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Each one of us holds the extraordinary power to save lives even after we are gone: LG Sinha

Lieutenant Governor Attends 'Naman Diwas' an event dedicated to honor organ donors and their families

JAMMU, APRIL 26: Lieutenant Governor, Manoj Sinha today attended 'Naman Diwas' an event dedicated to honor organ donors and their families. The Lieutenant Governor paid his gratitude to organ donors and their families and said they have brought happiness in the countless



lives. "Because of you, someone is able to read today. Because of you, someone is seeing the colors of the world for the very first time. Because of you, someone is experiencing

hope, freedom, and joy anew. I must emphasize with great responsibility that no award from the government or any institution can ever truly capture the value of your gift," the

Lieutenant Governor said. Addressing the gathering of cornea donors' families and kidney donors, the Lieutenant Governor emphasised that no award can ever truly capture the

value of organ donation and Cornea as well Kidney donors are the true role models and heroes of our society.

"In life, we often ask what is humanity's greatest gift? Across centuries, philosophers, poets, and thinkers have arrived at the same truth that the measure of life is not in what we accumulate, but in what we give. Those we honor today have given the most precious gift of all, the gift of organs, the gift that sustains 'life itself,'" the Lieutenant Governor said. He also observed that in

(Contd on Pg 2)

At Bengaluru, CM Omar pushes for private university investment to boost J&K education sector

Invites reputed institutions to invest under new Private University Act, assures transparent and investor-friendly ecosystem



BENGALURU, APRIL 26: Chief Minister Omar Abdullah today interacted with a delegation of education sector representatives in Bengaluru, highlighting the opportunities created

by the recently notified J&K Private University Act. Advisor to the Chief Minister Nasir Aslam Wani, MLA Zaidul Tanvir Sadiq, senior officers and several education representa-

tatives were present during the interaction. During the meeting, the Chief Minister invited institutions to invest in the higher education sector and

(Contd on Pg 2)

Srinagar Khel Sankalp Document Outlines National Vision To Strengthen Sports Culture



SRINAGAR, APR 26: Sports Minister Mansukh Mandaviya on Sunday released 'Srinagar Khel Sankalp' document at the end of the three-day Chintan Shivir, outlining a

collective national vision to strengthen sports culture through "cooperative federalism", with a focus on athlete-centric development and expansion of infrastructure. The docu-

ment recognised sport as a driver of economic growth and nation-building — boosting tourism, attracting international events, spurring local industry and reinforcing India's ambition to host major global sporting events. It said sports federations, states and the Centre must work in harmony to make India a sporting nation and ensure sport does not remain a footnote in the country's growth story. Mandaviya chaired the Chintan Shivir of the Ministers of Youth Affairs and Sports of states.

(Contd on Pg 2)

Participation Of Every Citizen In Census 2027 Vital: PM Modi

NEW DELHI, APR 26: Prime Minister Narendra Modi on Sunday said the ongoing Census exercise is not just a government task but a responsibility of all citizens and participation of everyone is vital. In his monthly radio address 'Mann Ki Baat', Modi also said that all information provided by the people during the Census will remain secure and confidential, and appealed to all citizens to participate in the process and make the Census 2027 a success. "Friends, the national Census is not

just a government task; it is a responsibility for all of us. Your participation is vital. The information you provide remains completely secure and confidential, protected by robust digital security," he said. The prime minister said Census is a very important campaign currently underway in the country and every Indian must be aware of it. He also noted that the Indian Census exercise is the largest such exercise in the world. "Census 2027 has been made digital. All

(Contd on Pg 2)

L-G Vinai Kumar Saxena visits Pashmina Goat Farm at Upshi

LEH, APRIL 26: With an aim to strengthening and promoting Ladakhi Pashmina and positioning it as a global brand, the Lieutenant Governor of the Union Territory of Ladakh, Shri Vinai Kumar Saxena, visited the Pashmina Goat Farm at Upshi. The visit underlined the Administration's commitment to establishing Ladakh as a premier hub for world-class Pashmina wool. Noting that Ladakh had immense potential to emerge as a global Pashmina hub, the



Lieutenant Governor value-added items. He also emphasised the need to ensure better value realisation for local farmers and artisans. He stressed the importance of minimising wastage of raw wool and utilising by-products for

processing, branding, new design interventions and market linkages for the Ladakhi Pashmina products that

(Contd on Pg 2)

BRIEF NEWS

Kishtwar ARTO disqualifies 3 driving licenses under NDPS Act

KISHTWAR, APRIL 26: In a firm action against drug-related offences, Assistant Regional Transport Officer (ARTO) Kishtwar Tasleem Wani has disqualifed driving licenses of three NDPS Act accused, reinforcing the administration's commitment to curb the drug menace in the district. Acting under the directions of Deputy Commissioner Pankaj Kumar Sharma and based on recommendations received from SHO P/S Kishtwar Firdous Ahmed and SHO Warwan PSI Shafiq Ahmed, the ARTO initiated the disqualification proceedings. The action follows FIR No. (Contd on Pg 2)

Jammu: Heatwave Alert For 5 Districts

JAMMU, APR 26: The Meteorological department on Sunday issued a heatwave alert for five districts of the Jammu region. The weather is expected to remain pleasant in the rest of the union territory over the next five days. "Hot and dry weather is likely to continue in Jammu, Kathua, Samba, Reasi and Udhampur districts during the next two days with heat wave conditions at a few places on 26-27 April," an Indian Meteorological Department (IMD) official said. The official noted that people should avoid heat exposure during peak hours and advised them to stay hydrated. In Kashmir, the weather is expected to remain pleasant (Contd on Pg 2)

HM Amit Shah To Visit Leh Next Week Pay Obseance To Lord Buddha's Relics

LEH, APR 26: Union Home Minister Amit Shah will arrive in Leh on April 30 for a two-day visit, Ladakh Lieutenant Governor V K Saxena said on Sunday. Saxena said the home minister will pay his respect to the sacred relics of Lord Buddha on the occasion of Buddha Purnima on May 1. "It gives me great pleasure in sharing that Union Home Minister Amit Shah will be arriving in Leh on April 30 for a two-day visit. "On May 1, he will pay his respects to the Holy Relics of Lord Buddha on the occasion of Buddha

Par Panel 'Taken Aback' As NMC Issues Regulations Without Law Ministry Clearance

NEW DELHI, APR 26: A parliamentary committee has said it was "taken aback" to find that crucial regulations issued by the National Medical Commission were not vetted by the Union law ministry, an essential prerequisite to prevent future infirmities. In its report on "Infirmities in the regulations framed under the National Medical Commission Act", the Lok Sabha Committee on Subordinate Legislation said getting draft rules and regulations vetted by the law ministry from the legal, constitutional and drafting point of view is essential. "The Committee, during an examination of the regulations published by the National Medical Commission (Contd on Pg 2)

Jitendra Singh Reviews Plans To Build Space Labs In Universities, Colleges



NEW DELHI, APR 26: Union Minister Jitendra Singh on Sunday reviewed plans to set up space laboratories in universities and colleges across India, according to a statement released here. The initiative involves establishing seven such labs, which would provide hands-on exposure to students in satellite systems, rocketry and mission design. "The aim is to build a strong

pipeline of skilled youth for India's expanding space sector, which has attracted over USD 600 million in private investment over the past five years following the opening up of the sector to non-government entities," an official said. Singh also reviewed the progress made in India's space reforms and the growing participation of private players across the value chain. The country's private space ecosystem has expanded rapidly, with the number of startups increasing from a single digit in 2019 to more than 400 by early 2026. "These startups are now active across launch vehicles, satellite and payload manufacturing, ground infrastructure, data services and emerging in-orbit segments," the official said. The government has (Contd on Pg 2)

People-Centric Administration must be the core of Governance: Kavinder Gupta

Calls upon Young Civil Servants to be catalysts of people-centric Governance

SHIMLA, APR 26: The Hon'ble Governor of Himachal Pradesh, Kavinder Gupta, today interacted with a group of 15 probationers of the Himachal Pradesh Administrative Services (HAS), Batch of 2025, presently undergoing professional training at the Dr. Manmohan Singh Institute of Public Administration (HIPA), Fairlawns, Shimla at Lok Bhavan, exhorting them to uphold the highest standards of integrity, dedication, and public service while discharging their responsibilities. At the outset, the trainee officers, led by Ms. Rupali Thakur, Director of Dr. Manmohan Singh Institute of Public Administration, introduced



themselves and shared their academic and professional backgrounds. They also apprised the Governor of their ongoing training programmes, highlighting their field exposure, institutional learning, and practical insights gained during their interaction with grassroots administration. Addressing the officers, the Governor emphasized

Highlighting the need for effective implementation of government initiatives, the Governor called upon the officers to adopt a "saturation approach" to ensure that the benefits of welfare schemes reach every eligible beneficiary. He encouraged them to act as catalysts of change and not as impediments in governance, stressing that proactive and responsive administration is key to improving the quality of life of citizens. The Governor further underlined the importance of innovation, technology-driven governance, and continuous capacity building to effectively tackle emerging challenges. (Contd on Pg 2)

Four DSPs Transferred In Jammu Region

JAMMU, APR 26: Jammu and Kashmir Police has ordered the transfer and posting of 4 Deputy Superintendents of Police (DSPs) in the Jammu region with immediate effect in the interest of administration. According to an order issued by Police Headquarters Jammu, Tahir Amin Sheikh, DSP DAR Jammu has been transferred and posted as SDPO Domana, while Dhera Singh Katoch, SDPO Border Kathua, has been transferred and posted as DSP DAR Jammu. Similarly, Muddasar Hussain, SDPO Domana, has been transferred and posted as DSP 4 JKAP and will join after expiry of his earned leave, while Karan Kumar, who was serving (Contd on Pg 2)

FROM PAGE ONE

Each one...

our culture, organ donation is regarded as one of the noblest and most sacred acts. "I appeal to every citizen to take the pledge for organ donation today. Let society remember that each one of us is a potential donor. Each one of us holds the extraordinary power to save lives even after we are gone," the Lieutenant Governor said. The Lieutenant Governor commended the work of State Organ and Tissue Transplant Organization of J&K (SOTTO J&K) and said the team has worked with deep commitment to raise awareness across communities. He said SOTTO J&K through its campaigns, hospital partnerships, collaborations with NGOs, and training of medical professionals to sensitively identify and manage brain-dead donor cases, has become a movement of compassion and humanity. He urged the SOTTO J&K team to increase registrations and pledges through dialogue and outreach. The Lieutenant Governor had pledged for Organ Donation last year by registering himself on Ayushman Bharat Organ Donation Registry of the Ministry of Health & Family Welfare, Government of India. The Lieutenant Governor also asked the SOTTO J&K's representatives to spread the message of organ donation through every social network, every community meeting, every school and college, every place of worship, and every workplace. "To those who hesitate due to cultural or religious concerns, I wish to remind you that our traditions affirm the sanctity of life and the virtue of selfless giving. Speak to any spiritual guide, family members and community elders and you will find that this gift of life is not only respected across faiths but celebrated as a blessing. Throughout history, organ donation has been recognized as one of the most profound expressions of compassion across the civilizations. A person whose earthly journey has ended can still give new life. Through coma donation, that same person can restore sight, dignity, and the simple joy of seeing a child's smile or a sunrise," the Lieutenant Governor said.

At Bengaluru...

partner in positioning Jammu & Kashmir as a vibrant academic hub. The Jammu and Kashmir Private Universities Bill, 2026 was passed by the J&K Legislative Assembly during the recent Budget Session. Cutting across party lines, the legislation was widely hailed as a landmark step in the history of higher education in Jammu and Kashmir. The Bill has since received assent from Lieutenant Governor, becoming an Act. Highlighting the significance of the new framework, the Chief Minister said it opens up substantial opportunities for reputed institutions to establish campuses in Jammu & Kashmir, fostering a modern, inclusive and globally competitive higher education ecosystem.

Emphasising the Government's commitment to facilitating quality investments in the education sector, he invited leading institutions to partner in shaping the region's academic future. He reiterated that the administration is focused on providing a transparent, enabling and investor-friendly environment aimed at attracting students, scholars and research collaborations from across the country and beyond.

Srinagar...

and Union Territories of the country. Over 15 state sports ministers, along with eminent sports personalities such as Adile Sumariwalla, Abhinav Bindra, Pulella Gopichand and Gagan Narang attended the Chintan Shivir and shared their ideas with the stakeholders. The document outlined a collective national vision to strengthen the sports culture through cooperative federalism, with a focus on athlete-centric development, expansion of sports infrastructure, talent identification, development of regional sports clusters, and leveraging sports for unity, youth empowerment, health, tourism, and economic growth. It also reaffirms India's aspiration to host major global sporting events.

"To realise this (sporting) ambition, we affirm that Sporting Federations and Associations, States, and the Union shall move as one, converging on shared targets, speaking in one voice, and advancing together with an athlete-centric approach," the document read. "We dream together of hosting the world's biggest tourna-

ments — Olympics and World Cups — to uplift communities and showcase India's unity on the global stage. We, the States and the Union, pledge from this valley and beyond: sports will not be a footnote but a rising chapter in India's renaissance.

"With one voice — Sankalp se Siddhi (resolution brings success) — we commit ourselves to this journey, confident that together we will build an India where every athlete can soar, and every child is fit and healthy," the document said.

It said India's diversity is its greatest strength and resolved to scour the length and breadth of the country to identify talent and build sporting communities rooted in the nation's varied geography.

"We recognise that India's diversity is not a challenge to be managed but a reservoir to be drawn from, and we shall map and develop infrastructure, identify talent, and build sports clusters rooted in the unique geography, culture, and heritage of every State. 'Yogah karnasu kausalam' (excellence in action) guides our steps.

"We see sport as a potent tool of socio-economic development. We recognise that sports can drive economic growth by boosting tourism, attracting international events, and spurring local industry," it said. "Every Indian child deserves the joy and strength that sport can give. In the spirit of federalism, we embrace the vision of a Viksit Bharat where sport plays a pivotal role in nation-building. Sport binds communities together, fosters camaraderie, and strengthens social bonds."

Participation...

information is being recorded directly through digital means," he said.

Modi said the personnel visiting people's homes are equipped with a mobile app and they will speak to everyone and enter the information right there. "Friends, your participation in this Census has also been made easier. You can now record your information yourself. A self-enumeration facility will be available to you 15 days before the official visit. You can fill in the details at your own convenience," he said.

Once completed, the applicant will receive a unique ID via mobile or email, he said.

"Later, when the official arrives at your home, you can simply show this ID to confirm your details," he said.

Modi said this eliminates the need to provide information twice, saving time and making the process seamless.

He said in states where self-enumeration has been completed, the work of house-listing by Census officials has already begun.

So far, the house-listing for approximately 12 million (1.2 crore) families has been completed, he said.

Modi said for those who have been through this process before, their experience this time is going to be different.

L-G Vinai...

would not only strengthen the local artisans and enterprises but also secure higher income for farmers and self-help groups engaged in Pashmina-related activities. During the visit, the Lieutenant Governor was informed that Ladakh is home to some of the finest Pashmina wool in the world, renowned for its exceptional softness and superior quality. He was apprised that there are three Pashmina farms across Ladakh, with the Upsi farm alone producing around 150 kg of raw Pashmina annually. The wool extracted through a traditional combing technique and subsequently processed at the dehairing plant in Leh, where approximately 35 percent fine dehaired Pashmina is obtained from one kilogram of raw wool. The average fibre diameter ranges between 13 to 15 microns, while Pashmina from baby goats measures as fine as 12 microns, making it among the most luxurious natural fibres in the world. The farm, with over 50,000 willow and poplar trees and around 2,000 quintals of alfalfa fodder, also serves as a major green zone in Ladakh. Shri Saxena emphasised the Farm's potential to be developed as a unique tourism destination. He asked for introducing guided tours to educate visitors about authentic Ladakhi Pashmina and dispel misinformation in the market. He also called for the creation of visitor-friendly amenities, including canteen, to offer a complete experiential visit. He further directed that the farm be integrated into Ladakh's tourism circuit and that existing infrastruc-

ture be upgraded. The Lieutenant Governor assured full support from the UT Administration to promote Ladakhi Pashmina as a globally recognised brand.

The Lieutenant Governor also visited the Changluk Breeding Farm and the Intensive Fodder Development Farm at Stakna, reviewing ongoing efforts to strengthen livestock and fodder resources in the region.

HM Amit...

displayed at Jive Tsal, Choglamsar, from May 1 to May 14.

Jitendra...

launched a host of initiatives to support this momentum. For instance, Rs 500 crore Technology Adoption Fund is enabling the transition of early-stage innovations into commercially viable products, the official said.

"Efforts to build a skilled workforce are also underway, with 17 specialised training programmes completed and nearly 900 participants certified in areas such as satellite manufacturing, launch vehicle systems and space cybersecurity," the official added.

DIG Calls...

with all supervisory officers at the District Police Lines in Kathua, a police spokesperson said on Sunday. He asked the officers to maintain strict vigilance and heightened alertness to effectively foil any evil designs of anti-national elements. Officers were also instructed to ensure robust checking, increased patrolling and seamless coordination with other security agencies to ensure a strong security grid along the border, the spokesman said. Senior Superintendent of Police, Kathua, Mohita Sharma, gave a detailed presentation outlining the functioning of District Police Kathua, along with a comprehensive overview of the district's crime and security scenario.

A detailed crime review was also conducted during which the DIG SK Range, examined cases registered across Kathua, their investigation status and disposal, and stressed expediting pending investigations while ensuring timely disposal in accordance with the new criminal laws to deliver speedy justice, the spokesman said.

He also reviewed the status of inquest proceedings, absconders, historysheeters and gangsters, and directed officers to maintain 360-degree surveillance over criminal elements.

He said there was a need to take measures to curb criminal activities, particularly those of organised crime syndicates, to ensure offenders face the full force of law and the public feels safe and secure, the spokesman said.

The DIG also reviewed the ongoing 'Nasha Mukh Abhiyan' and directed strict legal action against drug smugglers and peddlers to curb the menace.

Par Panel...

(NMC) Under the aegis of the Ministry of Health and Family Welfare, found to its surprise that a number of the integral procedures in the framing of any subordinate legislation, that of getting it 'vetted' by the Ministry of Law and Justice from the constitutional, legal and drafting point of view was 'missed', it said.

The report was tabled in the recently concluded Budget session of Parliament. The committee report is based on the examination of the National Medical Commission (Recognition of Medical Qualifications) Regulations, 2023; Teachers Eligibility Qualifications in Medical Institutions Regulations, 2022; and the Medical Institutions (Qualifications of Faculty) Regulations, 2025, drafted by the NMC.

The parliamentary panel said it "was taken back to find such occurrences" where the law ministry was not kept in the loop.

Getting Bills, Acts, rules, regulations duly 'vetted' by the law ministry is a "non-negotiable step" which ought not to be "missed" as had been "candidly accepted" by the representatives of the Ministry of Health and Family Welfare also during the deposition before the committee, the report noted. Rules, regulations and orders issued under a particular law are called subordinate legislation. They are also called delegated legislation, as Parliament allows the executive to frame rules for the efficient functioning and implementation of laws passed by it. "The nature of such delegated legislation, which is pub-

lished in the Gazette of India, needs to be taken seriously. These delegated legislations, once in the public domain, form the fulcrum for subsequent executive actions by the nodal agency and, as such, merit utmost caution and due diligence to weed out any iota of mistake which could have serious legal ramifications on account of loopholes/vulnerability in the document," the panel cautioned.

Keeping such instances in view, the committee recommended that the health ministry "to be alert" and ensure that such errors do not creep up in future. It also said that all the drafted subordinate legislations should be duly vetted by the law ministry before they are published in the Gazette of India.

People-Centric...

Drawing attention to critical issues such as rising drug abuse, climate change, and the need to promote organic farming, he asked the officers to take proactive measures, create awareness, and develop sustainable solutions at the grassroots level. Emphasizing the immense potential of Himachal Pradesh, the Governor called upon the young officers to promote opportunities in sectors like agriculture, tourism, and sustainable development, and to work towards unlocking the state's full potential. He reiterated that people have high expectations from civil servants and that they must work with a spirit of teamwork, guided by the principle that "Together We Can Achieve More." Underscoring the vision of a developed and self-reliant India, the Governor said that the young officers have a crucial role in shaping the future of the state and ensuring inclusive and sustainable development. He urged them to remain committed with ground realities and always prioritize public interest in decision-making. The Governor expressed confidence that the trainee officers would serve with sincerity and dedication, contributing significantly to strengthening administrative efficiency and public trust in governance. The Governor extended his best wishes to the young officers for a successful and impactful career in public service. Earlier, Ms. Rupali Thakur briefed the Governor about the structure, objectives and content of the ongoing training programmes. She expressed gratitude to the Governor for his inspiring guidance and support to the young officers. Secretary to the Governor Shri Sandeep Bhandwaj and Course Director Shri Sandeep Sharma were also present on the occasion.

Four DSPs...

as DySP CID Jammu (JIC), has been posted as SDPO Border Kathua.

Kishtwar...

91/2026 and FIR No. 92/2026 registered at Police Station Kishtwar under Sections 8/21/22 of the NDPS Act. Accordingly, the driving licenses of Shakir Hussain S/o Ghulam Hussain, R/o Poonie Kishtwar (DL No JK17 20190002016) and Arjun Kumar S/o Kewal Krishan, R/o Sangrabada Kishtwar (DL No JK17 20220001638) were disqualified.

In a separate case, based on recommendations from SHO Police Station Warwan pertaining to FIR No. 01/2026 under Sections 8/21/22 of the NDPS Act, the driving license of Mohammad Younas Mir S/o Wali Mohammad Mir, R/o Marwah (DL No. JK17 20210001299) has also been disqualified by the ARTO.

The action highlighted by the ARTO and District Police in tackling drug-related crimes. The District Administration has reiterated its zero-tolerance stance against narcotic trade.

Jammu...

and dry with the possibility of light rain at some places over the next 48 hours.

"One or two spells of light rain or thunder may occur at many places with gusty winds or hailstorm at a few places towards evening on April 27 and 28.

The weather will be generally dry on April 29 and 30," he added. The maximum temperature in Kashmir has been hovering around 17-22 degrees Celsius, while the minimum temperature recorded last night was around nine degrees Celsius.

Strong BJP attack : Attempt to push J&K back into chaos exposed - Rajeev Charak

RAMBAN, APRIL 25: In an important meeting of BJP District Ramban, strong resentment was expressed over the FIR lodged against BJP leader from Banihal Assembly constituency, Mr. Saleem Bhat, despite his democratic protest. The FIR, allegedly registered under pressure from the local MLA, was termed a clear misuse of power. The meeting also deliberated in detail on launching a widespread mass agitation against this repressive action.

This occasion, BJP State Vice President Mr. Rajeev Charak launched a sharp attack on the National Conference government, stating that it has openly resorted to throttling democracy. "A government that tries to crush the voice of the people through FIRs and police intimidation is clearly rattled by its own failures," he said. Mr. Charak warned that the National Conference is attempting to push Jammu & Kashmir back into the dark



and turbulent era of the 1990s. "This government stands for fear, suppression, and chaos-not development," he asserted. He alleged that schools and hospitals across the region are on the verge of collapse due to a severe shortage of teachers and doctors. "Anyone who exposes this ground reality is being targeted with false cases. This is not democracy; this is a sign of authoritarianism," he added. Mr. Charak further stated that any person who contests elections has a responsibility to raise public issues and highlight the hardships faced by the people. "It is the duty of de-

liberately transferring staff to cripple essential services like education and healthcare, thereby recreating the same chaotic conditions that once led to instability in the region. Citing the example of Khari area, he said, "Only 3 lecturers against 17 sanctioned posts-what kind of education policy is this? One principal handling 5-6 schools is not governance; it is a mockery of the entire system." He accused the government of playing with the future of the youth. Targeting the healthcare sector, he said, "People are left with nothing but disappointment-no doctors, no staff, no facilities. This reflects complete administrative failure and insensitivity." Mr. Charak made it clear, "The Bharatiya Janata Party will not tolerate this injustice and repression. If the voice of the people is suppressed, we will take to the streets and expose this government in every village and every town." On this occasion,

District General Secretary Mr. Gurdeep Singh also issued a stern warning, stating that if the National Conference leadership continues with such an approach, daily protests will be launched across Ramban district. "People are no longer going to remain silent-every injustice will be answered on the streets," he said. The meeting was attended by Mr. Saleem Bhat, Mr. Shahnavaz Hussain Khande, Mr. Bashir Ahmad Naik (Former DDC), Mandal President Danish Iqbal Chowdhary, Khari Mandal President Yaboor Sohal, Mr. Abdul Majeed Tantrey 'Tiger', Mr. Usama Bhat, Mr. Shamsuddin Mir, Master Jabar Ahmad, Mr. Kuldeep Raina, Mr. Ejaz Ahmad Bittu, Master Abdul Wahid, Mr. Tariq Ahmad, Mr. Shaheen Malik, Mr. Abdul Gani, Mr. Imtiyaz Ahmad Wani, Mr. Farooq Ahmad Wani, Mr. Nazir Sohal, Mr. Tariq Ahmad Wani.

Bovine Smuggling Attempt Foiled; 18 Bovines Rescued by Jammu (Rural) Police



JAMMU, APRIL 25: Continuing its sustained crackdown under Operation Kamdhenu, Jammu (Rural) Police foiled a bovine smuggling attempt in the Manwal area and rescued 18 bovine animals. Acting on reliable information, a police team of Police Post Manwal under the jurisdiction of Police Station Hajar Kotli laid a net at Nadhal. During checking, two carrier load carrier vehicles bearing registration Nos. JK02DB-5199 and PB08FK-5663 were intercepted. Upon inspection, a total of 18 bovines were found loaded in a highly congested manner, tied with ropes and being transported cruelly without obtaining



permission from the competent authority. All the bovines were rescued safely, both vehicles were seized, and both drivers were arrested on the spot. In this regard, FIR No. 49/2026 and FIR No. 50/2026 under Section 223 BNS and Section 11 of the Prevention of Cruelty to Animals Act have been registered at Police Station Hajar Kotli, further investigation is underway. The swift action of the police has been widely appreciated by the local public, who lauded the efforts of the police in preventing cruelty to animals and curbing illegal activities.



FICCI FLO Jammu Kashmir & Ladakh hosts Grand Magnolia Cup at Jammu Tawi Golf Course, blending sport with social impact

Jammu, April 26, 2026 : FICCI FLO Jammu, Kashmir & Ladakh Chapter, in collaboration with the Directorate of Industries & Commerce, Jammu Tourism, and the Jammu Tawi Golf Course, successfully organised The Magnolia Cup—a vibrant and inclusive golf tournament—on Sunday, 26 April 2026, at the picturesque Jammu Tawi Golf Course. The event brought together over 100 participants from diverse backgrounds, including entrepreneurs, professionals, members of the business community, sportspersons, armed forces personnel, and golf enthusiasts. The tournament offered a perfect blend of spirited competition, meaningful networking, and community engagement. The event was graced by Shri Satish Sharma, Cabinet Minister, as the Chief Guest, who



lauded the initiative as a progressive step towards positioning Jammu as a hub for sports and business tourism. The Guest of Honour, Shri Vikram Jeet Singh, Commissioner, Secretary, Industries & Commerce, also appreciated the efforts of FLO JKL in conceptualising and executing such a purposeful and impactful initiative. FLO JKL extended its heartfelt gratitude to Shri Arun Manhas, Director Industries & Commerce; Shri Ajaz

Qaisar, Joint Director Tourism; and Shri Manav Gupta, Secretary, Jammu Tawi Golf Course, for their gracious presence during the ceremonial Tee-Off of the tournament. The Magnolia Cup featured an engaging Scramble format for professionals and a Putting segment for amateurs, fostering teamwork, inclusivity, and a relaxed yet competitive spirit. Beyond the game, the event served as a dynamic platform for building connections,

exchanging ideas, and strengthening professional and social bonds. The Overall Winning Team comprised Mr. Shovkat Maqbool, Mr. Parikshit Bishnoi, Mr. Rajesh Prabhakar, and Mr. Col. Malakay, who delivered an outstanding performance on the course. In the Putting Competition, Ms. Wadhana Khan emerged as the Overall Winner. Winners were also recognised across various categories, including Straight Drive, Longest

Drive, Nearest to Pin, and Best Eye, adding to the excitement and competitive spirit of the tournament. At its core, the Magnolia Cup is driven by a larger vision—to support the establishment of a skilling centre aimed at empowering women in the region to become self-reliant and financially independent. The initiative aspires to leverage sports as a catalyst for social change and community development. Chairperson Varsha Bansal shared, "The Magnolia Cup was envisioned as more than just a sporting event—it is a platform to showcase Jammu as a promising sports-tourism destination while fostering business networking and community engagement. Most importantly, it reflects our commitment to creating a lasting and meaningful impact for women and society at large."

RHS organises Capacity Building Programme on Student Wellness

Jammu, Apr 26: Rich Harvest School (RHS) successfully organized a Capacity Building Programme on "Promoting Mental Health and Wellness among Students", reaffirming its commitment to nurturing not just academic excellence but also the emotional and psychological well-being of its learners.



The session was conducted by esteemed CBSE Resource Persons, Mr. Lokesh Kumar, Vice Principal, Mount Litera Zee School, and Ms. Munnum Kohli, who brought with them rich experience and deep insights into student mental health. The programme focused on equipping educators with practical strategies to identify, understand and address the emotional needs of students in today's dynamic and often stressful environment. The event commenced

with a warm welcome by Ms. Anita Bhatia, Head of the Institute, who emphasized the importance of creating a safe, inclusive and empathetic school environment where every child feels heard and supported. The programme was further enriched by an inspiring address by the Managing Director, Advocate Gambhir Dev Singh Charak, who highlighted the urgent need to integrate mental health

awareness into the core of educational practices. He encouraged educators to adopt a compassionate approach, ensuring that students grow into confident, resilient and emotionally balanced individuals. The sessions were interactive and engaging, covering key aspects such as stress management, emotional resilience, classroom well-being practices and the role of teachers as first responders in supporting student mental health.

Indian Army organised Lecture on Drug-Free Bharat



Rajouri, Apr 26: The Indian Army organised a lecture on "Drug-Free Bharat" at Government Girls Middle School, Hubli, on 26 April 2026. The event was conducted under the initiative "Nasha Mukti J&K Abhiyan" with the aim of creating awareness about the harmful effects of drug abuse and illicit trafficking, and to inspire youth to adopt a healthy, disciplined and

drug-free lifestyle for the progress of individuals, families and the nation. The session highlighted the dangers of substance abuse and its adverse impact on physical and mental health, academics, career and social relationships. The ill effects of illicit drug trafficking on society and nation-building were also discussed. Emphasis was laid on the collective responsibility of students,

families and the community in building a Drug-Free Bharat. The lecture underscored that drug abuse and illicit trafficking are complex challenges requiring a comprehensive and coordinated response from all sections of society. It also highlighted the far-reaching impact of substance abuse on the health and well-being of individuals, families and communities. A total of 34 students (including 20 boys and 14 girls) and 4 teachers attended the lecture. The students and staff expressed their sincere gratitude to the Indian Army for organising such meaningful awareness programmes addressing critical social issues affecting the youth, especially in remote areas.

DPS Jammu Celebrates World Book Day with Literary Fervour

Jammu, Apr 26:

On 23rd April, Delhi Public School Jammu marked World Book Day with remarkable enthusiasm and vibrant participation across its Primary, Middle, and Senior libraries. The celebration brought together students and teachers in a shared tribute to the transformative power of books and reading. Observed globally to foster a love for reading and to recognize the enduring importance of books, World Book Day serves as a reminder of how literature nurtures imagination, enriches knowledge, and strengthens critical thinking. The occasion at DPS Jammu beautifully reflected these ideals through a thoughtfully curated array of activities.

Students showcased their creativity by crafting their own books, and designing colourful bookmarks, turning imagination into tangible expressions. Engaging



speaking activities provided a platform for students to articulate their perspectives on reading habits and the significance of books in their lives. A journal awareness quiz added an element of intellectual stimulation, while the recitation of meaningful quotations resonated with the timeless value of literature.

The celebration was further enriched with interactive sessions, storytelling, and group discussions that created an immersive literary environment. Students were encouraged to explore diverse genres, broadening their literary horizons and cultivating a sustained

reading culture. The role of libraries as dynamic knowledge hubs was highlighted in an engaging and relatable manner.

Overall, the celebration was not merely an event but an inspiring experience—one that ignited curiosity, deepened appreciation for books, and reinforced the belief that reading is a gateway to lifelong learning and a brighter future. The Management of DPS Jammu under the visionary leadership of Hon'ble Principal-RCT, Sh. M.K. Ajtashtrou Singh Ji; Distinguished Founder and PVC, Kunwarani Dr. Ritu Singh Ji; Hon'ble Director, Sh. S.S. Sodhi Ji; along with the Principal, Ms. Ruchi Chhabra and staff, lauded the initiative and emphasized the importance of nurturing strong reading habits among students. They also extended their appreciation for the enthusiastic participation of students and the dedicated efforts of the faculty.

JKEDI to host district-level startup facilitation meetings under D-BRAP

JAMMU, APRIL 26: In a significant step towards strengthening the entrepreneurial landscape of the Union Territory, the Jammu & Kashmir Entrepreneurship Development Institute (JKEDI) is all set to organize district level credit facilitation meetings under the District Business Reform Action Plan (D-BRAP). These meetings form a key component of implementation strategy of the Jammu & Kashmir Startup Policy 2024-27, which envisions building a vibrant, innovation-driven and inclusive startup ecosystem across J&K. The Startup Policy 2024-27 has been designed to promote entrepreneurship by extending institutional support, financial assistance

and capacity-building opportunities to the aspiring entrepreneurs and emerging startups. With a focus on decentralization and grassroots outreach, the adoption of D-BRAP aims to enhance the ease of doing business at the district level while ensuring that startup support mechanisms are accessible to all. Under this framework, District Offices of JKEDI have been designated as District Startup Cells, serving as the first point of contact for the entrepreneurs. The programme will play a pivotal role in identifying the potential startups, facilitating registrations, creating awareness about the policy benefits and ensuring that government-backed initiatives reach every corner of the Union Territory. As part of

this initiative, JKEDI will conduct a series of District-Level Credit Facilitation Meetings to directly connect the aspiring entrepreneurs, startups, self-help groups and youth with the banks, financial institutions and other stakeholders. These meetings are aimed at simplifying the access to credit, enhancing awareness about available financial schemes and fostering meaningful engagement between the entrepreneurs and funding agencies. Polished Version: The programme will be held on 27 April in Anantnag and Jammu and on 28 April in Udhampur and Shopian. These meetings will provide a unique platform for the participants to explore various financial avenues, understand credit mecha-

nisms and receive guidance on business planning and funding strategies. The initiative also aligns with the broader objective of strengthening the entrepreneurial ecosystem by enabling the startups to access timely financial support and scale their ventures. The Startup Policy offers a comprehensive range of incentives, including seed funding support, innovation and prototype development grants, market access assistance and capital grants for the incubators. In addition, startups benefit from structured mentorship, capacity-building programmes and networking opportunities. Through the District Startup Cells, entrepreneurs are also supported in onboarding onto the Startup JK Portal, a

centralized platform for registration, mentorship and availing policy incentives. JKEDI, as the nodal agency for implementing the Startup Policy, continues to facilitate regular mentorship sessions, bringing together domain experts, industry leaders and successful entrepreneurs to guide startups on critical aspects such as technology adoption, regulatory compliance and market expansion. By taking these initiatives to the district level, the government aims to ensure that entrepreneurial opportunities are not confined to urban centers but are extended to grassroots innovators and aspiring business leaders across Jammu and Kashmir.

Indian Army conducted lecture on World Malaria Day

Doda: 26 Apr 2026.

Indian Army conducted an awareness lecture on the occasion of World Malaria Day at Happy Home Academy, Khellani, District Doda (J&K). The initiative aimed to educate students about the causes, symptoms, prevention and treatment of malaria, with a focus on promoting healthy and hygienic living practices. During the session, emphasis was laid on maintaining personal hygiene, eliminating stagnant water sources to prevent mosquito breeding and adopting preventive measures such as the use of mosquito nets, repellents and proper sanitation. The importance of early detection, timely medical intervention and community



awareness in controlling the spread of malaria was also highlighted. Students were encouraged to act as ambassadors of awareness within their families and local communities. The session was interactive and informative, with active participation from both

students and teachers. The initiative was well appreciated by the school staff, who acknowledged the efforts of Indian Army in spreading awareness on this critical public health issue. A total of 40 students and 10 teachers attended the lecture.

Indian Army organised Tiranga Bike & Car Rally under "Nashamukti Abhiyan"

Ramban, Apr 26: Indian Army organised a Tiranga Bike and Car Rally on 26 April 2026 in Ramban district to promote the message of a drug-free society under the theme "Support a Drug-Free Ramban - Nashamukti Abhiyan." The rally commenced at 1100 hours from Dak Bungalow, Ramban, and proceeded through Jhula Bridge, Maitra Company Operating Base, Jaswal Bridge, Karol and Ramban Market. The event witnessed enthusiastic participation from local youth and school children, who joined the Indian Army in spreading awareness against drug abuse and promoting a healthy and responsible lifestyle. Participants carried the National Flag and displayed banners and placards highlighting the importance of eradicating drug abuse from society. The rally aimed to sensitise the youth about the harmful effects of narcotics and to encourage collective efforts towards building a drug-free Ramban. Such initiatives by the



Indian Army continue to strengthen the bond between the security forces and the local population, while promoting social awareness and constructive youth engagement in the region. The event concluded with an appeal to the youth to actively support the Nashamukti Abhiyan and contribute towards building a safer, healthier and more prosperous society.

MLA Bahu Ch. Vikram Randhawa Starts Construction of Public Toilets at Haryali Park, Channi Himmat

JAMMU, APR 26: Reaffirming his commitment towards public welfare and strengthening civic amenities across Bahu Constituency, Hon'ble MLA Bahu, Ch. Vikram Randhawa today kick-started the construction work of public toilets at Haryali Park, Ward No. 50, Channi Himmat, fulfilling a long-pending demand of the local residents.

The project was initiated in the presence of District General Secretary Kulveer Charak, Mandal President Nitish Mahajan, and prominent locals including Sujanya Sharma, Rajesh Gupta, Col. Karan Singh, Deepak Kohli, Sudesh Chalotra, Madhvi Sharma, Rakesh Mahajan, Rajveer Singh Jasrotia, besides officials of Jammu Municipal Corporation, the concerned Junior Engineer, and



approval and commencement of the work. On the occasion, Ch. Vikram Randhawa directed the concerned JE and contractor to maintain the highest standards of quality, durability, and cleanliness while executing the project and to complete the work within the stipulated timeframe. Addressing the gathering, Ch. Vikram Randhawa said that development of basic infrastructure and public facilities remains his top priority, and every genuine issue of the people will continue to be resolved on priority basis.

The residents of Channi Himmat expressed heartfelt gratitude to Ch. Vikram Randhawa for responding swiftly to their demand and for continuously working for the betterment of the constituency.

Buyer-Seller Meet under Medicinal Plants Sector organized at Bhaderwah

Local cultivators sign MoUs for supplying raw plant material

BHADERWAH, APRIL 26: The Directorate of Ayush, J&K Medicinal Plants Board in collaboration with IIM (CSIR-J&K), successfully organized a Buyer-Seller Meet at Bhaderwah aimed at strengthening the supply chain and market linkages in the medicinal and aromatic plants (MAPs) sector. The event was sponsored by the Ministry of Ayush, Government of India. The programme witnessed enthusiastic participation from farmers, traders, buyers, industry representatives and officials from various departments, providing a vibrant platform for interaction, knowledge exchange and business development. A key outcome of the event was the signing of six Memorandums of Understanding (MoUs) between farmers and industry stakeholders for the assured supply of raw medicinal plant material, thereby formalizing market linkages, promoting contract farming and ensuring remunerative returns to growers. The event was attended by Dr Zabeer Ahmad, Director, Indian Institute of Integrative Medicine (IIM), CSIR-J&K as the Chief Guest. Other dignitaries present on the occasion included Krishan Lal,



Deputy Commissioner, Doda; Dr Ajay Kumar Tikoo, Director Ayush, J&K and Chief Executive Officer, J&K Medicinal Plants Board; Dr Abdul Qayum, Deputy Chief Executive Officer, National Medicinal Plants Board, Ministry of Ayush, Government of India; Prof Tariq Masoodi, Regional Cum Facilitation Centre (RCFC), SKUAST-K; and Marketing Manager, National Medicinal Plants Board, Ministry of Ayush, Government of India. Dr Zabeer Ahmad emphasized the importance of strong inter-departmental coordination and convergence to unlock the full potential of the medicinal plants sector in Jammu & Kashmir. He highlighted the need for synergy between research institutions and line departments to ensure scientific

cultivation, quality assurance and effective market integration. Deputy Commissioner Doda, Krishan Lal, underscored the sector's immense potential for economic growth and livelihood generation, particularly in hilly and remote areas. He called for generating mass awareness, assured market linkage and provision of incentives to promote medicinal plant cultivation. Delivering the keynote address, Dr Ajay Kumar Tikoo outlined a comprehensive vision for the development of the medicinal plant sector in Jammu & Kashmir as a structured, market-driven and farmer-centric industry. He highlighted the significant achievements of the J&K Medicinal Plants Board including expansion of cultivation area, promotion of high-value species, establishment of nurseries and capacity building of

farmers through training and exposure programmes. "This Buyer-Seller Meet marks a transition from a subsidy-driven approach to a market-led ecosystem, where assured buy-back arrangements, industry partnerships and value chain development are central to sustainability," he added. He stressed the importance of strengthening both forward and backward linkages, ensuring availability of quality planting material and facilitating access to markets through institutional mechanisms. He urged farmers to diversify towards medicinal plant cultivation, particularly high-demand species, assuring full institutional support in terms of technical guidance, financial assistance and market facilitation. Deputy CEO National Medicinal Plants Board Dr. Abdul Qayum highlighted various schemes support-

ing medicinal plant cultivation, post-harvest management and marketing. He emphasized strengthening of infrastructure such as PHMUs. Marketing Manager NMPB Saurabh Sharma emphasized the importance of demand-driven cultivation, adherence to quality standards and strengthening direct market linkages to ensure fair pricing and sustainability. Prof Tariq Masoodi highlighted the role of RCFCs in providing technical support, training and hand-holding to farmers. He stressed the adoption of scientific cultivation and post-harvest practices. The local progressive farmers and entrepreneurs were also felicitated for their outstanding contributions to the medicinal plants sector. Later, Director Ayush J&K along with the team from Ministry of Ayush visited the Post Harvest Management Unit of Medicinal Plants at Kotli Bhaderwah. The event marks a significant step towards strengthening institutional coordination, enhancing market linkages and promoting the medicinal and aromatic plants sector as a sustainable and economically viable avenue for livelihood generation in Jammu & Kashmir.

Rana reviews development scenario of Kishtwar district, holds interaction with public

Asks to frame DPR for developing Kalamstar as eco-tourism hub

KISHTWAR, APRIL 26: Minister for Jal Shakti, Forest, Ecology & Environment, and Tribal Affairs, Javed Ahmed Rana, today chaired a review meeting at Kishtwar, to assess the progress of key development initiatives across the district.



Member Parliament (Rajya Sabha), Sajjad Ahmed Kitchloo; MLA Kishtwar, Shagun Parihar; Deputy Commissioner Kishtwar, Pankaj Kumar Sharma; ADDC Vinod Kumar Behnal; ADC Pawan Kotwal and senior officers from the district attended the meeting. Javed Rana undertook an in-depth review of the sectors including Jal Jeevan Mission, irrigation and flood control, forest, rural development, health, power and education. While addressing the meeting, Javed Rana asked the officers to redouble their efforts towards timely completion of the ongoing projects and the effective delivery of public services. Highlighting the environmental priorities, the Minister emphasised water and environmental conservation and directed the Divisional Forest Officers to coordinate with the road construction agencies to ensure conservation measures alongside road development, including slope stabilisation wherever required. In a significant boost to the tourism potential of the Kishtwar region, Javed Rana announced development of the Kalamstar area as a major tourist destination. Noting untapped potential of the area to attract the visitors and generate sustainable livelihoods for local communities, the Minister directed the Divisional Forest Officer (DFO), Kishtwar,

to prepare a Detailed Project Report (DPR) for the initiative at the earliest. The development of Kalamstar, the Minister observed, is envisioned as a catalyst for tourism-driven economic growth in the region, one that would open new avenues of employment and enterprise for the people of Kishtwar. Earlier, the Deputy Commissioner presented a comprehensive PowerPoint Presentation detailing the sector-wise physical and financial progress under UT CAPEX, District CAPEX, NABARD and other schemes. Regarding water supply infrastructure, the Minister directed the upgrade of old water supply schemes and expedited certification under the "Har Ghar Jal" initiative. He also instructed for submission of a DPR for a 72.75 crore lift water supply scheme for the Badhat (Saroor) area from Kandni Nallah. Special focus was laid on improving the water supply and irrigation facilities in Badhat (Saroor), Tunder (Dachan) and other reserved areas to enhance agricultural productivity.

He directed the CEO Municipal Council Kishtwar, to expedite completion of the garbage dumping site at Khanwari Shalamar. He also called upon the concerned to ensure swift electrification of 35 un electrified remote villages alongside accelerated implementation of the RDSS scheme. Taking a firm stance on environmental protection, the Minister directed the Pollution Control and Mining Departments to strictly monitor and prevent the dumping of construction muck into the Chenab River, warning that accountability would be fixed in case of violations. He further reviewed progress on the proposed Gujjar-Bakarwal hostels and directed for early identification of suitable land for its construction. Javed Rana also held an interaction with the people from across the district lending a direct hearing to the grassroots concerns. He was apprised of several critical issues confronting the district, including the urgent need for upgradation of road infrastructure, expediting ongoing development works, strengthening water supply schemes, regularisation of daily wagers and the release of their outstanding wages. The repair of damaged footbridges, creation of sustainable employment opportunities for local youth, relief and assistance to flood-affected families in Chasoti and shortages in drinking water supply across Kishtwar town also figured prominently among the concerns raised. The Minister heard all representations attentively and assured the delegation that their concerns would be taken up with the concerned departments for expeditious redressal.

Vimal Vidyalay Holds School Council & Academic Excellence Ceremony



Jammu, April 25: Vimal Vidyalay Convent High School, Akalpur, organized its School Council Ceremony cum Academic Excellence Award Ceremony with great enthusiasm and dignity. The event was graced by Master Divyansh Goswami, Class X Board Topper (Session 2025-26), who secured an outstanding 99% and attended as the Chief Guest. His achievement brought

immense pride to the institution. During the ceremony, the newly elected student council members were formally inducted and took the oath to uphold the values of the school with sincerity and discipline. Academic Excellence Awards were also presented to meritorious students in recognition of their outstanding performance. Sr. Prasan SND, the Principal, congratulated the achievers and appreci-

ated the efforts of teachers and parents. Fr. Johnson Thomas, the Manager, extended his best wishes and highlighted the importance of holistic education. The programme concluded with a vote of thanks proposed by Sr. Jyoti Mary SND, the Vice Principal, expressing gratitude to all for their support and cooperation. The event was a proud and inspiring moment for the entire school community.

BOPEE conducts Common Entrance Test for B.Sc. Nursing, B.Sc. Paramedical, B.Sc. Technology Courses

JAMMU, APRIL 26: The Jammu and Kashmir Board of Professional Entrance Examinations (BOPEE) conducted the Common Entrance Test (CET) for B.Sc. Nursing, B.Sc. Paramedical and B.Sc. Technology Courses-2026 for the academic session 2026-27 today at the designated centres within the Union Territory of Jammu and Kashmir. The test was conducted in 48 examination centres across J&K with 27 in Kashmir and 11 in Jammu Division, wherein 25090 candidates appeared out of 26237 applicants making it a total of 95.6 percent attendance. To ensure smooth conduct of the Entrance Test, adequate arrangements were made in collaboration with the respective institution/college administration and law enforcement agencies, under the guidance of Chairperson, BOPEE, Professor Minu Malhotra. The Chairperson, along with the members, the Secretary, the Controller of Examinations and officials of the J&K BOPEE actively monitored the conduct of the Entrance Test at Srinagar and Jammu. They thanked the divisional and district administration, Director General of Police for security cover to staff carrying sensitive material and frisking arrangements in and around the examination centres, staff members deputed by the General Administration Department, Members of the Monitoring Squad, Principals and staff members of the respective Institutions/Colleges for their support during the smooth conduct of the test.

SMVDU School of Business hosts an insightful session on BRAP and Ease of Doing Business

KATRA, APR 26: The School of Business at Shri Mata Vaishno Devi University (SMVDU) organized an interactive session, featuring Sh. Nagendra Singh Janwal, JKAS, Special Secretary, (Chief Secretary Office) Jammu and Kashmir. The event, titled "Govt as Enabler BRAP and Ease of Doing Business in the UT of J&K," began with a formal welcome by Dr. Ashutosh Vashishtha, Dean of the Faculty of Management, Sh. Nagendra Singh Janwal focused on the Business Reforms Action Plan (BRAP), a DPIIT initiative launched in 2014 to foster investor confidence through digitization and simplified compliance. Central to the discussion was "Deregulation 2.0," where Sh. Nagendra Singh Janwal explained how eliminating "Change in Land Use" (CLU) requirements and adopting the "Permitted until Prohibited" principle streamlines construction and industrial approvals. The session also addressed sector-specific advancements, such as removing minimum land mandates for private educational institutions and empowering MSMEs through self-declaration and protection from inspections. By emphasizing reduced Turnaround Times (TAT) and a centralized digital repository for state regulations, the session showcased the government's commitment to a seamless business ecosystem. Under the inspiring leadership of honourable Vice-Chancellor, SMVDU, Prof. Pragati Kumar, the School of Business has started series of lectures for its students which aim at providing a connect between industry, academia and government. The session concluded with a vote of thanks by Dr. Arti Maini, Head of the School of Business, who emphasized the importance of such interactions in preparing students for the evolving business landscape of J&K while acknowledging the support provided by Prof. Suparn, Dr. Rashi Taggar, Dr. Divya Janwal, and Dr. Sarabjot Singh faculty members of the School.

Dr. Bhardwaj Inaugurates RDSS Power Infrastructure Revamp Scheme in Ramnagar



RAMNAGAR, APRIL 26: Under the visionary leadership of Prime Minister Narendra Modi and with the intervention of MoS PMO Dr. Jitendra Singh, MLA Ramnagar Dr. Sunil Bhardwaj today inaugurated the implementation of the long-awaited RDSS (Revamped Distribution Sector Scheme) for strengthening and modernizing the electricity infrastructure in Ramnagar. The inauguration was held in the presence of officials from NTPC, PDD Sub-Division Ramnagar, and prominent citizens of the area. Dr. Bhardwaj congratulated the people of

Udhampur, particularly Jitendra Singh, and stated that the scheme had been long awaited for District Udhampur. He said that he had consistently pursued the matter to ensure its implementation in the district. With the support and intervention of Dr. Jitendra Singh, the scheme has now been sanctioned at a cost of ₹180 crore for Udhampur district, with execution entrusted to NTPC Electrical Company. Under the scheme, outdated transformers, electricity poles, and transmission lines will be replaced and upgraded with modern infrastructure having sufficient capacity.

Insulated supply lines will also be installed to improve safety and efficiency. Dr. Bhardwaj said that the project is expected to significantly reduce unscheduled power cuts, low-voltage issues, and transmission losses in Ramnagar. It will also provide major benefits to rural and remote areas where electricity infrastructure remains inadequate, while improving the city landscape by removing the tangled network of overhead wires. He further stated that the implementation of RDSS will be carried out in a planned and phased manner by the company in coordination with the PDD Department over the coming months. Dr. Bhardwaj appealed the citizens to cooperate fully with NTPC and PDD officials to ensure smooth and timely completion of the project. Among those present on the occasion were Rajinder Sharma, Ramnagar Ji, Rakesh Kharka, Kewal Ji, Sham Ji, and other prominent citizens.

Ramban Asserts Rights Over Sawalkakote Project, Forms Joint Action Committee

Ramban, 26 April 2026
A large public meeting was convened today at Dak Bungalow, Ramban at 11:00 AM to deliberate on the issue of the Sawalkakote Hydroelectric Project and to safeguard the rights and interests of the people of Ramban district. Participants, including local residents, youth,



and members of civil society, expressed serious concern over reports and proposals suggesting any shift or diversion of project-related benefits away from Ramban. It was unanimously resolved that any such move will be opposed tooth and nail, and that the people of Ramban will not accept any decision that undermines their legitimate rights. The gathering emphasized that road connectivity and access to the project must remain through Ramban, and that the district must remain the primary stakeholder in all aspects of the project. During the meeting, reference was made to an official communication dated 13th April 2026, issued by Dr. Jitendra Singh, addressed to Shri Manohar Lal Khattar, forwarding a proposal submitted by Er. Pawan Kumar Gupta, MLA Udhampur (West) regarding the hydroelectric project and suggesting all-weather road connectivity from Udhampur instead of

Manzoor Ahmed, Mohd Irshad Rather, Wazir Singh, Surjeet Singh, Intyaz Ahmed, Mohd Rabir, Happy Singh, Ab Rehman Bhai Mohd Fareed Irshad Bahi Mohd Asif Talib Sadan Bal Madassar Azmat Mir Gulrayz This is Adoc. Committee further committee will be formed later on. The Joint Action Committee will serve as the collective voice of the people and will engage with authorities to ensure transparency, justice, and protection of local interests. It was further announced that the JAC will hold a press conference on 1st May (Labour Day) to declare the future course of action. Additionally, a public rally is proposed to be taken out. The meeting concluded with a united resolve to continue the struggle through lawful and democratic means until the rights of the people of Ramban are fully secured. "Our land, our rights, our future... we will not allow injustice."



Dr. Mansukh Mandaviya, Satish Sharma lead 'Sundays on Cycle' in Srinagar; promote fitness, sustainability, Viksit Bharat Vision

SRINAGAR, APRIL 26: Union Minister for Youth Affairs and Sports, Dr. Mansukh Mandaviya, along with Minister for Food, Civil Supplies & Consumer Affairs, Transport, Youth Services & Sports, Information Technology, and Science & Technology, Satish Sharma today participated in the "Sundays on Cycle - Special Edition (Chintan Shivir 2026)" event held in Srinagar, reaffirming the government's commitment towards promoting fitness, environmental sustainability and a healthier lifestyle among the citizens.

The cycling event, organised as part of the ongoing Chintan Shivir activities, witnessed enthusiastic participation from youth, sports enthusiasts, government officials and members of civil society. The rally commenced from the Police Golf Course and culminated at the Royal Spring Golf Course, symbolising a collective resolve



towards building a fit, active and progressive society. Addressing the participants, the dignitaries highlighted the significance of initiatives like "Sundays on Cycle" in nurturing a culture of fitness and environmental responsibility. They emphasised that cycling not only enhances the physical well-being but also contributes significantly towards reducing the carbon emissions and

promoting sustainable living practices. The Ministers further stated that the government is focused on strengthening the sports infrastructure and encouraging widespread participation in physical activities, particularly among the youth in rural and border areas. They reiterated that such initiatives are aligned with the broader vision of "Viksit Bharat," aimed at nurturing a healthy and vibrant population. Dr. Mansukh Mandaviya and Satish Sharma also interacted with the participants and lauded their enthusiasm and commitment towards adopting a healthy lifestyle. They urged the citizens to incorporate cycling into their daily routines and play an active role in ensuring a cleaner and greener environment.

The event concluded with participants taking a renewed pledge to embrace fitness and contribute meaningfully towards nation-building through sustainable practices.

DC Kulgam inspects Mining Sites at Lassipora

Directs measures to curb illegal extraction

KULGAM, APRIL 26: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today conducted an on-site inspection of mining locations at Lassipora to assess ground conditions and ensure strict adherence to mining regulations. During the inspection, the Deputy Commissioner reiterated the administration's zero-tolerance policy against illegal mining and directed concerned departments to take immediate action against any unauthorized extraction. He emphasized that all vehicles and machinery, including tractors and JCBs involved in illegal activities, must be promptly identified, tracked, and stopped. Focusing on preventive enforcement, the Deputy Commissioner directed officials to block access routes to vulnerable mining sites by constructing protec-

tion bunds and embankments, thereby physically restricting unauthorized entry and extraction. He stressed that such measures must be implemented on priority to effectively curb illegal mining at the source. The Deputy Commissioner further instructed for intensified surveillance and regular monitoring in the Lassipora area, with close coordination among enforcement agencies and local stakeholders. He highlighted the importance of community participation in providing real-time inputs to identify violations and strengthen enforcement efforts. Reaffirming the administration's commitment to environmental protection and sustainable use of natural resources, the Deputy Commissioner warned that strict legal action will be taken against those found involved in illegal mining activities.

NIT Srinagar's GIF awards ignition grants to 10 startups

Srinagar, April 26: In a major push to strengthen the startup ecosystem in Jammu and Kashmir, the Greenovator Incubation Foundation (GIF) at National Institute of Technology Srinagar (NIT) awarded ignition grants to 10 emerging startups under Cohort 2.0 during the Ignition Grant Felicitation Ceremony 2026. Held under the theme "Providing your ideas a hand of warmth and technology", the ceremony marked a significant step towards promoting innovation-driven entrepreneurship by supporting early-stage ventures across sectors such as artificial intelligence, agri-tech, health-care, IoT, and automation. The event was organised by the GIF core team com-

prising Sana Aftab (CEO), Jehangir Hameed (Incubation Manager), and Waseem Ahmad Mir (DEO), who highlighted the importance of structured incubation support in enabling young entrepreneurs to scale their ideas. A total of nine startups were felicitated under Cohort 2.0 and provided grant support by the GIF NIT Srinagar for their innovative solutions, including DreamCabs KMR Pvt. Ltd., owned by Uzair Hameed Zargar & Murchana Baisya, which received ₹2,00,000; Safavi Organics LLP, owned by Syed Sakib Abbas, ₹1,50,000; FireProtek, owned by Syed Faizan & Midhat Yassin, ₹1,50,000; Kashbrew Innovations Pvt. Ltd., owned by Yousan

Zahoor, ₹2,00,000; ReWright AI Pvt. Ltd., owned by Ovais Nazir & Aaliya Nazir, ₹1,00,000; Bluepulse Labs Pvt. Ltd., owned by Zubair Ahmad Dar, ₹1,00,000; Dextrogo LLP, owned by Sikandar Ahmad Mir, ₹1,00,000; Abilixa Assistive Technology Pvt. Ltd., owned by Sania Jan, ₹2,00,000; and Tree Task Technologies Pvt. Ltd., owned by Dr. Ahmer Bashir Shah, which also received ₹2,00,000. The programme was attended by senior faculty and officials, including In-Charge Director and Dean Research & Consultancy Prof. (HAG) Rooie Naaz Mir, Institute Registrar Prof. Atikur Rehman, Dean Faculty Welfare Prof. Manzoor Ahmad Ahangar,



Dean Alumni and International Affairs Prof. M. A. Shah, Dr. M. Hanief (HOD MED), and Dr. Dinesh Kumar Rajendran, Assistant Professor. From the administration, Deputy Registrar (Accounts) Mrs. Nazia Nazir, Deputy Registrar (Administration) Director's Office) Mr. Faisal Ishad Ganai, Assistant Registrar (Administration) Mr. Mubashir Ahmad Wani, and Assistant Registrar (Accounts) Mr. Shahid Hamid Najjar were also present. In his message, Director NIT Srinagar, Prof. Binod Kumar Kanaujia, said that such initiatives show the institute's commitment to promoting innovation and entrepreneurship among youth. He said that incubation

support, along with financial help, allows young innovators to turn their ideas into meaningful solutions for society. Registrar Prof. Atikur Rehman said that platforms like GIF are important for nurturing talent and promoting research-based entrepreneurship. The continued institutional support will help startups grow and create job opportunities in the region, he added. Prof. Babar Ahmad (MED) said that working across different fields is important for building successful startups, adding that the selected startups reflect new technologies and also address local challenges. Dr. Saad Parvez (Principal Investigator - GIF) said there is a need to build a strong culture of innova-

tion in academic institutions. He noted that incubation centres help young entrepreneurs and stressed the importance of linking research, innovation, and entrepreneurship for economic growth. CEO GIF Sana Aftab said that such grant programmes help bridge the gap between ideas and their implementation. She said that timely funding and mentorship are important for startups to survive and grow. Incubation Manager Jehangir Hameed said the Ignition Grant programme supports early-stage startups by helping them turn ideas into practical products and services. He added that, in addition to funding, the programme provides mentorship, technical support, and access to

resources to help startups grow. GIF-NIT was established in 2022-23 as a Section 8 company with the aim of fostering an innovation-driven ecosystem in the region. It is supported by the Department of Science and Technology (DST) under the ITBI NIDHI Scheme, with Saad Parvez serving as Principal Investigator (PI) and Prof. Rakesh Sehgal as Co-Principal Investigator (CPI). The GIF is currently managed by a seven-member Board of Directors (BoD), chaired by Director NIT Srinagar. The board comprises distinguished professionals from academia, financial institutions, the startup ecosystem, and industry, ensuring diverse expertise and strategic guidance.

ASP Supports Nasha Mukht Bharat, Calls for Nationwide Ban on Wine Shops

Srinagar, 26 April 2026 - The Ambedkar Samaj Party (ASP) has expressed strong support for the Central Government's ongoing campaign against drug trafficking and narcotics networks across India, particularly applauding efforts in Jammu and Kashmir. The party has also called for a comprehensive ban on wine shops and liquor outlets nationwide as part of a broader strategy to combat addiction and protect the health and future of the nation's youth. Muhammad Yaqoob, State General Secretary and Spokesperson of ASP, highlighted the severe impact of drug abuse on society, describing it as a grave threat to the



younger generation's future. He emphasized that the decisive actions against drug traffickers are both positive and necessary to curb this menace. "The campaign led by Lieutenant Governor Shri Manoj Sinha ji against drug peddlers has inspired hope among families, parents, and youth. Many fami-

lies have suffered due to drug addiction, and strict enforcement against illegal narcotics trade is urgently needed," said Yaqoob. He further urged the people of Jammu and Kashmir to actively cooperate with authorities by reporting any drug-related activities, underscoring that combating drug abuse is a collective societal responsibility, not only a government duty. However, the Ambedkar Samaj Party also strongly advocates that the government extend its focus beyond drugs to include alcohol. "Alcohol is equally harmful, destroying families, health, and the prospects of young generations," Yaqoob stated. The

party insists that both drugs and liquor pose serious dangers and should be addressed with equal urgency. ASP demands that the Government of India formulate and implement a comprehensive policy targeting all forms of addiction and harmful substances. Such measures are essential to building a healthy, safe, and progressive society for current and future generations. The Ambedkar Samaj Party calls on all stakeholders—from policymakers to communities—to unite in this fight against addiction, ensuring a drug- and alcohol-free India that safeguards its youth and strengthens its social fabric.

Unemployment rising, tourism neglected in J&K Hakeem Yaseen Urges Immediate Govt Intervention

SRINAGAR, APR 26: Democratic Front President and former Cabinet Minister Hakeem Mohammad Yaseen on Sunday said that the government has failed to curb rising unemployment in Jammu and Kashmir, with youth across the Union Territory facing an uncertain future. Addressing various delegations at the party headquarters, including a large number of unemployed youth, Yaseen said the government has not been able to effectively address the growing job crisis. He stressed the need for launching concrete initiatives and employ-

ment-oriented schemes to tackle the issue and provide meaningful opportunities to the youth. Highlighting concerns over the tourism sector, Yaseen said several tourist destinations in Budgam district continue to remain neglected. He pointed out that Todamidan has remained closed since last year, severely impacting the livelihood of people who are wholly dependent on tourism activities in the area. He further alleged that at Doodpathri, incidents of miscreants threatening tourists have been reported, creating an atmosphere of fear and

affecting tourist inflow. Yaseen emphasized that such issues must be addressed on priority to restore confidence among visitors. He added that proper infrastructure development at Doodpathri is essential to unlock its full tourism potential and boost the local economy. Yaseen appealed to Union Home Minister Amit Shah, Lieutenant Governor Manoj Sinha, and Chief Minister Omar Abdullah to take immediate cognizance of the situation and initiate necessary measures to address unemployment and revive the tourism sector in the region.

Jammu region suffered more than Kashmir post 2019, statehood right of people: Karra

BASOHLI (KATHUA) APRIL 26: JKPC President Shri Tariq Hameed Karra has said that Jammu region suffered more than Kashmir post 2019 and blamed BJP of selling false dreams & hopes to the people especially youths, who are suffering the most nowadays due to lack of job opportunities uncertainty & price escalation. Addressing a largely attended Congress rally at Basohli today, Shri Karra hit out at BJP for befouling the innocent people giving hopes of a better future but now people of Jammu region feel cheated & betrayed from BJP. The crowd responded positively by raising hands as he asked which region suffered more. Jammu or Kashmir region, the people replied that Jammu region. He asked BJP to explain the bene-

fits of downgrading the historical state into UT and snatching protection to land, jobs and natural resources granted by Maharaja, as he paid rich tributes to Maharaja Hari Singh on his death anniversary today. Karra reiterated the charge that BJP wants to rule by proxy, as none of 29 MLAs, MPs of BJP who never cleared their silence about restoration of statehood promised to people by centre government more than six years ago, asserting that Congress will continue its movement "Hamari Riyasat Hamara Haq". JKPC Chief said that Modi government and BJP is destroying the very foundations & values laid down by Mahatma Gandhi, Jawahar Lal Nehru, Sardar Patel and other stalwarts. He said India was considered Vishavagun because of its core values of unity in diversity, reli-



gious harmony and no violence but it is in great danger. Terming Modi as the weakest Prime Minister, Karra said that country had strong leadership most of times, which never compromised its dignity and rights like the present times. Praising Rahul Gandhi for providing strong leadership and playing boldly the role of Opposition against all out authoritarian and vindictive policies of Modi government, the youth of country see hope in the leadership of Rahul Gandhi ji. He lashed out at the policies of exploitation and falsehood over the issue of women reservation and said that it is Congress party which introduced 1/3rd reservation in PRLs. The women reservation bill was passed unanimously in 2023 but not implemented by Modi government and spreading total lied and falsehood, he added.

The rally was organised by former MP Ch Lal Singh, while Shri Karra was accompanied by Working President Raman Bhalla, Chief Spokesperson Ravinder Sharma Former MLC, Shri Babir Singh, Ex-MLA Kanta Andotra, Former minister Yash Pal Kundal, DCC President Pankaj Dogra IYC Spokespersons Ashwarya, Divya Sharma besides Vijay Pathania, Vijay Chaudhary, Jatin Washish MP Singh, Anil Mehra, Rakesh Chaudhary, Zakir Hussain and others. Working President Raman Bhalla hit out at BJP for pushing the country especially J&K into backwardness by snatching the guarantees extended by Maharaja. BJP asked people to celebrate, now people are asking what was gained by them out of this as our jobs are going outside at the cost of our educated youth. Our resources, water, sand, baji is being looted. Even contractors, transporters are coming from outside at the cost of local jobless people. He said highly educated-

spected mandate of people of J&K and didn't restore statehood after loosing mandate to rule directly, so decided to rule by proxy. He said people especially youth are worst sufferers under BJP's squarely responsible. Former MP Ch Lal Singh lashed out at BJP for spoiling the career of the Dogra youth as the dogras lost identity, dignity, status, rights to land, jobs, resources by snatching the guarantees extended by Maharaja. BJP asked people to celebrate, now people are asking what was gained by them out of this as our jobs are going outside at the cost of our educated youth. Our resources, water, sand, baji is being looted. Even contractors, transporters are coming from outside at the cost of local jobless people. He said highly educated-

outh of J&K are unemployed and getting frustrated due to policies of BJP. He said government is least worried about the sufferings of the people as the flood affected are still suffering after 11 months of flood devastation as centre government failed to come to the rescue of affected people. He said Congress has created lot of facilities of education, health, connectivity during its period including vital Atal Setu bridge by Shri Manoj Sinha in 2011. The rally was addressed by Senior leaders and local functionaries including block Presidents of the party. On this occasion JKPC Chief alongwith senior leaders and IYC Spokesperson Ashwarya Badre & Divya Sharma launched the digital campaign for the redressal of people's grievances.

North in News

EDITORIAL

Urbanisation of villages transforming the rural landscape at a pace unable to absorb

Urbanisation of villages is transforming the rural landscape at a pace that the social, economic, and environmental fabric of these communities is unable to absorb. This rapid shift in m pace of life changes from seasonal rhythms to traffic hours, and the another impact is on social structure, because a village was not just a place but a community with shared festivals, common lands, and a panchayat that resolved disputes, and urbanisation brings in new residents who have no ties to local customs, and the common grazing land becomes a private colony, urbanisation is declared on paper but the village does not get urban facilities overnight, and the result is a hybrid settlement that pays urban taxes but gets rural services, and roads are built but without footpaths, and streetlights are installed but without maintenance, and garbage collection is irregular, leading to dumps at the edge of fields, and drainage is poor, leading to mosquitoes and disease, and schools become overcrowded as migrant children join, and the primary health center is not upgraded, and the police station is far, and disputes over land and boundaries increase. After urbanisation people either lose work or travel long distances to factories or homes as domestic help, and children lose safe play areas and are exposed to traffic and crime. once a village is marked for urbanisation, land brokers and politicians enter, and the real decisions are taken in land deals rather than in gram sabhas, and the master plan changes to suit investors. Farmer becomes a bystander in his own land. The goal should be urbanisation that brings urban amenities to rural areas rather than urbanisation that turns rural areas into poor copies of cities, and if this balance is not maintained the urbanisation of villages will continue to make life tough and complex, creating rootless people, damaged ecology, and broken communities, and the cost will be paid by the weakest who sold their land for a promise that the city never fulfilled.

RAJNI SHARMA, EDITOR

Kashmir's Elite -Dormant Designers of Kashmir's Ruin

OMKAR DATTATRAY

The title heading of this write up is neither hearsay nor an exaggeration but is a bitter truth and a fact which cannot be ignored or thrown into the dustbin of the valley's history. Kashmir has never been a place which has seen intelligence bankruptcy. The valley has suffered from abundance of cunning people who knew well what was wrong and erroneous and deliberately not attempted to do anything to correct the perennial situation. For years together narrative has been cautiously curated. Blame Delhi, blame Pakistan but with the rider when it becomes totally avoidable. So blame history, blame valley's conflict. Blame everyone minus the one class that possessed education, power, access, networks, to change things -and that one thing is the elite. The, drawing room patriots. The, seminar circuit intellectuals. The bureaucrats, The businessmen with only profit motive. The, legacy politicians. The panderers of an ordinary Kashmiri's blood. The stark and inconvenient truth is that Kashmir did not decay despite its elite. Kashmir decayed largely due to them. Alas! there has been politics of power devoid of purpose. The hard truth is that Kashmir's political class or elite mastered the art of remaining relevant. They didn't build institutions but ensured institutions never became strong and stable enough to grow powerful. It is very disturbing and unfortunate that dynasties were nurtured but not leadership. At the same time loyalties were given rewards and ability and competence disregarded and ignored. Governments became synonymous with

announcements, statements, optics but ground reality got rotten. It rotted in such measure that new rot began to appear as a new normal and insignificant. Long-term planning was almost absent and structural reform was politically inconvenient. The results are today before our eyes -a system hallow and shallow that even minor challenges look like crises. The bureaucracy perfected the art of inaction and inertia. We can say that if politics weakened the system, the bureaucracy ensured that it does not recover. Thus, we can say that, it became a willing supporter of the crime as it accompanied so that crime took not only place but became stronger. The whole administrative culture revolved round one unspoken doctrine -do just enough to avoid blame and never to create impact. That culture still continues. Files, move most slowly and meetings took place. Committees and commissions are formed and reports are written. Yet, nothing seems to change -as citizens keep returning with the problems that did several decades before. It is astonishing that accountability still is seen as a threat and it is ridiculous indeed and field work is considered as inconvenience. But bureaucracy has not collapsed, it has petrified and cemented. With the result, that in that slow hardening, governance has lost its pulse. Unfortunately, the intellectual class is making noise on the world problems and is maintaining stoic silence at homefront. The, most damaging silence flowed from those who claim to be conscience keepers of the society. The intellectual class of Kashmir was never tired off or hesitant to speak openly about global conflicts,

international injustices, ideological debates thousands of miles away. However, when it comes to local decay, their voices mysteriously fade. Even they evaporate in thin air. There are no cries on decaying and dying springs and why it so? Where are the protests against garbage chocking the vale? There is in fact no outrage about alarming drug abuse and addiction eating into youth. In, fact selective outrage is not neutrality. It, is complicity camouflaged as sophistication. In, Kashmir, there is business without any responsibility. The, business magnets too have played its role with remarkable efficiency. Tourism was monetized but not managed. There, was exploitation of land, however it was not preserved. Wetlands were filled for selfish purpose and springs and lakes were suffocated. Concrete rose where ecosystems once breathed. It, is height that none of them is feeling any shame about it. It is ironic that now same voices that benefited from this unchecked expansion lament and repent declining tourist quality, environmental degradation and changing Kashmir. Unfortunately, all they are not witnesses to this decline rather they are participants in in and are involved in it. There is culture of convenient silence. Ideology does not bind these groups together and it is far more dangerous than silence. A silence that normalises encroachment. There is again silence that overlooks corruption and a silence that shrugs at social degradation and decay. In elite circles, truth is often known, but rarely spoken. Speaking, is becoming an odd man out as speaking disrupts comfort. And comfort for Kashmir's elite, has always

taken precedence over courage. Here and for them education forgot its purpose. Even the education system enjoying privilege. They at times speak of suffering but evade and avoid responsibility and answerability. It is a performance so well-rehearsed that it often goes unnoticed and unquestioned. Anyone who questions it is labelled as pro-Indian, or Indian agent, or whatever -as if speaking of the country to which you are belonging is a sin. The ruin and decay were not sudden. Kashmir's current condition is not the result of one event, one decision, or one actor. It is the total and aggregate effect and outcome of decades of neglect by those who could have intervened but chose not to do so. This decay and ruin were gradual Layered. Quiet, but at every stage this elite was present -watching, benefitting, or remaining silent! It is easy to point fingers outward and it always has been so. But, until Kashmir turns inward -unless it questions those who had the privilege to lead, guide, and safeguard -it will remain trapped in the vicious cycle of blame without correction. The real tragedy is not just that Kashmir suffered. The actual tragedy is that those who could have prevented much of this suffering chose comfort over courage, silence over truth, and privilege over responsibility. In fact, that was deception and betrayal than any external force or body could ever inflict. In short what has been said above is truth and only truth and there is not even a bit of exaggeration about it. The real malice is silent involvement of the Kashmir's elite into the ruin and compounded by their stoic silence and blaming outer world for all the ruin and decay.

Digital Footprints and Forgotten Rights

DR. J P GUPTA

In the age of smartphones and social media, memory has taken on a new form. Moments once stored in fading photographs or personal diaries now live permanently in the digital world—uploaded, shared, and archived across platforms. Birthdays, achievements, opinions, and even mistakes are preserved with startling clarity. While this digital memory offers convenience and connection, it also raises a critical question: should everything be remembered forever?

This is where the idea of the right to be forgotten becomes deeply relevant.

The Rise of Permanent Memory

Platforms like Facebook, Instagram, and YouTube have turned everyday users into constant content creators. Each post, comment, or photo becomes part of a growing digital footprint. Unlike human memory, which fades with time, digital memory is persistent. A post made years ago can resurface in seconds, often out of its original context.

This permanence has benefits—memories are preserved, lost connections can be rediscovered, and personal histories can be documented. But it also means that past mistakes, out-

dated opinions, or moments of vulnerability can continue to define a person long after they have changed.

What is the Right to Be Forgotten?

The right to be forgotten is the idea that individuals should have the ability to request the removal of personal information from the internet, especially when it is no longer relevant, accurate, or necessary. It is closely associated with legal frameworks like the General Data Protection Regulation (GDPR), which empowers individuals to seek deletion of certain personal data under specific conditions.

At its core, this right is about dignity and control. It acknowledges that people evolve and deserve the chance to move beyond their past without being constantly judged by it.

The Conflict Between Memory and Freedom

Digital memory and the right to be forgotten often stand in tension. On one hand, there is value in preserving information—journalistic records, historical events, and public accountability rely on access to past data. On the other hand, unlimited access to personal data can harm individuals, affecting careers, relationships, and mental well-being.

For example, a controversial

post from a teenager's past might resurface during a job application years later. Should that moment define their future? The answer is not simple. It lies somewhere between public interest and personal redemption.

Social Media and Algorithmic Recall

Modern platforms are not just passive storage systems—they actively remind users of their past. Features like "memories" or "on this day" posts bring back old content, sometimes without considering emotional context. AI-driven algorithms also amplify older posts if they gain renewed engagement, extending their lifespan far beyond what was originally intended.

This creates a situation where forgetting is no longer natural—it must be requested, managed, and sometimes fought for.

Challenges in Implementation

While the right to be forgotten is conceptually appealing, its practical application is complex. Who decides what should be erased? Should public figures have the same rights as private individuals? Can information truly be deleted in a world where data is copied, shared, and stored across multiple servers?

Moreover, there is a risk of misuse. The right to be forgotten could be used to erase legitimate criticism or rewrite history. Balancing privacy with transparency remains one of the biggest challenges of the digital era.

Towards Responsible Digital Citizenship

As individuals, we also carry responsibility. Being mindful of what we share, respecting others' privacy, and understanding the long-term impact of digital actions are essential steps. Digital literacy is no longer optional—it is a necessity. At the same time, technology companies must design systems that prioritize user control, offering clearer options for data management and deletion. Policymakers, too, must continue refining laws that protect individuals without compromising the public's right to information.

Conclusion

Digital memory has given humanity an unprecedented ability to remember—but with it comes the need to forget. The right to be forgotten is not about erasing the past, but about giving individuals the freedom to grow beyond it. In a world where everything can be stored, shared, and searched, perhaps true progress lies in learning not just how to remember, but when to let go.

Madhu Paramhans Ji Maharaj showering the congregation with the nectar of his discourses



Jammu, Apr 26: Today, at Rakkhabandhu, Jammu, Sahib Bandgi's Sadguru, Shri Madhu Paramhans Ji Maharaj, while showering the congregation with the nectar of his discourses, stated that when we awaken, we are liberated from the state of dreaming. However, even this waking state is merely a dream; it is an illusion-a magical spectacle. In this state, too, the thoughts and images arising in your mind are entirely illusory. When a person suffers a severe head injury, they often lose all memory-forgetting everything. This implies that a single physical blow was sufficient to strip away our entire world. The world, in reality, does not exist at all. Just as one might perceive a

celestial city in a dream-only to find, upon waking, that it holds no actual existence-so too is this entire universe merely a dream. It is all a magical play of illusion. Even the state in which a person communes with the Supreme Reality (Brahman)-attaining the 'Turiya' (fourth) state through deep meditation and Yoga-is, in itself, a dream. Even the state beyond 'Turiya' (the 'Turiyatit') is but a dream. All of this is merely a construct of illusion. Every conceivable state of consciousness is, fundamentally, an illusion. The Sahib asserts that by merely passing through these various states, one gains nothing of true substance; for within all of them lies the intoxicating effects of 'Maya'-and that remedy is the 'Naam' (the Holy Name). The Sadguru's True Name shatters the spell of 'Maya'. Upon receiving the 'Naam', true wisdom dawns within you spontaneously; you gain the discernment to distinguish between right and wrong. The 'Naam' guides you from within, moment by moment. Even if you drift into the realm of dreams, you remain conscious and aware there as well-such is the power of the 'Naam'. This occurs because your consciousness becomes extraordinarily heightened and refined. Whereas pre-

viously the material objects of the world held you in their thrall, they can no longer exert that influence over you. Your actions and conduct become noble and virtuous. If you were to compare your former self with your present self, you would perceive this profound transformation deep within your own being. The Sadguru's 'Naam' is no ordinary entity; it is a divine power that has now taken residence within you. It is a wondrous force-one that keeps you constantly alert and aware, moment after moment. The glory of 'Maya' is boundless. Consider this analogy: if your room is shrouded in darkness, but you then switch on the light, the presence and nature of every object within the room are instantly revealed to you. Even the greatest of souls are swept away by the surges of lust and anger; yet, you are gaining an understanding of these forces as well. However, the matter does not end there. The power of the Divine Name serves as your protection. Ghosts and spirits cannot approach you, for they fear the Name.

S. S. SODHI DISTRIBUTES CERTIFICATES AS 33 PARTICIPANTS SUCCESSFULLY QUALIFY NRAI NATIONAL JUDGES COURSE



New Delhi, April 26, 2026: The National Rifle Association of India (NRAI) successfully concluded its National Judges Course, marking another significant step towards strengthening technical excellence and officiating standards in shooting sports across India. A total of 33 participants from various states successfully qualified the course, demonstrating the growing pool of trained technical

officials in the country. The programme focused on the latest international rules, match conduct protocols, and the crucial role of judges in ensuring fairness, transparency, and accuracy in competitions. The training sessions were conducted by distinguished ISSF-certified judges, including Mr. Dhraj Singh and Mr. Arun Wareishi, who provided valuable insights through a blend of theoretical sessions and

practical exposure. The closing ceremony was attended by key NRAI office bearers, including Vice President K. Sultan Singh, Secretary General Pawan Kumar Singh, Secretary Rajiv Bhatia, and Governing Body Member S. S. Sodhi. On the occasion, S. S. Sodhi personally distributed certificates to all successful participants, congratulating them on their achievement and encour-

aging them to uphold the highest standards of integrity and professionalism in their roles as judges. Addressing the gathering, he emphasized that "a strong and competent officiating system is fundamental to the credibility and continued success of shooting sports in India." He further highlighted the importance of continuous training and capacity-building initiatives to meet international benchmarks. All successful candidates were awarded certificates upon completion, significantly expanding the cadre of qualified shooting judges in the country. The NRAI continues to organize such initiatives as part of its long-term vision to professionalize and strengthen the technical ecosystem of shooting sports in India. The NRAI which is the apex body governing shooting sports in India continues to spearhead such capacity-building initiatives as part of its long-term vision.

L-G Vinai Kumar Saxena approves new identity framework for Ladakh Fire & Rescue Service

Emblem, logo, flag and insignia notified, reflecting Ladakh's cultural ethos and operational strength

Leh, April 26: In a significant step towards strengthening institutional identity and enhancing professionalism, the Lieutenant Governor of Union Territory of Ladakh, Shri Vinai Kumar Saxena, has given approval to the official emblem, flag, logo, and various insignia of the Fire and Rescue Service Department. The approval comes in pursuance of a proposal submitted by the Fire and Rescue Service Department to establish a distinct and unified identity for the department in line with national standards while reflecting Ladakh's unique cultural and geographical character. After detailed examination, the LG accorded approval for the notification of the Ladakh Fire & Rescue Service Emblem, Flag, Logo, Cap Badge, Shoulder Badge, and Belt Badge. These identity ele-



ments are designed to bring uniformity, discipline, and a strong sense of institutional pride among personnel, while also improving public recognition and trust. "The approval of a comprehensive identity framework for the Fire and Rescue Service reflects the Administration's continued commitment to building efficient, responsive, and culturally rooted institutions in the Union Territory. The integration

of cultural elements into the logo and insignia not only instils pride among personnel but also symbolises the department's deep connection with the land and its people. A professional, well-recognised force is crucial for ensuring efficient emergency response and building public trust," said Lieutenant Governor Shri Saxena. The newly approved logo is a harmonious blend of national symbolism and Ladakh's cultural identity.

At its core, it features the National Emblem, representing authority, integrity, and service. Traditional firefighting symbols such as flames, crossed axes, and rescue motifs signify courage, preparedness, and the department's unwavering commitment to safeguarding lives and property. Significantly, the design also incorporates elements inspired by Ladakh's unique landscape and heritage. Motifs reflecting the region's mountainous terrain symbolise resilience and adaptability in challenging conditions, while subtle influences of traditional Ladakhi art underscore the rich cultural legacy of the region. The colour scheme further reinforces this identity by combining vibrant tones reflecting bravery and action with earthy hues that reflect Ladakh's natural environment.

Er. Gulam Ali Khatana Reviews Haj Arrangements in Mumbai, Commends Modi Govt.'s Reforms for Pilgrims

Mumbai: 26, April: Senior BJP leader and Rajya Sabha Nominated MP Er. Gulam Ali Khatana undertook a comprehensive visit on Sunday to the Haj House Mumbai, reviewing ongoing arrangements for the annual Haj pilgrimage and interacting closely with officials, volunteers, and pilgrims.

Upon his arrival, Shri Khatana was warmly received and felicitated by Deputy Chief Executive Officer Shri Mohd Niyaz Ahmad. Dr. Sadaqat Ali, Deputy CEO (Accounts and Administration), was also present throughout the visit, accompanying and assisting in briefing the MP on administrative and financial aspects of Haj operations. The visit began with a detailed overview of operational preparedness, followed by an extensive tour of the Haj House facilities. Shri Khatana inspected the main processing hall, where pilgrims were completing essential pre-departure formalities such as document verification, biometric procedures, issuance of smart wearable



devices, and foreign exchange arrangements. He interacted with volunteers and staff, enquiring about their day-to-day responsibilities, coordination mechanisms, and challenges during peak periods. During these interactions, Dr. Sadaqat Ali provided insights into administrative coordination and financial management systems, highlighting measures taken to ensure efficiency and transparency. Shri Khatana also engaged with several pilgrims and their families, extending his best wishes for a safe and spiritually fulfilling journey to Mecca. The interaction reflected the

government's focus on ensuring a comfortable and dignified pilgrimage experience. Deputy CEO Shri Mohd Niyaz Ahmad delivered a detailed presentation on the initiatives of the Haj Committee of India, including digitisation of services, improved accommodation planning, medical screening protocols, and coordination with airlines and Saudi authorities. Dr. Sadaqat Ali also supplemented the presentation with inputs on resource allocation and administrative efficiency. In a significant moment, Shri Khatana flagged off and saw off two buses carrying pilgrims to the airport. He briefly interacted with the departing Hajis, conveying his greetings and encouraging them to uphold India's values of harmony and unity during the sacred journey. The MP also reviewed arrangements related to crowd management, safety protocols, and logistical coordination, expressing satisfaction with the overall preparedness. The visit coincided with Shri Khatana's presence in Mumbai for a meeting of the Parliamentary Standing Committee on Energy. Despite a busy schedule, he took time out to personally assess the Haj arrangements. Shri Khatana lauded the efforts of the Government of India under the leadership of Prime Minister Narendra Modi for streamlining Haj processes and enhancing transparency. He also appreciated the Ministry of Minority Affairs and commended Union Minister Kiren Rijju for his proactive and reform-oriented approach in improving facilities for pilgrims.

Congress reacts to by-passing of Sunderbani Nowshera in Railway connectivity

BJP failed to protect intrests of Sunderbani Nowshera- Congress

Sunderbani, April 26- Strongly opposing the by passing of Akhnor Sunderbani and Nowshera in the new railway alignment, the Congress leaders of Sunderbani have strongly criticised BJP for failure to protect the intrests and rights of people of Sunderbani and Nowshera border belts. Addressing a press conference at Sunderbanitoday Senior Congressleaders of Sunderbani Shri Nain Chand Sharma, Shri Rajiv Chadha palongwith DCC General Secretary Ashwani Sharma, DCC Spokesperson Dr Ved Sudan, Babbu Gupta City President Pankaj Raina, Youth Congress leaders Deepak Kumar and Pardeep Sharma hit out at centre government and BJP for neglect of Jammu Sunderbani

Nowshera Rajouri Poonch railway project for years after initial survey in 2012 on the initiative of Shri Rahul Gandhi. He said under the old survey during Congress regime, Jammu Akhnor Sunderbani Nowshera, Rajouri Poonch was the route. Survey was got conducted by Shri Rahul Gandhi when he visited Rajouri in 2012 and demand was raised by Congress especially on the intervention of Rahul Gandhi ji. Now, from media, we are shocked to know that Akhnor Sunderbani, Nowshera is being bypassed. It is very serious and deprive our future generations



to suffer for all times to come. Under BJP regime, Sunderbani has been bypassed in all matters. Our constituency has been bypassed and Sunderbani divided into two parts instead of giving separate Assembly

and one part attached to Nowshera and another Kalakote. Nowshera attached to Anantnag lok sabha and Sunderbani to Jammu lok sabha. Bjp should count single big achievement during 12 years rule at centre and

state for Sunderbani they questioned. All what Sunderbani got is due to Congress right from Master Beli Ram, Radhe Shyam sharma, Dr R C Sharma and mainly during Ravinder Sharma who was only MLC Due to

efforts of Mr Ravinder Sharma Sunderbani got SDM, Degree College, 18.50 cr hospital, two tehsil, two BDO blocks, five Niabat at Siot, Kangri, Prat, Bimilya and Devak, however BDO block & Niabat at Devak was later can-

celled later by BJP government. Beripattan lift irrigation and many other important projects were sanctioned but in limbo so far. Our Sunderbani town has been bypassed by BJP in road project and in future Sunderbani town will be reduced to zero in business, they alleged. If train is diverted, our yo th will suffer in economic growth, connectivity, business besides the defence mechanism it will not be strengthened and population of thearea will suffer which faced brunt of three wars. They demanded continuing the old railway alignment project via Akhnor, Sunderbani and Nowshera to Rajouri besides considering other links to Katra. Secondly, on women reservation, they charged BJP of befooling innocent women. On 24 April

1993, 73rd amendment was implemented in the country and women got 33 percent reservation in all tiers of PRIs. First woman Prime Mini ter Smt Indira Gandhi, first President of India Pratibha Devi Patil, First Speaker Meira Kumari, all belonged to Congress In 2023, when Modi government brought the women bill, it was passed unanimously and Congress demanded it to be implemented in 2024 lok sabha, give 1/3rd of existing 543 seats to women but modi government and BJP deferrd it to post 2029. Now they are trying to befool innocent women by false, fake slogans. Bjp should answer why they failed to implement women reservation in 2023 itself and give reservation in 2024 lok sabha Elections, they asked.

DG YSS inaugurates "Leagues of Classics" UT Level Football Tourney at Srinagar

SRINAGAR, APRIL 26: Directorate of Youth Services and Sports (YSS&S) today marked a momentous chapter in the UT's sporting history with the inaugural ceremony of the "Leagues of Classics" Inter-District UT Level Football Tournament at the iconic Polo Ground, here.

The event was graced by Anuradha Gupta, Director General, Youth Services and Sports, who officially kicked off the competition amidst great fanfare and athletic fervor.

While addressing a gathering of athletes and sports enthusiasts, the Director General articulated a visionary roadmap for the youth, noting that the "Leagues of Classics" is a dedicated platform designed to bridge the gap between students and non-students across all 20 districts of the UT. She emphasized that the Department is committed to creating an ecosystem where every young individual, regardless of their academic status, finds a home on the playing field.



The Director General delivered a powerful message regarding the transformative power of sports in nation-building and character development. "Our mission transcends the boundaries of the scoreboard; we are here to build a resilient generation that chooses the sweat of the stadium over the shadows of addiction. By bringing the Leagues of Classics to every Zone and District, we are not just playing a game, we are launching a movement to re-

claim our youth from the clutches of drug abuse and social isolation. This tournament is a clear example of our belief that a ball at the feet of a youngster is the most potent tool we have to craft a future defined by health, discipline, and integrity," stated Anuradha Gupta. She further highlighted that the Department's momentum is in full swing, with UT-level competitions for Cricket and Volleyball also underway and scheduled to reach their crescendo

in the coming days. The participants have arrived from Anantnag, Bandipora, Baramulla, Budgam, Ganderbal, Kulgam, Kupwara, Pulwama, Srinagar, Doda, Jammu, Kathua, Kishtwar, Poonch, Rajouri, Ramban and Samba. Earlier, the welcome address was presented by the District Youth Services and Sports Officer (DYSSO) Srinagar, Gulam Hassan Lone, who expressed profound appreciation for the innovative and "out-of-the-box" initiatives spearheaded by the Directorate under the leadership of Anuradha Gupta. He underscored that such large-scale engagements serve as a vital mechanism for the Government to effectively curb the drug menace by keeping the youth constructively occupied. In a significant highlight of the day, the Director General administered the "Nasha Mukti Jammu and Kashmir Abhiyan" pledge to the participants and spectators, reinforcing a collective commitment to a drug-free society.

Indian Army hosts Choudhary Abdul Ghani Volleyball Tournament



Mendhar, Apr 26: The Indian Army organised the inaugural Choudhary Abdul Ghani Volleyball Tournament at Operation Hill Ground, Mendhar, in memory of the late Choudhary Abdul Ghani, a respected community figure known for his contributions to youth development and social harmony. The event witnessed enthusiastic participation from six local teams, primarily comprising members of the Gujjar community and drew players and spectators from surrounding villages. The tournament aimed to promote sportsmanship, encourage youth engagement in positive activities and strengthen community bonds in the region. The opening ceremony was attended by Indian Army personnel, local representatives

and prominent citizens, who paid tribute to the legacy of Choudhary Abdul Ghani. The officer highlighted the importance of sports in fostering discipline, teamwork and unity among the youth. Matches were played in a spirited yet friendly environment, with teams displaying commendable skill, coordination and determination throughout the competition. A large turnout of spectators added to the vibrant atmosphere, reflecting the community's strong support for such initiatives. The semi-finals and final match will be played on 26 April 2026. Such initiatives continue to play a vital role in strengthening ties with the local population and carrying forward the values exemplified by Choudhary Abdul Ghani.

Deepti Sharma powers India to 14-run win, denies South Africa clean sweep

New Delhi, Apr 26: Making a comeback in the series, India Women rode on an all-round masterclass from Deepti Sharma to register a 14-run win over South Africa in the fourth Women's T20I in Johannesburg on Sunday. While the hosts still hold an unassailable 3-1 lead in the five-match series, the Women in Blue managed to avoid a whitewash with a strong all-round performance. Deepti Sharma starred with both bat and ball, scoring an unbeaten 36 and returning figures of 5/19, earning the Player of the Match award. Earlier, useful contributions from Jemimah Rodrigues (43)



and Deepti helped India post a competitive 185/5 in 20 overs. Opting to bowl first after winning the toss, South Africa struck early through Eliz-Mari Marx, who removed Shafali Verma for 9. Tumi Sekhukhune then dismissed Anushka Sharma (27) towards the end of the

powerplay, leaving India at 47/2. India rebuilt through Rodrigues and skipper Harmanpreet Kaur (22), who stitched together a 55-run stand to take the side past the 100-run mark in the 11th over. The partnership was broken by Kayla Reyneke, who dismissed Rodrigues for 43.

Pat Cummins hails Vaibhav Sooryavanshi as 'new favourite player' after 36-ball ton vs SRH

New Delhi, Apr 26: Winning hearts with yet another explosive IPL hundred, teenage sensation Vaibhav Sooryavanshi has earned a new admirer in Sunrisers Hyderabad captain Pat Cummins, who called the 15-year-old his "new favourite player" after a high-scoring clash in IPL 2026. "I think he's my new favourite player," Cummins said after the match. "He hits the ball so hard, it's great to watch, it's good fun. You've got to be right on the money as a bowler because if you're not, it's going a long way. He's impressive, he's had a great start to his career and I like the way he plays, he takes the game on." Despite Sooryavanshi's fireworks, Cummins' Sunrisers Hyderabad emerged victorious,



with the Australian pacer also making a strong return from injury. The SRH skipper endured an early scare when Sooryavanshi launched his very first delivery for a six over mid-wicket, immediately putting bowlers under pressure. Cummins,

returning after a long injury layoff, finished with impressive figures of 1/27. After conceding 11 runs in his first over, he tightened his lines and gave away just seven runs in his final two overs, including a pinpoint yorker to dismiss

Rajasthan Royals captain Rian Parag. Sooryavanshi, however, continued his sensational rise with a blistering century off just 36 balls, reaching his fifty in only 15 deliveries and once again showcasing his fearless approach at the top level. Reflecting on his comeback, Cummins said he was pleased with his return to rhythm after months out of action. "I'm really happy. I was never quite sure how it would play out in the first game," he said. "The IPL's fun, you've got to constantly adapt." In a high-scoring contest shaped by aggressive batting, SRH chased down 229 run contributions from Abhishek Sharma and Ishan Kishan after an early setback, moving them to third on the points table.

Relief for DC: Lungi Ngidi discharged after scary on-field injury, returns to team hotel

New Delhi, Apr 26: The Delhi Capitals will take a breath of relief as pacer Lungi Ngidi has been discharged from hospital and has returned to the team hotel in New Delhi, with sources confirming that the South African is "doing well" and will continue to be monitored closely by the franchise's medical staff. "Lungi Ngidi is doing well and has now returned to the DC team hotel in New Delhi. Him being sent back to the hotel after being discharged from the hospital is a positive indication of his recovery, and the franchise medical staff will continue to take good care of him," sources told IANS. Ngidi had suffered a scary on-field injury during Delhi Capitals' IPL clash against Punjab Kings when he fell heavily



while attempting a catch at mid-off in the third over of the chase. He landed awkwardly on his head and immediately clutched it in pain before collapsing to the ground. Medical staff rushed in as play was halted for around 15 minutes,

before the pacer was stretched off and taken away in an ambulance amid concern from players and officials. In a swift response, the Delhi Traffic Police created a green corridor, helping the ambulance reach BLK-Max Super

Speciality Hospital near Rajendra Nagar Metro Station in just 11 minutes. On the field, tension was visible as teammates David Miller and Tristan Stubbs looked shaken, while DC head coach Hemang Badani instructed staff to arrange a neck brace as a precaution. An ambulance was brought onto the ground as doctors and physios assessed the situation. Although Ngidi was conscious and able to communicate through hand gestures, he was unable to move his neck and head at the time. A neck brace was fitted before he was carefully strapped onto a stretcher and taken off the field. He was transported in the Delhi Capitals XI by leg-spin all-rounder Vipraj Nigam, who came in as a concussion substitute.

Explained: Badminton's new 3x15 scoring system and what changes from 2027

New Delhi, Apr 26: The Badminton World Federation (BWF) has approved a major shift in badminton's scoring system, with the sport set to move from the long-standing 3x21 format to a 3x15 structure starting January 4, 2027. The decision marks one of the biggest changes in the sport in nearly two decades, aimed at making matches shorter, sharper, and more adaptable to modern broadcast and player demands. This is likely to influence tactics as well. Players may adopt a more aggressive approach from the outset, taking risks earlier in rallies, while consistency under pressure will become even more critical

given the higher value of each point. The BWF has positioned this move as part of a broader effort to modernise the sport. Shorter matches are expected to ease scheduling challenges for organisers and broadcasters, while also reducing the physical toll on players competing across a packed calendar. By creating high-pressure moments earlier in games, the governing body also hopes to make matches more engaging for viewers. The decision, which received strong backing from member associations after extensive trials, has nonetheless sparked debate. Former India coach Vimal Kumar criticised the move, calling it a "dilution" of the sport and arguing that the current format better reflects badminton's endurance, tactical depth, and sustained intensity. At the same time, there is support for the change, particularly among emerging players, who see the shorter format as a way to level the playing field and introduce greater unpredictability. Ultimately, the shift to the 3x15 system reflects badminton's attempt to adapt to a faster, more broadcast-driven sporting landscape. Whether it enhances the sport's appeal or takes away from its traditional strengths will only become clear when it is implemented in 2027.

World 10K 2026: Sanjivani Jadhav seals hatricket; Harmanjot Singh tops Indian charts



New Delhi, Apr 26: Burundi's Rodrigue Kwizera delivered on a long-standing promise, storming to victory in the men's race with a new event record of 27:31. Having narrowly missed out on the title in a photo finish three years ago, Kwizera made his move after the 8km mark and never looked back, bettering the previous course record by seven seconds.

Kenya's Stanley Wafala Kibet finished second in 27:39, while compatriot Gilbert Kipkosgei Kiprotich secured third place in 27:43 in only his second international 10K appearance. "I am very happy to have won the race. The conditions were challenging due to the heat, but I planned my push after 5K and again in the final kilometre," Kwizera said after pocketing USD 34,000, including the event record bonus. In the women's race, Rwanda's Florence Niyonkuru marked a stunning debut over the distance, clinching the title in 30:45. Despite facing stiff competition from Kenya's Brenda Jephichirich and Ethiopia's Chaltu Dida Diriba, Niyonkuru held her nerve to seal victory.

Sudharsan's blazing 87 crushes CSK as GT chase down 159 with ease at Chepauk

New Delhi, Apr 26: Sai Sudharsan's scintillating 87 off 46 balls powered Gujarat Titans (GT) to a commanding eight-wicket victory over Chennai Super Kings (CSK) in Match 37 of the IPL 2026 at the MA Chidambaram Stadium on Sunday. Chasing a modest target of 159, GT cruised to 162/2 in just 16.4 overs, with Jos Buttler finishing the game in style with an unbeaten 39. Earlier, Ruturaj Gaikwad's unbeaten 74 and a late cameo from Jamie Overton helped CSK recover from a top-order collapse to post 158/7 in 20 overs on a challenging Chepauk surface. CSK innings: Gaikwad anchors, Overton provides late spark. Asked to bat first, CSK endured a shaky start as Mohammed Siraj and Kagiso Rabada extracted movement and bounce early on. Rabada struck key bowlers, includ-



ing removing the in-form Sanju Samson (11), while Impact Substitute Sarfaraz Khan fell for a first-ball duck. Debutant Urvil Patel also failed to make an impact as CSK slumped to 28/3 inside the Powerplay. The slide continued when Manav Suvarh dismissed Deward Brevis, reducing CSK to 38/4. With wickets falling regular-

ly, the scoring rate took a significant hit as CSK crawled to their slowest fifty of the season in the 12th over. Gaikwad, struggling initially for fluency, held one end firm and stitched a crucial partnership with Shivyan Dube (22), who provided some momentum with a few boundaries before being bowled by Arshad Khan.

The CSK skipper brought up a patient half-century off 49 balls — the slowest fifty of IPL 2026 — underlining the difficulty of batting on the surface. A late flourish came from Jamie Overton, who smashed 18 off just six balls, helping CSK push towards a competitive total. Gaikwad accelerated in the final over with a flurry of boundaries to finish unbeaten on 74 off 60 deliveries. Rabada was the standout bowler for GT with figures of 3/25, while Arshad Khan chipped in with 2/43. GT chase: Sudharsan dominates as Titans crumble n response. Gujarat Titans made a confident start, with Shubman Gill and Sai Sudharsan adding 55 runs in the powerplay to lay a solid foundation. Noor Ahmad provided the breakthrough by dismissing Gill (53), but that did little to slow down GT's charge.



12.96 lakh Indians returned from West Asia, over 2,764 Indian seafarers safely repatriated from Gulf region: Govt

New Delhi, Apr 26: The Centre on Sunday informed that 12.96 lakh passengers have returned to India from West Asia since February 28 while over 2,764 Indian seafarers, including 24 in the past 24 hours, have been safely repatriated from across the Gulf region. In light of the evolving situation in West Asia, the Government of India remains actively engaged in ensuring preparedness and continuity across key sectors through coordinated response measures.



The Ministry of External Affairs (MEA) stated that it continues to monitor the developments in the Gulf and West Asia region, with focussed efforts on ensuring safety, security and welfare of the Indian community in the region. Necessary measures have been put in place to safeguard Indian vessels and seafarers operating in the region, by the Ministry of Ports,

Shipping and Waterways. "Since 28 February, around 12.96,000 passengers have travelled from the region to India," the MEA informed. Iran airspace is partially open for cargo and chartered flights. "Indian nationals are advised to avoid travelling to Iran and those already there in Iran are urged to leave via land border, with

our Embassy's support," the Ministry said. "So far, the Indian Embassy in Tehran has facilitated movement of 2,445 Indian nationals out of Iran through land border routes," the MEA stated. Israeli airspace is open and limited flight operations have resumed to destinations in the region, which can be used for onward travel to India, the

Ministry added. Meanwhile, the Ministry of Ports, Shipping and Waterways stated that it continues to coordinate with the Ministry of External Affairs, Indian Missions and maritime stakeholders to ensure seafare welfare and uninterrupted maritime operations. "All Indian seafarers in the region are safe and no incident involving Indian-flagged vessels has been reported in the past 24 hours," the Ministry of Ports, Shipping and Waterways said. The DG Shipping Control Room has handled 7,755 calls and more than 16,518 emails since activation. 57 calls and 192 emails have been received in the past 24 hours. "DG Shipping has facilitated the safe repatriation of more than 2,764 Indian seafarers so far, including 24 in the past 24 hours from various locations across the Gulf region," the Ministry informed.

New Delhi, Apr 26:

Congress leader Rahul Gandhi on Sunday paid tribute to legendary Indian photojournalist Raghu Rai, hailing him as a master storyteller whose work captured the spirit of India across generations. "In a post on X, Gandhi underscored Rai's immense contribution to documenting the country's social, cultural and political journey over more than six decades. "Raghu Rai's lens chronicled the soul of — its people, its struggles, its joys, and its defining moments," he wrote. "Highlighting the enduring significance of Rai's work, Gandhi said the veteran photographer's contribution went far beyond imagery. "He didn't just



take photographs, he preserved our nation's memory," he said. "Extending condolences, Gandhi acknowledged the deep impact Rai had on his family, colleagues and admirers. "My heartfelt condolences to his family, his colleagues, and the countless admirers his work touched across generations," he said. "Raghu Rai, widely regarded as one of India's most iconic

photographers, was known for his compelling visual narratives ranging from everyday life to defining historical moments. A former chief photographer at the Statesman and a contributor to leading international publications, Rai earned global acclaim for his evocative images, including his documentation of the 1984 Bhopal gas tragedy and portraits reflecting.

Raj HC stays tree felling in sacred forest grove in Jaisalmer



New Delhi, Apr 26: The Rajasthan High Court has imposed an interim stay on the cutting of trees in the sacred forest grove along the Baiya village in the Fatehgarh region of Jaisalmer district. A division bench comprising Justices Dr Pushpendra Singh Bhati and Sandeep Shah, while imposing the

stay order, held that not even a single tree could be cut in the 2,587-hectare forest grove until further orders of the court. The state government and a private solar energy company have pleaded before the court that the grove in question (Revenue record Kharsa No. 386) is not regarded as a sacred forest

grove in the latest revenue records. Accordingly, the company was carrying out the installation of solar energy panels in compliance with all rules, afforestation requirements, and environmental norms and conditions. They added that the installation of solar plants is a futuristic need of the country. The petitioners, Mukund Singh Bhati and others, told the court that old revenue records described the land in question as "Rohidalmi Mandir Oran". They also pleaded that around 6,500 trees of various arid-climate species — including Khejri, Rohida, and Jaal — along with drought-resistant, high-protein Sewan grass, have been flourishing.

Bihar CM Samrat Choudhary promises jobs at home, push for industrial expansion

Patna, Apr 26: Bihar Chief Minister Samrat Choudhary said on Sunday that his government is aiming to achieve Rs 5 lakh crore of investment in the state by the month of November. A large number of factories should be established here. People may go outside Bihar for better job opportunities, but no one should be forced to leave the state for employment out of compulsion. Addressing a public gathering in his home district, Munger, for the first time after taking oath as Chief Minister, Choudhary said, "People expect that India should



develop and Bihar should prosper. Our goal is to bring in Rs 5 lakh crore of investment in Bihar by November." "Efforts in this direction are ongoing. Work is progressing to establish a large number of factories in Bihar. Investments worth Rs 136 lakh crore have already been initiated in projects like the Pirpanti Thermal Power Plant and the Nabinagar Thermal Power Plant," he added.

The Chief Minister said his objective is to ensure basic facilities reach the people of Bihar and that government services are easily accessible. For this, instructions have been issued to establish a monitoring system from the Chief Minister's Office for blocks, circles, and police stations. To ensure that people's problems are resolved easily, camps will be organised in panchayats two days every month. He also said that strict action will be taken against officials who keep files pending for more than one month. Choudhary announced that a Marine Drive is

being constructed from Munger to Bhagalpur. Work is also being carried out to regulate the water of the Ganga River so that people in the region can get relief from floods. Irrigation facilities are being expanded. Several lakes and dams in the area are being used to store Ganga water, ensuring easier water supply. "Irrigation facilities are being expanded. Several lakes and dams are storing water from the Ganga River to ensure easy water availability," he said, adding, "Until farmers become prosperous, Bihar cannot be strong."

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Truth cannot be changed in Ghazipur girl murder case: Akhilesh Yadav

Lucknow, Apr 26: Samajwadi Party National President Akhilesh Yadav has alleged that Uttar Pradesh has never seen such a weak Chief Minister, who pressures poor and helpless victims of extreme atrocities to change their statements. He charged that in the Karanda Kataria case in Ghazipur, changing statements does not alter the truth. In a statement here on Sunday, Akhilesh Yadav asked, "Why did it take so long to file an FIR? Why were the statements changed? Why is the victim's family being further harassed? Who prevented action against the supermachios who even pelted stones at the police? Why was the post-mortem questioned?" He said that the truth is widely known, and that regardless of what the post-mortem report states, people in every household in the village are aware of the ground reality.



ty. "Everyone knows what happened and what is being claimed. This has spread the BJP's lies across every community in the village, causing immense anger and resentment among the PDA community," he charged. The SP presi-

dent said the Ghazipur girl murder case is a repeat of the Hatiras case, adding that both share a common pattern: the victims' families belonged to PDA groups, while the perpetrators were from dominant sections. "Our serious question is:

will mere token action bring justice to the victim's family?" The root cause of this injustice is social discrimination. That is why we say that the focus should not be solely on the 'rule of justice', but on the 'rule of social justice'. This should be the ultimate goal," he said. Akhilesh Yadav said the PDA's mission to bring about "rule of social justice" is actually another movement for "real freedom" after independence. It speaks of a freedom that transforms people's perspectives. "Equality is a feeling born not from distance but from true affection. Only then will the nation be truly united and progress together. The day the distinction between the exploiter and the exploited ends, and people wholeheartedly accept equality, that day will bring real freedom." We are fighting for this and will continue to work forward.

Panchayat secretary declares two widows Dalit man living in MP village dead

New Delhi, Apr 26:

Two widows, along with a Dalit man, were denied benefits of the widow pension and Dalit welfare schemes, respectively as a panchayat secretary in the Chhatrapur district of Madhya Pradesh issued death certificates in their names. Following separate complaints lodged by the trio, and the finding of a preliminary inquiry, Amar Singh, the panchayat secretary of the Chandrapura village panchayat, was suspended by District Panchayat Chief Executive Officer (CEO) Namah Shivay Arjaria on Saturday. The action followed complaints filed on April 17 by Ramabai Raikwar, a Gajira Vitwakarma and Kallu Ahirwar, who alleged they were wrongly declared



dead in official records and their death certificates had been duly made. In their complaints, Ramabai and Girja stated that their widow pension had been stopped after the duo was declared dead. Ahirwar stated that he was unable to reap the benefits of government schemes meant for Dalits as he has been declared dead. According to officials, prima facie it was found that the panchayat secretary's act con-

stitutes serious misconduct under the Madhya Pradesh Panchayat Service (Conduct) Rules, 1996. Officials said the suspension was carried out under the Madhya Pradesh Panchayat Service (Discipline and Appeal) Rules, 1999. During the suspension period, Amar Singh will be attached to the Jangal Panchayat Gaurihar office and will receive subsistence allowance.

MP CM hails PM Modi's 'Mann Ki Baat' programme as powerful platform

New Delhi, Apr 26: Madhya Pradesh Chief Minister Dr Mohan Yadav on Sunday lauded Prime Minister Narendra Modi for bringing forward inspiring stories, innovations, and positive efforts from different sections of society, providing new direction and motivation to the masses through his weekly programme, "Mann Ki Baat". The CM listened to the 133rd episode of PM Modi's popular radio programme, along with public representatives at a private restaurant located on VIP Road in Bhopal. Members of the general public were also present on the occasion. Chief Minister Dr Yadav stated that "Mann Ki Baat" is a powerful platform that connects citizens, connects citizens, connects citizens. He said that the Prime Minister has firmly embedded "Mann Ki Baat" in the hearts of the people



and has given the nation a new perspective on innovation. Dr Yadav asserted that such programmes pro-

mote positive thinking in society and strengthen public participation in nation-building.

AAP seeks disqualification of 7 Rajya Sabha MPs who joined BJP, calls move 'betrayal of Punjab'

New Delhi, Apr 26: The Aam Aadmi Party (AAP) has moved a petition before the Chairman of the Rajya Sabha and Vice President CP Radhakrishnan, seeking the disqualification of seven of its MPs who recently joined the BJP. Terming their move a "betrayal of the people of Punjab," AAP leader Sanjay Singh said on Sunday. In a major political setback to the party, seven out of AAP's 10 Rajya Sabha members joined the BJP on April 24. Addressing a press conference at the party headquarters, Sanjay Singh, Leader of AAP in the Rajya Sabha, stated that constitutional experts believe the disqualification of these MPs is inevitable. He asserted that their actions amount not only to a betrayal of the



AAP but also of the people of Punjab, democracy, and the Constitution. The AAP MP alleged that the BJP has institutionalised the politics of defections by using central agencies such as the Enforcement Directorate (ED) and the Central Bureau of Investigation (CBI) to pressure opposition leaders before inducing them into the party. Singh further

claimed that leading constitutional experts and senior advocates, including Kapil Sibal and P. D. T. Achary, have indicated that the membership of all seven MPs who merged with the BJP after leaving AAP is liable to be terminated. "Even a Supreme Court lawyer associated with an NDA constituent had said during a media interaction

on Saturday that their membership would go in any case," he added. Elaborating on the petition, Singh said, "After consulting experts and seeking legal opinion, I have submitted a petition to the Chairman of the Rajya Sabha. It requests that under the provisions of the Tenth Schedule of the Constitution, the membership of all seven MPs be terminated. I have urged that the matter be heard at the earliest and a just decision be delivered." He termed the defections as a "serious threat to democratic values," adding, "Leaders elected on a party's mandate are being coaxed through misuse of agencies and then absorbed into another party. This is a betrayal of democracy, the people of Punjab, and the Constitution itself." Singh also stated that if elected representatives have ideological differences, they should resign before switching parties. "Those elected by the party's MLAs are now speaking against the same party. I am confident that the Chairman will take a prompt decision and cancel their membership," he said. Highlighting the legal framework, Singh pointed out that several Supreme Court judgments and the Tenth Schedule clearly prohibit such defections. Responding to concerns about delays in legal proceedings, he said, "There have been precedents in Uttar Pradesh and Andhra Pradesh where the Supreme Court intervened in similar cases. While delays can be disappointing,

Karan Johar blasts Bollywood's PR obsession, says even stardom is now being bought and sold in the industry

Bollywood has always loved its drama on screen and off it. But now, filmmaker Karan Johar says the real drama is happening behind the scenes, where public relations has started doing most of the talking. And according to him, it's getting out of hand.

In a recent chat with *'The Week'*, Johar didn't hold back as he pointed to a growing trend in the film world: the increasing dependence on paid publicity. From actors being praised through sponsored posts to carefully staged 'viral' moments, he feels the line between genuine appreciation and paid promotion is slowly disappearing. And that, he says, is making everything feel confusing, even for insiders like him.

PR, paid praise and a changing film culture
The conversation that sparked Johar's comments came from an audience question about modern film promotions. The question referred to some recent publicity styles in Bollywood, including Janhvi Kapoor



wearing a shirt named 'Sundari' during promotions of *'Param Sundari'* alongside Sidharth Malhotra, and Shanaya Kapoor using crocodile-themed gimmicks for her film *'Tu Ya Main'*.

The audience member asked whether such attention-grabbing PR tactics similar to what is sometimes seen in Hollywood would become the new normal in Bollywood.

Johar's response was direct. He said the industry has become too dependant on PR machinery and paid

visibility. According to him, achievements in cinema should naturally speak for themselves, instead of being amplified through purchased praise.

He pointed out how promotional language itself has changed. "If you want someone to say you are looking gorgeous, you pay for it," he said during the interaction. He added that even grand claims like being called the 'best actor on the planet' are now, in many cases, part of paid publicity packages.

Method marketing and the blur between real and paid Johar also touched upon what he called 'method marketing,' a term increasingly used to describe immersive or narrative-driven promotional strategies. But he quickly made it clear that the larger concern goes beyond creative marketing ideas.

For him, the real issue is the growing habit of over-promoting personalities instead of focusing on the actual craft of filmmaking and performance. He stressed that marketing and

publicity are valid professional tools in the industry, but only when used responsibly and in balance. Johar was careful not to single out the examples mentioned in the question. Instead, he widened his comment to include the industry as a whole. The problem, he suggested, is not individual actors or films, but the system that is slowly encouraging everyone to constantly promote themselves through manufactured attention. When everything comes at a price, even opinions.

One of Johar's strongest concerns was about how difficult it has become to understand what audiences actually feel anymore. He said the current environment has made it almost impossible to judge genuine public response because "everything is available at a price." According to him, even opinions and praise can now be influenced through paid channels, which blurs the line between real appreciation and paid narratives.

Sunita Ahuja goes unfiltered again: Calls Govinda a perfect son not the husband she wanted

She didn't hold back again and the internet is once more talking about Sunita Ahuja, wife of actor Govinda. Sunita has once again sparked conversation with her latest interview comments that mix marriage reflections and long-standing frustration. This time, the remarks came during a chat with Abhishek Vyas on his YouTube channel, where Sunita opened up about her personal life, her views on marriage, and even her expectations that were never fully met.

YouTube confession turns into headlines
Sunita Ahuja, who already runs her own YouTube channel where she shares moments from her daily life ranging from temple visits to spiritual reflections appeared in a new interview that took a very personal turn. While she often talks about spirituality and her life experiences online, this discussion with Abhishek Vyas shifted toward her marriage with Govinda and what she feels has been missing in their relationship over the years.

"A good son, a good brother... but not the husband wanted" In the interview, Sunita spoke about Govinda with a mix of respect and emotional disappointment. She said he has always been a good son and a good brother, but when it comes to being a husband, she feels something important is missing. She explained that she enjoys simple pleasures like going out for parties, having dinner outside, and taking holidays. According to her, these are normal expectations in a relationship. She added that he dedicated most of his life to supporting his family and providing for them, to the point where, in her words, he never truly lived for himself. She also mentioned that at around 60 years of age, he has still not experienced life for his own enjoyment, which she finds upsetting.

Priyanka Chopra enjoys the sea with her 'favourite people'



Global star Priyanka Chopra knows how to balance work and play. Taking a breather from her hectic schedule, PeeCee took off on a fun trip exploring the sea with her 'favourite people' husband Nick Jonas and daughter Malti Marie Chopra Jonas.

The *'Desi Girl'* took to her official Instagram handle and posted a video of herself enjoy-

ing the Vastness of the sea, and accompanying her were Nick and little Malti.

In the background, we could hear an audio of someone asking, "What's your favourite place?"

In response, another voice added, "I don't have a favourite place. I have my favourite people, and whenever I am with my favourite peo-

ple, that place becomes my favourite".

Twinning with Nick in white, Priyanka looked beach-ready with black sunglasses and a summer hat.

Nick reacted to the post by dropping a smiling face with heart-eyes emoji in the comment section.

On the professional front, Priyanka will be seen leading the forthcoming swashbuckler action thriller *'The Bluff'*.

Creating buzz for the project made under the direction of Frank E. Flowers, the makers recently shared a few snippets of her performance as Ercell Bodden, a fierce pirate.

Publishing the stills on her IG, PeeCee wrote, "Mother. Protector. Pirate. Meet Bloody Mary #TheBluff | Feb. 25, 2026 Only on @PrimeVideo @KarlUrban @primemovies."

One of the photos showed a battle-ready PeeCee soaked in blood with a sword in her hand as she stood her ground on the battlefield.

We also got a glimpse of a softer side of her character's personality as a mother in the post.

"The Bluff" is expected to premiere on Prime Video on February 25.

PeeCee will be seen sharing screen space with Karl Urban, Ismael Cruz Cordova, Safia Oakley-Green, and Temuera Morrison in her next.

In addition to this, Priyanka is also making her comeback to the Indian Cinema with SS Rajamouli's "Varanas" co-starring Mahesh Babu and Prithviraj Sukumar.

Kriti Sanon quips about 'mithai weight' post sister Nupur's wedding

Actress Kriti Sanon is back to her fitness grind after her sister Nupur's wedding, jokingly referring to the extra 'mithai weight' she gained during the celebrations.

The actress, known for her svelte figure, revealed that she is now focused on sculpting her abs. She took to Instagram to e-share a post from her trainer, where she was seen pushing through an intense core workout with full dedication.

In the caption, the 'Bareilly Ki Barfi' star hinted that her abs are currently hiding under the 'mithai weight'.

She wrote, "Need to get those abs out of that mithai weight hiding them!"

Kriti's sister Nupur married Stebin Ben in Udaipur on 10 January 2026 in Christian and Hindu wedding ceremonies.

Talking about the wedding, the actress will be sharing screen with Shahid Kapoor and Rashmika Mandanna in "Cocktail 2". While Kriti has earlier worked with Shahid in "Tere Baaton Mein Aisa Uljha Jiya," this will be her first professional association with Rashmika.

Produced by Dinesh Vijan's Maddock Films, the story of the much-anticipated sequel has been provided by Luv Ranjan. The details about the plot of the forthcoming drama have been kept under wraps.

She was last seen in "Tere Ishk Mein", a romantic drama film directed by Aanand L. Rai.

In 2014 and had her first Hindi film, "Raanjhanaa" in 2013, the film star's Dhanush and Kriti Sanon. It follows Shankar, who develops a relationship with Mukti while she conducts her PhD



research on him. After she ends the relationship and moves on, Shankar joins the Indian Air Force, and years later, their unresolved past resurfaces when they meet again.

Kriti made her debut with the Telugu film 'I. Nenokkadine' in 2014 and had her first Hindi release with the action film

Heropanti. She achieved wider recognition with the romantic action film Dilwale. Her performance in the comedy Bareilly Ki Barfi. Her performance as an aspiring actress who becomes a surrogate mother the following year. In *'Mimi'* earned her the National Film Award for Best Actress.

Vani to make first start as Jasmine seeks another win on WPG Tour

Vani Kapoor will make her first start this week in the second leg of the Women's Pro Golf Tour (WPG) Tour at the Kalhaar Blues & Greens in Ahmedabad, Gujarat, on Tuesday. After missing the season-opener, Vani, who won five times last year while topping the WPG Order of Merit, will feature in the event alongside some of the other leading names.

The field this week includes last week's winner Jasmine Shekar, runner-up Richima Dilawari, Amandeep Drall, Sneha Singh, Heena Kang, Seher Atwal, Vidhatri Urs, and the newly minted pro, Saanvi Somu.

While Jasmine will seek another title, Richima, who came close to winning last week, will look to make amends. Amandeep Drall is trying to gather enough momentum to reclaim the form she needs to get back to the Ladies European Tour.

Saanvi, who has multiple runner-up finishes as an amateur, is seeking her maid-



en success on the Hero WPG Tour.

The 40-player field also includes seven amateurs, the most experienced being Zara Anand and Mahreen Bhatia,

who have shown tremendous potential. Both are likely headed to US College golf later this year.

Mahreen won the 15th and final leg of 2025 in Noida at the Jaypee Wishtown course, beating top star Vani Kapoor on the way. Zara Anand twice came close to winning but finished runner-up at Bangalore Golf Club, Bengaluru, and DLF GCC, Gurugram.

Last week's winner, Jasmine, goes out in the first pairing, which is a two-ball, while Vani Kapoor plays with Ravjot Dossanj and Vidhatri Urs. Amandeep Drall and Richima Dilawari will play in the final group.

Jasmine had got off to a flying start in the new season as she won the opening leg of the Women's Pro Golf Tour 2026 at the Bombay Presidency Golf Club. The 20-year-old Bengaluru golfer completed a wire-to-wire win as she compiled the week's best card of 5-under 65, which was bogey-free.

With rounds of 67-70-65

she totalled 8-under 202 and won by four shots over Richima Dilawari (67).

Jasmine held a one-shot lead after Day One, extended it to two after two rounds, and further doubled it to four by the end of the event. Jasmine was the only player to card par or better on each of the three days at the Par-70 course.

Jasmine picked up the winner's cheque of Rs. 2.30 lakh from a total purse of Rs. 17.17 lakh. Richima earned Rs. 1.70 lakh, while the third-placed Lavanya Jadon took home Rs. 1.40 lakh.

It was Jasmine's fourth win on the WPG Tour since turning pro in 2023. She won twice in 2024 and once in 2025 and has now opened the 2026 season with a convincing win. The win also showed Jasmine's consistent progress since becoming a pro. She finished sixth on the Order of Merit in her rookie year in 2023, 2024, and third last year.

Nitin Rao on 'Taskaree': Emraan Hashmi's calm approach helped me stay present in moment

Actor Nitin Rao, who got to star alongside Emraan Hashmi in the latest release *'Taskaree'*, has heaped praise on the Bollywood star and said that despite being such a senior actor, he never made him feel that hierarchy on set.

Talking about working with Emraan, Nitin said, "Working with Emraan Hashmi was a very comfortable and enriching experience. Despite being such a senior actor, he never made me feel that hierarchy on set. From day one, everything felt natural and organic. We had a lot of conversations, and our scenes flowed effortlessly."

He added, "There was no nervousness or hesitation from my side because he creates a very relaxed environment around him. His calm and restrained approach helped me stay present in the moment, and our performances naturally fell off each other." Nitin has worked on projects like *'Kaun Pravin Tambe?'*, *'Darbar'* starring Rajnikanth, and *'Samrat Prithviraj'* to name a few.

Talking about what made *'Taskaree'* an instant yes for him, Nitin shares, "Taskaree felt like a homecoming for me. I had previously worked with the same production house on *'Kaun Pravin Tambe?'*, so there was already a sense of familiarity and trust. When I came in for the audition, everything clicked nat-

urally — both sides felt I was right for the role. What excited me most was how different this character was from what I had done before."

"In *'Kaun Pravin Tambe?'*, I played Abhi Koravela, a real-life character who was soft-spoken, gentle, and calm. In *'Taskaree'*, my character operates at the ground level of Mumbai's smuggling network — rough, tough, and deeply entrenched in crime, where violence and execution are just part of the job. That contrast really intrigued me."

She added, "It gave me a chance to explore a completely different side of myself as an actor and showcase my versatility, which is why I immediately said yes to the project."

Delving deeper into the emotional core of his character, Nitin reflects on how different it is from his real self.

He added, "I am very different from this character. In real life, I'm calm, positive, and deeply connected to yoga and mindfulness. Playing someone who thrives in chaos and violence was a complete contrast — almost 180 degrees from who I am." "That's what made it exciting. I wanted to experiment and push myself out of my comfort zone. The response I've received so far has been very encouraging, which reassures me that the risk was worth it."

Higher doses of lithium aspartate promising for long Covid patients: Study

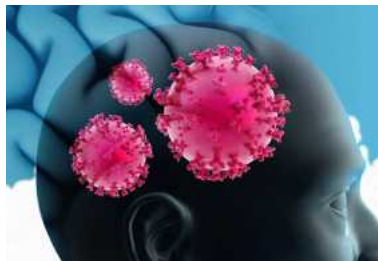
Low doses of lithium aspartate is ineffective in treating the fatigue and brain fog that is often a persistent feature of long Covid, researchers said on Wednesday. However, higher doses may be promising.

An estimated 17 million people have long Covid in the US, and worldwide the number is estimated at 65 million.

Published in the journal JAMA Network Open, the study was led by Thomas J Guttuso, professor of neurology at University of Buffalo. "It's a negative study with a positive twist," said Guttuso.

Since long Covid is believed to stem from chronic inflammation and lithium has known anti-inflammatory actions, Guttuso had recommended that a patient of his try low-dose lithium for his persistent long Covid symptoms.

He was surprised when this patient reported a near full resolution of fatigue and brain fog within a few days of initiating lithium aspartate at 5 mil-



ligrams a day.

Based on this single case, Guttuso became interested in lithium aspartate as a potential treatment for long Covid and recommended it to other such patients.

According to Guttuso, nine of 10 long Covid patients he treated with lithium aspartate at 5-15mg a day saw very good

benefit in terms of improvements to their fatigue and brain fog symptoms.

"Based on those nine patients, I had high hopes that we would see an effect from this randomised controlled trial," says Guttuso. "But that's the nature of research. Sometimes you are unpleasantly surprised."

The randomised controlled trial showed no benefit from 10-15 milligrams a day of lithium aspartate compared to patients receiving a placebo.

After one patient from the study subsequently increased the lithium aspartate dosage to 40 milligrams a day and experienced a marked reduction in fatigue and brain fog symptoms, Guttuso decided to then conduct a dose-finding study designed to explore if a higher dose of lithium aspartate may be effective.

The three participants who completed the dose-finding study reported greater declines in fatigue and brain fog with the higher dose of 40-45 milligrams per day.

"This is a very small number of patients, so these findings can only be seen as preliminary," said Guttuso. "Perhaps achieving higher blood levels of lithium may provide improvements to fatigue and brain fog in long Covid."

Why deep-fried, baked, grilled foods are driving diabetes in India

Deep fried, baked, grilled ultra-processed foods — found in every nook and corner of India — that have become the staple in a majority of homes in recent years, are a direct reason for the ever-surging cases of diabetes in the country, said experts on Sunday.

India is home to a staggering 101 million individuals afflicted by diabetes. The recent ICMR-NIN Dietary Guidelines for Indians reveals that more than 10 per cent of 5-19-year-olds are pre-diabetic.

A new study, published in the International Journal of Food Sciences and Nutrition, shows that the deep fried, baked, and grilled ultra-processed foods are rich in advanced glycation end products (AGE) which lead to inflammation and contribute to several diseases including diabetes.

"When we fry or grill foods it leads to oxidative stress which is a promoter of inflammation. Chronic inflammation in the body is linked to diabetes, hypertension, heart disease, and even some forms of cancer. Ultra-processed foods and those foods which are high in trans fats are harmful to health," diabetologist Dr. V Mohan from Madras Diabetes Research Foundation (MDRF) in Chennai, told IANS. Mohan



and team led the study on AGEs in collaboration with the Indian Council of Medical Research (ICMR).

According to the study, AGE-rich foods include red meat, fried foods, french fries, fried chicken, bacon, biscuits, bakery products, butter, margarine, and sugary foods. On the other hand, fruits and vegetables, broccoli, legumes, oats, dairy, eggs, fish, and tree nuts like almonds, walnuts, cashews, etc, come under the low-age food category.

"Our study showed that foods which are high in dietary AGEs were linked to type 2 diabetes and inflammation. Foods which were low in dietary AGEs were protective

against diabetes," Mohan said.

AGEs are formed through a non-enzymatic process called glycation, where sugar molecules bind to proteins or fats.

This process can lead to the formation of compounds that cause harmful reactions in the body, particularly inflammation. "Fried food means that we are having excess saturated fat and calories, so it will naturally not be good for us," Dr. Ambrish Mishra, Chairman & Head Endocrinology & Diabetes, Max Super Speciality Hospital, Saket, who was not part of the study, told IANS.

"Much of the food in India that is deep fried, especially street food, is of reheated oil.

Reheated oil is very rich in trans fats — a big factor for increasing the risk of heart disease and some types of cancers," he added.

Then what about grilled or baked food?

Mishra said intuitively, one would think grilled food is healthy, but it's actually not. "Although it isn't fried, it exposes food to high temperatures which gives rise to the production of certain toxic aromatic carbons in the food, which can be carcinogenic," the doctor said while noting that baked food is also not necessarily healthy because most baked food is carbohydrate-rich.

These foods that are fuelling the obesity rate are one of the major causes of diabetes in the country, Mohan told IANS, while urging the government to promote healthy eating habits.

Further, the MDRF study showed that "excess carbohydrate intake in the form of white rice or refined wheat is a direct driver of the diabetes epidemic," said Mohan.

Apart from this, stress, lack of sleep, and air pollution are other contributing factors.

"Government policy should therefore be directed towards encouraging the cultivation and promotion of foods which are low with dietary AGEs, especially fruits with low glycaemic index and green leafy vegetables," the doctor said.

Ban tobacco sales to prevent lung cancer death in 12 lakh youths: Lancet



Banning the purchase of cigarettes and other tobacco products for youth can significantly prevent 12 lakh lung cancer deaths in the young population, according to a study, published in The Lancet Public Health journal on Thursday.

The findings aim to secure future generations from the risks of smoking, which is the biggest risk factor for lung cancer. Smoking is the leading cause of preventable death worldwide and is estimated to cause more than two-thirds of the 18 lakh deaths every year.

In the first-of-its-kind simulation study, researchers from the University of Santiago de Compostela, the International Agency for Research on Cancer (IARC), called for creating a generation of people who never smoke.

They suggested banning the purchase of cigarettes and other tobacco products for people born between

2006 and 2010. Their results showed it can prevent 12 lakh lung cancer deaths in 185 countries by 2095.

"This could prevent 40.2 per cent (1.2 of 2.9 million) of the total lung cancer deaths expected to occur in this birth cohort by 2095."

"Lung cancer is a major killer worldwide, and a staggering two-thirds of deaths are linked to one preventable risk factor — tobacco smoking. Our modelling highlights how much there is to gain for governments considering the implementation of ambitious plans towards creating a tobacco-free generation," said Dr. Julia Rey Brandariz, University of Santiago de Compostela, Spain.

"Not only could this save huge numbers of lives, it could massively reduce the strain on health systems of treating and caring for people in ill health as a result of smoking," Brandariz added.

The study further showed that banning tobacco sales could prevent almost half of expected lung cancer deaths among men (45.8 per cent) and close to one-third of expected deaths in women (30.9 per cent).

To date, no country has made laws to make it illegal to sell tobacco to young people. While New Zealand took the bold step to ban the sale of tobacco products to anyone born in or after 2009, it was recently repealed.

Fear about eggs spiking cholesterol levels 'unwarranted': Experts



Consuming an egg every day is safe and good for your heart, and it will not increase your blood cholesterol levels, said experts on Saturday noting that the fear is unwarranted.

Given the rise in cholesterol and poor heart health, the number of eggs a person can consume per day has been long debated.

Dr. Rajeev Jayadevan, Kerala State IMA Research Cell Chairman, told IANS that eggs are an important source of all-round nutrition.

"Eggs are perhaps the best source of protein in the world. It also contains other nutrients, including vitamins and minerals. Importantly, they are easily available and relatively economical."

There is a lot of unnecessary anxiety about the consumption of eggs, to the extent that people are fearful of consuming it. This is unwarranted because various stud-

ies have shown that increasing the number of eggs taken daily, does not necessarily lead to a rise in blood cholesterol," said Jayadevan, also a gastroenterologist.

He explained that the cholesterol circulating in the blood is primarily made in the liver in response to the body's various nutritional and metabolic requirements.

It is not significantly impacted by the amount of cholesterol consumed in our diet, for instance, by consuming eggs.

Unfortunately, people believe that cholesterol in blood is directly linked with cholesterol in the diet," Jayadevan said.

While high cholesterol levels are to be avoided, specifically, especially high LDL levels (bad cholesterol), it is important to consider all the risk factors while assessing the risk for cardiovascular disease.

Rising cardiac arrest, a sign for young India to focus on right approach to life



Cases of cardiac arrest have seen a spurt in recent times, but the bigger question is the ability to diagnose and prevent such cases. The surge in rising cases of cardiac and non-communicable ailments has perplexed corporate India as well as the larger medical fraternity.

When Swiggy CEO Rohit Kapoor criticised the hustle culture advocating for a healthier approach to life, many youngsters followed him on social media. But, when it comes to practice, Gen-Z and millennials are more likely to follow odd-health practices than follow preventive measures. New and rising medical epidemic Rising non-communicable diseases could be one explanation for these deaths. The World Health

Organisation states that non-communicable diseases (NCDs), such as heart disease, stroke, cancer, diabetes, and chronic lung disease, are collectively responsible for 74 per cent of deaths globally. These ailments are attributed as the most challenging lifestyle diseases to tackle in the 21st century. Of the non-communicable diseases (CVDs) have seen a rampant increase — from 25.7 million cases in 1990 to 64 million in 2023. It's also a baffling trend because data from the World Heart Federation found India accounts for 15 per cent of all diabetes cases worldwide. Also, 40-50 per cent of heart-related ailments are of those below the age of 55. Given the gravity of the situation, one

would expect society and young people to adopt healthy practices. Unfortunately, a fast-paced lifestyle, digital practices, and blurring personal and professional lives do not lead to a conducive environment for healthy living. Rising cortisol and constant pressure to excel, and achieve personal and professional goals, succumbing to peer group and societal pressures, and unhealthy eating habits lead to chronic stress and anxiety. This phenomenon contributes to additional cortisol production which in turn aggravates the underlying cardiovascular conditions and NCDs. WHO data as early as 2018 highlights how rising cortisol manifests into not only higher NCD but also

endocrine and neurological symptoms. Clinical studies and recent cases point out that high cortisol could cause even loss of DNA. Focus on overall well-being The general perception is that "since I am young, I am immune to silent killers such as Diabetes, or CVDs". Unfortunately, non-communicable diseases develop silently over the years. And, poor lifestyle choices practiced in the 20s and 30s set the stage for a health crisis in the future. Young professionals who are caught in the whirlwind of career building, often neglect basic health and work practices. A marked improvement is witnessed in awareness of stress and the role of sugar in diet. But even those who recognize risks associated with junk food, are unable to make the right dietary decisions. Sugar is often a hidden component in many products, including food's marketing as "healthy". For instance, smoothies, energy bars, flavoured yoghurt, and even some spreads contain excessive amounts of sugar, which may exacerbate NCD and stress.

The normalisation of high levels of stress is dangerous. Over time, chronic stress leads to elevated cortisol levels, high blood pressure, and inflammation, all of which contribute to the development of heart disease.

Delaying knee arthritis treatment can damage spine, warn health experts

Delay in proper knee treatment, timely detection and ignoring knee arthritis symptoms can worsen the condition of knees and additionally damage the spine affecting the quality of life, health experts said on Saturday on the occasion of the World Arthritis Day.

Knee arthritis, particularly osteoarthritis, is a degenerative joint condition that primarily affects adults. It causes pain, stiffness, and reduced mobility in the knees, often making everyday activities difficult.

However, according to experts, the repercussions of untreated or poorly managed knee arthritis extend far beyond the knee joint.

Dr. L Tomar from Max Hospital said that in more than 70 per cent cases, osteoarthritis is the commonest reason for knee arthritis.

Osteoarthritis causes more progressive damage to the medial (inner) joint compartment cartilage leading to reduction in the gap between the two bones.

Patients with advanced knee arthritis are often seen to have spinal deformity because when patients continue to walk with a bow



leg deformity it put more pressure on lumbar spine leading to its damage, such cases can be corrected with minimally invasive total knee replacement surgery, said Dr Tomar.

In osteoarthritis, multiple osteophytes form around the joint causing progressive limitation in knee movements. Patient with late-stage knee arthritis often report with fixed deformity with very little movement.

According to Dr Praveen Gupta from Fortis Hospital, several neurological symptoms can be a consequence of rheumatological diseases.

J&K Judicial Academy organises orientation programme on "Criminal Justice Administration with special reference to New Criminal Laws"

JAMMU, APRIL 26: Under the patronage of Chief Justice, High Court of Jammu & Kashmir and Ladakh (Patron-in-Chief, Arun Palli and guidance of Chairperson and Members of Governing Committee for J&K Judicial Academy, the Jammu & Kashmir Judicial Academy today organised a one day orientation programme on "Criminal Justice Administration with special reference to New Criminal Laws" (A-048/25) at its Police Auditorium, Gulshan Ground, Jammu.



Justice Rajnesh Oswal, Judge, High Court of Jammu & Kashmir and Ladakh and Chairperson, Governing Committee for J&K Judicial Academy, in his inaugural address, underscored the timeless relevance of law by quoting Manusmriti, observing that law is the very essence of dharma and acts as a

silent guardian even when society rests. He emphasized that law must continuously evolve in response to changing social needs and highlighted that criminal justice, though an ancient concept, requires constant modernization. Referring to the newly enacted legislations-Bharatiya Nyaya Sanhita (BNS), Bharatiya Nagarik Suraksha Sanhita (BNSS) and Bharatiya Sakshya Adhiniyam (BSA), he said that these laws are aligned with the contemporary realities, particularly by incorporating advance-

ments in electronic and digital technology. Justice Oswal stressed that the success of these new legal frameworks depends upon the collective efforts of all stakeholders within the criminal justice system. He called for a collaborative, progressive and forward-looking approach to ensure that the true spirit and objectives of the new laws are effectively realized in practice. Justice Rahul Bharti, Judge, High Court of Jammu & Kashmir and Ladakh and Member, Governing Committee for

J&K Judicial Academy in his address, emphasized that the criminal justice system is a collective enterprise involving the police, prosecution and judiciary, each playing an interdependent role. He observed that while the new criminal laws mark a transition from the earlier framework, the real challenge lies in overcoming the entrenched stereotypes and systemic inefficiencies. He said that despite individual efforts, the system often appears disjointed due to routine practices and lack of coordination. Highlighting the need for a shift in mindset, Justice Bharti stressed that all stakeholders must engage more deeply with their roles and take collective responsibility for improving the system. He also underscored the importance of continuous self-study and introspection to move beyond the status quo and ensure effective implementation of the new laws. Naser Ahmad Dar, Director, J&K Judicial Academy, emphasized the significance of such orientation programmes in fostering a deeper understanding of the newly enacted criminal laws. He expressed sincere gratitude to Justice Rajnesh Oswal and Justice Rahul Bharti for their insightful deliberations and valuable guidance, which greatly enriched the programme.

L-G Vinai Saxena inspects Igoo-Phey Irrigation Canal, reviews irrigation and hydropower infrastructure

LEH, APRIL 26: The Lieutenant Governor of the Union Territory of Ladakh, Shri Vinai Kumar Saxena, inspected the headworks of the Igoo-Phey Irrigation Canal project at Marselang, a vital infrastructure initiative that supports both irrigation and power generation in the region. The Igoo-Phey Irrigation Canal, initiated in 1979 and completed in 2005, and spanning approximately 43 km with 30 distributaries, was designed to irrigate nearly 4,500 hectares of land on the left bank of the Indus River. Villages from Igoo to Phey, including Marselang, Changa, Thiksey, Shey, and Chuchot were benefiting from this canal. The canal played a crucial role in enhancing green cover and supporting agricultural livelihoods in the region. However, due to non-



maintenance of the canal for many years, villagers are facing acute water shortage. During the visit, issues related to maintenance of the canal, including budgetary requirements for repair works, and renovation of the damaged wooden bridge at the headworks, were also reviewed and discussed with officials and villagers. The Lieutenant Governor was informed that out of 43 km stretch, only 25 km section from Marselang to Phey has been made operational and the remaining stretch of 18 km has been

non-operational for several years. The Lieutenant Governor directed that the restoration work be speed up on an 11 km stretch up to Igoo, where water-lift techniques should be adopted to ensure efficient water flow. The Lieutenant Governor also directed the concerned departments to expedite the completion of the remaining works and ensure timely charging of the canal so that farmers can effectively utilise water for irrigation, thereby, enhancing agricultural productivity and greenery in the region.

Delegations of Milk Cooperatives Farmers call on Javid Dar

JAMMU, APRIL 26: Several delegations of Milk Cooperative Societies and Dairy Farmers from across Jammu Division today met Minister for Agriculture Production, Rural Development & Panchayati Raj, Cooperatives and Election Department, Javid Ahmad Dar, and appraised him of their demands for strengthening the sector. The delegation sought interventions in milk procurement prices regulation, expansion of retail outlets at key urban locations and focused training support for the youth to set up dairy units. They also raised demand for increasing



cooperative registrations, access to credit and need for stronger marketing and logistics. Responding to the demands, the Minister called for closer coordination between the Animal Husbandry and

Cooperative departments to ensure that farmers receive timely and effective support. He directed the officers to address the bottlenecks on priority and improve ground-level facilitation for dairy cooperatives.

DC Poonch reviews working of Revenue Department

POONCH, APRIL 26: Deputy Commissioner Poonch Ashok Kumar Sharma today chaired a meeting to take a comprehensive review of working and services of the Revenue Department. The meeting was attended by Additional Deputy Commissioner Tahir Mustafa Malik; Assistant Commissioner Revenue Muhammad Sayeed; Sub-Divisional Magistrate Mendhar Imran Kataria; Sub Division Magistrate Surankote Farooq Khan; besides Tehsildars, Naib Tehsildars and other revenue staff. A detailed discussion was held on multiple aspects of revenue administration, with a special focus on digitization of

Calls for early completion of Jamabandi digitization, clearance of pending mutations, crackdown on illegal mining, drug trafficking



land records. The Deputy Commissioner took a Tehsil-wise review of the digitization of Jamabandis and assessed the progress achieved so far. He directed the officers to expedite the pending digitization

work and ensure its early completion. The status of digitization in all six tehsils Balakote, Haveli, Mandi, Mendhar, Surankote and Mankotewa was thoroughly reviewed including the status of backlog mutations.

Officers were asked to clear all pending cases at the earliest and provide reasons for delays. Detailed discussions were also held on pending mutations, cadastral maps (including Mussavis and Lathas) and their digitization status. The Deputy Commissioner stressed digitization of mutations in a transparent manner to ensure that the people get their rightful ownership. The meeting also reviewed revenue court cases on the RCCMS portal, services under the PSGA Revenue Plus portal and the disposal status of the same. Tehsil-wise progress of Minor

Irrigation census and status of grievances registered on the JK Samadhan portal and RTI applications were also assessed. The Deputy Commissioner stressed strict check on illegal mining and directed the concerned Tehsildars to establish checkpoints (nakas) within their jurisdictions to curb such activities and take strict action against violators. In addition, the Deputy Commissioner directed SDMs and other officers to actively support the ongoing 100-day Nasha Mukti campaign by identifying and taking action against drug peddlers in their respective areas. He also emphasized the need to monitor courier services in coordination.

Satish Sharma calls for transforming J&K into sports epicentre at Chintan Shivir

CALLS FOR ESTABLISHING SPORTS UNIVERSITY IN J&K

SRINAGAR, APRIL 26: Minister for Food, Civil Supplies & Consumer Affairs, IT, Transport, Youth Services and Sports, Satish Sharma, today outlined a bold and transformative vision to position Jammu and Kashmir as the sports epicentre of the country while addressing the concluding session of the Chintan Shivir at SKICC, Srinagar.

The Minister emphasized the immense potential of Jammu and Kashmir to emerge as the winter sports capital of India, alongside its growing reputation as a hub for water sports. He called for creation of a dynamic and inclusive sports ecosystem that promotes sporting activities from grassroots to national level, backed by robust infrastructure development and effective policy support.

Highlighting the need for focused intervention, Satish Sharma urged the Union Minister for Youth Affairs and Sports to extend liberal financial assistance for development of world-class sports infrastructure and the expansion of sports programmes, particularly in border and far-flung areas. He stressed that such initiatives would not only harness the immense talent of youth in these regions but also provide them with meaningful opportunities for growth and engagement. Batting strongly for establish-



ment of a dedicated Sports University in Jammu and Kashmir, the Minister said that such an institution would serve as a centre of excellence for training, research and capacity building, further strengthening the region's sports ecosystem and nurturing future champions.

The Minister also underscored the need to promote border and rural sports, saying that despite challenges, youth in these areas possess unmatched passion, resilience and patriotism. He called for targeted incentives and structured programmes to ensure their active participation and success in various sporting disciplines.

Referring to Jammu and Kashmir's growing achievements in sports, the Minister highlighted the region's commendable performances in national events, including progress in the Santosh Trophy and participation in premier tournaments like the Ranji Trophy. He said these achievements reflect the untapped potential of local youth and the positive impact of sustained investment in sports.

Satish Sharma also drew attention to the immense economic potential of the Kashmir willow bat industry, which accounts for nearly 70 percent of the global bat production. He called for strategic

measures to promote and modernize this sector, stating that it has the capacity to revolutionize bat manufacturing while generating substantial employment opportunities for local youth.

Sharing his personal journey, the Minister spoke about the transformative role of sports in shaping character and discipline. He emphasized that sports can serve as a powerful tool to counter the growing menace of drug abuse in the region by channelizing the energy of youth towards constructive and healthy pursuits.

He reiterated that engaging youth in sports not only fosters physical and mental well-being but also strengthens social cohesion and national pride. He lauded various national initiatives aimed at youth empowerment and described them as instrumental in nurturing a generation of nation-builders.

The Minister further expressed confidence that with sustained efforts, strategic investments and the continued support of the Prime Minister, Jammu and Kashmir will witness unprecedented growth in the sports sector. He asserted that the region is poised to emerge as a leading hub for sports, tourism and economic development, contributing significantly to the nation's progress while paving the way for a vibrant, empowered and drug-free society.

Rajouri Tops in Budget Quest 2026 Felicitated at North Region Chintan Shivir



SRINAGAR, APRIL 26: District Rajouri was felicitated at the three-day Chintan Shivir of the Department of Youth Affairs, Government of India, held at the Sher-i-Kashmir International Conference Centre (SKICC), for achieving the highest participation in Budget Quest 2026 in the country, marking a significant milestone in youth engagement.

The award was received by Deputy Director Youth Services and Sports Rajouri, Nitin Hangloo, on behalf of the District Administration Rajouri, recognizing the collective efforts undertaken to mobi-

lize youth participation at an unprecedented scale. Notably, Rajouri district secured the top position nationwide in terms of youth participation in the Viksit Bharat Budget Quest Quiz 2026.

The recognition was conferred by Union Minister of State for Youth Affairs and Sports, Raksha Nikhil Khadse, who lauded the district's consistent and impactful efforts in engaging youth and promoting financial literacy and civic awareness through innovative initiatives like Budget Quest. While accepting the honour, Nitin Hangloo attributed the achievement to the proactive leadership

and guidance of Deputy Commissioner Rajouri, Abhishek Sharma (and highlighted the coordinated efforts of all stakeholders. He emphasized the vital role played by Baba Ghulam Shah Badshah University, colleges, educational institutions and youth clubs in ensuring maximum outreach and participation. Reaffirming the district administration's commitment, he stated that Rajouri will continue to focus on strengthening youth engagement and fostering a sense of responsible citizenship among young people through meaningful and participatory initiatives.

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All disputes are subject to the exclusive jurisdiction of competent courts and forums in Jammu City

