

Historical Background: Resistance, Sacrifice, and the Struggle for Human Rights

The historical significance of November 25 is associated with the struggle and sacrifice of three courageous sisters from the Dominican Republic: Patria, Minerva, and María Teresa Mirabal. These three sisters were actively involved in political resistance against an authoritarian regime and in the struggle for democratic rights. On November 25, 1960, they were brutally murdered. Their martyrdom became a powerful symbol and inspired a worldwide movement to raise voices against state oppression, violence, and injustice directed at women.

Subsequently, in 1981, women's rights organisations and activists from Latin America and the Caribbean began promoting November 25 as a day dedicated to the elimination of violence against women. Eventually, on December 17, 1999, the United Nations General Assembly, through Resolution 54/134, officially designated November 25 as the International Day for the Elimination of Violence Against Women.

The fundamental objective of this decision was to recognise violence against women as a serious human rights issue and encourage effective measures at the international level to eliminate this grave social evil.

Violence Against Women: A Grave Violation of Human Rights

Violence against women is a complex social problem that is not confined to any particular geographical region, religion, nationality, or economic class. It exists in different forms across various societies, and its consequences extend beyond the affected woman herself to her family, children, and the entire social structure.

Domestic violence, physical and psychological abuse, sexual harassment, forced marriage, child marriage, so-called honour killings, economic exploitation, deprivation of educational and healthcare facilities, and discrimination in workplaces are among its prominent manifestations.

However, the concept of violence is not limited merely to physical abuse. Undermining a woman's self-esteem, subjecting her to constant fear and psychological pressure, suppressing her freedom of expression, imposing unnecessary restrictions on her movement, and keeping her economically dependent on others are also different forms of denying her fundamental rights.

Another deeply concerning aspect of this issue is that many women experience violence within their own homes and immediate social circles. Family pressure, fear of social stigma, financial helplessness, and difficulties in accessing justice often compel them to remain silent. Consequently, numerous incidents never come to light, leaving affected women to endure painful and distressing circumstances for prolonged periods.

It is important to understand that violence against women in any society is not merely the consequence of individual behavioural shortcomings. Deep-rooted outdated social perceptions, inequality, the unjust exercise of power, and weak legal and institutional systems also play significant roles in perpetuating this problem. Therefore, a lasting solution is possible only through addressing and reforming all these underlying factors.

Education and Intellectual Awareness: The Foundation of Positive Social Change

Legislation and administrative measures are undoubtedly important for eliminating violence against women. However, a permanent solution cannot be achieved unless the intellectual foundations and social attitudes of society undergo meaningful transformation. In this regard, education and awareness play a fundamental role.

Education not only makes individuals aware of their own rights and responsibilities but also develops in them an understanding of respecting the rights of others, tolerating differences of opinion, and recognising the importance of human dignity.

There is a pressing need to promote the values of respect for humanity, equality, tolerance, mutual understanding, and respect through educational institutions and family upbringing so that these principles become an integral part of the younger generation's character.

In particular, it is essential to cultivate awareness among boys and men that providing women with dignity, protection, and equal opportunities is neither a favour nor an act of generosity; rather, it is their fundamental human right.

Similarly, providing women with access to quality education, healthcare, employment, economic independence, and meaningful participation in decision-making processes is an indispensable requirement of a balanced and progressive society.

The media, literary and intellectual circles, religious and social institutions, and civil society organisations also have a responsibility to highlight the causes and consequences of violence against women in a serious and responsible manner. They must actively discourage intellectual and moral tendencies that contribute to the humiliation, exploitation, or violation of women's rights.

Rule of Law and Access to Justice

The fundamental responsibility of every civilised state is to ensure the protection of the lives, property, dignity, and fundamental rights of all its citizens.

Effective legislation, impartial implementation of existing laws, timely delivery of justice, and the provision of safe and reliable complaint mechanisms for affected women are of paramount importance in eliminating violence against women.

There is a pressing need to ensure impartial investigations into incidents of violence, provide legal assistance to victims, and facilitate their access to safe shelters and support institutions where they can seek help without fear, pressure, or the threat of social stigma.

At the same time, strengthening the institutional capacity of the police, judiciary, healthcare institutions, and relevant government departments is equally essential.

It must also be borne in mind that the purpose of law is not merely to punish offenders after a crime has been committed; it is equally important to create an environment in which crimes can be prevented, victims receive adequate protection, and the justice system remains accessible to every citizen.

Collective Responsibility: Change Begins with Our Own Attitudes

The elimination of violence against women is not the responsibility of governments, law enforcement agencies, or any particular organisation alone. Rather, it is a shared moral, social, and human responsibility of society as a whole.

Parents must make equality and respect fundamental principles in the upbringing of their children. Teachers must discourage discriminatory attitudes within educational environments. Religious scholars and intellectuals must spread the positive message of human dignity, justice, and respect for rights. Similarly, journalists and writers must not only identify social problems but also play an active role in bringing about positive social reform.

We need to examine our individual and collective attitudes. Respecting a woman's opinions, wishes, and individuality within the family; ensuring safe environments in educational and professional institutions; and discouraging discriminatory attitudes at the societal level are practical measures through which the foundation for positive change can be established.

Indeed, the protection of women in any society becomes possible only when justice ceases to be a mere slogan and becomes an integral part of everyday life, and when human dignity is given priority over every social and economic interest.

Protecting Women Means Protecting the Dignity of Humanity

November 25 reminds us that the struggle to eliminate violence against women must not be confined to a single day, ceremony, or awareness campaign. It is an ongoing intellectual, moral, legal, and social struggle that requires not only individual awareness but also collective determination and practical action.

A society in which women can live with confidence rather than fear, independence rather than deprivation, equality rather than discrimination, and under the protection of law and justice rather than injustice is the only society truly deserving to be called civilised, enlightened, and progressive.

Today, the need of the hour is to ensure that women's rights are not confined merely to speeches, written statements, and formal declarations, but become an integral part of our social priorities and everyday lives.

We must condemn every manifestation of violence against women, become a voice for those affected, support the cause of justice, and nurture the younger generation on human and moral principles founded upon respect, equality, and justice.

Remember! The protection of women is not an issue concerning only one gender; rather, it is a guarantee of the survival of human civilisation, the establishment of social justice, and the promise of a brighter future. A society in which women are safe, dignified, and empowered is a society in which humanity itself stands with honour and pride.

It is to highlight the gravity of this global problem and emphasise the need to address it that November 25 is observed every year as the International Day for the Elimination of Violence Against Women. This day is not merely another date marked on the international calendar; rather, it poses a fundamental question before the collective conscience of humanity: Have we truly succeeded in building a society where women can feel safe and secure with regard to their dignity, lives, freedom, and fundamental rights?

There is a pressing need to ensure impartial investigations into incidents of violence, provide legal assistance to victims, and facilitate their access to safe shelters and support institutions where they can seek help without fear, pressure, or the threat of social stigma.

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Rupee snaps 5-day rally; tumbles 30 paise to settle at 92.92 against US dollar



Press Trust Of India

MUMBAI, NOV 23: The rupee lost 30 paise to settle at 92.92 (provisional) against the US dollar on Monday, reversing its five-day rally, dragged down by a massive sell-off in domestic stock markets.

Lower crude oil prices and a softening American currency failed to support the local currency, which faced intense volatility amid a global stock market rout, forex traders said.

At the interbank foreign exchange market, the rupee opened at 92.47 and climbed up to 92.43 initially. But it lost ground and hit the day's low at 93.11 before ending the session at 92.92 (provisional) against the greenback, down 30 paise from its previous close.

On Friday, the rupee appreciated for the fifth consecutive session to settle 70 paise higher at 92.62 against the US dollar. The Indian unit reclaimed above the 93 level for the first time since April 10.

The local unit has logged a sharp appreciation of over 1.6 per cent in the past five back-to-back sessions since the closing level of 94.19 against the greenback recorded on November 13.

Anuj Choudhary, Research Analyst, Mirae Asset Sharekhan, said the rupee reversed morning gains on a sharp fall in domestic equity markets. However, softening of the US dollar and a decline in the US Treasury yields cushioned the downside, while crude oil prices too were weak.

"Easing of the dollar index from a 19-month high on trimming odds of a 50 bps rate hike by the Fed in December may also support the rupee. However, any further correction in domestic markets may cap a sharp upside. Traders may take cues from PMI data from the US. USD-INR spot price is expected to trade in a range of Rs 92.70 to Rs 93.30," Choudhary said.

Meanwhile, the dollar index, which gauges the greenback's strength against a basket of six currencies, was at 103.69, lower by 0.05 per cent.

Brent crude, the global oil benchmark, was trading 0.53 per cent lower at USD 92.08 per barrel in futures trade.In the domestic equity market, the Sensex crashed 1,483.72 points, or 1.77 per cent, to settle at 82,435.99, while the Nifty tanked 450.95 points, or 1.75 per cent, to 25,349.65. Both the indices ended the preceding two sessions with more than 1 per cent gains.Foreign institutional investors (FIIs) bought equities worth Rs 10,308.42 crore on a net basis on Friday, according to exchange data.

The latest data released by the Reserve Bank of India on Friday showed the country's forex reserves dropped USD 14.205 billion to USD 705.342 billion in the week ended November 13. In the previous reporting week, the overall reserves had jumped USD 2.49 billion to USD 719.547 billion.According to the Commerce and Industry Ministry data released on Friday, output of key infrastructure industries rose 10.9 per cent in October, the fastest pace in the new series, driven by double-digit growth in coal, iron ore, electricity and cement production.

Auto retail hits record 55.25 lakh units during 42-day festive season, EV sales suge 53 pc: FADA



Press Trust Of India

NEW DELHI, NOV 23: Automobile retail sales in India rose 2.21 per cent year-on-year to a record 55.25 lakh units during the 42-day festive season this year, despite a high base following the GST 2.0-led demand surge last year, dealer body FADA said on Monday.

According to the Federation of Automobile Dealers Associations (FADA), total vehicle retail sales stood at 55,25,490 units during the 42-day festive period of 2026, the highest-ever for the corresponding period.

Compared with the festive season of 2024, vehicle retail sales registered a growth of 23.95 per cent, indicating sustained demand momentum following the GST rate rationalisation.

Two-wheeler retail sales grew 3.67 per cent to 43,13,276 units, while three-wheeler sales rose 5.32 per cent to 1,93,576 units.

Commercial vehicle retail sales increased 7.13 per cent to 1,55,761

units, tractor sales grew 2.24 per cent to 1,03,809 units and construction equipment sales surged 26.06 per cent to 10,452 units.

However, passenger vehicle retail sales declined 7.16 per cent to 7,48,616 units against 8,06,322 units in the year-ago period.

The biggest highlight of the season was the surge in electric vehicle adoption, with EV retail sales jumping 52.62 per cent to cross five lakh units for the first time during a single festive period,

led by electric two-wheelers (61.10 pc rise) and electric passenger vehicles (up 72.91 pc), with electric commercial vehicles more than doubling.

Close to one in ten festive vehicles sold this season was electric, FADA stated.

FADA President Sai Giridhar said: "The 42-day festive season of 2026 will be remembered as the year Indian auto retail set a record on top of a record. Against last year's extraordinary base,

which got amplified by GST 2.0, the twin festivals delivered an all-time high -- festive retails this year still grew 2.21 per cent to 55,25,490 units, the highest-ever 42-day festive season in our history."

Wider access to finance, digital economy needed to ensure poverty eradication: Sitharaman

Press Trust Of India



NEW DELHI, NOV 23: Finance Minister Nirmala Sitharaman on Monday said wider access to finance, markets and the digital economy would be key to eradicating poverty and ensuring those lifted out of it do not slip back.

Quoting the World Bank report which showed that nearly 50 crore Indians had moved out of poverty between 2011 and 2023, Sitharaman said the Narendra Modi government has focused on targeted interventions, measurable outcomes and tailored schemes to remove deprivations.

"Garibi is not merely a shortage of income or wages. A household without a secure roof, safe water, sanitation or healthcare remains vulnerable even when its income rises. One illness can wipe out savings and push a family back into poverty," the minister said in a LinkedIn post titled 'The Decade India Turned the Tide on Poverty'.

She said welfare schemes like Jal Jeevan Mission, Ayushman Bharat, PM Awas Yojana, Ujjwala Yojana, and Swachh Bharat are together acting as "insurance against the shocks" that once pushed families back into poverty, while lowering household expenditure and freeing time for work.Track Exec Orders

"The next phase builds on this progress to lift the few people still at the bottom of the ladder out of poverty, while ensuring those who have already risen keep advancing and never slip back.

The protection offered via various measures must now be complemented by even wider access to finance, markets and the digital economy," Sitharaman said.

The government is building closer links between academia and industry through employment-linked incentives, internships and apprenticeships, while the government's investment in infrastructure is connecting the country. Opportunity cannot remain the preserve of a few, she said while outlining the challenges to Viksit Bharat.

Observing that while protection keeps families from slipping back into poverty, to rise further, they need opportunities to earn.

Tata Steel to acquire 26.6 pc promoter stake in APL Apollo for Rs 15,510 cr; another 26 pc via open offer

Press Trust Of India

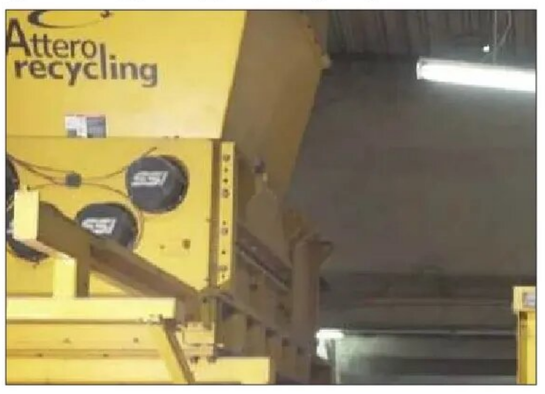
NEW DELHI, NOV 23: Tata Steel on Monday said it has executed an agreement to acquire the entire promoter stake of 26.6 per cent in APL Apollo Tubes Ltd at Rs 2,100 per share for a consideration of Rs 15,510 crore.

The agreement has been signed between Tata Steel and SG Tech Engineering Private Ltd (SG Spectra), a company associated with the promoter group of APL Apollo, to set up an exclusive contract, the steel giant said in a press statement.

Subsequently, Tata Steel will also make an open offer for an additional 26 per cent stake in APL Apollo Tubes Ltd at Rs 2,301.40 per share, taking the total consideration of Rs 16,756 crore.The transactions are subject to regulatory approvals, and Tata Steel expects to obtain these approvals in the coming months and close the composite set of transactions within FY27, according to the statement.For Tata Steel, APL Apollo will now be the vehicle to drive downstream growth in steel tubes and colour coated products. The new entity, APL Apollo Tubes Pvt Ltd, will build up to a 15.5 MTPA capacity by 2035, including 9 MTPA of steel tubes and 6.5 MTPA of colour coated products.The combination with APL Apollo Tubes will unleash the combined strengths of the companies, optimise capacity utilisation, unlock value and enhance profitability, it said.T V Narendran, CEO and MD, Tata Steel, said: "We are very pleased to have entered into a comprehensive agreement with APL Apollo and the promoters as we create a downstream powerhouse for the future characterised by its inherent strengths of agility in the market, strong growth trajectory and benchmark capex-opex profile to serve the growing Indian market.

Attero to invest Rs 3,000 cr in critical minerals biz, scale up e-waste recycling capacity 4-fold

Press Trust Of India



NEW DELHI, NOV 23: E-waste recycling company Attero plans to invest Rs 3,000 crore in the next five years to scale up its critical mineral extraction capacity, a top official of the company said.

Attero Co-founder and CEO Nitin Gupta told PTI that the company plans to enhance total e-waste recycling capacity by over four times to 1 million tonnes in the next four years.

"We are specifically looking to invest around Rs 3,000 crore in critical minerals facility expansion over the next five years. Roughly 40 per cent of that will go towards lithium, nickel, and if you read the scheme, within nickel, they have said they considered cobalt as well," he said.

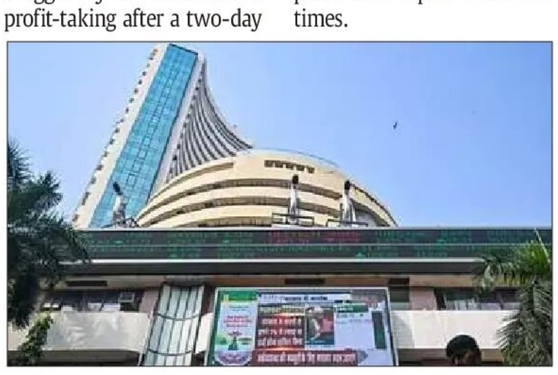
Attero claims to extract over 22 critical minerals, including gold, silver, copper, aluminum, nickel, lithium, cobalt and rare earths like neodymium, dysprosium, etc.

"Our current capacity for electronic waste recycling is around 2,25,000 tonnes per annum. We are looking to expand that to a million tonnes over the next four years, we are expanding our lithium and battery recycling facility roughly around 5x over the next four years," he added.

Markets take heavy drubbing dragged by banks; Sensex plunges 1,484 pts, Nifty dives to 25,349.65

Press Trust Of India

MUMBAI, NOV 23: Benchmark indices fell sharply on Monday, with the Sensex crashing 1,484 points and the Nifty sliding below 25,350, dragged by bank stocks and profit-taking after a two-day rally.



The 30-share BSE Sensex tanked 1,483.72 points, or 1.77 per cent, to settle at 82,435.99 despite a positive beginning. During the day, it dropped 1,523.83 points, or 1.81 per cent, to 82,395.88.

Similarly, the 50-share NSE Nifty tumbled 450.95 points, or 1.75 per cent, to end at 25,349.65.

From the Sensex pack, Tata Steel slumped 8.16 per cent after the firm said it has executed an agreement to acquire the entire 26.6 per cent promoter stake in APL Apollo Tubes Ltd for Rs 15,510 crore and plans to take over another 26 per cent in the pipes and tubes maker through an open offer of Rs 16,756 crore, a move that will increase the Tata group firm's downstream production capabilities three times.

Also, Axis Bank was down 3.95 per cent, ICICI Bank 3.39 per cent,

HDFC Bank 3.22 per cent, State Bank of India 2.91 per cent and Kotak Mahindra Bank 2.52 per cent.

Tata Consultancy Services, Tech Mahindra, HCL Tech, Titan, ITC and Infosys were among the winners.

"Indian equity markets ended sharply lower on Monday, reversing an initial gap-up opening as investors booked profits following four consecutive weeks of gains, recent record highs in Bank Nifty and the Nifty's approach towards the 26,000 mark. Selling was concentrated in banking, financial services and metal stocks, dragging the benchmark indices lower," Ponmudi R, CEO of Enrich Money, an online trading and wealth tech firm, said.

In Asian markets, South Korea's Kospi tumbled 3.31 per cent. Shanghai's SSE Composite index ended largely flat, while Hong Kong's Hang Seng index ended marginally lower.

European markets were trading in positive territory.

The US equity markets ended significantly lower on Friday. The Nasdaq Composite tanked 5.28 per cent, the S&P 500 was down 3.70 per cent and the Dow Jones Industrial Average declined 1.93 per cent.

Brent crude, the global oil benchmark, declined 0.68 per cent to USD 91.94 per barrel.

Foreign Institutional Investors (FIIs) bought equities worth Rs 10,308.42 crore on Friday, according to exchange data.

On Friday, the Sensex jumped 897.96 points, or 1.08 per cent, to settle at 83,919.71. The Nifty rallied 286.30 points, or 1.12 per cent, to end at 25,800.60.

Bangladeshi court orders interim curbs on social media access for children under 16



Press Trust Of India

DHAKA, NOV 23: A Bangladeshi court has directed the authorities to frame mandatory interim guidelines to prevent children below 16 years of age from accessing social media platforms and ordered the formation of an independent expert committee to examine the impact of algorithm-driven content feeds on minors.

The High Court Division of the Supreme Court of Bangladesh issued the directives on Sunday while passing an order on a writ petition that questioned the government's failure to formulate a national policy regulating social media access for children under 16, the Prothom Alo newspaper reported.

The bench comprising Justices Sikder Mahmudur Razi and Fatema Anwar directed the Secretary of the Posts and

Telecommunications Division and the Chairman of the Bangladesh Telecommunication Regulatory Commission, among other respondents, to take necessary steps.

It also ordered the immediate formation of a committee comprising cybersecurity specialists, child psychologists, paediatricians and legal experts to assess the structural impact of algorithm-controlled feeds on children.

The move comes amid growing international concerns over the impact of social media on children's mental health, physical well-being and development,

with governments across the globe increasingly considering age-based restrictions and stricter safeguards against potentially harmful online content.

The committee will examine how algorithm-based recommendation systems influence children's behaviour, exposure to online content and overall development, and submit its assessment to help shape regulatory measures.

The writ petition was filed earlier this month by Supreme Court lawyer Mohammad Faisal Dastagir, who appeared before the court in person.

Maruti Suzuki hikes select model prices amid cost pressures

Press Trust Of India

NEW DELHI, NOV 22: Maruti Suzuki India has raised prices for select vehicle models from Sunday, citing sustained cost pressures.

The increase comes as the automaker grapples with higher price pressures despite efforts to reduce costs. The company said it would pass on part of the increased cost to the market, while seeking to limit the impact on customers.

"... in view of the sustained cost pressures, the company has decided to increase prices of select models, effective 22nd November 2026," Maruti Suzuki said in an exchange filing.

The estimated volume-weighted average price increase is around 0.31 per cent.

Despite sustained cost-reduction efforts, prevailing cost pressures necessitate passing on a portion of the increase to the market, while minimising the impact on customers.

The latest price hike follows three rounds of price increases in the first half of financial year 2027, totalling a little over 1 per cent.

Maruti Suzuki reported a 26.36 per cent decline in consolidated net profit for the second quarter at Rs 2,466.1 crore, despite sharp growth in revenue on the back of record quarterly vehicle sales volumes.

Higher input costs resulting from the West Asia conflict weighed on earnings. Its operating EBITDA fell to 9.4 per cent in the quarter from 12.7 per cent in the year-ago period.

Higher selling prices and volume were among favourable factors, but adverse costs partly offset their impact.

The company also controlled costs, including by moderating marketing spending. In its second-quarter investor call, the management indicated that calibrated pricing actions would be taken in the second half.

The automaker is targeting double-digit volume growth in the second half of the financial year despite a high base a year earlier. It expects growth to be supported by strong festive demand, a robust order backlog and optimised dealer inventory. Domestic dispatches rose 31.6 per cent to 11.46 lakh vehicles in April-September. The company said growth came against a low base in the year-earlier period, especially in August and September. (PTI)

Kashmir Age
"Truth we say..... come what may"
SRINAGAR | TUESDAY
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Disposed of private case cannot be converted into public interest litigation: SC

Press Trust Of India

NEW DELHI, NOV 23 :A disposed private case cannot be converted into a public interest litigation where parties from all over the country approach this court and take orders in their matters, the Supreme Court on Monday said as it refused to go into individual violations of civic laws on pan-India basis.

A bench of Justices B V Nagarathna and Sanjeev Sachdeva was hearing a case related to the demolition of unauthorised construction in Tamil Nadu, whose scope was expanded to pan-India level by another bench headed by Justice Ahsanuddin Amanullah to examine violations of civic laws across the country.

The bench said the case was reassigned to it on the instruction of the Chief Justice of India Surya Kant and directed that parties in individual cases can approach the tribunal, high court or other authorities with their grievances.

Recently, the CJI had reassigned two cases earlier heard by the bench headed by Justice Amanullah to different benches after, in a full court



meeting last month, it was noted that judges cannot assume jurisdiction over subjects not assigned to them and emphasised strict adherence to the PIL roster.

Justice Nagarathna, while hearing the matter, said that every state has its own Municipal Corporation Act, each Act has come up through its own city heritage and the order passed in one case will not be applicable in another case.

"A private litigation which was disposed of cannot be converted into a public interest litigation where parties from all over the country approach this court and take orders in their private cases," she said.

Justice Nagarathna further added, "What will happen is all private parties who flagrantly violate building function plans will try to move this court. Similarly, orders passed by this court will be used by

municipal authorities to run past stay orders or other orders passed by tribunals or high courts and say that the Supreme Court has said to demolish. We do not want to be a party to such a chaos in the legal field."

The bench, which posted the matter for further hearing on January 6, 2027, clarified that it was interested in the larger issue which has been taken up by this court and therefore wants the state and Union Territories to come up with their suggestions as to how they are going to deal with the issue of violation of civic laws.

The top court said it is willing to pass orders to strengthen the hands of the authorities and take any suitable action against violators and unauthorised constructions.

"Some citizens violate and get away with it while the others follow the law and are under compulsion of the law. Why shouldn't everybody be under the compulsion of the law?

"Why are municipal corporations allowing certain sections and persons to breach the building bylaws and go beyond the sanctioned plan... It is hand in glove

with those citizens. We are not mincing words, we know what is happening," the top court said.

Man given life sentence for sister's murder jumps to his death at Navi Mumbai court

Press Trust Of India

THANE, NOV 23 :In a shocking turn of events at a court in Thane district on Monday, a 28-year-old convict leapt to his death from the building's fifth floor, minutes after he was sentenced to life imprisonment for murdering his sister in 2019 and rigorous imprisonment for attempting to kill his wife.

The incident occurred in the afternoon when court officials and police personnel were completing post-conviction formalities. The convict, identified as Nagesh Babu Lad, darted out of the courtroom and jumped to his death from the fifth floor.

Earlier, the additional sessions judge of Belapur court convicted Lad under various sections of the Indian Penal Code and handed him life imprisonment for murdering his sister and rigorous imprisonment for ten years for attempting to kill his wife in a 2019 case.

According to the prosecution, Lad used to suspect that his wife was having an extra-marital affair with his brother-in-law.

In the early hours of July 17, 2019, he assaulted her on the terrace of her paternal house in Navi Mumbai with a knife before fleeing.

He then went to the residence of his sister, who had tried to pacify him and help her sister-in-law, and stabbed her multiple times in the chest with a knife, leading to her death from haemorrhage and shock.

Holding that the prosecution established the attempt to murder his wife, the court noted, "The cumulative effect of all these circumstances leads to draw the inference that the accused



assaulted witness Jyotsna (Lad's wife) with a dangerous weapon.

"The injury inflicted was with intention and knowledge to commit murder of victim Jyotsna.

The hurt caused was grievous in nature. The injury was life-threatening

. Therefore, though the victim was survived, it was an attempt to commit murder by the accused," the court said.

On the murder of Lad's sister Sunita, even as some witnesses

turned hostile, the court found a complete chain of circumstances, including the recovery of the knife, discovery of the

knife seller at the accused's instance, recovery of blood-stained clothes, and WhatsApp messages pointing to his guilt.

"From her testimony inference can be drawn that due to suspicion that his wife was having illicit relation with his brother-in-law, the accused has made stab injury to her and told her that he was going to kill Jarmanjit Singh (his brother-in-law)," the court stated in the order.

The court noted that Lad had planned to murder his wife, but as his sister tried to pacify him, he angrily committed her murder.

"The case is not a rarest of rare one. The accused is a young offender.

His mental condition at the time of committing the offence was suspicion in his mind that his wife had an illicit relationship.

"His criminal antecedents have not come on record. Therefore, life imprisonment for the offence under IPC section 302 and rigorous imprisonment of ten years

for the offence punishable under section 307 would suffice the purpose," the judge added.

Two drug peddlers arrested with ganja worth Rs 22 lakh



Press Trust Of India

JAMSHEDPUR, NOV 23 :Two ganja peddlers were arrested with contraband worth around Rs 22 lakh in Jharkhand's East Singhbhum district, a senior police officer said on Monday.

Acting on specific intelligence about drug smuggling through Baharagora police station area on Sunday night, SSP Ehtesham Waquarib directed SP (Rural) Subham Kumar Khandelwal to take action, the officer said.

Khandelwal formed a police team led by Ghatsila Sub-Divisional Police Officer Vikash Anand Laguri to conduct the operation.

Police launched a vehicle-checking drive at the Baharagora-Jamsola checkpost on National Highway 49, the SP said at a press conference.

During the operation, a car coming from Odisha was intercepted and searched in the presence of a magistrate deputed for the purpose.

Police recovered 44 packets of ganja, weighing around 1 kg each, concealed in a specially modified compartment created inside the vehicle by cutting its body, Khandelwal said.

The seized contraband was estimated to be worth around Rs 22 lakh, he added.The two accused, identified as Bhavgrahi Sahu (40) and Dhruv Charan Behera (50), both residents of the Naktideul police station area in Odisha's Sambalpur district, were arrested after a case was registered under relevant sections of the NDPS Act. Police also seized the vehicle, Rs 20,760 in cash and two mobile phones from their possession, the SP said.

Senior citizen cannot be compelled to share house with children: Delhi HC

Press Trust Of India

NEW DELHI, NOV 23 :A senior citizen cannot be compelled to share his own house with his children against his wishes, the Delhi High Court has held while directing the son and daughter-in-law of an 85-year-old man to vacate the shared residence within four weeks over allegations of harassment and misbehaviour.



The senior citizen had initially filed a plea before the district magistrate (DM) concerned under the Maintenance and Welfare of Parents and Senior Citizens Act, 2007, seeking eviction of his eldest son and daughter-in-law from his self-acquired house and also sought maintenance.

The complaint was closed by the DM on the grounds that the allegations of ill-treatment and harassment had not been proved and that the petitioner was misusing the provisions of the Act to resolve a business dispute between his sons.

"A senior citizen cannot be compelled to share his own house with his children against his wishes, more so when the relationship between the parties has deteriorated to such an extent that the petitioner has been constrained to litigate against Respondent Nos. 1 and 2 since the year 2022 and to seek police assistance under the orders of this Court.

"At the age of 85 years, the petitioner is entitled to live in his own house peacefully and with dignity," said Justice Amit Mahajan in an order passed on the octogenarian's petition on November 20.

Justice Mahajan said that the existence of a business dispute between the sons of the petitioner could not be a ground to doubt the genuineness of the petitioner's allegations or deny him protection under the senior citizens law.

The judge said instances of harassment of senior citizens by their children often take place within the four walls of the house and may be difficult to establish by way of independent evidence.

The court held that the law did not require the petitioner to establish the alleged harassment by way of clear and cogent evidence before an order of eviction could be passed.

Two members of Rahul Dubey gang injured in police encounter

Press Trust Of India

HAZARIBAG (JHARKHAND), NOV 23 :Two alleged members of the Rahul Dubey gang were injured in a gunfight with police in Jharkhand's Hazaribag district on Monday, while two of their accomplices managed to escape, a senior officer said.

The encounter took place at Datokhurd within Katkamsandi police station limits.

The injured have been identified as Deep Narayan Bhagat, a resident of the Padma police station area in Hazaribag, and Rahul Kumar alias Rocky of Nagwan in Chatra district, the officer said.

The injured have been identified as Deep Narayan Bhagat, a resident of the Padma police station area in Hazaribag, and Rahul Kumar alias Rocky of Nagwan in Chatra district, the officer said.

Both were admitted to a hospital for treatment under police custody. No police personnel were injured in the exchange of fire. SP Aman Kumar said police had received specific intelligence during the interrogation of suspects arrested in recent extortion and firing cases that gang members were planning another major shooting and would enter the area through Datokhurd.

Acting on the information, police intensified patrolling and set up checkpoints across the locality, he said.

The SP said four men riding two motorcycles approached a checkpoint and allegedly opened fire at the police team when they were signalled to stop.

Police returned fire in self-defence, injuring two of the suspects, while the other two fled on a motorcycle, he said.

A search operation is underway to trace the absconding accused.

Preliminary questioning of the injured men while they were being taken to hospital indicated their involvement in recent criminal activities, police said.

Over the past few months, the Rahul Dubey gang has allegedly targeted coal traders, transporters and hoteliers across Hazaribag, Ramgarh, Ranchi and Chatra to unleash terror to extort money.

Students stage protest with body of boy over 'school harassment' in Keralam

Press trust of India

KOLLAM (KERALAM), NOV 23 :Students of a government school in this district on Monday staged a protest with the body of a 17-year-old boy, demanding action against teachers and the school principal over alleged harassment, prompting police intervention, officials said.

Niranjan, a Plus-Two student of the Government Higher Secondary School, Sooranad, was found hanging at his residence at Anayadi in Sooranad early on Sunday, police said.

According to police, his classmates and relatives alleged that teachers and the school principal had humiliated him in front of other students recently for allegedly talking to a female student during a school trip.

They also alleged that his parents were subsequently called to the school office, where he was scolded further, police said.Students and relatives assembled

with Niranjan's body in front of the school on Monday morning, demanding action against the teachers and the principal allegedly involved in the incident.

Kerala HC sets aside suspension of 16 Sanskrit university students

Press Trust Of India

KOCHI, NOV 23 :The Kerala High Court on Monday set aside the suspension of 16 students of Sree Sankaracharya University of Sanskrit in Kalady,

over their alleged assault on Vice-Chancellor Ciza Thomas during an SFI-led protest against the lack of facilities on the campus.

Justice P V Kunhikrishnan allowed the petitions filed by the students challenging the disciplinary action taken by the university.

The court set aside four orders issued by the university and its syndicate relating to the suspension of the 16 students, the

appointment of a disciplinary committee to conduct an inquiry, the committee's report and the subsequent review of the university's decision.



The court also directed the university to conduct a separate examination for the students.

It observed that the university could initiate a fresh inquiry if it wanted to, but the students should not be suspended again pending the inquiry.

The court further directed that if the students were found guilty in a fresh inquiry, the 84 days they had already spent under suspension should be taken into account.

It also said that the possibility of a further inquiry should not be cited as a reason for denying the students a separate examination.

The 16 students were suspended following an SFI-led protest during a syndicate meeting on August 13 over the alleged lack of adequate facilities on the campus.

They were accused of staging a "mock cremation" of Vice-Chancellor Ciza Thomas, manhandling her and attempting to damage university property.

Following the suspension, some of the students were prevented from appearing for examinations.

Though a single bench of the High Court had initially permitted them to appear for the examinations, the university approached a division bench, which stayed the order.

The students subsequently moved the Supreme Court, which directed the High Court single bench to reconsider their petition.

Mumbai police introduce rapid drug-testing van; 12 caught at live concert on Day 1 of operation

Press Trust Of India

MUMBAI, NOV 23 : The Mumbai police have introduced an Anti-Narcotics Investigation and Forensic Van equipped with advanced technology and the vehicle detected 12 individuals for drug consumption at a live music event on the first day of its operation.



The specialised van, deployed for on-the-spot detection and investigation of narcotics-related offences, was inaugurated by Maharashtra Chief Minister Devendra Fadnavis on Saturday, and became operational the following day.

On Sunday, the van, introduced by the police's Anti-Narcotics Cell (ANC), was deployed at a live concert held at Mahalaxmi Racecourse, where authorities screened attendees using advanced equipment.

During the operation, 12 individuals were found to have consumed narcotic substances, following which legal action was initiated against them under relevant anti-narcotics laws, police said in a press release.

The van is equipped to conduct preliminary testing of suspected narcotic substances, collect samples, undertake crime scene photography and videography, and systematically manage seized evidence at a single location, said the release.

The mobile forensic facility is expected to significantly enhance the police's ability to conduct immediate screening and evidence collection at crowded places, public events and locations vulnerable to drug consumption and trafficking, it said.

Officials believe that the technology-enabled initiative will strengthen preventive policing, improve the efficiency of narcotics investigations and help curb the trafficking and distribution of prohibited substances.

Through this initiative, the ANC aims to intensify its efforts towards preventing substance abuse and achieving the goal of a drug-free Mumbai, according to the release.

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CONTINUE FROM FRONT PAGE.....

PM Modi

that when youth come under the influence of drugs, dreams of their families get shattered.

"Our Sangat, our Gurdwaras, our social institutions -- all together can give direction to the youth and encourage them to choose the right path. I am confident that with the grace of Guru Sahib and the collective efforts of society, we will be able to give our new generation a secure and bright future."

Referring to the ongoing conflicts in different parts of the world, he said many innocent people are suffering due to violence and unrest.

"In such times, may there be peace in every corner of the world, may every family be safe, and may every individual get the opportunity to live with dignity. For this, the spirit of 'Sarbat da Bhala' (welfare of all) becomes even more vital," he said.

The prime minister said today, when major national resolutions stand before people and the goal of a 'Viksit Bharat' (Developed India) lies ahead, this journey can only be completed through the inspiration of the Sikh Gurus and the strength of their ideals.

"Therefore, it is the responsibility of all of us to keep Sikh traditions and the heritage of the religion at the forefront as a beacon of light," he said.

Modi said over the past 12 years, ever since his government came to power, it has been striving to fulfil this very responsibility with complete faith.

He said India suffered through hundreds of years of colonialism and in the era in history, which was the most difficult for India, the Sikh Gurus kept the flames of protection of the country alive.

The prime minister said this year's Prakash Purab has arrived with another sacred memory as the year marks the 350th year of the martyrdom of Sri Guru Teg Bahadur.

"For protecting the identity of this country, for devotion, faith and values, Guru Sahab gave his life. It has been 350 years since then. But the soil of India is still filled with the inspiration of that martyrdom," he said.

With his head covered, Modi also bowed before the Guru Granth Sahib and listened to the Shabad Kirtan recital at Delhi Lok Niwas, the official residence of Delhi Lieutenant Governor Taranjit Singh Sandhu.

Apart from Sandhu, Delhi Chief Minister Rekha Gupta, her ministerial colleagues, Union ministers and several other prominent persons attended the event.

The prime minister said the Sikh tradition has always symbolised sacrifice for the nation. Its culture and the sacrifices of many prominent people remind everyone of this legacy.

"Sardar Teja Singh Samundri Ji also played an important role in the Gurdwara reform movement and dedicated his life to service," he said.

Samundri is the late grandfather of Delhi LG Sandhu.

Modi said it is everyone's responsibility to preserve Sikh heritage and pass on the legacy of sacrifices of the 'Sahibzadas' and the courage of Mata Gujri to the younger generation.

"Our efforts to honour the Gurus extend beyond India."

The prime minister said during his recent tour to the Philippines, he visited the historic Khalsa Diwan Gurdwara, whose redevelopment is being supported by the government of India.

Modi said Sri Guru Nanak Dev used to say, 'Kirat Karo Vand Chhako Naam Japo' (work honestly, share with others and meditate on God's name), and this has been a natural part of his life.

"Every word of Gurbani, every tune of Kirtan, is not just music. It is 'saadhna'; it is like taking a dip into the sea of knowledge. That is why, when I get an invitation to the event, whenever I get an opportunity, I always attend Sangat and Kirtan," he said.

"In this sacred occasion, I bow before Guru Nanak ji with devotion. I also extend my greetings to everyone on the occasion of Parkash Purab," he said.

The birth anniversary of Guru Nanak Dev will be celebrated on Tuesday.

LG/CM

continue to guide humanity.

He called upon people to follow the path shown by Guru Nanak Dev Ji and dedicate themselves to the service and upliftment of humanity.

Chief Minister Omar Abdullah also extended his greetings to the Sikh community, saying the teachings of Guru Nanak Dev Ji, based on compassion, equality, unity and selfless service, continue to inspire humanity and promote harmony among communities.

He emphasised the need to uphold mutual respect, brotherhood and inclusivity to build a peaceful and harmonious society.

The Chief Minister expressed hope that the occasion would inspire people to work towards peace, prosperity and communal harmony in Jammu and Kashmir.

Speaker Abdul Rahim Rather also greeted the people on the occasion, highlighting Guru Nanak Dev Ji's universal message of peace, brotherhood, equality, compassion and selfless service.

He said the teachings of Guru Nanak Dev Ji hold universal relevance and inspire people to promote communal harmony, mutual respect and peaceful coexistence.

Rather observed that the teachings encourage people to choose humility over pride and service over self. He expressed hope that the sacred occasion would further strengthen the bonds of unity and brotherhood and prove a harbinger of peace and prosperity in Jammu and Kashmir.

IGP

Inspector General of Police, Kashmir Range, Sujit Kumar, General Officers Commanding of the Army's Victor Force and Kilo Force, and senior officers of the police, Army and CRPF. It was held at the Police Control Room in Srinagar.

"A comprehensive Security Review Meeting was held at Police Control Room (PCR), Kashmir, Srinagar, on 23 November 2026, with representatives of all concerned security and intelligence agencies," Kashmir Zone Police said in a post on X.

The meeting reviewed the security grid across the Valley, including the plains as well as mountainous and higher-altitude areas, police said.

"Special emphasis was laid on strengthening inter-agency coordination, operational preparedness, area domination, intelligence sharing and maintaining a robust, proactive and coordinated security grid across the Valley," the police added.

The meeting was held days after the killing of Mohammad Lateef Bhat in a gunfight in South Kashmir's Kulgam, which left the Valley with no active local listed terrorist for the first time since the onset of militancy in 1989. Bhat, a Lashkar-e-Taiba (LeT) terrorist commander, was killed on November 18 in a gunbattle.

India

demographic potential. However, the report also points to continuing gaps in economic capability and defence networks, highlighting the difference between India's growing influence and its still considerably smaller overall resource base compared with the two Asian superpowers.

The 2026 edition assesses 27 countries and territories across 131 indicators, measuring economic and military capabilities, resilience, future resources, economic relationships, defence networks, diplomatic influence and cultural influence.

One of the notable findings of the latest index is the improvement in the assessment of Modi's regional leadership. The prime minister climbed three places from fifth in 2025 to second in 2026, behind Chinese President Xi Jinping.

The Lowy Institute's expert survey rated Modi more highly for his effectiveness in advancing India's diplomatic interests in Asia. The assessment comes despite a relatively subdued Indian diplomatic profile during the Gulf conflict, which the report said weighed on perceptions of his global leadership and strategic ambition.

India's diplomatic influence remained one of its strongest areas, with a score of 70.3, although it slipped marginally by 0.5 points. The report also highlighted stronger regional defence engagement, including BrahMos missile sales to Southeast Asian countries, as factors contributing to India's growing influence.

India's defence networks ranking improved by two places to ninth, while its position in economic relationships also advanced by two places to seventh. Cultural influence recorded the biggest score increase, rising 2.3 points.

India's performance across several individual indicators highlights the breadth of its growing economic and strategic presence.

On investment attractiveness, India ranked second, ahead of China, attracting cumulative inward foreign capital investment of USD 552 billion over 2015-24, compared with China's USD 533 billion. Only the United States, with USD 1.13 trillion, ranked higher. On investment attractiveness, India ranked second, ahead of China, attracting cumulative inward foreign capital investment of USD 552 billion over 2015-24, compared with China's USD 533 billion. Only the United States, with USD 1.13 trillion, ranked higher.

In global investment inflows, India also placed second behind the US, with USD 255 billion over 2022-24, compared with China's USD 95.7 billion. These measures reflect different investment periods and methodologies, but together highlight India's growing importance as a destination for international capital.

India also ranked first in Lowy's armed forces indicator, scoring 100, ahead of China at 85.3 and the US at 64.8. The measure assesses the size of active military and paramilitary forces, their training and readiness, and organisational effectiveness. This is a specific indicator and should not be confused with the overall military capability ranking, in which India stood fourth.

The country's diplomatic engagement also gained ground. India moved up two places to joint second in membership of diplomatic forums, reflecting its participation in major summits, diplomatic groupings and regional intergovernmental organisations tracked by the institute.

India's most pronounced advantage in the index remains its future demographic resources, particularly the projected size of its working-age population.

The country scored 100 in the demographic resources indicator, ahead of China at 39.6 and the US at 33.2. Lowy's assessment considers the size and projected growth of the working-age population, alongside the potential contribution of the labour force to economic growth beyond 2030.

India's working-age population is projected to reach approximately 1.13 billion by 2050, compared with 749 million for China and 232 million for the US, according to the institute's underlying projections.

The demographic advantage provides India with a potentially significant source of long-term economic strength, particularly as several major economies face ageing populations and slower workforce growth. However, converting this advantage into economic power will depend on employment generation, education, skills development, labour-force participation and productivity improvements.

Despite the improvement in its overall standing, India's economic performance presents a more mixed picture. Its economic capability score declined by 0.7 points to 26.4, although it retained third place in the category, behind the US and China.

The Lowy Institute attributed the relative weakness partly to a weakening rupee, changes in the International Monetary Fund's methodology for measuring economies and a nearly USD 20 billion decline in India's outbound investment.

Temperature

to the valley in south Kashmir, recorded a low of minus 1.6 degrees Celsius.

The famous ski-resort of Gulmarg, in north Kashmir's Baramulla district, recorded a low of minus 2.0 degrees Celsius, while the minimum at the tourist resort of Pahalgam, in south Kashmir's Anantnag, settled at minus 3.8 degrees Celsius, also the season's lowest, the officials said.

Kupwara in north Kashmir recorded a low of minus 1.4 degrees Celsius, while the night temperature at Kokernag settled at a low of 1.5 degrees Celsius, the officials said.

The meteorological department has forecast mainly dry weather in the valley till the month-end, and said there is a possibility of a further drop in the night temperatures.

School

social integration by providing them with an environment conducive to their overall development", the post stated.

Rijiju

things because, obviously, the opposition cannot praise the government.

"But if the opposition doesn't praise us, it doesn't mean they are right. They have their right to speak, but the country has changed. India has moved far ahead," he said.

According to the report, India consolidated its major power status this year, growing more influential in Asia. Greater regional defence engagement and BrahMos missile sales to Southeast Asia strengthened its defence networks, while stable trade and investment ties made it one of the few countries whose economic relationships did not weaken, it said.

"Its diplomatic influence held up as experts rated Prime Minister Narendra Modi the second-most effective regional leader after Xi Jinping, though India's low profile during the Gulf conflict weighed on views of his global leadership," the Asia Power Index 2026 said.

To a question about the BJP's preparations for the upcoming Ladakh Council elections, Rijiju said the BJP is always ready and prepared.

"Whether there are elections or not, the BJP is always prepared. We stay in work mode 24 hours a day. BJP workers never rest. I cannot speak about the strategy. Those assigned to that duty will speak on it but I can say this much: the BJP is always ready, elections or no elections, because if you want to work for the country, you have to stay prepared," he said.

Earlier, the Union minister inaugurated several developments projects undertaken by the Jammu and Kashmir Waqf Board here, including the construction of Bibi Halima Nursing college, and a prayer hall for women, a guest house and a museum at Hazratbal Shrine.

He said J-K Waqf Board was the most active and well-managed among the waqf boards in the country and has done splendid work.

"Not only design, quality and finishing with which it has been built, but the atmosphere there is also so beautiful that anyone who offers dua or namaz there, will find their prayers answered and peace in their heart.

"It has been built so beautifully. So, as I said, this is a matter of great pride not just for Jammu & Kashmir, but for all of India, that such good work has been done here," he said.

Rijiju thanked Lieutenant Governor Manoj Sinha's administration and the J-K government for extending the support to JK Waqf Board Chairperson Darakhshan Andrabi, and described her as a very courageous personality.

"Making Jammu and Kashmir fully developed - that is Prime Minister Narendra Modi ji's dream and goal. The work we are doing and what our Chairperson Andrabi ji is doing, is all aimed at fulfilling PM Modi ji's dream of building a Viksit Bharat and a Viksit Jammu and Kashmir," he added.

Army

The injured soldier was evacuated from the inaccessible area by Army Aviation pilots and airlifted to Command Hospital, Udhampur, where emergency treatment was initiated immediately.

Lieutenant Colonel Dr Dairya Khera, Graded Specialist (Orthopaedics) at Northern Command Hospital, said, "The orthopaedic surgery team stabilised the fractures, while the plastic surgery team undertook the complex procedure to reattach the severed hand".

Major Dr Sunil NP said that the medical, orthopaedic and surgical teams performed an extensive operation to fix the fractured bones and restore blood circulation by reconnecting the blood vessels under a microscope.

He said the soldier was showing encouraging signs of recovery following the surgery, describing the achievement as a testament to the dedication and professional expertise of the Army Medical Corps.

Expressing happiness over the successful surgery, Veerpal Singh said, "My hand had been severed. I was told it would take three weeks for the hand to be reattached. I am extremely happy that my hand has been reattached, and I hope to recover very soon."

The timely evacuation by Army Aviation pilots and the specialised medical intervention at Command Hospital played a crucial role in saving the soldier's life and preserving his limb, officials said

The Indian Army reiterated its commitment to the welfare of its personnel, saying it stands firmly behind its troops and remains dedicated to their care and well-being.

Forest

attempt to control and contain the flames, the officials said.

They said the fire had caused damage to trees and other forest vegetation in the area.

The cause of the fire was not immediately known, the officials said.

SC

Assembly, majority to form the Government must be tested only on the floor of a duly constituted House after Members are sworn under Article 188, and not through extra-parliamentary letters of support or demonstrations."

The plea said that legislators facing, or anticipating, disqualification proceedings frequently resort to strategic resignations before the Speaker or Chairman can decide the cases on merit.

The plea said such resignations can be used to facilitate political realignments, alter the numerical strength of legislative assemblies and potentially enable elected representatives to evade the consequences contemplated under the anti-defection law.

"Declare and direct that a resignation tendered by a Member of Parliament or a Member of a State Legislative Assembly, at a stage when disqualification proceedings under the Tenth Schedule to the Constitution are pending or reasonably imminent against such member, shall not ipso facto terminate or render infructuous such disqualification proceedings, and that the Speaker/Chairman shall record a reasoned order, based on objective material, on both the voluntariness and genuineness of the resignation and on the disqualification petition," the plea said.

The plea sought direction to Speakers and Chairpersons to examine the voluntariness and genuineness of resignations on the basis of objective material and pass reasoned orders, while ensuring that pending disqualification proceedings are independently adjudicated.

Yatra

stabilise vulnerable stretches, ease congestion and ensure safer passage.

"Based on experience of previous Yatra and requirement highlighted for wider road for Shri Amarnath yatra, BRO has started widening of tracks focusing on stabilising vulnerable stretches and widening the tracks as prescribed to ease congestion and allow safer passage," read a statement.

It further read that the works are confined to the existing tracks.

BRO's primary objective is to safeguard pilgrims throughout the Yatra and by making these tracks safer and more accessible for pilgrims, Yatra personnel and everyone else who uses it, the works serve the larger public interest, it stated.

The video, which went viral on social media, shows heavy machinery operating in close proximity to the pristine glacial water body along the traditional Amarnath Yatra pilgrimage route in the south Kashmir Himalayas.

Sheshnag Lake is among the 14 high-risk glacial lakes identified across Jammu and Kashmir that are closely monitored for environmental vulnerabilities.

Former chief minister and PDP president, Mehbooba Mufti, said the issue was very painful, and criticised the government for watching as mere spectators.

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Former chief minister and PDP president, Mehbooba Mufti, said the issue was very painful, and criticised the government for watching as mere spectators.

"The government itself is having Chinar trees cut down. At the university, they are cutting down our old walnut trees. They just watch as spectators and don't say a word. Our Kashmir will become another Uttarakhand. What can we say? When they built roads and expressways for the Char Dham Yatra, look at how many storms and calamities strike there today. It is very bad," she said. "The issue is very painful."

However, she added that if her party says anything more on the issue, it will be accused of being against the Amarnath Yatra.

"If we talk about it, they will say we are against the Amarnath Yatra. What can I say? They try to polarise everything," she told reporters here.

National Conference (NC) Lok Sabha MP Mian Altaf said it is essential to safeguard Kashmir's lakes.

"I have not seen that, so I cannot say anything to you about it. I will just say that Kashmir's lakes must be saved. They must be saved at any cost. Its rivers must be saved, its forests must be saved. That is essential for all of us, essential for Kashmir, for Kashmir's tourism, for Kashmir's environment, and for our health," Altaf said.

Former Lok Sabha MP from Srinagar, Ruhullah Mehdi, said Kashmir's mountains are not the BJP's real estate.

"A party that wins votes in the name of faith is now taking JCBs to a holy lake. First, the BJP pushed motor roads up to the Amarnath cave. Now heavy machinery is digging at Sheshnag, a high-risk glacial lake.

"Nepal just showed us what happens when the Himalaya is treated like a construction site. Stop this now. Kashmir's mountains are not BJP's real estate," Mehdi said in a post on his official handle on X.

PUBLIC NOTICE

This is to inform the general public and the concerned authorities that the Power Development Department (PDD) electricity connection/agreement bearing Consumer ID No. 0213040011465, presently registered in the name of my father, Gh Ahmad Khanday, Resident of Zangam, Pattan, is intended to be transferred in my name. I, Bashir Ahmad Khanday, S/o Gh Ahmad Khanday, R/o Zangam, Pattan, Baramulla, hereby request the concerned Power Development Department (PDD), Sub-Division Pattan, to transfer the said electricity agreement/connection in my name. Any person having objection, if any, regarding the proposed transfer may submit the same to the concerned department within the stipulated period as per rules.

Bashir Ahmad Khanday S/o: Gh Ahmad Khanday
R/o: Zangam, Pattan, Baramulla
8279

Kashmir Age
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We probably got away with one: Latham reflects on New Zealand's escape against India

United News Of India

NEW DELHI, NOV 23 :New Zealand captain Tom Latham admitted his side had been fortunate to escape with a draw against India in the first Test at the Basin Reserve, after Daryl Mitchell and Glenn Phillips resisted for 43 overs to keep the visitors from completing a victory on the final day.

With New Zealand still trailing by a considerable margin at the start of the final day's play, the task was less about scoring runs and more about surviving the remaining overs.

Latham acknowledged that his team had rarely been in such a situation in recent years, with Test matches increasingly ending within four days.

New Zealand resumed at 119 for 2, well behind India's first-innings total of 720 for 9 declared. The hosts lost Devon Conway, Rachin Ravindra and Tom Blundell during the day, but Mitchell and Phillips stood firm to take the game out of India's reach. Shubman Gill eventually called off the contest with an hour remaining, with New Zealand at 239 for 5. Mitchell finished unbeaten on 49 off 186 balls, while Phillips made 26 not out from 126 deliveries.

"It's slightly different when you're not necessarily worried about runs. It's more about time," Latham said. "But the way those guys were able to apply themselves and stick to their plans for a long period of time and ultimately get the draw... I guess that's one that we've probably got away with. They looked really clear, looked really calm, and it was a situation that we haven't necessarily been faced with for a period of time, to play in a slightly different way and adapt to what was required."

Latham singled out Mitchell for his composure under pressure, saying the batter had repeatedly delivered for New Zealand in challenging circumstances across formats.

"He loves playing for this group, whatever format it may be, and I know he loves playing Test cricket. I think it's his favourite format, and he certainly showed that today," he said.

"He's played some really important innings for us all around the world in different situations, whether it be attacking or defending. He's a guy for a bit of a crisis, and again he put his hand up today."



The New Zealand captain also felt the pitch did not offer the usual assistance associated with the Basin Reserve. India's fast bowlers had bowled close to 50 overs each, but the surface became increasingly unresponsive, with only 24 wickets falling across the five days.

Latham agreed that the conditions were different from what New Zealand had come to expect at the venue.

"It's probably not your traditional Basin surface that we've been presented with over the last few years," he said. "A traditional Basin wicket is where it keeps its pace and bounce, and we probably didn't see that from day two onwards. It's a little bit [of a] cliché, but it's about trying to adapt to conditions as best we can."

He also shared Gill's concerns about the ball losing its hardness too quickly, which reduced the bowlers' ability to sustain pressure after the initial overs with the new ball.

"I think he's spot on in terms of the ball," Latham said. "Apart from day one, where the wicket probably had a little bit more in it, the ball tended to get soft. You get through those first ten overs with a new ball and things look slightly different, whereas the usual characteristic of grounds in New Zealand is that the ball stays a bit harder and probably swings for a little bit longer."

On Gill's suggestion that teams should be allowed to use saliva to shine the ball again, Latham said the decision was beyond his control and expressed doubt that the existing regulations would change.

The result saw New Zealand slip from second to third in the World Test Championship standings, with a series against second-placed Australia still to come. The drawn contest also means the ongoing series against India will be decided in the second Test at Hagley Oval, starting Friday.

Latham stressed that avoiding defeat was important in the context of the World Test Championship, where even a drawn match can have a bearing on a team's position.

"The introduction of the World Test Championship has put a lot of context into Test cricket," he said. "It was nice to come away with the draw here, and the importance of not just falling over and ending the game... draws become important as well." Latham had a difficult match with the bat, registering a pair, but insisted that he was not overly concerned about his individual form. The opener said his focus remained on contributing to the team and drawing on his experience to work through a lean patch. "It's about trying to do my role as best I can, whatever that may look like," he said. "I certainly understand from an opener's point of view, it can be hard at times, and I try to stay reasonably calm in those moments.

Barcelona fights back to beat Villarreal as Atletico keeps pace in La Liga

United News Of India

MADRID, NOV 23 :Barcelona fought back from two goals down to beat Villarreal 3-2 at home, preserving its three-point lead at the top of La Liga.

Villarreal stunned the hosts with two goals inside the opening seven minutes on Sunday. Tajon Buchanan opened the scoring with a powerful strike before



Tani Oluwaseyi raced onto a throughball and fired into the roof of the net to double the visitors' advantage.

Barcelona had a chance to reduce the deficit in the 23rd minute, but Lamine Yamal failed to convert a penalty, leaving the hosts with a mountain to climb.

The comeback finally began in the 57th minute when Gerard Martin headed home Pedri's cross, and Fermin Lopez drew Barcelona level just four minutes later.

Villarreal's collapse was complete in the 67th minute when defender Pau Navarro turned Eric Garcia's cross into his own net while attempting to make a clearance.

Navarro's miserable afternoon ended with a second yellow card in stoppage time, reducing Villarreal to 10 men. Atletico Madrid remained third after cruising to a 3-0 victory away to Getafe.

Alex Baena opened the scoring in the 10th minute before Johnny Cardoso doubled Atletico's lead on the half-hour mark, with Julian Alvarez providing the assists for both goals.

Atletico controlled proceedings thereafter, and Alejandro Grimaldo completed the scoring from the penalty spot in stoppage time after Getafe defender Djene Dakonam was sent off for fouling Alexander Sorloth.

Elsewhere on Sunday, Racing Santander survived a Real Sociedad comeback to claim a 3-2 home victory. Yassir Zabiri struck twice inside the opening eight minutes to put Racing firmly in control, but Mikel Oyarzabal

reduced the deficit in first-half stoppage time. Goncalo Guedes equalized for Sociedad on the hour mark, only for Sergio Canales to convert

India's WTC final hopes suffer setback after Wellington draw

United News Of India

NEW DELHI, NOV 23 :India's hopes of reaching the World Test Championship final have suffered a massive hit following their drawn first Test against New Zealand in Wellington, with the result leaving them at 50 per cent in the standings and making their path to a top-two finish increasingly complicated.

New Zealand's resistance on the final day at the Basin Reserve on Monday not only denied India a chance to improve their position but also saw the hosts slip from second to third in the table. Australia, led by Pat Cummins, moved up to second with their win percentage unchanged at 69.23, while New Zealand dropped to 66.67.

India, meanwhile, have fallen to a 50 per cent win percentage after the draw, leaving them with plenty of work to do in their remaining six Tests. They



will have an opportunity to improve their position when they take on New Zealand in the second Test in Christchurch from Friday, before hosting Australia in a five-match series early next year.

However, even a clean sweep of their remaining six matches would not guarantee India a place in the final. Winning all six Tests would take their percentage to 66.67, but they would still need either New Zealand or South Africa to finish outside the top two.

One possible route for India would be to beat New Zealand in the second Test in Christchurch before going on to win the Border-Gavaskar Trophy 5-0 against Australia. If New Zealand then lose all four Tests in their series against Australia, India would be assured of finishing ahead of both teams.

A 4-0 or 4-1 series victory over Australia, however, would leave India dependent on other results, while anything less could end their hopes of reaching the final.

If India win the Christchurch Test and Australia subsequently sweep New Zealand 4-0, a 5-0 or 4-0 victory for India in the home series against Australia would guarantee them a top-two finish. A 4-1 series win would not be enough in that scenario, as Australia would finish with a 63.64 win percentage, ahead of India's 61.11.

Meanwhile, table-toppers South Africa returned to action on Monday in the second Test against Bangladesh. The Proteas will look to extend their lead and strengthen their bid for a second consecutive appearance in the World Test Championship final.

IIS athletes clinch 13 medals at naugural India International Open Taekwondo Championships

United News Of India

PUNE, NOV 23 : Athletes from the Inspire Institute of Sport (IIS) delivered an impressive collective performance at the inaugural



India International Open Taekwondo Championships 2026,a World Taekwondo G1 ranking event that made its debut this year at the Shree Shiv Chhatrapati Sports Complex (Balewadi) here in Maharashtra.

Staged as the first edition of a championship that carries international ranking points, the two-day event gave Indian taekwondo athletes a chance to compete against international opposition on home soil.

Rising to the occasion, the IIS contingent demonstrated its strength across multiple weight categories, securing 13 medals comprising five gold, five silver and three bronze. The haul underlined the strength of IIS' taekwondo programme and marked a memorable start to the championship's history.

The laurels went to Asian Games athlete Jyoti Yadav along with Abdul Wahid, Shashank Singh, Akshay Hooda and Peehu Kumari, who

bagged gold medals. Saumya Sinha, Harman Singh Gill, Sania Khan, Rishita Rai and Deepanshu added five silver medals, while Zoya Khan, Raksha Chahar and Harsh Singh secured bronze medals.

On Day 1, Jyoti Yadav led the medal charge with gold in the 73 kg category. Having competed at the 2026 Asian Games in Aichi-Nagoya earlier this year, she brought that big-stage experience

Njinmah double powers Bremen to northern derby victory

United News Of India

BERLIN, NOV 23 : Justin Njinmah scored twice in four minutes as Werder Bremen thrashed Hamburger SV 4-0 in the 111th Bundesliga northern derby to remain within touching



distance of the top five.

Bremen coach Daniel Thioune, who signed a new contract on Saturday, made two changes following his side's defeat at Stuttgart, bringing in Chuki and Njinmah, with the latter making his first start since late August.

Hamburg made the brighter start on Sunday, with Patson Daka firing wide from 17 meters before Niclas Fullkrug headed straight at goalkeeper Daniel Heuer Fernandes at the other end.

The visitors suffered an early setback when Miro Muheim was forced off injured in the 19th minute, with Kofi Amoako replacing him.

Bremen gradually took control and almost broke the deadlock when Njinmah capitalized on a defensive error to race clear, only to be denied by Heuer Fernandes.

Fullkrug then squandered another chance shortly before halftime, firing over the crossbar after

being picked out by Arthur. Hamburg emerged with renewed attacking intent after the break but

fell behind in the 55th minute when Bremen captain Marco Friedl met Chuki's corner with a header.

Heuer Fernandes saved his initial effort, but Friedl reacted quickest to volley home the rebound. Amos Pieper made a crucial intervention to deny Albert Gronbaek an equalizer in the 65th minute, and Bremen doubled its advantage just a minute later.

Fullkrug picked out Njinmah, who curled a precise finish inside the far post to put the hosts firmly in control.

Njinmah struck again in the 70th minute, collecting a pass from Ludovit Reis before unleashing

a long-range effort that took a deflection on its way into the top corner.

Big changes on WTC27 standings following Wellington draw

United News Of India

WELLINGTON, NOV 23 :Australia have been the major beneficiary on the ICC World Test Championship standings following the tight draw in the first Test between New Zealand and India here.

New Zealand quelled India's bowlers to hold on for a draw on the fifth and final day of the first Test at Basin Reserve on Monday, with the Black Caps dropping from second to third on the World Test Championship standings as a result.

Pat Cummins' Australia side jumped in front of New Zealand and into second place as they maintained their win-loss percentage of 69.23 percent, with the Black Caps falling to 66.67 percent after the draw and into third place.

India too lost valuable ground as they fell to a 50.00 percent win-loss percentage after the draw in the first ICC World Test Championship contest as they look to hang on to their hopes of a top two finish and a spot in next year's World Test Championship Final at The Oval in June.

Late Riquelme strike lifts Fluminense past Mirassol

United News Of India

RIO DE JANEIRO, NOV 23 :Riquelme Felipe scored in the 91st minute as Fluminense extended its strong late-season form with a 1-0 home win over Mirassol in Brazil's Serie A.

The hosts broke the deadlock at Maracana Stadium when Rodrigo Castillo's header rebounded off the post and Riquelme was quickest to react, firing a first-time effort into the roof of the net on Sunday.

While defending resolutely for most of the match, Mirassol struggled to find space in attack and failed to have a single shot on target.

"This was a team effort. Our players gave everything they could and didn't stop running," Fluminense manager Marcao told a post-match news conference.

"This is how we're finding an equilibrium, what is making people take notice and respect what we're doing."

Fluminense has now won four consecutive league matches, rising to fourth in the 20-team standings with 63 points from 36 outings, according to Xinhua.

Liverpool routs Manchester United as Pochettino endures disastrous debut

United News Of India

LONDON, NOV 23 :Mauricio Pochettino had a nightmare debut as Manchester United coach as his side was beaten 4-0 away to Liverpool in the Premier League match here.

The Argentine only arrived in Manchester on Wednesday and had little time to work with his new side, but he could never have expected to see the game all but over by the 13th minute on Sunday afternoon.



United was down to 10 men after eight minutes after Leny Yoro was sent off for fouling Alexander Isak as the Liverpool forward ran through on goal, and the punishment was doubled when Dominik Szoboszlai scored from the resulting free kick.

Florian Wirtz made it 2-0 in the 13th minute with a volley from Rio Ngumoha's cross, and Ngumoha added his side's third after 66 minutes following Bradley Barcola's surging run and cross.

United had goalkeeper Senne Lammens to thank for keeping the score down, but he could do nothing to deny Victor Munoz Liverpool's fourth of the game.

Elsewhere on Sunday, Hull City striker Ollie McBurnie scored two goals in injury time to give the Tigers a 2-0 win at home to Brighton. Brighton would have closed to within three points of Arsenal with a win, but was denied by a series of saves from Hull's Greece international goalkeeper, Konstantinos Tzolakis.

McBurnie bundled home the opener in the 92nd minute, shortly after Joao Costinha was sent off to leave Brighton with 10 men, and sealed his side's third league win of the season in the 95th minute to maintain its unbeaten home record, according to Xinhua. In Saturday's action, league leader Arsenal missed the chance to extend its advantage at the top after being held to a 2-2 draw away to Newcastle United on Saturday.

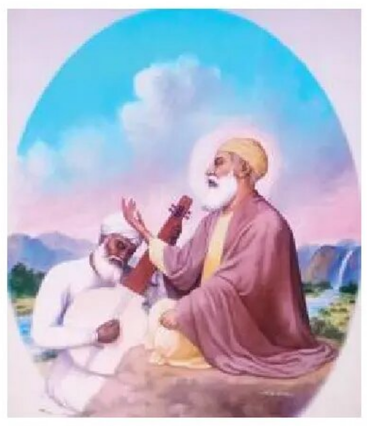
Taranpreet Singh extends Parkash Purab greetings

Calls for following Guru Nanak Dev Ji's teachings

Srinagar: Taranpreet Singh has extended warm greetings to people across the globe on the auspicious occasion of the Parkash Purab of Shri Guru Nanak Dev Ji, urging people to follow the timeless teachings of the Sikh spiritual master and work towards peace, harmony and universal brotherhood.

In his message, Singh described Guru Nanak Dev Ji as Jagat Guru and a beacon of universal truth, whose teachings transcended religious, social and geographical boundaries and continue to guide humanity.

He said Guru Nanak Dev Ji propagated the eternal message of Ik Onkar, emphasising the oneness of God and equality of all human beings at a time when society was



divided by caste, discrimination and rigid social hierarchies.

Highlighting the three fundamental principles of Guru Nanak Dev Ji's philosophy — Naam Japna, Kirat Karni and Vand Chakna — Singh said remembrance of the Almighty, earning a livelihood through honest means and sharing with the needy remain essential values for building a just and compassionate society.

He also highlighted the significance of Sangat, Pangat and Seva, saying these institutions challenged social inequalities and promoted dignity, selfless service and mutual respect among people, irrespective of their caste, creed or status.

Singh observed that Guru Nanak Dev Ji's message had become even more relevant in the contemporary world, which is witnessing growing divisions, intolerance, environmental challenges and moral uncertainty.

Referring to Guru Nanak Dev Ji's profound respect for nature, he said the spiritual master's teachings on the importance of air, water and earth offered valuable guidance in addressing the environmental challenges facing humanity.

He called upon people to rise above narrow interests, embrace compassion and tolerance, and work collectively for a peaceful and inclusive society.

Singh prayed that the Parkash Purab would bring peace, prosperity, good health and spiritual enlightenment to people across the world, adding that the universal message of 'Sarbat Da Bhala' — welfare of all — should remain the guiding principle of human life.

Government Polytechnic College Kulgam organises 'Yoga for a Balanced Life' programme

KASHMIR PRESS SERVICE



KULGAM, NOVEMBER 23: Government Polytechnic College Kulgam today organised a programme titled "Yoga for a Balanced Life" under the Youth Empowerment and Engagement Programme (YEP), aimed at promoting physical fitness, mental well-being and a healthy lifestyle among students.

The programme focused on sensitising students about the importance of yoga in maintaining a balance between physical health, emotional stability and mental peace.

On the occasion, Er. Altaf Gohar, Principal, Government Polytechnic College Kulgam, addressed the gathering and highlighted the significance of yoga in promoting a healthy and disciplined lifestyle. He emphasised that regular practice of yoga plays a vital role in improving physical fitness, reducing stress and maintaining mental harmony.

During the programme, students were sensitised about the benefits of yoga, meditation and breathing exercises in managing stress, improving concentration and enhancing overall well-being. Various yoga practices and exercises were also demonstrated to encourage students to incorporate yoga into their daily routines.

The programme highlighted that yoga is not merely a form of physical exercise but a holistic approach towards achieving a healthy, disciplined and balanced life.

Students participated enthusiastically in the activities and were encouraged to make yoga an integral part of their everyday lives.

JKFA Revival Body seeks 3-day extension for filing election objections



KASHMIR PRESS SERVICE

Srinagar: Raising serious concerns over the transparency and fairness of the Jammu & Kashmir Football Association (JKFA) Executive Body Elections 2026, Chairman of the JKFA Revival Body, Iftikhar Ahmad Lone, has formally approached the Returning Officer, seeking a minimum three-day extension for submission of grievances and objections.

In a detailed representation submitted on Monday, Lone questioned the decision to allow stakeholders only a few hours to submit objections, with the deadline fixed at 4:00 PM on November 23. He maintained that the short notice was insufficient for District Football Associations, Associate Members, affiliated clubs and other stakeholders spread across Jammu and Kashmir to examine the electoral roll, scrutinise nomination papers and collect supporting documents.

The representation has also raised questions over the acceptance and rejection of nomination papers, alleging that certain candidates were reportedly denied nominations without being provided clear and detailed reasons.

Referring to the nominations of Arun Jasrotia and Surinder Singh Bunty, the JKFA Revival Body Chairman called for an objective examination of their respective eligibility under the applicable constitutional provisions and election rules.

Another major concern highlighted in the representation relates to the determination of the electoral college and voting rights. Lone has sought clarification over the alleged implementation of a 'one club, one vote' arrangement, questioning whether it is consistent with the JKFA Constitution, particularly the prescribed 1:5 voting ratio and relevant judicial directions.

The representation has also questioned the continued inclusion of allegedly inactive and non-functional clubs in the electoral roll. It has demanded physical and documentary verification of the membership status, existence, affiliation and actual football activities of all Associate Members and clubs before they are allowed to exercise voting rights.

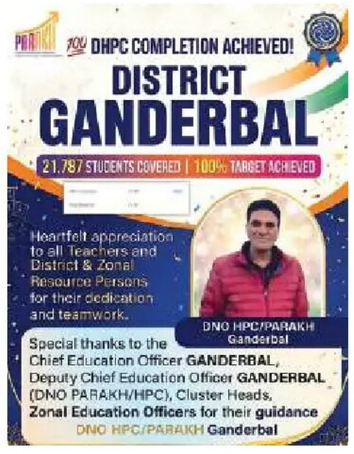
Seeking immediate corrective measures, the JKFA Revival Body has urged the Returning Officer to provide access to nomination papers, scrutiny records and relevant electoral documents, communicate specific reasons for acceptance or rejection of nominations and ensure that all genuine objections are decided before the election process advances.

It has further requested that no candidate be declared elected or allowed to benefit from an uncontested position until objections concerning eligibility and membership have been properly examined. Copies of the representation have also been forwarded to Chief Minister Omar Abdullah, the Minister for Youth Services and Sports, Secretary J&K Sports Council, President and Deputy Secretary General of the All India Football Federation (AIFF), besides concerned District Football Association presidents and other stakeholders.

Lone clarified that the demand for an extension was not intended to delay the elections but to ensure a credible, democratic and constitutionally compliant process. He said the JKFA has already remained without a properly elected governing body for a prolonged period and that another disputed election could further damage the interests of footballers, clubs and the wider football fraternity.

"A fair election is not merely about declaring winners; it is about ensuring that the entire process is transparent, impartial and acceptable to the football fraternity," the representation stated, urging the Returning Officer to grant at least three additional days for filing objections in the larger interest of football in Jammu and Kashmir.

Ganderbal District achieves 100% completion of digital holistic progress cards



KASHMIR PRESS SERVICE

GANDERBAL, NOVEMBER 23: District Ganderbal has achieved 100 per cent completion of Digital Holistic Progress Cards (DHPCs), covering a total of 21,787 students across the district.

The achievement marks a significant milestone in the implementation of the Digital Holistic Progress Card initiative, aimed at promoting comprehensive assessment of students and strengthening the quality of education through digital platforms.

The successful completion of the initiative reflects the coordinated efforts, dedication and commitment of teachers, along with the valuable contributions of District-Level and Zonal-Level Resource Persons, who played an important role in ensuring coverage of all students.

The District Nodal Officer (DNO) for HPC/PARAKH, Rumsya Sangeen, appreciated the efforts of the entire DHPC team and acknowledged the constant guidance, encouragement and leadership of the Chief Education Officer, Ganderbal, throughout the implementation process.

DC Kulgam reviews solid waste management measures

KASHMIR AGE NEWS



KULGAM, NOVEMBER 23: Deputy Commissioner Kulgam, Shahzad Alam(IAS), chaired a meeting at the Mini-Secretariat, Kulgam, to review the status and implementation of Solid Waste Management measures in urban and rural areas of the district.

During the meeting, the Deputy Commissioner reviewed household and commercial establishment coverage, door-to-door waste collection, manpower deployment, operational zones, vehicle availability and billing arrangements.

The meeting was informed that out of 70,177 households in the district, 37,451 have been covered under door-to-door waste collection. Similarly, 3,431 out of 4,942 commercial establishments have been brought under the collection network. It was further informed that 42 operational zones have been established, with 18 vehicles currently deployed for waste collection.

The Deputy Commissioner directed the concerned officers to prepare and maintain year-wise consumer registers for households and commercial establishments, ensuring proper documentation of bills issued and payments received.

Dr. Muhammad Wasiq from Nadihal Bandipora Qualifies FMGE in First Attempt

KA NEWS SERVICE



Bandipora, November 23: Dr. Muhammad Wasiq Wani, a resident of Nadihal village in Bandipora district, has successfully qualified the Foreign Medical Graduate Examination (FMGE) in his very first attempt, bringing pride to his family, village and the district.

The FMGE is a national-level screening examination conducted by the National Board of Examinations in Medical Sciences (NBEMS) for Indian citizens and eligible candidates holding medical degrees from foreign universities. Qualifying the examination is an essential requirement for foreign medical graduates seeking registration to practise medicine in India, subject to fulfilment of other prescribed requirements.

The achievement is particularly noteworthy as Dr. Wasiq qualified the examination during his internship year while balancing academic responsibilities and professional training alongside his preparation.

Fire Incident in Military Station Lawoosa Mawer, Timely Action by F&ES Prevents Major Mishap

Mawer, Kupwara, 23 November 2026: Panic gripped the area after a fire broke out in the Military Station Lawoosa Mawer today evening.

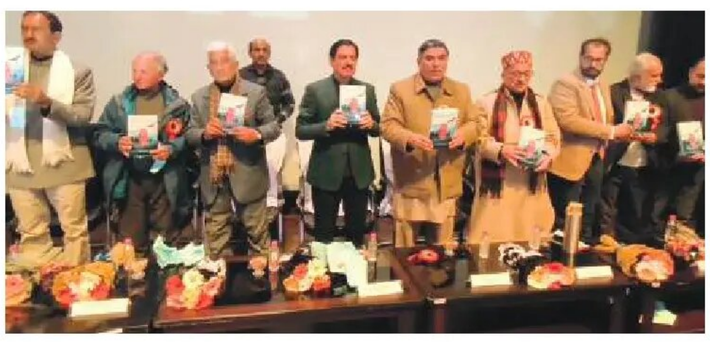
According to sources, the fire erupted suddenly inside the station premises, triggering alarm among the personnel present on duty. Thick smoke was seen rising from the spot, which created fear among the nearby villages as well.

On receiving information, Fire & Emergency Services Station Qalamabad immediately rushed to the spot along with fire tenders and jawans. Nearby F&ES stations were also pressed into service to control the situation.

Due to the swift and timely intervention of the F&ES personnel, the fire was brought under control in time before it could spread to other buildings and cause major destruction.

Officials confirmed that no major damage or injuries were reported in this accident. The cause of the fire is yet to be ascertained, however, further investigation is underway.

Mir Saifullah releases 3 books by Dr A H Shah



KASHMIR PRESS SERVICE

Srinagar: Cabinet Minister Mir Saifullah on Monday released three books authored by Dr A.H. Shah at a literary function held at Teachers Bhavan, Bemina.

The programme was organised by Al-ALANWAR Academy, Kashmir, in collaboration with Shahbaz Cultural Forum, to commemorate the literary contributions of Kashmiri poet Ali Muhammad Shahbaz of Mawar, Kupwara, and promote his poetry through translation.

The two books, Raho Rasme Shahbazi and Lore of the Falcon, contain English translations of Shahbaz's Kashmiri poetry, along with scholarly annotations and academic notes. Shahbaz was killed by militants in 1996.

The third book released on the occasion was Cricket in the Conifers, also authored by Dr A.H. Shah.

Addressing the gathering, Cabinet Minister Mir Saifullah appreciated the efforts of the organisers in documenting and promoting Shahbaz's literary legacy. He said the poet deserved greater recognition in Kashmir's literary and cultural discourse and emphasised the need to preserve the works of distinguished literary figures.

The function was presided over by Justice Bashir Kirmani. Former Member of Parliament Sharif-ud-Din Shariq, Padma Shri Professor Shafi Shouq and former Secretary of the J&K Academy of Art, Culture and Languages Zafar Iqbal Manhas were also present.

SKUAST-K concludes 15-day certificate course on integrated nutrient management

KASHMIR PRESS SERVICE



SRINAGAR, NOVEMBER 23: The Directorate of Extension/SAMETI, Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-Kashmir), successfully concluded a 15-day Certificate Course on Integrated Nutrient Management (CCINM), organised in collaboration with the National Institute of Agricultural Extension Management (MANAGE), Hyderabad. The programme was conducted from November 9 to 23, 2026, under the overall guidance of Hon'ble Vice-Chancellor, SKUAST-Kashmir, Prof. Nazir Ahmad Ganai, and witnessed participation from agricultural input dealers and prospective fertilizer dealers representing various districts of Kashmir Valley.

Speaking on the occasion, Prof. Raihana Habib Kanth, Director Extension/SAMETI, SKUAST-Kashmir, highlighted the important role of agricultural input dealers in guiding farmers towards the judicious and scientific use of fertilizers and other agricultural inputs. She emphasized that the course was designed to provide participants with a comprehensive blend of classroom instruction, practical demonstrations and field-based learning. She urged the trainees to act as responsible para-extension professionals by disseminating authentic scientific information, discouraging indiscriminate fertilizer application and promoting integrated nutrient management practices involving chemical fertilizers, organic manures and biofertilizers to maintain soil health and ensure sustainable agricultural production.

The Director Extension reiterated the Directorate's commitment to strengthening the agricultural extension delivery mechanism through need-based training programmes and capacity-building initiatives, in collaboration with national-level institutions such as MANAGE, Hyderabad.