

North in News

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Postal Regd. No. JK/504/19-21

VOL. NO. 14 | ISSUE NO. 138

JAMMU, MONDAY, 1 JUNE 2026

E-paper: <https://northinnews.com/epaper/>

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PM Modi Urges People To Take Precautions Amid Scorching Heat

NEW DELHI, May 31: Prime Minister Narendra Modi on Sunday urged people to stay hydrated in view of soaring temperatures across the country. In his monthly radio broadcast Mann Ki Baat, he said people should take extra precautions when stepping out in the sun. "With temperatures soaring across much of the country, it is important to take extra care. Stay



hydrated. If you need to step out in the sun, do so cautiously and take necessary precautions," he said. "Keep drinking water. Don't forget the guidelines

issued by various government departments in this regard either," he said. Prime Minister Modi had on Wednesday last also urged citizens to take maximum precautions as the country is witnessing soaring temperatures, and said staying hydrated is key during such harsh weather. Modi also referred to the king of fruits, saying there is hardly a home where mangoes are not talked

about in the summer season. He noted that every region has its own mango and its own aroma. "Hapus or alphonso of Maharashtra, Kesar of Gujarat - these are the lifeblood of 'samras'; Dussehr of Uttar Pradesh and Langra of Kashi. There are mangoes from Bihar, whose aroma can be smelt from far. Chausa, Malda - memories of

(Contd on Pg 2)

Ladakh's New Excise policy eases restrictions on Liquor Sale

LEH/JAMMU, MAY 30: Ladakh Lieutenant Governor Vinai Kumar Saxena on Sunday approved a new Excise Policy, permitting the sale of hard liquor through retail vendors, reducing documents to obtain a licence from 16 to six and extending the liquor availability to four more districts.



The existing restrictive regime had led to an artificial scarcity of liquor, encouraging the consumption of smuggled and spurious alcohol as well as narcotic substances, officials said. Under the new

policy, the sale of hard liquor, including Foreign Liquor and Indian Made Foreign Liquor (IMFL), has been permitted through retail vendors. Earlier, only beer, wine and ready-to-drink beverages could be sold through retail outlets, a spokesperson said. In an expansion bid, the administration has decided to open 20 liquor vendors through e-auction, compared to only two

(Contd on Pg 2)

12 Years of Technological transformation laid foundation of 2047: Dr Jitendra



NEW DELHI, MAY 31: Union Minister of State (Independent Charge) for Science & Technology, Earth Sciences, and Minister of State for PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr. Jitendra Singh said that the last 12 years of technological transformation has laid the foundation for 2047 and under PM Narendra Modi, India has moved from being a technology follower to a technology leader. This transformation has fundamentally altered India's position in the global scientific

landscape as well, he added. During a podcast with Doordarshan News, Dr. Jitendra Singh said that for decades, India largely adopted technologies developed elsewhere, often entering new technological domains years after leading nations. Today, he said, India is increasingly participating in the development of frontier technologies at the global level and, in several sectors, is helping shape the future direction of innovation itself. "The last twelve years have witnessed India's transition from a technology follower to a technology leader. The scientific capabilities, innovation ecosystem and technological infrastructure created during this period have laid the foundation of Viksit Bharat @2047," Dr. Jitendra Singh said.

(Contd on Pg 2)

Govt Cuts Windfall Tax on Petrol, Diesel, ATF Exports

NEW DELHI, May 31: The government has halved windfall gains tax on export of petrol to Rs 1.5 litre, while reducing the levy on diesel to Rs 13.5/litre and aviation turbine fuel to Rs 9.5/litre effective June 1. The finance ministry in a notification said road and infrastructure cess will be nil on export of petrol and diesel. Also, there is no change in the existing duty rates on petrol and diesel cleared for domestic consumption. The special additional excise duty (SAED) on petrol at Rs 3/litre was imposed on May 16 and the fortnightly review slashed it to Rs 1.5/litre from June 1. The duty on export of diesel has been reduced to Rs 13.5 per litre.

(Contd on Pg 2)

Gen Subramani takes charge as India's New Chief of Defence Staff

NEW DELHI, MAY 31: Gen NS Raja Subramani, widely known as an expert on Pakistan and China, on Sunday took charge as India's new Chief of Defence Staff with a primary mandate to implement the ambitious military reorganisation plan and bolster tri-services synergy. He succeeded Gen Anil Chauhan, who signed off after completing his tenure as the country's senior-most military commander on Saturday. Gen Subramani was serving as the Military Advisor at the National Security Council Secretariat (NSCS). He retired as the Vice Chief of Army Staff on July 31 last year. The military officer, shortly after taking charge, said transformation of the armed forces and organisa-



tional reforms to enhance tri-services synergy and integration will be his primary focus. We will accelerate the development, induction and integration of indigenous weapons in our armed forces, he said in a brief media statement. "Our armed forces consistently demonstrated professionalism and operational decisiveness in safeguarding our national interests. We are committed to protect

(Contd on Pg 2)

OUR CENSUS OUR DEVELOPMENT

Jammu & Kashmir and Ladakh

Houselisting & Housing Census 1st to 30th June

What will you be asked?

Information of house: <ul style="list-style-type: none"> Building number Materials of the floor, walls & ceiling Ascertain use of the house- (Residential/Non-residential) Condition of the house 	Basic information about the family: <ul style="list-style-type: none"> Number of family members Name, sex and caste of the head of the family (SC/ST or others) Ownership status of the house Number of rooms Number of married couples living in the house 	Amenities: <ul style="list-style-type: none"> Source of drinking water Availability of drinking water source Main source of lighting Access to latrine Type of latrine Waste water outlet Bathroom facilities Kitchen and LPG/PNG connection Main fuel used for cooking 	Assets: <ul style="list-style-type: none"> Radio/Transistor Television Access to internet Computer/Laptop Mobile phone Telephone Two-wheeler/ Four-wheeler
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» This stage lays the foundation for population enumeration » All your information will remain completely confidential and secure

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Let us fulfill our responsibility and participate in the Census

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FROM PAGE ONE

PM Modi...

people are tied to every name," he said. The prime minister said if someone goes to South India, people will find other varieties like Banganapalli, Totapuri, Neslam, Malgova; there is Himsagar in Bengal; Suvarnarekha of Odisha and Andhra Pradesh. "In other words, the place changes, and so does the mango's form, colour, and taste... This journey of the mango is now reaching from villages to the global market," he said.

Ladakh's...

operational vendors earlier, the spokesperson said. "Liquor availability will also be extended to the districts of Nubra, Changthang, Sham and Zaskar, whereas it was previously confined largely to Leh city", officials said. The policy also allows retail sale of liquor in guest-houses and homestays upon payment of the prescribed licence fee, the officials said. "Beer bars with micro-breweries have been permitted for the first time in Ladakh. Hotels will now be allowed to serve liquor within their premises, including guest rooms, instead of restricting consumption to bars alone," they added.

Rationalisation of excise duty rates on liquor, beer and wine has been undertaken and a simplified duty structure with a uniform excise duty of Rs 500 per litre of pure alcohol across all IMFL brands has been introduced. "Manufacturers will also be allowed to undertake wholesale distribution of liquor to improve supply chains and availability of quality brands", the spokesperson said. To enhance ease of doing business, the number of documents required for obtaining an excise licence has been reduced from 16 to six, the officials said. "The requirement of obtaining the opinion of the district administration for grant of a licence has also been removed," they added.

The policy further permits serving liquor at private functions and in banquet or party halls on payment of the prescribed fee, a provision that was not available earlier. To boost revenue, the annual fee for wholesale licences has been increased from Rs 3.5 lakh to Rs 5 lakh, the officials said, adding that the base price for retail vendors has been fixed at Rs 60 lakh in Leh municipal wards and Rs 30 lakh in other areas.

"Retailers' profit margins have been reduced from 12 per cent to 10 per cent," they added. The policy incorporates strict enforcement measures, including cancellation of licences and forfeiture of earnest money deposits for selling liquor above the maximum retail price, they said. "Manufacturers and importers will be required to affix department-approved security holograms on liquor products to improve traceability and prevent duty evasion," they added.

As part of environmental safeguards, the sale of liquor in plastic bottles has been prohibited. Liquor will only be sold in approved glass bottles, PET bottles and tin cans. The policy also mandates that liquor vendors comply with a minimum distance of 100 metres from religious places, educational institutions, hospitals and public parks, in line with Government of India guidelines. The policy, approved after consultations with civil society groups, religious organisations, public representatives and gov-

ernment officials, seeks to create a transparent, accountable and technology-driven excise framework while promoting tourism, optimising revenue and strengthening regulatory oversight, the officials said. The objective of the policy is curbing the growing dependence on narcotics and psychotropic substances and providing wider access to low-alcohol-content beverages through regulated channels, they said. Saxena said the revised policy aims to establish a balanced framework that addresses public concerns, curbs illegal trade, supports tourism and economic activity, and reduces dependence on narcotic substances through lawful and regulated alternatives. He reiterated the administration's commitment to transparency, accountability and public welfare while implementing the new excise regime across the Union Territory.

12 Years...

PM Modi brought science and technology to the centre of national policy making, encouraging greater participation of the private sector, promoting innovation-led entrepreneurship and ensuring that scientific advancements translate into benefits for citizens. This approach, he said, has enabled India to build a technology ecosystem that supports economic growth, strategic capability and public service delivery simultaneously.

Referring to India's growing stature in frontier technologies, Dr Jitendra Singh said the country has registered major advances in space, nuclear energy, quantum technologies, biotechnology, artificial intelligence and clean energy. He said these sectors are collectively creating the scientific and technological foundation required for a developed India by 2047.

On the space sector, the Minister said India has built one of the world's most dynamic space ecosystems following the opening of the sector to private participation. He said the number of space startups has grown from single digits to more than 400, while India's space economy, currently estimated at around USD 9 billion, is projected to expand significantly in the coming years. Dr Jitendra Singh said India's space achievements have transformed public engagement with science and inspired a new generation of innovators and entrepreneurs. He added that space technologies today support communications, infrastructure planning, governance, disaster management, agriculture and national security, making them increasingly relevant to everyday life.

The Minister described the advancement of the Prototype Fast Breeder Reactor as a major milestone in India's long-term energy strategy. He said the achievement takes forward the three-stage nuclear programme envisioned by Dr Homi Jehangir Bhabha and strengthens India's pathway towards energy security and self-reliance.

Dr Jitendra Singh said recent reforms enabling greater private sector participation in the nuclear sector have opened new opportunities for startups, entrepreneurs and technology-driven enterprises. The reforms, he added, are expected to accelerate innovation and expand India's capabilities in advanced energy technologies.

Highlighting progress under the National Quantum Mission, Dr Jitendra Singh said India has already achieved nearly half of its targeted 2,000-kilometre quantum communication capability within the initial years of implementation. He said the pace of progress reflects

India's growing competence in one of the world's most strategic technology domains. The Minister said quantum communication technologies will play a crucial role in strengthening secure communications, defence preparedness and next-generation digital infrastructure, positioning India among a select group of countries working at the cutting edge of quantum science.

On biotechnology, Dr Jitendra Singh said India is preparing for a biotechnology-driven industrial transformation through the BioE3 Policy. He said the future economy will increasingly be shaped by advances in biotechnology, genetics and bio-manufacturing, and India is taking proactive steps to establish leadership in these domains. He referred to ongoing initiatives in genome sequencing, rare disease diagnosis and treatment, indigenous drug development and gene-therapy breakthroughs as examples of India's growing scientific capability. He said these developments are strengthening the country's ability to deliver solutions with both national and global relevance. Speaking about Artificial Intelligence, the Minister said AI is emerging as a transformative force across governance, healthcare, agriculture, communications, scientific research and public service delivery. He said India is pursuing a balanced approach that combines human expertise with AI-enabled systems to improve efficiency, innovation and citizen-centric governance. Dr Jitendra Singh said the IndiaAI Mission is creating a strong foundation for future leadership in advanced digital technologies through investments in computing infrastructure, datasets, innovation and emerging applications.

The Minister said India's broader innovation ecosystem has expanded rapidly over the last decade, reflected in the country's rise as one of the world's leading startup destinations, significant growth in patent filings, improved global innovation rankings and increasing scientific publications. He said India is no longer viewed merely as a consumer of technologies developed elsewhere but is increasingly recognised as a nation capable of generating original innovations and solutions for global challenges.

Referring to clean energy, Dr Jitendra Singh said India is pursuing a diversified strategy encompassing nuclear energy, green hydrogen, solar power and emerging ocean-based energy systems. These initiatives, he said, are aligned with the country's long-term commitment to sustainable development and net-zero emissions by 2070. The Minister said the next phase of India's growth will increasingly be driven by underexplored sectors such as the blue economy, deep ocean resources, Himalayan bio-resources, advanced biotechnology and next-generation manufacturing technologies. He said India possesses unique natural and scientific advantages in many of these domains and is well-positioned to convert them into engines of national growth. Concluding, Dr Jitendra Singh said that the journey of the last twelve years should be viewed as the beginning of a larger national transformation. He said the scientific confidence, technological capabilities and innovation ecosystem built during this period have positioned India to emerge as a leading knowledge economy and achieve the vision of *Viksit Bharat @2047*N.

Govt Cuts...

from Rs 16.5 per litre, and aviation turbine fuel to Rs 9.5 per litre, from Rs 16 per litre from June 1.

The government had on March 26 imposed an export duty of Rs 21.50 a litre on diesel, and Rs 29.5 a litre on ATF. In the review on April 11, the duties were hiked to Rs 55.5/litre and Rs 42/litre. In the April 30 review, they were cut to Rs 23/litre and Rs 33/litre, and further slashed to Rs 16.5/litre and Rs 16/litre on May 16.

The windfall tax was levied to increase domestic availability of the fuel amid the US-Israel and Iran war. It was also aimed at not allowing exporters to take undue advantage due to price differentials as globally crude oil prices had risen since the beginning of the war.

On February 28, the United States and Israel launched military strikes against Iran, triggering sweeping retaliation from Tehran.

Crude oil prices have remained above USD 100 per barrel over the past week, from the about USD 73 per barrel before the war.

The windfall tax was to ensure domestic availability of petroleum products by disincentivising exports against the backdrop of the West Asia crisis, the ministry said.

Gen Subramani...

the sovereignty and territorial integrity of our country," he said.

"I assure citizens of India that armed forces will continue to serve the nation with dedication, courage, honour and professionalism," he added.

Gen Subramani also noted that he would also work towards accelerating the development, induction, and integration of indigenous weapon systems into the armed forces.

As Chief of Defence Staff, Gen Subramani's primary task will be to implement the theatreisation model by rolling out integrated military commands. In his illustrious career spanning over 40 years, Gen Subramani served across a wide spectrum of conflict and terrain profiles and held a host of Command, Staff and Instructional appointments.

He served as the Vice Chief of the Army Staff from July 1, 2024 to July 31, 2025 and was General Officer Commanding-in-Chief of the Central Command from March 2023 till June 2024.

The officer is a graduate of the National Defence Academy and the Indian Military Academy. He was commissioned into the eighth battalion of the Garhwal Rifles on December 14, 1985.

Gen Subramani is an alumnus of the Joint Services Command and Staff College, Bracknell (UK), and the National Defence College, New Delhi. He holds a Master of Arts degree from King's College, London, and an M Phil in Defence Studies from Madras University.

He commanded the 16 Garhwal Rifles in counter-insurgency operations in Assam as part of Operation Rhino, the 168 Infantry Brigade in Jammu and Kashmir, and the 17 Mountain Division in the Central Sector during a challenging operational environment. He also distinguished himself by commanding two corps, including a premier strike corps of the Indian Army on the Western Front.

Gen Subramani's staff and instructional assignments include Brigade Major of a Mountain Brigade, Defence Attache in Kazakhstan, Assistant Military Secretary in the Military Secretary's Branch, Deputy Commander of a Rashtriya Rifles Sector in Jammu and Kashmir, and Deputy Director General of Military Intelligence at the Integrated Headquarters of the Ministry of Defence (Army).

NIT Srinagar's SANGAM-3.0 concludes at Gulmarg

Gulmarg, May 31: The third edition of the global alumni SANGAM-3.0, concluded at Gulmarg on Sunday with a special networking and interaction session, bringing to a close three days of celebrations, discussions and renewed engagement between alumni and their alma mater.

The event was organised by the National Institute of Technology (NIT) Srinagar in collaboration with the Alumni Association, REC/NIT Srinagar.

The concluding session at the Golf Club Gulmarg witnessed enthusiastic participation from distinguished alumni, faculty members, administrators, and guests from across the country.

The event was hosted by alumnus and MLA Gulmarg, Er. Farooq Ahmad Shah, who welcomed the alumni fraternity and appreciated NIT Srinagar's efforts to reconnect generations of graduates through a vibrant alumni platform. Among those present were Babu Lal Juneja, Chairman, SKD University Rajasthan; Ashwani Kumar, Rajasthan; Social activist Tasneem Akhter, Nouman Ajaz Wawa, Director, TRM Institute; Er. Ambreena Anjum, Superintendent Engineer, Jal Shakti Department; Dr. Mehboob Makhdoomi (University of WathHarbor); CEO Gulmarg Development



Authority (GDA) Tariq Hussain Naik (JKAS), and G.N. Var, President, Private Schools Association J&K.

Addressing the gathering, MLA Gulmarg, Farooq Ahmad Shah (IAS Retd.) described NIT Srinagar as one of Northern India's premier technical institutions that has produced generations of engineers, scientists, administrators, entrepreneurs and innovators who have made significant contributions to nation-building. Calling SANGAM-3.0 more than an alumni reunion, MLA Shah said it was a celebration of shared experiences, lifelong friendships and collective commitment towards institutional growth.

"The values and relationships built during our days at REC Srinagar played a defining role in shaping our professional journeys," he said.

He urged alumni to deepen their engagement with the institute through mentorship programmes, scholarships, research col-

laborations, industry partnerships and career opportunities for students.

MLA Gulmarg Shah also encouraged successful alumni and entrepreneurs to invest in higher education, skill development, and innovation initiatives in Jammu and Kashmir to generate employment and strengthen the region's human resource base. In his message, Director NIT Srinagar, Prof. Binod Kumar Kanaujia, said the successful conclusion of SANGAM-3.0 reflected the strength of the institute's global alumni network.

"Our alumni are our greatest ambassadors. The overwhelming response witnessed during the last three days demonstrates the enduring bond that graduates continue to share with the institute. Their mentorship, expertise and support remain invaluable for the growth of NIT Srinagar," he said.

Registrar Prof. Atikur Rehman described SANGAM-3.0 as a land-

mark initiative aimed at building a sustainable and active alumni ecosystem.

"The reunion provided an excellent platform for alumni from different generations to reconnect, exchange ideas and contribute to the institute's future growth. We witnessed meaningful interactions, academic discussions and several collaborative proposals during the programme," he said.

President of the Alumni Association REC/NIT Srinagar, Er. Malay Chatterjee said the event had further strengthened ties between alumni and the institute. "The alumni community remains committed to supporting the institute through student mentoring, industry linkages, innovation support and creating opportunities for young graduates. SANGAM-3.0 has opened new avenues for meaningful engagement," he said.

Dean Alumni and International Affairs Prof. M.A. Shah said the reunion successfully reconnected

alumni with their departments, faculty members and fellow graduates while inspiring students through interactions with accomplished professionals and administrators. "Several alumni have expressed their willingness to support the institute in internships, placements, entrepreneurship, research collaborations and student mentoring. Such partnerships will significantly benefit both the institution and its students," he said.

Speaking on the occasion, G.N. Var lauded NIT Srinagar for nurturing a strong alumni culture and creating a platform that promotes knowledge-sharing, collaboration and institutional development.

A special presentation was delivered by Dr. Mehboob Makhdoomi, who highlighted the need to expand quality higher education opportunities in Jammu and Kashmir.

He briefed participants about the proposed University of WathHarbor, envisioned as a future-ready institution focusing on innovation, research, skill development, entrepreneurship and industry-academia collaboration.

During the Gulmarg session, alumni shared memories of their student life at REC/NIT Srinagar and appreciated the institute's transformation in academics, infrastructure, research and innovation over the years.

JAMMU BOY Tariq Khan's Bombay Story Receives acclaim at Cannes Film Festival



JAMMU, MAY 31: Internationally acclaimed filmmaker and producer Tariq Khan has added another milestone to his growing international career with the successful premiere of his latest film, Bombay Story, at the prestigious Cannes Film Festival. Inspired by the timeless stories of legendary Urdu writer Saadat Hasan Manto, the film was screened to a packed theatre and received an enthusiastic response from audiences and industry professionals.

Bombay Story features an impressive cast including Mouni Roy, Anupria Goenka, Rahat Shah Kazmi, Shoaib Nikash Shah, and several other talented performers. Drawing inspiration from Manto's celebrated literary works, the film explores complex human emotions, social realities, and the intricacies of human relationships through a compelling cinematic narrative.

Known for his unique vision and commitment to meaningful storytelling, Tariq Khan has consistently worked towards bringing local and regional stories to international audiences. His films aim to bridge cultural boundaries while highlighting narratives that resonate universally.

Over the years, Tariq Khan's work has garnered recognition at numerous international film festivals. His acclaimed films, including Identity Card, Lihaf - The Quilt, and Side A Side B, have won several international awards and have been praised for their artistic excellence, powerful storytelling, and social relevance. Tariq Khan Productions has established itself as a production house dedicated to creating content that combines artistic merit with global appeal. The company has produced several internationally recognized films

that have been showcased at prestigious festivals across the world, earning appreciation from critics and audiences alike.

Originally from Jammu and Kashmir, Tariq Khan continues to represent the region's rich cultural heritage and storytelling traditions on global platforms. Through his work, he remains committed to promoting stories from the region while contributing to the growing presence of Indian cinema on the international stage.

The successful Cannes screening of Bombay Story further strengthens Tariq Khan's reputation as a filmmaker dedicated to bringing authentic and meaningful stories to world cinema. As the film continues its international journey, it stands as another significant achievement in his mission to connect local narratives with global audiences. About Tariq Khan Productions is an independent film production company known for producing internationally acclaimed films and socially relevant stories. With a focus on artistic excellence and culturally significant narratives, the company continues to create films that transcend geographical boundaries and engage audiences worldwide.



IGP Jammu reviews SANJY-2026 preparedness in Kathua and Samba; stresses foolproof security arrangements

KATHUA/SAMBA, MAY 31: To review security and facilitation arrangements for the forthcoming Shri Amanath Ji Yatra (SANJY)-2026, IGP Jammu Zone Bhim Sen Tuti, accompanied by DIG JSK Range Shridhar Patil, DC Kathua Rajesh Sharma, SSP Kathua Mohita Sharma; SO to IGP Jammu SSP Rajinder Singh and other senior officers, conducted an extensive review of preparations in Kathua and Samba districts. The IGP first visited Lakhanpur and inspected the Base Camp, Langar Points, Lodgement Centres and Reception Centres. Security deployment, CCTV coverage, access control measures, frisking arrangements, traffic management and pilgrim facilities were reviewed on the ground.



A comprehensive security review meeting on SANJY-2026 was later held at DPL Kathua. The meeting was attended by supervisory officers, including SP SOG Jammu, Addl. SP Kathua, SP Operations Upper Kathua, SP Ops Border Kandi Kathua, all SDPOs and SHOs of NHW Kathua, SSP

Kathua Ms. Mohita Sharma, IPS gave a detailed presentation on security arrangements, surveillance measures, convoy management, QRT deployment and emergency response plans. Addressing the officers, the IGP stressed maximum alertness, strict adherence to security protocols

and professional conduct with pilgrims. The DIG JSK Range directed officers to regularly inspect Langars and lodgement centres and maintain close surveillance on suspicious elements.

The IGP subsequently reviewed arrangements in District Samba, where SSP Samba Amij Kumar briefed him on the district's preparedness for SANJY-2026. A security review meeting was also held, which was attended by DIG JSK Range, senior officers, all supervisory officers and SHOs of the district. The IGP emphasized close coordination among J&K Police, CAPFs, intelligence agencies and Punjab Police to ensure a safe, secure and smooth Yatra for all pilgrims.

DC Rajouri reviews preparedness for Census 2027

Stresses 100% coverage of nomadic and migratory population

RAJOURI, MAY 31: Deputy Commissioner Rajouri, Abhishek Sharma, today chaired a review meeting to assess the preparedness for Census 2027 and review the action plan for ensuring 100 percent coverage of the nomadic and migratory population during the first phase of the Census operation, which is scheduled to commence from tomorrow. The meeting focused on the arrangements being put in place for the smooth conduct of census activities across the district, with special emphasis on reaching nomadic and migratory communities residing in remote and seasonal locations. The Deputy Commissioner directed all concerned officers to ensure close coordination and meticulous planning so that no individual or family is left out of the enumeration process. He stressed the importance of accurate and comprehensive data collection, describing the Census as a crucial

exercise for evidence-based planning and development. The DC instructed field functionaries to identify and map migratory routes, seasonal settlements and temporary habitations of nomadic families to facilitate their complete coverage during the first phase. He emphasized that special efforts should be made to reach these populations in a timely manner and ensure their inclusion in the Census database. The meeting was attended virtually by District Census Officer/Additional Deputy Commissioner Rajouri, all Additional Deputy Commissioners, ACR Rajouri, SDM Thanamandi, Chief Education Officer, Divisional Forest Officers, Chief Agriculture and Horticulture Officer, District Sheep Husbandry Officer, District Information Officer, All Tahsildars and Executive Officers of Municipal Committees

Jhangar Battalion organised awareness & sensitization programme

JAMMU, MAY 31: As part of the Nasha Mukti J&K Abhiyan 2026, an awareness and sensitization programme was organised by Jhangar Battalion at Usman Memorial for youth volunteers, sports coaches and at Boys' Middle School Saraya for senior citizens and school teachers from nearby villages. The initiative aimed to educate participants about the harmful effects of drug abuse and the importance of promoting a healthy, disciplined and drug-free lifestyle among the youth. During the programme, participants were sensitized regarding the early warning signs of substance abuse, its adverse impact on physical and mental health, and the social consequences associated with addiction. Special emphasis was laid on the important role of parents, teachers, senior citizens and community leaders in identifying vulnerable youth and guiding them towards positive and constructive activities. The session also highlighted the significance of peer counselling,

leadership and community support in preventing drug abuse among young individuals. Sports, physical activities and constructive engagement were discussed as effective protective measures against substance abuse, and participants were encouraged to motivate the younger generation towards healthy and productive pursuits. A dedicated interaction with school teachers focused on early behavioural indicators among students, counselling approaches and the importance of creating a supportive educational environment. Senior citizens were also encouraged to actively participate in community awareness efforts and mentor the youth through guidance and social support. The programme concluded with an interactive discussion where participants shared their views and reaffirmed their commitment towards building a drug-free and healthy society under the spirit of Nasha Mukti J&K Abhiyan 2026.

CID CI District Doda bids farewell to ASI Mohd Sikandar Butt on superannuation

DODA, MAY 31: A warm and heartfelt farewell was accorded to Mohd Sikandar Butt, Assistant Sub-Inspector (ASI), on his retirement from CID CI District Doda after rendering more than 36 years of dedicated and distinguished service in the department. A farewell function was organized at District Police Lines (DPL), Doda, where officials and staff of CID CI District Doda gathered to honor the retiring ASI and acknowledge his invaluable contributions to the organization. Family members, friends and colleagues were also present on the occasion. Speakers at the function lauded Mohd Sikandar Butt for his sincer-



ity, professionalism, commitment to duty and exemplary conduct throughout his long and successful

career. They highlighted his dedication and service to the department, which earned him the

respect and admiration of his colleagues. On behalf of the CID department, officials and staff extended their heartfelt gratitude and best wishes to the retiring ASI for a healthy, happy and prosperous post-retirement life. As a mark of respect and appreciation for his exemplary service, a special gift was presented to Mohd Sikandar Butt by the CID department during the farewell ceremony. Expressing his gratitude, Mohd Sikandar Butt thanked the department and his colleagues for their unwavering support and cooperation throughout his service career.

AIPP DEMANDS EARLY PANCHAYAT ELECTIONS IN J&K: V.P. AIPP

Jammu, May 31: "Delaying unnecessarily, long overdue elections of Panchayati Raj Institutes, in Jammu and Kashmir Union Territory, can set a wrong precedence of weakening grass roots level democracy here. The Government of J&K has also not yet completely fulfilled its constitutional responsibility in transferring all the 29 Departments under 73rd Constitutional Amendment Act. The problems of rural masses are multiplying. Meaningful development activities have slowed down," said Jugal Kishore Gupta, Vice President, All India Panchayat Parishad (AIPP) at Pamphore, in Karnataka, in a much 'fruitful' Executive Committee meeting of Jammu Kashmir State Panchayat Parishad (JKSPP) an Affiliated State Unit of All India Panchayat Parishad (AIPP). AIPP has been championing the cause of elected Panchayati Raj Institutes, across the country. It has also empowered PRIs to have the needed potential for collaborative efforts that can help to reshape the



socio-economic landscape and catalyst," added Mr. Gupta. At the very outset, Sh. Ashwini Sharma, General Secretary, JKSP gave introduction of the office bearers and a brief about the items on agenda for the day. Mr. Babu Singh (ex) Sarpanch, National Secretary, AIPP and Chief Organiser JKSP, has called upon the stakeholders of

Panchayati Raj to strengthen AIPP for strengthened PRIs. She duly supported the demand of JKSP regarding early delimitation and elections of Panchayats as well as resolution of genuine grievances of Panchayats. Earlier, in the meeting, Pt. Raj Kumar, State Working President, JKSP had paid rich tributes to the dedication and devotion

of Amar Shaheed Balwant Rai Mehta, visionary of 3-tier Panchayati Raj in India and Founder President of AIPP who along with Bharat Rattan - Sh. Jai Parkash Narayan and Dr. Lal Singh Tragi, had laid deep foundations for constitutionally empowered PRIs. To follow the footsteps of great leaders of AIPP's Panchayati Raj Movement, across the country, to strengthen the PRIs and dedicate ourselves to achieve the best in Panchayati Raj shall be the grateful tributes to them," said Sh. Kuldeep Sharma (Ex) Sarpanch; State Convener, Balwant Rai Mehta Panchayati Raj Foundation (BRMPRF)-Trust, while speaking in the meeting as Special Invitee. Thakur Satya Parkash (Ex) Minister, H.P. Govt. & Chairman, BRMPRF; and Sh. Nissar Ahmed Khan (Ex) Minister, J&K and Patron, JKSP, in their messages on this occasion, have congratulated the newly nominated/appointed office bearers/members of JKSP State Ad-Hoc Executive Committee

to make aware the masses at the Gram Sabha level. PRI representatives to know their rights and duties to serve and develop better. Sh. Tandan Datt Sharma and Shivendar ji, laid stress upon unity, a sense of dedicated self-less services among the PRI representatives, to serve the society better. Accelerated awareness meetings in rural areas were also suggested. Prominent, among others who were present in the meeting and raised burning problems of rural masses, neglect of Panchayati Raj by the administration (Government), included Jenab Mohammad Ahsan Mir, former Chairman BDC Pamphore, Gh. Nabi Namtehalhi of Chadoora, Badgam, Shykh Malik of Kulgam and Sh. Sanjay Kumar Bhat. They, not only gave many valuable suggestions for the betterment of PRIs but also to play active role in strengthening JKSP. The process of forming JKSP District/Block Level Bodies shall be completed by the end of June 2026.

BJP OBC Morcha Organises Party Joining Programme at Jammu

JAMMU, MAY 31: BJP OBC Morcha organised Party Joining Programme at Arya Samaj Mandir, in Jammu, Jammu, reflecting the growing public support for the Bharatiya Janata Party and its commitment to public welfare and development. The programme witnessed an enthusiastic response from citizens, social activists, youth, and party workers who joined the BJP, inspired by the leadership of Prime Minister Shri Narendra Modi and the party's vision of a Viksit Bharat. The programme was graced by Sat Sharma (CA), President, BJP Jammu & Kashmir and Member of Parliament (Rajya Sabha), is the Chief Guest, Sham Lal Sharma, MLA Jammu

North and Braham Jyot Satti, President BJP OBC Morcha J&K-UT, were the Guests of Honour. The programme was organised by Manohar Babbar, State Executive Member, BJP OBC Morcha, those present were Ayodhya Gupta (Prabhari Jammu North), Nand Kishore (District President Jammu North), Sunny Sangotra (State General Secretary BJP OBC Morcha), Shambher Prajapati (District President OBC Morcha Jammu North), Sumita Gupta (Ex-Corporator), Sahil Gupta (Mandl President Jammu), Ashwani Babbar, Jatinder Kumar Luthra (Swarankar Sangh Jammu West) and several senior party leaders and workers.

Patnitop Marathon 2026 attracts over 800 runners from across India, emerging as Jammu & Kashmir's largest multi-category hill race

RAMBAN, MAY 31: 6th Edition of the Patnitop Marathon, attracting over 800 runners from more than 30 cities and 15 states across India commenced successfully at Patnitop. The event was organized by IKA Sports & Events Pvt. Ltd, a company promoted by Ironman athlete and endurance sports entrepreneur Kapil Arora in collaboration with Patnitop Development Authority (PDA), Directorate of Tourism Jammu, District Administration Udhampur and Ramban. The event has now established itself as Jammu & Kashmir's largest multi-category hill race, bringing together elite athletes, amateur runners, fitness enthusiasts, armed forces personnel, tourists and local participants amidst the breathtaking Himalayan landscape of Patnitop. The marathon was organized in support of the Nasha Mukti Jammu & Kashmir Abhiyan, promoting a healthy, active and drug free lifestyle. Participants from across the country united to support the cause while experiencing one of India's most scenic and challenging race



routes. The event was attended by the Deputy Commissioner Ramban Mohammad Alyas Khan, Chief Executive Officer, Patnitop Development Authority, Virender Kumar Manyal, SDM, Chenani, Ranjeet Singh, Deputy Director, Tourism Jammu, Pankaj Sasan, Assistant Director, Tourism, Mohd. Arif Lone, SDPO, Chenani Sukhvir Singh along with senior officials from the Health, Fire & Emergency, Police, Traffic and other line departments. The marathon featured four race categories i.e. 50 KM Ultra Marathon, 21.1 KM Half Marathon, 10 KM Race and 5 KM Race. In addition, participants competed across five age-group categories i.e. 18-35 Years, 35-45 Years, 45-55 Years, 55-65 Years, 65 Years & above. The structured age group categories encouraged wider participation and ensured fair competition among runners across different stages of life. One of the unique features of the Patnitop Marathon is its ability to cater to runners of all fitness levels through multiple race distances while simultane-



ously offering one of India's most challenging hill ultra-marathons. This combination has helped establish the event as a premier destination race in North India. The highlight of the event was the 50 KM Ultra Marathon, regarded as one of the most demanding and picturesque road ultra-marathons in India. The route commenced from outside the Youth Hostel at Patnitop and passed through the scenic mountain stretches of Kud, Nathatop and Sanasar Lake before returning to Patnitop, offering participants a grueling endurance challenge against the backdrop of the majestic Himalayas. The races commenced in the early hours

of the morning, with the 50 KM Ultra Marathon flagging off at 4:30 AM from Patnitop. Runners navigated the challenging mountain terrain through Kud, Nathatop and Sanasar before returning to Patnitop. The Half Marathon, 10 KM Race and 5 KM Race followed at scheduled intervals, creating a vibrant sporting atmosphere throughout the day. The event witnessed tremendous enthusiasm from runners and spectators alike, with participants travelling from over 30 cities and 15 states to experience the unique charm of running in the Himalayan hills. The marathon also generated significant tourism activity for

the region, benefiting local hotels, restaurants, transport operators and small businesses. The success of the 2026 edition was further strengthened through strategic partnerships with 10 running clubs from across India, helping expand the event's national reach and participation. The marathon received strong support from several prominent running communities, including Jammu's rapidly growing running groups MOBE Club and C9 Club, whose members actively participated in and promoted the event. These collaborations played an important role in attracting runners from different parts of the country and building a vibrant running community around the event. The marathon witnessed highly competitive racing across all categories, with runners battling challenging elevation profiles, mountain weather conditions and demanding terrain. Outstanding performances were recorded across the 50 KM Ultra Marathon, 21.1 KM Half Marathon, 10 KM Race and 5 KM Race categories. Winners and podium finishers

were felicitated during the prize distribution ceremony in the presence of distinguished guests, officials and spectators. The event also recognized top performers across all age-group categories, celebrating excellence and participation across generations. Speaking on the occasion, tourism officials highlighted that events such as the Patnitop Marathon play a crucial role in promoting wellness tourism, adventure tourism and destination sports in Jammu & Kashmir. The event continues to position Patnitop as one of India's emerging hubs for endurance sports and outdoor recreation. "With over 800 participants from more than 30 cities and 15 states, the Patnitop Marathon has evolved into the biggest multi-category hill race in Jammu & Kashmir. The event not only promotes fitness and healthy living but also showcases the immense tourism potential of Patnitop and the wider Jammu region. The overwhelming response from runners across the country reflects the growing popularity of destination races in Jammu & Kashmir." The event was

organized as part of the Nasha Mukti Jammu & Kashmir campaign, a flagship initiative dedicated to creating a drug free society across the Jammu & Kashmir. With a strong focus on community mobilization and youth engagement, the program also featured awareness activities aimed at educating the public about the severe dangers of substance abuse. By fostering collective responsibility and promoting healthy, fulfilling lifestyles, the initiative successfully united local citizens, students, and officials in a shared commitment to creating a healthier, safer, and completely addiction-free future for Jammu and Kashmir. Kapil Arora, Founder of IKA Sports & Events Pvt. Ltd., expressed gratitude to the Patnitop Development Authority, Directorate of Tourism Jammu, district administrations of Udhampur and Ramban, sponsors, volunteers, local community members and participants for their support. The event concluded with a grand prize distribution ceremony where winners across all race distances and age categories.

Rajesh launches anti-drug awareness drive in Ghrota's Nardani village

Jammu, May 31: Shiv Sena Hindustan organized an anti-drug awareness meeting in Nardani village of Ghrota Block under the leadership of its Jammu and Kashmir President, Pt. Rajesh Kesti. The meeting witnessed active participation from local residents, social activists, and community representatives who expressed deep concern over the growing menace of drug addiction among the youth. Addressing the gathering, Pt. Rajesh Kesti highlighted the alarming rise in the consumption of heroin, commonly known as "Chitta," which has become a serious threat to the younger generation across villages and towns. He said that drug abuse is not only destroying the lives of youth but is also



posing a grave challenge to society and the future of Jammu and Kashmir. Kesti emphasized that parents, educational institutions, coaching centres, and owners of paying guest (PG) accommodations and guest houses must play a proactive role in monitoring the activities of young

our youth. If we fail to save them from the clutches of drugs, we risk compromising the progress and prosperity of society. Every citizen has a responsibility to contribute towards this mission," Kesti said. He also called upon the public to actively support the anti-drug campaign launched by Lieutenant Governor Shri Manoj Sinha, stressing that the success of the ongoing 100-day anti-narcotics drive depends on public participation and cooperation with law enforcement agencies. He urged people to assist the police by providing information about drug smugglers and anti-national elements involved in narcotics trafficking, including those linked to cross-border narco-terrorism sponsored from Pakistan.

The participants appreciated the efforts of Shiv Sena Hindustan in spreading awareness against drug abuse and pledged their support in creating a drug-free society. They stressed the need for continuous awareness campaigns at the grassroots level to prevent young people from becoming victims of addiction. Among those present on the occasion were Jia Lal, Raj Kumar, Sanjeev Sharma, Meenu, Gaurav Kumar, Balbir Kumar, Balwant Fauji, Meena Devi, Jyoti Devi, Geeta Devi, Mathura Devi, and several prominent villagers. The attendees praised Shiv Sena Hindustan for taking up the important social cause and for mobilizing public opinion against the growing drug menace.

Indian Army organised a world no Tobacco Day awareness programme

Jammu, May 31: On the occasion of World No Tobacco Day, the Indian Army organised a series of awareness programmes at Sindhra, Haribudha and Sathbaran in Jammu & Kashmir. The initiative aimed to educate troops and members of the local community about the harmful effects of tobacco consumption and to promote healthy lifestyle choices, particularly among the youth. The events witnessed enthusiastic participation from local residents, students and youth, fostering a spirit of unity and collective responsibility towards building a healthier society. The programme included awareness lectures, interactive sessions and discussions centred on anti-tobacco themes. During the sessions, Army personnel highlighted the



serious health hazards associated with tobacco use, including cancer, heart disease, respiratory illnesses and other life-threatening conditions. Emphasis was laid on the importance of making informed decisions and adopting a tobacco-free lifestyle. The programme also addressed the psychological, social and economic consequences of tobacco addiction, particularly its adverse impact on young minds. The initiative reflected the

Indian Army's continued commitment not only towards ensuring national security but also towards nation-building and community development through public welfare and awareness activities. The programme concluded with all participants taking a pledge to stay away from tobacco and to encourage others to embrace healthy and productive lifestyles, thereby contributing towards a stronger and healthier nation.

Indian Army organised a health outreach camp

Poonch, May 31: The Indian Army organised a Health Outreach Camp for Ex-Servicemen and local residents at Dhargloom village, Poonch, on 30 May 2026. The initiative was conducted by the Ace of Spades Division with an aim to provide accessible healthcare support to veterans and the local population residing in remote areas. Medical specialists from PHC Dhargloom, ECHS Polyclinic Poonch and an AYUSH Doctor participated in the camp and provided medical consultation, basic health check-ups and necessary healthcare advice to the attendees. The camp offered an



opportunity for villagers and Ex-Servicemen to seek professional medical guidance close to their homes. Around 90 villagers benefited from the outreach camp. The initiative reflected the Indian Army's continued commitment towards community wel-

fare, accessible healthcare and the well-being of veterans and civilians alike. The local residents expressed gratitude to the Indian Army and the medical team for conducting the camp and extending timely healthcare support to the community.

Madhu Paramhans Ji Maharaj showering congregation with nectar of his discourses

Jammu, May 31: Sadguru Shri Madhu Paramhans Ji Maharaj of Sahib Bangdi, while showering the congregation with the nectar of his discourses today at Ranjri, Jammu, stated that one must first learn "how" to live life. Nowadays, children do not serve their parents. When parents grow old, some children even physically abuse them. This is a sin. A child remains indebted to their parents for their entire lifetime. Sahib has accorded immense reverence to parents; therefore, obey your parents. Parents raise their children with painstaking effort and care, yet those very children end up mistreating them. Regardless of how your parents behave with you have aged, it is your duty to look after them. Continue to perform



your own duties diligently; this is your responsibility. Only then do you receive the blessings of your parents. Never cause them any distress. Even if they scold or verbally abuse you, simply listen; do not offer any retort. Never harbor arrogance regarding the physical body. This body is inherently lowly;

even its beauty is transient. It is filled with filth and waste. Consider it a bargain if you attain the Guru even at the cost of your very head. If you fail to bathe for even a single day, the body begins to emit a foul odor. A body that is devoid of the "Naam" (the Divine Name) is akin to a cremation ground. Observe the great trees; their density eventually diminishes, their leaves begin to shed, and eventually, the massive tree comes crashing down to the earth. In precisely this manner, this physical body is destined to perish. It is composed of fragile, elemental constituents. It is perhaps fortunate that this body is made of mere flesh and bone; had it been made of iron, how much greater would our arrogance have been! There is

absolutely no certainty regarding this body. No matter how much protection you provide it, the absolute truth remains that, in the end, this body will inevitably turn to dust. Regarding the "Naam", Sahib declares that "Kaal" (the Lord of Time/Death) will not dare to approach you; "Maya" (the Illusion) itself will recoil in fear upon seeing you. Once you have received the "Naam", a wondrous power will remain constantly by your side-a power that will continuously refine you and sustain you. You are, in fact, already acquainted with this power. Therefore, make time to engage in "Sumantra" (remembrance of the Divine Name); through this practice, you will become spiritually strong and steadfast.

Vedas are only authentic means to know and worship God: Swami Ram Swarup

YOL (HIMACHAL PRADESH), MAY 31: On the 50th day of the ongoing 78-day Yajna Anushthan of the four Vedas at Ved Mansir, Yol, renowned Vedic scholar and Yoga Acharya Swami Ram Swarup Ji delivered a detailed discourse on Samaveda Mantra 350, emphasizing that God is eternally pure and, therefore, all human beings are commanded to praise and worship Him through the pure Vedic mantras that have emanated from Him. Explaining the mantra, Swami Ji said that the essence of the Vedas is that one must first understand God through Vedic knowledge and only thereafter engage in His worship. Referring to Yajurveda Mantra 40/8, he stated that God has been described as Kayaralit (bodiless) and Nirakar Brahm (formless Supreme Being). In the light of these Vedic teach-



ings, he explained that practices such as bathing God, dressing Him in fine clothes, offering food to Him, or worshipping Him through physical rituals become contrary to Vedic injunctions. Swami Ji stressed that before worshipping God, it is essential to acquire true knowledge from the Vedas regarding who God is and the proper

method of His worship. He cautioned that when human beings, guided merely by their minds and intellects influenced by the qualities of rajas, tamas and sattva, arbitrarily accept any entity as God and worship it, such actions are not in accordance with the Vedas. Quoting Rigveda Mantra 10/125/4, he said that such practices amount to disrespecting the Supreme Being and invite divine displeasure. Drawing attention to Samaveda Mantra 1404, Swami Ji said that God instructs humanity to pray in a righteous manner, seeking pure wealth, prosperity earned through virtuous means, blessings for generous and noble persons, and the destruction of evil, impure and demonic tendencies. He explained that the Vedas teach mankind to seek purity, righteousness and welfare for society

through sincere prayers to the Almighty. Further elaborating on Samaveda Mantras 1246 and 1247, Swami Ram Swarup Ji stated that praise, prayer and worship of God can be performed only through Vedic mantras and that God listens exclusively to Vedic speech. He expressed concern that since the beginning of Kaliyuga, mankind has largely drifted away from these divine teachings. As a consequence, he observed, humanity has been deprived of the happiness and prosperity that people in previous ages attained by following Vedic wisdom. Swami Ji urged devotees to return to the study and practice of Vedic knowledge, asserting that genuine peace, prosperity and spiritual upliftment can be achieved only by living in accordance with the eternal teachings of the Vedas.

Free OPD services by Guru Ravidass Sabha to benefit poor, needy: Prof. O P Bhagat

JAMMU, May 31: In a significant step towards strengthening community healthcare services, All J&K Shree Guru Ravidass Sabha, Head Office Krishna Nagar, Jammu, has launched free chhattable OPD dispensary services for the poor and needy sections of society. The initiative aims to provide quality medical consultation through experienced doctors from various specialties. The free OPD services were formally inaugurated by Prof. (Dr.) O.P. Bhagat, former Head of the Department of Orthopaedics, Government Medical College Jammu, who cut the ribbon and also



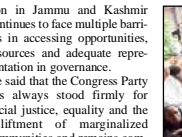
examined patients suffering from orthopaedic ailments during the inaugural session. The function witnessed enthusiastic participation from people belonging to different walks of life, including retired officers, engineers, doctors, youth and women. Addressing the gathering, Prof. O.P. Bhagat described the initiative as a

timely and much-needed service, especially in view of the rising cost of healthcare. He said that quality medical care has become increasingly expensive, making it difficult for economically weaker sections to access proper treatment. He expressed confidence that the free OPD would emerge as a major support system for marginalized communities.

SC community in J&K deserves justice, equal opportunities and greater empowerment: Karan Bhagat

Calls for filling backlog vacancies, strengthening educational support and ensuring socio-economic upliftment of marginalized sections

JAMMU, MAY 31: Karan Bhagat, National Coordinator of the All India Congress Committee (AICC) Scheduled Caste Department and Co-Incharge for Punjab in the party's SC Department, today expressed serious concern over the persistent socio-economic, educational and political challenges confronting the Scheduled Caste (SC) community in Jammu and Kashmir and called for comprehensive policy interventions to ensure their empowerment and inclusive development. Addressing party workers, social activists and members of the Scheduled Caste community, Bhagat said that despite constitutional safeguards and various welfare measures, a significant section of the SC popula-



tion in Jammu and Kashmir continues to face multiple barriers in accessing opportunities, resources and adequate representation in governance. He said that the Congress Party has always stood firmly for social justice, equality and the upliftment of marginalized communities and remains committed to safeguarding the rights and interests of Scheduled Castes across the country, including Jammu and Kashmir. Highlighting the issue of political empowerment, Bhagat said the SC community deserves adequate representation in decision-making institutions and governance structures. He emphasized that effective implementation of political reservations and greater participation of



Scheduled Castes in policy formulation are essential for ensuring inclusive governance and strengthening democracy at the grassroots level. Expressing concern over unemployment among educated SC youth, Bhagat said thousands of reserved vacancies remain unfilled in various government departments. He called for immediate filling of backlog vacancies and the launch of special recruitment drives to

provide employment opportunities to deserving candidates. He further stressed the need for strict implementation of reservation policies in recruitment and promotions to ensure that constitutional guarantees are translated into tangible benefits. The Congress leader noted that educational advancement remains the most effective tool for social transformation. However, many students from economically weaker SC fami-

lies continue to face challenges due to inadequate scholarship support, shortage of hostels, limited coaching facilities and insufficient educational infrastructure in several areas. He urged the administration to strengthen educational support systems and expand access to professional and technical education for SC students. Bhagat also highlighted the economic hardships faced by many Scheduled Caste families, particularly landless labourers, sanitation workers, daily wagers and marginalized households. He advocated for targeted skill development programmes, entrepreneurship promotion, enhanced access to institutional credit and self-employment opportunities to improve livelihoods and create

sustainable economic growth within the community. Referring to the plight of Safai Karamcharis and sanitation workers, Bhagat said many continue to work under difficult conditions despite rendering essential public services. He demanded regularization of eligible workers, improved service conditions, adequate social security coverage, healthcare facilities and strict adherence to safety standards. He also reiterated the need for complete eradication of manual scavenging and effective rehabilitation of affected families. The AICC leader further raised concerns regarding land and housing issues affecting economically weaker SC families. He called for the protection of residential rights, provision of affordable

housing and resolution of long-pending land disputes that continue to affect vulnerable sections of society. Bhagat observed that many SC-dominated villages and urban localities continue to face deficiencies in basic infrastructure, including roads, drinking water supply, drainage systems, healthcare facilities and educational institutions. He urged the government to adopt a focused development strategy to improve living conditions and bridge developmental gaps in such areas. Emphasizing the importance of social justice, he said there must be strict enforcement of legal protections available to Scheduled Castes and speedy redressal of complaints relating to discrimination and denial of rights.

PM's Mann Ki Baat inspires every section of society, strengthens spirit of nation-building: Jasrotia

KATHUA, MAY 31: Former Minister and MLA Jasrotia, Rajiv Jasrotia, today listened to Prime Minister Narendra Modi's popular radio programme Mann Ki Baat along with local residents and party workers at Booth Number 80, Panchayat Rakh Hoshiyari in Jasrota Mandal. Speaking on the occasion, Jasrotia said that Mann Ki Baat has emerged as a powerful platform that connects the Prime Minister directly with the people and highlights inspiring stories from every corner of the country. He said the programme has had a transformative impact on every section of society by motivating citizens to contribute positively towards nation-building. He observed that through Mann Ki Baat, Prime Minister Narendra Modi



has consistently encouraged youth to innovate, pursue entrepreneurship, embrace technology and actively participate in India's development. The programme has inspired students to excel in academics, sports and creative fields while promoting a spirit of self-confidence and patriotism among the younger generation. Jasrotia further stated that farmers have greatly benefited from the awareness generated through the programme regarding natural farming, water conservation, modern agricultural practices and government welfare schemes. He noted

that the Prime Minister's emphasis on sustainable agriculture and rural development has encouraged farmers to adopt innovative methods for improving productivity and income. Highlighting the programme's social impact, he said Mann Ki Baat has empowered women by showcasing success stories of women entrepreneurs, self-help groups and grassroots leaders who have become symbols of self-reliance and social change. Such examples have inspired countless women across the country to take leadership roles and contribute to economic and social development. The MLA said that the programme has also played a significant role in promoting environmental consciousness among citizens. Campaigns relating to cleanliness, water conservation, protection of natural resources and reduction of single-use plastic have become people's movements due to the consistent messaging through Mann Ki Baat. He added that these initiatives have encouraged communities to actively participate in preserving the environment for future generations. Jasrotia remarked that artisans, start-up innovators, sportspersons, teachers, scientists, healthcare workers and social volunteers have all found recognition through the programme. By bringing their inspiring stories to the national stage, Mann Ki Baat has created a culture of appreciation and motivation, encouraging ordinary citizens to achieve extraordinary goals.

Samvedna is Committed to Work with Police & Adm to Curb Drug Menace- Keshav Chopra

JAMMU, MAY 31: Under the aegis of the Nasha Mukti J&K Abhiyan, Unique Dancing Institute organized an interschool dance competition titled "Dance Ka Mahayudh 2026" at the Jammu Club. The event witnessed enthusiastic participation from four hundred children representing various schools across the region, who showcased their exceptional skills and were later honored with awards for their performances. Social activist and Chairman of Samvedna Society, Keshav Chopra, graced the occasion as the chief guest, while Sunil Sharma, Director of the Unique Dancing Institute, was also present alongside prominent personalities including anchor Rohit Bains, who conducted the proceedings of the program. Speaking on the occasion, Keshav Chopra highly



appreciated the mass campaign initiated against drug abuse by the Lieutenant Governor of Jammu and Kashmir Union Territory. He lauded the strenuous efforts of the administration and the Jammu Kashmir Police in breaking the backbone of drug peddling and narco-terrorism in the region. Extending the slogan of Say No To Drugs and Yes to Talent, Chopra urged the youth to channel their energy into constructive fields like art and culture. He assured the younger generation of every possible support in their endeavors and solemnized a pledge to work in tandem with the administration and police forces to completely eradicate the menace of narcotics from Jammu and Kashmir. Earlier in the program, Director of the Institute Sunil Sharma expressed his profound gratitude to Chopra for his support, school managers,

NSUI Katra Convention demands resignation of Dharmendra Pradhan over NEET & CBSE OSM Scams; Vikram Aditya Singh Joins NSUI

KATRA, MAY 31: Under the leadership of NSUI State President Ajay Lakhotra, the National Students' Union of India (NSUI) organized a significant convention in Katra today to strongly protest the recurring NEET Scam and CBSE OSM Scam that have severely compromised the future of lakhs of students across the country. Addressing the gathering, NSUI State President Ajay Lakhotra said: "The NEET Scam has once again exposed the deep rot in our education system. This year, serious irregularities including paper leaks, suspicious grace marks, and manipulated results have destroyed the dreams of millions of meritorious students aspiring to become doctors. The sanctity of one of the most important entrance examinations has been shattered due to complete failure of the Ministry of Education and NTA. Similarly, the CBSE On-Screen Marking (OSM) Scam has raised serious



questions on the transparency and fairness of board examinations. Students and parents have complained of arbitrary marking, technical glitches, favoritism, and inflated or deflated scores through the digital evaluation system. These scams are not mere administrative lapses but a betrayal of the trust of the youth of this nation. Taking moral and constitutional responsibility, Education Minister Dharmendra Pradhan must immediately resign. The Central Government cannot wash its hands of this grave issue. NSUI will

Khet Bachao Abhiyan to be Conducted Across Jammu Division from June 1 to June 30

Jammu, May 31: Under the directions of Honble Union Minister for Agriculture & Farmers Welfare and Rural Development, Shri Shivraj Singh Chouhan, who during a recent meeting through video conferencing emphasized that the "Khet Bachao Abhiyan" should not remain merely an awareness programme but evolve into a comprehensive national campaign connecting farms, farmers and villages, Director Agriculture Jammu, Shri Anil Gupta, today chaired a high-level meeting to review and finalize preparations for the month-long campaign to be conducted across Jammu Division from June 1 to June 30. During the meeting, Shri Anil Gupta issued detailed directions to officers for ensuring the effective and result-oriented implementation of the campaign, with special focus on saving farms, reducing cultivation costs and providing



timely, need-based technical guidance to farmers at the grassroots level. Addressing the meeting, Director Agriculture emphasized that minimizing the indiscriminate use of chemical fertilizers would be one of the prime objectives of the campaign. He said that farmers would be sensitized about the balanced use of fertilizers and other agricultural inputs based on soil testing. Special efforts will be made for the distribution of

will undertake Panchayat-level visits across Jammu Division and directly interact with farmers to create awareness and provide field-specific advisories. The Director urged all Chief Agriculture Officers (CAOs) to ensure the successful implementation of the campaign in their respective districts. He said that efforts would also be made to involve the participation of Ministers, Members of Parliament, Members of Legislative Assembly and other public representatives so that the campaign transcends the boundaries of an administrative programme and emerges as a robust model of public participation. He further informed that during the campaign, farmers will be made aware of the benefits of Natural Farming and sustainable agricultural practices. Simultaneously, enforcement drives will be intensified to ensure the quality of pesticides and other agricultural inputs available in the market. Director Agriculture stated that saturation drives under the Kisan Credit Card (KCC) and PM-KISAN schemes will also be undertaken to ensure that all eligible farmers are covered and receive the benefits of these flagship programmes. Awareness programmes on the Mission on Aatmanirbharata in Pulses and the National Mission on Edible Oils will also be organized, and farmers will be encouraged to actively participate in these initiatives. The campaign will also provide farmers with constructive suggestions regarding suitable crop options, crop diversification and climate-resilient farming practices, particularly in areas facing water scarcity or other agricultural risks. The objective is to help farmers make informed decisions that enhance productivity, profitability and sustainability.

Delay in statehood restoration and grassroots democracy hurting public interests in J&K: Raman Bhalla

Congress' Sangathan Srijan Abhiyan to strengthen people's voice and intensify struggle for statehood, employment

Khour, Jammu, May 31: Jammu and Kashmir Pradesh Congress Committee (JKPCC) Working President Raman Bhalla today said that the Indian National Congress, through its nationwide Sangathan Srijan Abhiyan, is committed not only to organizational strengthening but also to vigorously championing the genuine aspirations and concerns of the people of Jammu and Kashmir, who continue to face mounting challenges on multiple fronts. Presiding over a meeting organized by JKPC District Jammu Rural President Neeraj Kundan at Khour, Bhalla said the Congress party believes that a strong organization must ultimately translate into stronger advocacy for public interests, democratic rights and equitable development. Prominent among those who were present on the occasion included Ved Mahajan-Ex MLCA, Vinod Shrivastava-Sr Congress leader, Virinder Manhas, Ashok Bhagat, Iqbal Dar, Vajayant Pathania, Vijay Choudhary Ramesh Verma, Mangal Bhal, Ashok Sharma, Abhishek Sharma, Subash Sharma, Madan Lal, Yash Paul, Dewan Chand Sumit Sharma besides others. Addressing party workers and local residents, Bhalla expressed serious concern over the continued delay in the restoration of full statehood to Jammu and Kashmir. He said the people

have been patiently waiting for the restoration of their democratic rights and a governance structure that is more accountable and responsive to local aspirations. "The restoration of statehood is not merely a political demand; it is intrinsically linked with administrative efficiency, democratic accountability, accelerated development and effective resolution of public grievances," Bhalla said. He maintained that the absence of a fully empowered state government has created a perception among the people that many pressing local issues are not receiving the urgency and attention they deserve. Bhalla also voiced concern over the prolonged delay in holding elections to Panchayats, Urban Local Bodies and other grassroots democratic institutions. He observed that Panchayats and municipal bodies serve as the first point of contact between citizens and governance, and their prolonged inactivity has adversely affected developmental planning and execution at the local level. He said elected representatives at the grassroots play a pivotal role in identifying local priorities, monitoring development works and ensuring accountability in public service delivery. "Democracy becomes truly meaningful only when power reaches the grassroots and local communities actively participate in decision-making



processes," he remarked. Highlighting the plight of thousands of daily wagers, casual labourers, need-based workers, contractual employees and other temporary workforce categories, Bhalla reiterated Congress' unwavering support for their long-pending demand for regularization. He said many such workers have rendered decades of dedicated service under extremely difficult conditions but continue to face uncertainty regarding their future. "It is unfortunate that the prime years of their lives at public service are still awaiting justice. Their regularization is not merely an administrative issue but a question of social and economic dignity," Bhalla said, urging the authorities to formulate a comprehensive and time-bound policy to address their concerns. The Congress leader further expressed concern over the acute shortage of staff in schools, colleges, healthcare institutions and various government departments. He noted that numerous educational institutions in rural and remote areas continue to function with inadequate teaching staff, adversely affecting the quality of education and limiting opportunities for students. Bhalla said the future of Jammu and Kashmir depends upon a robust education system and warned that prolonged vacancies in teaching positions could have long-term consequences for the region's human resource development. He called for immediate recruitment drives to fill all vacant posts in educational institutions. Referring to the healthcare sector, Bhalla said many hospitals, community health centres and primary health institutions are grappling with shortages of doctors, specialists, paramedical staff and essential support personnel. Such deficiencies, he noted, place enormous pressure on existing healthcare workers and adversely affect patient care, particularly in far-flung and underserved areas. He also highlighted manpower shortages across several government departments, stating that vacant positions have hampered administrative efficiency and delayed the delivery of essential public services. Filling these vacancies, he asserted, would not only improve governance but also generate much-needed employment opportunities for educated youth. Turning to civic infrastructure, Bhalla said the recurring problems of inadequate drinking water supply and unscheduled power cuts continue to cause immense hardship to both urban and rural populations. He stressed that access to clean drinking water

and reliable electricity should be treated as fundamental developmental priorities. Many villages and residential areas, he observed, continue to face irregular water supply, especially during the summer season, forcing residents to struggle for basic necessities. Similarly, frequent power disruptions affect households, students, small businesses, agricultural activities and industrial operations, thereby impacting economic productivity and quality of life. Bhalla urged the administration to undertake comprehensive measures for upgrading water supply schemes, strengthening distribution networks, reducing transmission losses and modernizing power infrastructure to meet growing public demand. The senior Congress leader further said that unemployment, inflation, inadequate infrastructure, declining purchasing power, challenges faced by farmers, traders and small entrepreneurs, and delays in implementation of welfare measures have collectively intensified public distress. He asserted that Congress would continue to serve as a strong voice of the people and relentlessly pursue solutions to these pressing issues. Emphasizing the significance of the Sangathan Srijan Abhiyan, Bhalla said the campaign aims to build a grassroots-driven organization capable of effectively articulating public concerns and ensuring that people's issues receive priority at every level. He called upon party workers to strengthen their engagement with local communities and become active partners in the struggle for justice, development and democratic empowerment. "The ultimate objective of Congress is not merely organizational expansion but winning public trust through public service. Our commitment is to safeguard the interests of every citizen, strengthen democratic institutions, secure employment opportunities for youth, ensure social and economic justice, restore statehood, revive grassroots democracy and guarantee that governance remains accountable to the people," Bhalla asserted. He said Congress will continue to stand firmly with farmers, labourers, employees, youth, women, traders, border residents and other marginalized sections until their genuine concerns are addressed and their aspirations fulfilled. Prominent Congress leaders, office bearers, Panchayat representatives and party workers present on the occasion reiterated their resolve to strengthen the organization at the grassroots level and intensify efforts for the protection of public interests throughout Jammu and Kashmir. JKPC District Jammu Rural President Neeraj Kundan.

North in News

EDITORIAL

The changing demography at borders is multi-dimensional challenge

The changing demography at borders is a big challenge. India's 15,106 km land border touches seven countries and runs through deserts, mountains, forests, and riverine tracts where population patterns directly affect national security, internal stability, and electoral integrity. The last two decades have seen accelerated shifts in the religious, ethnic, and economic composition of districts abutting Pakistan, Bangladesh, China, Myanmar, and Nepal. These shifts are not natural migration but often layered with illegal infiltration, state-sponsored settlement. The challenge is multi-dimensional because demography at the border is the first line of defense and when it changes suddenly, it creates new vulnerabilities that armies alone cannot manage. The 4,096 km India-Bangladesh border where districts like Dhubri, South Salmara, Goalpara in Assam, Kishanganj, Araria, Katihar, Purnia in Bihar, and Murshidabad, Malda, North and South Dinajpur in West Bengal have witnessed a sharp rise in the Muslim population from 28 percent in 1951 to over 40 percent in 2011 Census. In some blocks it is now 70 to 90 percent. Field studies by the Ministry of Home Affairs, BSF, and state police indicate large-scale illegal immigration during the 1971 war, the 1980's famine, and continuous economic migration thereafter. The same pattern is visible on the 3,323 km India-Pakistan border where Hindu and Sikh populations in border tehsils of Jammu, Samba, Kathua, Ferozepur, and Kutch have thinned due to cross-border firing, lack of infrastructure, and fear, while on the other side the demographic profile is used by ISI to push narcotics, weapons, and radicalization. In Rajasthan's Barmer and Jaisalmer, illegal settlement in desert hamlets is linked to smuggling networks. The 3,488 km India-China ALC presents a different challenge where in Ladakh, Himachal, Uttarakhand, Sikkim, and Arunachal has seen out-migration due to harsh climate, no roads, no schools, and no jobs, leaving villages like Kaho, Kibithu, and Demchok with populations under 50, while China has built 628 "Xiaokang" or well-off border villages with subsidies, Han settlers, and dual-use infrastructure, effectively changing the ground reality. The 1,643 km India-Myanmar border is facing demographic upheaval after the 2021 coup with over 40,000 Chin-Kuki refugees entering Mizoram and Manipur. The 1,751 km India-Nepal open border, while culturally friendly, has seen madrasa and population growth that intelligence agencies link to cross-border funding and radicalization. The security implications are immediate because a hostile demography can provide logistics to infiltrators, hide terrorists, vote for separatist agendas, and make border fencing or patrol contested, and the economic implications are also severe.

RAJNI SHARMA, EDITOR

Travails of traditional culture

BY ACHINTYA KUMAR DUTTA

Indian culture has a long tradition and heritage, and its waves are still visible. The Indian knowledge system is widely acclaimed across the world. Hinduism and Buddhism spread in Southeast Asia and the Far East. Indian culture reached Southeast Asia in many waves over the centuries as it was spontaneously welcomed and accepted by the region's people. The syncretic character of Indian culture is said to have been successful in striking roots in Southeast Asia. Hinduism deeply influenced kingdoms like Champa, Srivijaya, Sailendra, and Mataram. Hinduism is the essence of Indian traditional culture.

It is not a religion, but is identified with the culture of a particular geographical area. It is the Sanatani cultural tradition of Bharatvarsha. The word 'Hindu' was first used by the ancient Persians to refer to the people living beyond the Indus River, and later used by Arab and Greek travelers. The sixth-century BCE inscriptions from Darius I refer to 'Hindu' as a Persian variation of the Sanskrit word 'Sindhu', used as a geographical term, not a religious one. It does not appear in ancient Indian texts. It evolved into a religious identifier much later, particularly during the medieval and colonial periods, to distinguish local traditions from Islam. Hinduism contains the spirit of humanism, liberalism and religious tolerance.

Besides the theology enshrined in the Ramayana and the Mahabharata, the great Hindu philosophies - the Vedanta, the Samkhya and the Yoga - have a strong influence on Hindu culture and civilisation. Hinduism continued to play a significant cultural role in the lives of diverse sections of Indian society. Pluralism is a unique feature of Indian society and culture. India became the meeting place of various cultures, such as the Saka, Huna, Greek, Muslim, and British,

which were incorporated into the expanding civilisation of India. Each culture contains its own tradition of dissent and protest, and each challenges the conventional order in its own way.

The Hindus protested and raised their voice time and again when others were eating into the vitality of Hinduism. The spirit of Hinduism is the disinterested pursuit of truth, which was lost by some evil excesses. Unarguably, conservative ideas and evil practices were ingrained in Hinduism, but the reformers attempted to purify and protect it time and again. Ramananda, Chaitanya, Ram Mohan, Dayananda, Ramakrishna, and Vivekananda sought to preserve the heritage of Hinduism through their reformative ideas. In Bengal, the intellectual mood had been changing under a variety of influences from the 1870s. A great change was noticed in the Hindu spirit. Religiously, the change manifested itself in a disposition to proclaim Hinduism one of the greatest religions.

Defence of Hindu traditions became more respectable. Hindu intellectuals started re-examining the hidden significance of Hinduism; subsequently, Hinduism received greater attention and wider acceptance. The nineteenth-century reform movements greatly stirred the Hindus. A small but influential group headed in the 1880s and 90s by Jogendra Chandra Ghosh attempted to project India's traditional image. Bankimchandra represented the sophisticated and intellectualised movement, interpreting Krishna as an ideal man, cultural hero and nation-builder. At a more obscurantist level, this trend was represented by Sasadhar Trakachudamani and Krishnaprasanna Sen, who claimed shastric precedents for all the discoveries of modern Western science.

This reawakening of Hinduism has been considered by many as 'revivalism', though

the bhakti movement of the sixth-seventh century AD did not get such appreciation. The debate is still on about this term because of the implied meaning. Hinduism was never found to be weak in the pre-modern period, not even in nineteenth-century India. No Hindu sects voluntarily rejected Hinduism and embraced another religion. The Christian missionaries did not achieve great success in proselytising Hindus. Sri Aurobindo said that the main work of the people of India was 'the resurrection of Hinduism'.

By Hinduism, he meant the Sanatan Dharma or 'eternal religion', which could serve as the framework of a new world outlook, a religion that embraces science and faith, transcending all sectarian definitions. He said, "Other religions are preponderantly religions of faith and profession, but the Sanatan Dharma is life itself... It is to give this religion that India is rising... India has always existed for humanity and not for herself and it is for humanity and not herself that she must be great." This is the fundamental truth of Hinduism, and the Hindus must understand it.

Vivekananda raised the prestige of India and Hinduism very high through the Parliament of Religions in America. One major effect of his work was to increase people's faith in Vedantic philosophy. He had combined the passionate evocation of the glories of the Aryan tradition and Hinduism, particularly before Western audiences, with bitter attacks on contemporary degeneration. He stressed unflinching faith in the Hindu religion but did not take it in a limited sense. It is in the context of 'revivalism' that the revival of Hindu society or community must be considered. There was discord in Hindu society; differences among the Hindus existed on many issues, including varna and caste.

A generally accepted definition of 'Hindutva' seemed to have been required for the unity

of the Hindu society. The context reminds us of what V D Savarkar wrote in 1923 under the title 'Who is a Hindu'. To him, a Hindu is a person who regards the land of Bharatvarsha from the Indus to the seas as his Fatherland, as well as his Holy land that is the cradle of religion'. Hindu organisations such as Hindu Mela, Arya Samaj, Abhinava Bharat, and Hindu Mahasabha emerged. These were dominated mainly by the upper-caste educated Hindus. Of these, the Hindu Mahasabha is known as a political organisation. For a political movement in the interests of the Hindus, a distinct Hindu theory was seemingly necessary. Savarkar seemed to have propagated this kind of theory, i.e. the theory of Hindutva.

At a conference of the Hindu Mahasabha (Varanasi, 1923), Pandit Madan Mohan Malaviya and other Hindu leaders advocated for Hindu unity, seeking to erase differences between the high and low castes. Unfortunately, the reactionary leaders could not come out of their orthodox burndies. Differences prevailed between the liberals and conservatives in almost all the Hindu organisations. The only commonality among them was that no Hindu leader supported the Muslims' attempt to attain autonomy. Thus circumstanced, the Rashtriya Swayamsevak Sangh (RSS) was established (1925) by Keshav Baliram Hedgewar, a physician by profession, who initially became a member of the Anushilan Samiti in Calcutta. Though a follower of Gandhiji, he was deeply influenced by Savarkar's theory of Hindutva, and subsequently distanced himself from Gandhiji.

Gandhiji dubbed RSS as a 'communal body with a totalitarian outlook', but Shyama Prasad Mookherjee, a leader of the Hindu Mahasabha, appreciated it as 'the one silver lining in the cloudy sky of India'. Repeated attacks on Hinduism during British rule seemed to have made the conscious.

Did Hindu values lead to Gabbard's resignation?

BY BASAB DASGUPTA

When I heard the name 'Tulsi Gabbard' years ago I assumed that she was an Indian American, married to a Mr. Gabbard because Tulsi is a sacred plant to the Hindus. Later I learned that she is Samoan without any Indian roots. However, she is a devout Hindu, following the Vaishnava tradition. She was the first US politician I came across who had a completely different background and embraced our religion.

I was impressed to learn that she took her oath of office in the US Congress by holding the Bhagavat Gita and was named the "First Hindu in the Congress". Tulsi saw active military duty including a deployment in Iraq during 2004-05 and later served in Kuwait. Taking arms in defence of one's country and risking life is the ultimate proof of one's patriotism in my book. As a member of the Democratic National Committee (DNC) she served in the US House of Representatives from 2013 to 2021, from the second congressional district of Hawaii.

She has held the rank of a Lieutenant Colonel in the US army reserve since 2021. Tulsi grew up in Hawaii. She and her husband, Abraham Williams, also a Hindu of European and Samoan descent, got married in a traditional Hindu ceremony in 2015. She practices yoga and meditation every day. She is smart, knowledgeable, analytical, articulate, brave, proud of

her accomplishments as well as heritage and a patriot. She ran for the US presidency in 2020 as a member of the Democratic National Committee but stepped down from the race in favour of Joe Biden.

It gradually became apparent that the DNC machinery was working against Tulsi, starting with Hillary Clinton labelling her a "Russian asset". She left the DNC in 2022 and became an independent; she described the DNC as being "under the complete control of an elitist cabal of warmongers driven by cowardly weakness". It takes a lot of guts to clearly, concisely and bluntly declare a strong opinion like this knowing fully well that a block within the DNC hated her, and could come back to haunt her. Tulsi became a Republican in 2024. President Donald Trump not only embraced her but also nominated her for the important position of "Director of National Intelligence" (DNI).

Her team became busy in the laborious task of digging out past intelligence reports. She declassified hundreds of pages from previously classified reports. On 23 July 2025, she issued what might be the most bombastic report in US politics. According to her findings, a presidential brief was presented in December 2016 to Barack Obama, who was still the president because Donald Trump had not been sworn in yet. The brief stated that, despite their efforts to interfere with the 2016 US presidential election, Russia had failed. Obama did not make this information public but

instructed his team to change the narrative and in effect, manufacture evidence suggesting Russia colluded with Trump to influence the election in Trump's favour.

Questionable unverified reports such as the "Steele Dossier" were used as a basis for the report. Subsequently, this altered report was widely publicized by the media and led to the years-long anti-Trump campaign including the Mueller probe and impeachment efforts. Tulsi called her released documents proof of the existence of a "treasonous" plot to undermine President Trump and persuade the public about some illegitimacy about his victory in 2016. In addition, it cost the country millions in the Mueller probe alone. Tulsi also revealed that Russia was sitting on the information of Hillary being on "heavy tranquilizers" to deal with "psycho-emotional" problems during the 2016 election; Tulsi's point was that, if Russia really wanted to favour Trump they could have disclosed this information.

I want to put my emphasis on Tulsi's courage in disclosing the truth and not on partisan politics. Obama and Clinton are not only the two most powerful people within the DNC; they are also known to be ruthless when it comes to crushing their critics. The decline in Tulsi's cozy relationship with Trump started when the US destroyed Iran's nuclear facilities in June 2025. The mainstream media jumped all over Tulsi because of her reported opinion that Iran was

not developing a nuclear bomb. She claimed that her comments were taken out of context and agreed with Trump's action.

When the US and Israel jointly attacked Iran, she was similarly grilled by the Democrats with the question if Iran posed an "imminent" threat, as claimed by Trump to justify the conflict. She declared that her job was to document the threats. Only Trump could conclude if they were imminent or not. Tulsi also showed her objectivity by stating that Pakistan could develop nuclear ICBM possibly reaching the US mainland, at the risk of sounding contradictory to Trump's seemingly pro-Pakistan bias. Her critics immediately attributed it to her Hindu faith and admiration of Indian Prime Minister Narendra Modi. Internal disagreement over the Iran war continued to hemorrhage Tulsi's relation with Trump.

Two key members of her staff resigned: first it was Jo e Kent, the counterterrorism chief, who explicitly expressed his disagreement with the Trump administration and then Amaryllis Kennedy, the daughter-in-law of Robert Kennedy, Jr. It is widely believed that Ms. Kennedy's resignation was also related to her opposition to the Iran war but she officially cited family priorities as the reason. Tulsi's exact view of the war is not known but she apparently did not actively dissuade them from leaving. There were even rumours that Trump might fire her.

Floral Tributes Paid to Prof. Bhim Singh on 4th Death Anniversary

REASI, MAY 31, 2026: On the solemn occasion of the fourth death anniversary of Prof. Bhim Singh, the legendary founder of the J&K National Panthers Party (JKNPP), rich floral tributes were paid in his honour at the Migrant Camp in Talwara, Reasi. Leaders, activists, members of JKNPP (Bhim) and Jammu migrants gathered in large numbers to commemorate his unparalleled contributions to society and his unwavering commitment to justice and equality. While addressing the gathering, Vilakshan Singh, President of JKNPP (Bhim), highlighted the monumental role played by Prof. Bhim Singh in the historic fight for rights and justice, particularly for the long-suffering Jammu migrants. Singh firmly declared that JKNPP (Bhim) shall faithfully carry forward the glorious legacy of Prof. Bhim Singh and will not rest until the issues plaguing the Jammu migrants are fully resolved. Taking a strong political stand, Vilakshan Singh asserted that the ultimate and only viable solution for ending the decades-long systemic discrimination against the region lies in the creation of a separate state of Jammu. He urged the public to rally behind the party to ensure justice and fair opportuni-



ties for the Dogra community. Describing Prof. Bhim Singh as a politician par excellence, Vilakshan Singh emphasized that the late leader never compromised on his principles, no matter how adverse the circumstances. His dedication to the cause of the poor and downtrodden was unwavering, and his passing has left a massive void in the political landscape that remains difficult to fill. Prof. Bhim Singh was a staunch advocate for justice, fearlessly opposing discriminatory policies such as the draconian Resettlement Act and the deprivation of women's state subject status after marriage. He fought against all forms of discrimination, regardless

of caste, colour, or creed, and was widely regarded as one of the most secular leaders in the country. Once convinced that an injustice had been committed, he fought tooth and nail to rectify it, without concern for religious or political affiliations. In addition to his battles for social justice, Prof. Bhim Singh was a fierce crusader for the rights of the Dogra community, fighting against the Kashmiri leadership that continues to treat Dogras as second-class citizens. He strongly opposed this systematic marginalization and worked relentlessly to ensure fair representation and equal rights for the Dogras. Vilakshan Singh noted that this discrimination continues

unabated today, and JKNPP (Bhim) shall persist in its struggle to secure the rightful place of the Dogras in Jammu & Kashmir's political and social fabric. Beyond his political career, Prof. Bhim Singh was a multifaceted personality, excelling as a lawyer, writer, and activist. He was renowned for his legal battles in defence of human rights, often taking complex cases to the Supreme Court of India to challenge structural injustices. His contributions also extended beyond national borders through his active engagement in international advocacy for peace and justice. Reaffirming its commitment to the core struggle for "Haq-Insaf" (Right and Justice), the J&K National Panthers Party (Bhim) vowed to strengthen its grassroots presence, emphasizing that it remains the only political force in J&K truly capable of fulfilling the aspirations of the people of Jammu. Other prominent leaders who spoke on the occasion included Naresh Chib, Balwan Singh, Sanju Bhagat, Rajan Jamwal, Ravinder Singh, Sanjeev Verma, Sumitara Devi and several others, all of whom echoed the sentiments of Prof. Bhim Singh's enduring impact on the socio-political fabric of the region.

JKNC OBC Cell Delegation Meets Cabinet Minister Javed Ahmed Rana Raises Key Public Issues of District Udhampur.



JAMMUMAY 31: A delegation of Jammu and Kashmir National Conference OBC Cell, led by Chairman Abdul Gani Telli, called on Cabinet Minister Javed Ahmed Rana Jal Shakti, Forest, I & FC and apprised him of several pressing public issues concerning different areas of the District Udhampur. The delegation from OBC Cell Udhampur, led by Secretary Taj Ali, during the meeting the delegation highlighted a wide range of development concerns including link road from

Nansoo to Karal Mata Mandir Panchayat Ballian ward no.2, shortages of drinking water issues concerning Schedule Caste (SC) mohalla. The JKNC OBC Cell leaders urged the Minister to ensure timely intervention for the redressal of public grievances and emphasized the need for accelerating developmental works to improve the quality of life for the people of the area. Cabinet Minister Javed Ahmed Rana gave a patient hearing to the delegation and assured them that all genuine issues projected by the

party leaders would be addressed on priority. He reiterated the government's commitment towards equitable development and public welfare, stating that the Omar Abdullah led government remains dedicated to strengthening infrastructure and ensuring that governance reaches every section of society. He emphasized that developmental justice and responsive governance are central to the National Conference's vision. Others who attended delegation Ajmet Kumar, Surinder Singh, Mohd. Rafiq, Nisha Devi, Sushma Devi, etc.

Awareness Programme Conducted by Jhanger Battalion at Usman Memorial Under Nasha Mukti J&K Abhiyan 2026



Nowshera 31 May 2026 As part of the Nasha Mukti J&K Abhiyan 2026, an awareness and sensitization programme was organised by Jhanger Battalion at Usman Memorial for youth volunteers, sports coaches and at Boys middle School Saryia. Nowshera for senior citizens and school teachers from nearby villages. The initiative aimed to educate participants about the harmful effects of drug abuse and the importance of promoting a healthy, disciplined and drug-free lifestyle among the youth. During the programme, participants were sensitized regarding the early warning signs of substance abuse, its adverse impact on physical and mental health, and the social consequences associated with addiction. Special emphasis was laid on the important role of parents, teachers, senior citizens and community leaders in identifying vulnerable youth and guiding them towards positive and constructive activities. The session also highlighted the significance of peer counselling, leadership and community support in preventing drug abuse among

young individuals. Sports, physical activities and constructive engagement were discussed as effective protective measures against substance abuse, and participants were encouraged to motivate the younger generation towards healthy and productive pursuits. A dedicated interaction with school teachers focused on early behavioural indicators among students, counselling approaches and the importance of creating a supportive educational environment. Senior citizens were also encouraged to actively participate in community awareness efforts and mentor the youth through guidance and social support. The programme concluded with an interactive discussion where participants shared their views and reaffirmed their commitment towards building a drug-free and healthy society under the spirit of Nasha Mukti J&K Abhiyan 2026.

JPVCL organizes "Womens' Wellness Carnival" at Jhajjar Kotli

JHAJJAR KOTLI, MAY 31: The Jammu Pariyat Vikas Cooperative Limited organized "Womens' Wellness Carnival" on Sunday at Jhajjar Kotli. The event was aimed at inculcating a vibrant celebration of health and fitness, and holistic well-being for the women. The event brought together women from diverse backgrounds for a day dedicated to physical, mental, and emotional wellness. The carnival witnessed enthusiastic participation from women, healthcare professionals, fitness experts, entrepreneurs, and community leaders, professors from universities, school principals, and other remarkable women from different fields creating a dynamic platform for learning, inspiration, and empowerment. The carnival featured a wide range of activities viz. fitness session and yoga and meditation ses-



sion, hormonal health and mental wellness talk session, digital detoxification, Letter to Myself for tomorrow 'ME' and Sunshine Brew and Bites. Participants gained valuable insights into preventive healthcare, stress management, balanced nutrition, and overall well-being. Ms. Neetu Dhar, Chairperson, The Jammu Pariyat Vikas Cooperative Limited welcomed the guests and emphasized on the importance of prioritiz-

ing women's health and creating supportive environments where women can access reliable health information and wellness resources. Furthermore, she emphasized that the Women's Wellness Carnival was designed to champion women's holistic health, providing a supportive, uplifting space centered on fitness, mental well-being, and personal growth. Prof. Suvidha Khanna, Event Advisor, highlighted that the carnival is the

recognition of women for prioritizing themselves and such events are the need of the hour because women these days are struggling with a lot of mental stress and depression issues. She also highlighted that in these kind of events, women also get opportunities to engage in networking sessions, wellness consultations, and interactive discussions on topics ranging from mental health to work-life balance and healthy aging, which is extremely pertinent for the

women of today. The event successfully fostered awareness about the importance of self-care and preventive healthcare while promoting a culture of wellness and empowerment. The meditation session was conducted by volunteers (Dr. Siya Malhotra, Abhishek Bhardwaj, Sonakshi Channa and Ishan Bhat) from Isha Foundation-a non-profit, volunteer-run spiritual and humanitarian organization founded by Sadhguru in 1992, which is dedicated to raising human consciousness and fostering global harmony through individual transformation The Yoga and Hormonal Health Session was conducted by Ms. Shriya Sharma, instructor from Yoga Institute of Mumbai. Vote of thanks was presented by Dr. Poonam Sharma, Director, JPVCL and the event was compared by Dr. Nidhi Pathania, Event Coordinator, JPVCL.

Star-studded Congresspersons' Conference

Strengthen Rahul's hands in fight against communal forces: Bhardwaj

PURMANDAL, MAY 31: Working President (Acting) of Jammu and Kashmir Pradesh Congress and senior advocate Mr Mohinder Bhardwaj has said that every committed Congressperson should actively respond to Leader of Opposition Mr Rahul Gandhi's call and efforts to strengthen the organisation at all levels. Mr Gandhi had started this process in a grand fashion by embarking on a nationwide Bharat Jodo Yatra which was also aimed at rejuvenating the Congress by connecting with leaders and workers on ground-zero. Addressing a well-attended day-long conference of the Congresspersons and the party's sympathisers, he said this event is aimed at taking forward Mr Gandhi's endeavour and preparing the party for coming challenges for which he has been leading the party from the front. The immediate challenge before us is the coming Panchayat and civic body elections in Jammu and Kashmir and strengthen our fight for restoration of statehood which was taken away from us by the BJP government led by Mr Narendra Modi. Apart from an impressive gathering, the conference was attended by former PCC chief and Congress Working Committee Member, Mr



Vikar Rasool Wani, former Speaker and deputy chief minister, Mr Tara Chand and former minister, Dr Manohar Lal. They all expressed and stressed the need to unite and fight the government which has led the people of the country down in all fronts. "Let me point out that it was due to Jammu and Kashmir leadership's weaknesses that Congress could not do well in the last assembly elections and had to play a poor second fiddle to the National Conference in the ruling coalition. There were blackspots right from the selection of candidates to conducting an effective campaign and finally to run a cohesive alliance. We lost an opportunity to win a good number of seats in the Jammu region by defeating the BJP on account of these factors. Instead of being in the driver's

seat, Congress has been lurching the backdrop," Mr Bhardwaj said, adding: "It is the bounden duty of all of us to strengthen Mr Gandhi's hands in fight against communal and destructive forces." He congratulated Mr Gandhi for the smooth change of leadership in Karnataka. This is a reflection of Rahul ji's matured leadership and his positive intent and thereby proving the prophets of doom wrong, he added. Mr Bhardwaj rued that despite BJP having won majority of the seats in Jammu region and a National Conference at the helm, Jammu particularly the border areas are suffering due to overall neglect. "Why are the BJP MLAs silent on this neglect? Why do not they collectively move and force the Centre and their proxy in J and K, The Lt Governor to do justice with

Jammu? Have they forgotten that people of Jammu have repeatedly voted for BJP on false promises, which never fulfilled, and emotive issues? Addressing the conference, Mr Wani said the purpose of the Congress entering into an alliance with National Conference to keep the BJP and its allied forces at a bay, has been defeated due to mis-handling by vested interests of a coterie in the PCC. "Right from entering into alliance to the present day the situation has gone from bad to worse with Congress suffering a lot. It is the right time for the party high command to have a close look into the entire affair including the running of the organisation," he added. Mr Wani announced that the people of Jammu and Kashmir shall unite and strengthen the Indian National Congress which is the only viable alternative to the BJP. Congress alone is capable of solving the problems of people of the country and to maintain communal harmony, peace and tranquility. Former Deputy chief minister, Mr Chhara said that he has been making all efforts to strengthen the organisation as per directions of Mr Kharge and Mr Gandhi. In this relation, he referred to the impressive worker' conferences organised by him in Akhnour division.

From paper to portal; PM Modi's Digital Census Revolution reaches J&K: Rekha Mahajan

JAMMU, MAY 31: BJP Vice President J&K and Prabhari Samba District, Rekha Mahajan, has welcomed the ongoing Self-Enumeration (SE) process under Census 2027 in Jammu and Kashmir, terming it a historic milestone in India's journey towards digital governance and citizen-centric administration under the leadership of Prime Minister Narendra Modi. Speaking at an awareness programme on Census 2027 Self-Enumeration organized by Trikuta Nagar Mandal President Nitish Mahajan, Mandal Secretary Natesh Chopra, and residents of Trikuta Nagar, Rekha said that for the first time in the country's history, citizens have been given the opportunity to self-enumerate their household details digitally, making the Census process more transparent, efficient, accurate and participatory. This innovative mechanism is aimed at ensuring greater accuracy, reducing duplication and making the Census exercise more efficient and citizen-friendly.



Rekha Mahajan said the initiative reflects Prime Minister Narendra Modi's commitment to harnessing technology for good governance and public convenience. She noted that from Digital India and online public services to direct benefit transfers and digital payments, the Modi Government has consistently promoted technology-driven reforms that empower citizens and enhance transparency. "Census 2027 is not merely a data collection exercise; it is a vital nation-building initiative. Accurate Census data forms the foundation for planning infrastructure, healthcare, education, employment programmes, welfare schemes and future development policies. The

success of self-enumeration will strengthen evidence-based governance and ensure better delivery of public services," she said. Rekha urged the people of Jammu and Kashmir to actively participate in the exercise. She particularly encouraged educated youth, professionals and digitally connected households to lead by example and spread awareness about the importance of the Census process. She further stated that Jammu and Kashmir has witnessed remarkable progress under Prime Minister Modi's leadership, with significant improvements in infrastructure, connectivity, governance and public welfare.

IPL 2026 Final: Kohli finishes in style as RCB beat GT to win back-to-back titles

New Delhi May 31: The IPL 2026 final at the Narendra Modi Stadium in Ahmedabad ended in dramatic fashion as Royal Challengers Bengaluru successfully chased down 156 to clinch back-to-back IPL titles, overcoming Gujarat Titans in a tense but controlled finish.

After opting to field first, RCB produced a disciplined bowling effort to restrict Gujarat Titans to 155/8 in their 20 overs. Josh Hazlewood and Bhuvneshwar Kumar provided early breakthroughs by removing Shubman Gill and Sai Sudharsan inside the powerplay, setting the tone for a controlled bowling display. While Nishant Sindhu and Washington Sundar offered resistance, Sundar anchoring the innings with a composed half-century, regular wickets ensured Gujarat never fully broke free. Rasikh Dar and Bhuvneshwar combined effectively at the



death to keep GT to a below-par total despite a few late sparks. In reply, RCB's chase was anchored by Virat Kohli, who led from the front with a blazing start, racing to a 25-ball fifty and setting the tone for the pursuit.

Despite wickets falling at regular intervals, courtesy of Mohammed Siraj, Kagiso Rabada, and Rashid Khan, RCB never lost control of the required rate. Tim David and Jitesh Sharma provided crucial support in the middle

over, keeping the innings on track even during GT's fightback. In the end, Kohli held his nerve and finished the chase in trademark style, sealing victory with a six as RCB crossed the line and lifted their second consecutive IPL trophy in a high-pressure final built on control, resilience, and a commanding batting effort.

Royal Challengers Bengaluru Rajat Patidar (c), Virat Kohli, Devdutt Padikkal, Krunal Pandya, Tim David, Jitesh Sharma (wk), Romario Shepherd, Bhuvneshwar Kumar, Josh Hazlewood, Jacob Duffy, Rasikh Dar

Impact Substitutes: Venkatesh Iyer, Kanishk Chouhan, Swapnil Singh, Abhinandan Singh, Jordan Cox

Gujarat Titans Shubman Gill (c), Sai Sudharsan, Jos Buttler (wk), Jason Holder, Washington Sundar, Rahul Tewatia, Rashid Khan, Nishant Sindhu, Kagiso Rabada, Arshad Khan, Mohammed Siraj

Impact Substitutes: Prasidh Krishna, Glenn Phillips, Anuj Rawat, Kumar Kushagra, Sai Kishore.

International para-athlete Chirag Tyagi shot dead in Ghaziabad; fellow athlete arrested

New Delhi May 31: International Indian para-athlete Chirag Tyagi was shot dead in Ghaziabad on Saturday. Chirag was allegedly murdered by fellow para-athlete Yash Khatri. At the time of the incident, Chirag was returning home after winning a gold medal at the Indian Open Para Athletics International Championship in Bengaluru. This victory had qualified him for the upcoming Asian Para Games. Chirag's body was found in Sai Upvan in the Hindon area. He had sustained a bullet injury to his back. A resident of Ghaziabad, Chirag competed in the 100-metre and 400-metre races and brought glory to the country through his outstanding performances at national and international events.

ACP Upasana Pandey said on Sunday that, based on CCTV footage, the police detained Yash Khatri, who later confessed to the murder during interrogation.



According to the police, the investigation and examination of CCTV footage revealed that Chirag and a friend had travelled from Delhi to Hindon in a cab. They later went to Sai Upvan, where Chirag was murdered. Based on the CCTV evidence, police detained Yash Khatri, a resident of Muradnagar. DCP Dhawal Jaiswal said, "During interrogation, Yash Khatri revealed that he is also a para-athlete and had previously trained with Chirag Tyagi. They had participated in competitions together.

During a document verification process, Chirag's family, a case of murder has been registered. Efforts are underway to recover the weapon used in the crime on the basis of information provided by the accused.

Gukesh beats Praggnanandhaa; Divya Deshmukh moves into sole lead



New Delhi May 31: Norway Chess 2026 witnessed another dramatic day in Oslo on Saturday, with World Champion Gukesh Dommaraju defeating fellow Indian Rameshbabu Praggnanandhaa and Wesley So handing world No. 1 Magnus Carlsen a costly defeat in Round 5 of the prestigious tournament.

Gukesh's victory in the all-Indian clash proved crucial in the race for the title. Praggnanandhaa appeared to hold the upper hand for large parts of the encounter, but the world champion capitalised on a late opportunity and turned the game around as time pressure mounted on his opponent. Under increasing pressure in the closing

stages, Praggnanandhaa was unable to maintain his advantage, allowing Gukesh to seize control and convert the position into a full-point victory that significantly boosts his campaign. Meanwhile, Carlsen suffered a rare classical defeat on home soil as Wesley So outplayed the Norwegian star in a lengthy strategic battle. So gradually improved his position in the endgame and held his nerve to secure one of the most notable wins of the tournament so far. The remaining classical game between tournament leader Alireza Firouzja and Vincent Keymer ended in a draw. Firouzja later prevailed in the Armageddon game to collect the extra points and strengthen his position at the top of the standings.

PSG retain UEFA Champions League title after shootout win over Arsenal; 400 arrested in France celebrations

New Delhi May 31: Paris Saint-Germain successfully defended their UEFA Champions League crown after defeating Arsenal 4-3 on penalties following a 1-1 draw in the final at the Puskas Arena in Budapest on Saturday. The victory made PSG the first French club to win Europe's premier club competition twice and only the second European side in recent years to retain the trophy, underlining the dominance of Luis Enrique's team.

Arsenal struck first through Kai Havertz, who capitalised on a defensive lapse to fire the Gunners into an early lead. The Premier League champions looked set to take that advantage into halftime, but PSG gradually took control of possession and began to apply pressure.

The French champions found their equaliser in the second half when Ousmane Dembele converted from the penalty spot after Khvicha



Kvaratskhelia was brought down inside the area. Both sides created chances to find a winner, with Kvaratskhelia striking the post and substitute Goncalo Ramos going close late in regulation time. Extra time failed to separate the teams, sending the Champions League final to a penalty shootout for the first time since 2016. PSG held their nerve from the spot,

converting four of their five attempts. Arsenal's Eberechi Eze and Gabriel missed crucial penalties, while Nuno Mendes was the only PSG player denied by David Raya. Gabriel's miss ultimately sealed the result, allowing PSG to celebrate a second consecutive European crown.

The triumph capped another remarkable campaign for Luis

Enrique's side, who had already secured a fifth successive Ligue 1 title. PSG finished the Champions League season with 45 goals, matching one of the highest-scoring campaigns in the competition's history. Celebrations erupted across France following the victory, particularly in Paris, where thousands of supporters gathered on the Champs-Élysées and around major landmarks. However, the festivities were marred by disorder, with French authorities reporting more than 400 arrests during the night. According to local media, one police officer was injured, a kiosk near the Champs-Élysées was set on fire and several vehicles were damaged before the situation was brought under control. French authorities deployed around 22,000 police officers to maintain order, while nearly 100,000 supporters are expected to attend a victory parade near the Eiffel Tower on Sunday.

Rituraj Gaikwad replaces injured Riyan Parag in India A squad for Sri Lanka tri-series

NEW DELHI, MAY 31: India A have been forced into a late change ahead of the upcoming 50-over tri-series in Sri Lanka, with Riyan Parag ruled out due to a hamstring injury and Rituraj Gaikwad drafted into the squad as his replacement. The development comes just days before the tournament gets underway in Dambulla on June 9, dealing a blow to Parag, who had been named vice-captain of the India A side for the competition featuring Sri Lanka A and Afghanistan A. Confirming the change on Sunday, the BCCI announced that Gaikwad will replace the injured all-rounder, while Parag will undergo rehabilitation under the supervision of the Board's Centre of Excellence (CoE) in Bengaluru. The Men's Selection Committee has added Rituraj Gaikwad to the India A squad for the upcoming tri-series in Sri Lanka. He replaces vice-cap-



tain Riyan Parag, who has been ruled out of the series due to a hamstring injury. Riyan's rehabilitation will be managed by the BCCI Centre of Excellence (CoE)," the BCCI said in a statement. Parag sustained the injury while captaining Rajasthan Royals

during the latter stages of IPL 2026, forcing him to miss the franchise's matches against Lucknow Super Giants and Gujarat Titans. He looked restricted in his movement when playing in the final few games for RR, who bowed out of the competition after losing to GT

by seven wickets in Qualifier 2 in New Chandigarh on Friday. With RR's campaign over in IPL 2026, Parag will now undergo rehab at the CoE in Bengaluru, a place where he spent some time earlier this year to recover from a shoulder niggle. Gaikwad, meanwhile, didn't have a memorable time while leading Chennai Super Kings (CSK) in IPL 2026. While the side finished at eighth spot on the points table, Gaikwad wasn't at his sparkling best, amassing 337 runs in 14 games at an average of 28.08 and strike-rate of 123.44. Gaikwad, who has represented India in both white-ball formats and was last seen in international action during the 2-1 ODI series win over South Africa last year, joins captain Tilak Varma and fast bowler Anshul Kamboj as the only members of the India A squad with senior men's team caps.

Chaos at Messi's Kolkata event: FIR filed against former Bengal Sports Minister Aroop Biswas

New Delhi May 31: An FIR was registered against former West Bengal Sports Minister Aroop Biswas in connection with the chaos at Salt Lake's Yuva Bharati Kirirangan during Lionel Messi's GOAT India Tour on December 13, 2025. The case was filed at the Bidhannagar South police station by officials on Saturday night after a complaint was lodged by the main organiser of the event, Satadru Dutta, on May 17, IANS reported. The complaint against Biswas was filed under multiple sections of the Bharatiya Nyaya Sanhita (BNS) relating to black marketing of tickets, extortion, criminal intimidation and cheating. Police officials said that former state sports minister



could be summoned by the Bidhannagar Commissionerate soon in connection with the matter. In a social media post, Dutta thanked the Suvenhu Adhikari-led government for filing the FIR against the former West Bengal minister. "Satyamewa Jayate. FIR registered against Aroop Biswas, Ex Sports Minister, Thank you Honourable CM of West Bengal, Honourable Sports Minister of West Bengal and honourable DGP of West Bengal," Dutta wrote. In his complaint, Dutta earlier claimed that Biswas black-marketed nearly 22,000 tickets for the Lionel Messi's event, while the Bidhannagar South Police Station has started an investigation into it. Nishith Pramanik, current Sports Minister of West Bengal, spoke about opening a file in the Messi event fiasco after assuming charge. IANS reported.

Satwiksairaj Rankireddy, Chirag Shetty Clinch Singapore Open Title, Rekindling Debate Over Recognition in Indian Sport

New Delhi May 31: Today, as millions of fans will pick sides, fill social media with debates over RCB and GT and stay fixated on their screens for the Tata IPL Final 2026, two Indian athletes in Singapore, Satwiksairaj Rankireddy and Chirag Shetty, gave the nation another reason to cheer. India's trailblazing men's doubles duo ended a two-year title drought in style as they lifted their maiden crown at the Singapore Open Super 750 badminton tournament. Singapore belonged to the Indian men's doubles champions.

Through power, precision and remarkable chemistry, Satwiksairaj Rankireddy and Chirag Shetty conquered the court. The duo won by securing a thrilling comeback victory over Indonesia's Fajar Alfian and Muhammad Shohibul Fikri in the final, 19-21, 21-17, 21-16. Who is Sat-Chi? While cricket fans often celebrate legendary badmintoners, Indian badminton has one too. Satwiksairaj Rankireddy and Chirag Shetty, popularly known as Sat-Chi, have become the face of a revolution in

men's doubles badminton. Badminton fans chant the nickname "Sat-Chi" with the same affection cricket fans reserve for their favourite stars. Satwiksairaj Rankireddy was born on August 13, 2000, in Amalapuram, Andhra Pradesh. Satwik decided to take up badminton early on in his life, inspired by his father, who was a state-level player. Chirag Shetty, on the other hand, was born on July 4, 1997, in Malad, Mumbai. He started playing badminton at the age of seven. While both kept training, it was back in 2016 when the



doubles coach of Indian badminton, Kim Tan Her, opted to pair up Sat-Chi. The pairing seemed an unlikely one at first, given

that neither spoke the other's language and both were naturally aggressive-minded players, thriving primarily from the back

court. The two have won double bronze medals at the World Championships and gold medals at the Asian Games, Asian Championships and Commonwealth Games. Sat-Chi is the only Indian doubles pair to reach number 1 in the world ranking and win the World Tour Super 1000. India's top men's doubles combination are the first Indians to win a gold at the Asian Games in badminton.

What was once an unexplored territory in men's doubles has now been transformed by the duo, who have changed the nar-

ative and scaled new heights. Despite achieving such milestones, Satwiksairaj Rankireddy and Chirag Shetty have rarely enjoyed the kind of recognition reserved for stars in more popular sports. The controversies and challenges they have faced following the return from Denmark after India's Thomas Cup bronze-medal finish, Satwiksairaj stirred a controversy. He put up a story stating, "Back home now. As usual, no one knows what happened over the past two weeks, and it seems like no one really

cares." For Satwiksairaj Rankireddy, the frustration goes beyond medals and rankings. In an interview with India Today, he expressed the lack of recognition and support that Indian badminton players get despite representing the country on the global stage. He mentioned neither government officials nor badminton administrators acknowledged the team's return, leaving players feeling overlooked. Not just that, he revealed that the squad had designed and printed its own Thomas Cup jerseys. Satwik further drew comparisons.

Ex-DGP R Sreelekha opposes Kerala's menstrual leave policy for schoolgirls over privacy

Kochi May 31: Former Director General of Police (DGP) and BJP leader R. Sreelekha publicly opposed the Kerala government's proposed menstrual leave policy for schoolgirls, sparking a major public debate regarding privacy and women's empowerment. In a Facebook post on Sunday, Sreelekha criticised the newly proposed "Project Menstrual Dignity" by the UDF government, which plans to grant up to three days of monthly leave to schoolgirls. She argued that taking dedicated monthly leaves would inadvertently reveal a student's menstrual cycle to her family, school, and neighbours, calling it a breach of personal privacy and potentially embarrassing.

Sreelekha questioned whether the policy truly empowers girls or inadvertently makes them look more vulnerable and dependent. Recalling her own time in school, college, and rigorous physical IPS training, she shared that she and her peers never skipped duties due to period pain, citing this



endurance as the "real strength of women". "Some people will experience some pain and discomfort during it. Some will feel it very naturally. I was in very severe pain at that time, but I have never missed school or college for this reason," Sreelekha wrote on Facebook.

Instead of a blanket holiday, she urged the government to establish clean toilets, install sanitary napkin vending machines, and provide free pain-relief medication inside educational institutions. "Instead of such freebies, why not arrange for clean toilets and napkin vending machines for girls in all schools

and colleges? If necessary, free painkillers can also be made available in schools. All of this will be beneficial for all female teachers and staff," Sreelekha wrote in the post. Kerala Governor Rajendra Arlekar, in his policy address to the state Assembly on Friday, announced a proposal to introduce up to three days of monthly menstrual leave for schoolgirls.

Youth Congress State General Secretary Dulkhifil V.P. strongly opposed R. Sreelekha's remarks, stating that menstruation is a natural biological process and providing workplace or educational rest is the responsibility of a modern, democratic society.

Dulkhifil counter-argued that menstruation is as natural as breathing or digestion. He slammed Sreelekha for portraying a vital human process as a "shame" that needs to be hidden. He added that millions of women suffer from severe cramps, heavy bleeding, and mood swings, making rest a matter of fundamental right, not majesty.

UP CM Yogi to distribute land ownership certificates to 1,645 families displaced from Pakistan in Bijoor



Lucknow May 31: Under the leadership of Chief Minister Yogi Adityanath, deprived, underprivileged communities and displaced people in Uttar Pradesh are continuously receiving land ownership certificates. By connecting with the mainstream of society, these people gain security, facilities, and respect in the new Uttar Pradesh of new India. In this sequence, the Chief Minister will on Monday ensure rights for a large number of families displaced from Pakistan as well. Chief Minister Yogi Adityanath will connect local people with major

development schemes on Monday at Alampur Gaunri, Afzalgarh, and Dhanpur in Bijoor. He will distribute land ownership certificates to 1,645 families displaced from Pakistan and 50 ex-servicemen/leaseholders. The Chief Minister will distribute allocation letters and cheques to beneficiaries of the Pradhan Mantri Awas Yojana and Mukhyamantri Yuva Udyami Vikas Abhiyan here. Along with this, he will also inaugurate the Vidur Prema Cafe operated by women from Common Service Centres and Self-Help Groups. It is noteworthy that earlier

in April, the Chief Minister had also distributed land ownership certificates to 331 families displaced from Bangladesh in Lakhimpur Kheri. Additionally, at a program organized in Chandan Chowki (Palia), land title deeds were allotted to 2,350 families in Eastern Uttar Pradesh affected by land erosion caused by rivers, as well as to 4,356 families belonging to the Tharu tribe. In March as well, at a programme organised in Gram Panchayat Semraha in Bahraich, CM Yogi transferred more than Rs 21.55 crore to 12 beneficiaries of Bharthapur village at the rate of Rs 15 lakh per beneficiary as rehabilitation assistance and equivalent value of agricultural land and other assets. Along with this, he also distributed housing units under the Chief Minister's Housing Scheme, toilets, and land leases for housing purposes to 136 families.

Kerala govt to hand over probe into ADM Naveen Babu's death to CBI

New Delhi May 31: The Kerala government has decided to hand over the investigation into the tragic death of former Kannur Additional District Magistrate (ADM) Naveen Babu to the Central Bureau of Investigation (CBI). This is the first case the newly-elected United Democratic Front (UDF) government in the state will refer to the central probe agency. The decision follows a personal meeting between Naveen Babu's widow, Manjusha, and Chief Minister V. D. Satheesan the other day. The family expressed deep dissatisfaction with the local police probe, citing severe lapses in tracking the conspiracy angles and



financial backgrounds and has raised an urgent demand for a CBI investigation in the case. Former Kannur District Panchayat President and CPM leader P. P. Divya is the sole accused named in the abatement of suicide case. Naveen Babu's family and their legal team pointed out 13 key shortcomings in the state police investigation, including unverified CCTV footage and incomplete call data records from Divya's official phone. A formal notification from the state government handing over the probe to the CBI. After that, the Central agency will formally take control of the investigation file. The Supreme Court in April 2025 dismissed the petition.

Odisha Governor calls for research on tribal heritage, urges universities to build globally competitive institutions

Bhubaneswar May 31: Emphasising Odisha's rich tribal heritage, Governor Dr Hari Babu Kambhampati on Sunday urged universities across the state to undertake extensive research on indigenous knowledge systems, tribal traditions and cultural preservation. He announced that publications on Particularly Vulnerable Tribal Groups (PVTGs), prepared by the Tribal Cell of Lok Bhawan, would be shared with universities to support academic research and documentation. Addressing the Conference of Vice-Chancellors of State Public and Private Universities here, the Governor called upon higher education institutions to transform themselves into globally competitive centres of learning while remaining firmly rooted in Indian values. He said



universities must play a pivotal role in realising the vision of Atmanirbhar Bharat and preparing Odisha for future challenges. Chief Minister Mohan Charan Mahi, Deputy Chief Minister K.V. Singh Deo, Higher Education Minister Suryabanshi Suraj, along with several ministers and senior government officials, attended the conference. Describing universities as centres of knowledge, innovation and leadership, Dr. Kambhampati said they bear a crucial responsibility in nation-building. With the world witnessing rapid technological advancements and evolving global challenges, he said higher education institutions must equip students with the knowledge, skills and values necessary to navigate an increasingly complex future. The Governor said the vision of Atmanirbhar Bharat extends beyond economic self-reliance and encompasses innovation, technology, manufacturing, healthcare, energy and education. He urged universities to foster entrepreneurship and innovation among students, enabling them to emerge as drivers of social and economic transformation. Highlighting the transformative potential of the National Education Policy (NEP)

2020, Dr. Kambhampati said the policy promotes multidisciplinary education, academic flexibility, skill integration, digital learning, research excellence and stronger industry partnerships. Addressing the gathering, Chief Minister Mohan Charan Mahi said universities are not merely degree-awarding institutions but hubs of knowledge creation, innovation and research. Reiterating the State Government's goal of building a "2036" vision, he said contributing to the vision of 'Viksit Bharat@2047', he called upon educational institutions to prepare a roadmap for inclusive development and help position Odisha as a major growth engine of the country. The conference also featured presentations on higher education reforms, skill development, internships and youth leadership initiatives.

Law and order situation in Punjab is alarming; AAP failed to fulfil its promises: Haryana CM Nayab Singh Saini

Karnal May 31: Haryana Chief Minister Nayab Singh Saini said that the Congress and Aam Aadmi Party are working in tandem and share a similar ideology. Referring to the recently held municipal elections in Punjab, he said the manner in which law and order was allegedly compromised has raised serious questions about the democratic system. He stated that by conducting the elections in a secret manner, the Punjab government demonstrated its apprehension about facing defeat in a transparent democratic process. Speaking to journalists in Kapurthala on Sunday, Saini said the Punjab government made and failed to fulfil big



promises to the people. He added that the public now understands that development cannot be achieved merely through announcements and false assurances. The Chief Minister said the Aam Aadmi Party government should inform the people how many of the promises made during

elections have actually been fulfilled. He alleged that the expected progress in development works has not been achieved and the law and order situation in the state has continuously deteriorated. Gangster and criminal activities have increased in Punjab, leading to a growing sense of insecurity among ordinary citizens. He further stated that the Punjab government's anti-drug campaign, 'Yudh Nasha Virudh', has also failed to deliver the expected results. Instead of taking concrete measures to protect youth from drug abuse and eradicate the menace, the focus was more on publicity. He said the government should have made more serious efforts in this direction but the desired outcomes are not visible on the ground. The Chief Minister said Haryana's double-engine government has worked to deliver public welfare benefits directly to the people through various schemes. By integrating the Central Government's Ayushman

Bharat Scheme with the State Government's Chirayu Scheme, lakhs of families in Haryana have gained access to better healthcare facilities. He said the government has taken effective steps to ensure free treatment for poor and needy people. He further said that the people of Punjab are increasingly placing their trust in the leadership of Prime Minister Narendra Modi amid his development-oriented policies, and in the coming times, they will work towards bringing the BJP to power in the state. He added that the people want development, good governance and accountability in politics and will no longer be satisfied with mere promises.

Restoration of Vikramshila Setu on track, traffic to resume by 30 November: Bihar CM

New Delhi May 31: Bihar Chief Minister Samrat Choudhary has said that vehicular traffic on the Vikramshila Setu, a vital link connecting Bhagalpur with 16 districts of the Seemanchal and Kosi regions, will resume by 30 November. Speaking to the media on Sunday after reviewing the restoration and repair work on the bridge over the Ganga River, Choudhary said the reconstruction of the damaged section was progressing rapidly. He also announced that the bridge would undergo a fresh technical assessment by the construction agency to facilitate improvements to its superstructure. The Chief Minister's visit marked his first trip to



Bhagalpur after assuming office. During the visit, he inspected the condition of the bridge and received updates from officials on the progress of the restoration work. A section of the Vikramshila Setu collapsed into the Ganga River shortly after midnight on 3 May when a bridge slab near Pillar No. 153 gave way. However, due to the alertness of the police and district administration, no

casualties or major accidents were reported. The 4.7-km-long bridge, inaugurated in 2001, serves as a crucial transport link between Bhagalpur and the Seemanchal and Kosi regions. Following the collapse, commuters faced significant inconvenience, prompting the administration to recommend the Munger Bridge as an alternative route. Experts have attributed the incident to inadequate maintenance and the weakening of the bridge's foundation due to the strong currents of the Ganga. The collapse also triggered concerns over the functioning of the National Highways (NH) Department and the maintenance of critical infrastructure in the state.

Aspiring actress allegedly gang-raped in Odisha; two arrested

New Delhi May 31: An aspiring actress (30) was allegedly gang-raped and extorted by two staff members of a Yatra troupe in Odisha's Kendrapara district after they allegedly lured her with the promise of a lead role in the traditional open-air theatre, police said. The accused, identified as Bulu Panda and Jyoti Panda, were arrested following a complaint lodged by the 30-year-old woman at Pattamundai Model Police Station. They were produced before a local court on Saturday and remanded in judicial custody after their bail pleas were rejected. According to police, the woman alleged that the accused contacted her with an offer to cast her as a heroine in a Yatra troupe and subsequently took her to a hotel in Kendrapara. There, they allegedly served her a soft drink laced with an intoxicating substance. After she lost consciousness, the duo allegedly sexually assaulted her and recorded objectionable photographs and videos.

Police said the accused later used the explicit content to blackmail the victim, threatening to make the material public if she disclosed the incident.

They allegedly continued to intimidate and harass her, compelling her to comply with their demands whenever summoned. The complainant further alleged that the accused extracted Rs 2.8 lakh from her on the pretext of securing a lead role in the troupe. She was reportedly assured that a formal contract would be signed and was even introduced to the troupe's employer as part of the alleged deception. Investigators said the harassment continued through repeated video calls, during which the victim was allegedly coerced into compromising acts under threats that the recorded videos would be circulated on social media and other platforms. Based on the complaint, the police registered a case and launched an investigation. Further inquiry into the allegations is underway.

Surge of faith in Govardhan: Over million devotees arrive in Mathura, some traveling on roofs of buses

Mathura May 31: The religious city of Govardhan is currently witnessing a massive influx of devotees performing the Parikrama of Lord Gauri Maharaj. Amid the surge of faith, the entire Parikrama route and major roads leading to the city are packed with devotees. Over a million devotees arrived here in the last 24 hours to perform the Parikrama. Some of them had to travel on bus roofs to reach Govardhan. The devotees are circumambulating the 84 Kos of Braj, Giriraj Ji, and Vrindavan. On the evening before the full moon of the Purushottam month, Govardhan was so deas-



tated that there was no place to stand. The entire 21-kilometer Parikrama route resounded with chants praising Lord Govardhan Nath. Devotees thronged the entire route. The devotees from across the country and abroad are arriving in Govardhan to perform the Parikrama of Lord Giriraj Ji during the Adhik Maas. The rush for darshan is not only on the Parikrama route but also at the temples. Large numbers of devotees are arriving at the prominent Danghati Temple, Mukut Mukharbind Mansi Ganga,

Jatipura, and other temples. Devotees are offering milk and water to Lord Govardhan Nath and praying. While faith is surging through the Parikrama, the biggest problem is the uncontrolled e-rickshaws running along the Parikrama route. Pilgrims say that the terror of e-rickshaws has increased so much that even walking peacefully on the Parikrama route is becoming life-threatening. These e-rickshaws, driven at high speed and recklessly on narrow roads, are causing daily injuries to devotees. Furthermore, the entry of VIP and local four-wheelers has added insult to injury, causing hours-long

traffic jams at various locations. Devotees traveling from Mathura to Govardhan Parikrama are facing a risky journey. Passengers are traveling on the roofs of buses. Although traffic police personnel deployed at various locations are removing passengers from the rooftops, some enthusiastic devotees are riding on the roofs of buses as soon as they can avoid the attention of traffic police. Devotees performing the Parikrama are bearing the brunt of vehicles entering the Parikrama route. On Saturday, a drunken man hit a woman performing the Dandavati Parikrama, while another man.

India's efforts in reducing maternal mortality



Maternal mortality remains a critical public health issue in India. While some states achieved the target of reducing maternal deaths, there are still states lagging behind. But overall, India has made commendable progress in reducing maternal deaths over the years.

What is maternal death? Maternal death is the death of a woman while pregnant or within 42 days of termination of pregnancy, irrespective of the duration and site of the pregnancy, from any cause related to or aggravated by the pregnancy or its management but not from accidental or incidental causes.

The WHO on May 15, 2015, certified India for eliminating maternal and neonatal tetanus.

As per the UN, the Sustainable Development Goal (SDG) for MMR is

at 70 per 1,00,000 live births. Eight states—Kerala, Maharashtra, Telangana, Andhra Pradesh, Tamil Nadu, Jharkhand, Gujarat, and Karnataka have achieved the target so far.

According to the Health Ministry, India has committed to the UN target by 2030.

In India's efforts to reduce maternal deaths, the National Health Mission (NHM) plays a crucial role. It includes the reproductive, maternal, newborn, child, adolescent health, and nutrition strategy, which encompasses multiple programs to improve maternal health outcomes.

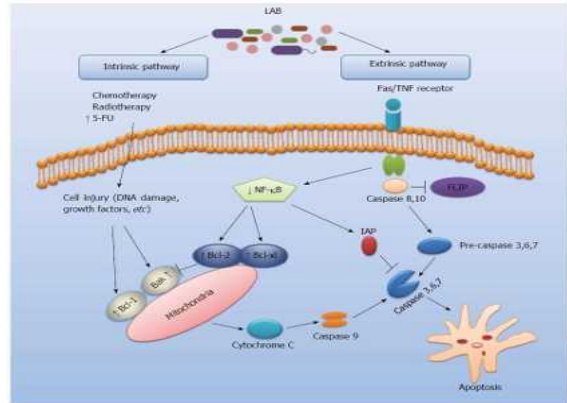
Even in rural areas, approximately 79% (2015-16) to 79% (2019-21) at the national level. Institutional delivery is 100% in Kerala, Goa, Lakshadweep, Puducherry and Tamil Nadu and more than 90% in eighteen other States/UTs.

An organoid is a three-dimensional cell culture model that mimics the struc-

Lactic acid and lactic acid bacteria can prevent and cure cervical cancer

A joint research team from DGIST, Kyungpook National University Chilgok Hospital, and Dongguk University, both in Seoul, South Korea has revealed the identity of cervical stem cells for the first time in the world.

Cervical cancer is the fourth most common cancer among women worldwide, with approximately 600,000 cases occurring annually. The main cause is the human papillomavirus (HPV), and its incidence rate has declined sharply in developed countries due to vaccination efforts. However, in developing countries where providing vaccination is challenging, cervical cancer remains prevalent, highlighting the need for new prevention methods.



Lactic acid bacteria are known to be the most abundant beneficial bacteria in a woman's vagina. Previously, it was only known to inhibit already developed cervical cancer cells, but this study revealed a new mechanism through which lactic acid bacteria inhibit cancer progression in the pre-cancerous stage.

The research team has developed the world's first method to evaluate the regenerative capacity of stem cells by transplanting human stem cells into the tongues of immunosuppressed mice. They also established normal organoid models and identified the identity and differentiation process of human cervical stem cells.

An organoid is a three-dimensional cell culture model that mimics the struc-

ture and function of a specific organ or tissue by culturing stem cells. It can be used to study human tissue development processes or disease mechanisms, as well as for new drug development and precision medicine.

Utilising this approach, the research team ascertained that HPV is the primary aetiological agent of cervical cancer, given its propensity to promote the proliferation of progenitor cells that have already initiated the differentiation process, rather than stem cells.

A progenitor cell is a cell at an intermediate stage of dif-

ferentiation from a stem cell. It has the ability to differentiate into a specific tissue or cell but has a limited capacity for self-replication. Progenitor cells are positioned at the intermediate stage between fully differentiated mature cells and stem cells and play an important role in tissue regeneration and growth.

Furthermore, lactic acid bacteria were found to secrete lactic acid, which impedes the effects of the virus and inhibits not only the self-replication of normal stem cells but also the initial process of transformation from stem cells to cancer cells.

"Through this study, we have found that lactic acid bacteria play an important role in maintaining cervical health and preventing the occurrence of cervical cancer," said Prof. Jeong Youngtae of the Department of New Biology at DGIST. "We hope this research will contribute to the development of technologies for preventing cervical cancer."

Published in Nature Communications, the research presents new possibilities for cervical cancer prevention and treatment using lactic acid bacteria and lactic acid.

What is the link between chronic stress and immunity in women?

The many roles that women are expected to play, and play with perfection, not only raise their levels of cortisol but also suppress the production of natural killer cells, thus compromising their immunity and leaving them with greater susceptibility to a variety of health concerns.

Stress is induced by a difficult situation or a challenging incident, known as a stressor, to which the body responds either physiologically or psychologically. This is stress response, and while in the short term this can temporarily strengthen immunity and promote protection during infection, contrast, chronic stress inhibits immune functions. Chronic stress causes an increase in cortisol levels ultimately suppressing the immune response.

Women, more than men, experience an overwhelming mix of physical, emotional, and psychological stresses that emanate from a variety of roles they are expected to play in society. Having to juggle family responsibilities, cope with job requirements, battle gender bias, or deal with biological requirements has a heavy negative impact on their immune systems.

The greatest stressor for women is the constant pressure to achieve high, frequently unrealistic, expectations from their families as well as the society around them. They are subjected to multi-directional stress—family, in-laws, workplace and society. They are required to excel professionally while playing the role of caregivers— including child-bearing, child-rearing or taking care of elderly relatives. Such multidimensional obligations can leave women with little space to focus on their own health.

Chronic stress upends both physical and mental well-being. Women are more susceptible to conditions like high blood pressure, diabetes, heart disease, asthma, obesity and even different cancers. Significantly, more women than men lose lives each year to heart disease, though it is underdiagnosed and untreated in women. The impact on mental health is equally dramatic. Women are twice as likely to become depressed and anxious as men are, and they are caused, if not exacerbated, by stress. Stress over long periods of time provoke a series of biological reactions in the body

that actively destroy immunity. One of the most important stress-mediated shifts is an elevation of cortisol, one of the hormones secreted with the body's fight-or-flight mechanism. Elevated cortisol over time dampens immune system function by preventing the production of white blood cells and suppressing the function of natural killer (NK) cells. These are cells that are vital in protecting the body from infection and cancerous cell growth. Their suppression is a prime factor in decreased immunity.

Stress also affects the precarious equilibrium of bacteria in the gut, which is instrumental in creating a healthy immune system. Altered gut microbiota (range of microorganisms) due to stress can weaken the immune response and make women vulnerable to disease and infections.

Hormonal changes, especially those of the menstrual cycle, also make women's immune systems more difficult to manage. Some parts of the cycle, particularly post-ovulation, are linked with reduced immune function, placing women at greater risk of disease and infection. Women have also been found to become more susceptible to disease

by the hormone progesterone, of the level of which increases after ovulation.

The stress of handling more than one task tends to cause inadequate rest, poor diet, and inadequate time for self-grooming, which further heightens the threats of chronic stress. This also makes women susceptible to lifestyle disorders like obesity, diabetes, and hypertension, as well as repeated infections.

Diseases such as rheumatoid arthritis, psoriasis, and lupus disproportionately occur in women.

Dr Madhusudan Singh Solanki, Senior Psychiatrist and Head, Department of Mental Health and Behavioural Sciences, Max Smart Super Speciality Hospital (Saket), New Delhi said that the peak of social, cultural, and biological stressors renders women uniquely susceptible to health issues caused by stress. While the usual prescriptions— taking out time for self-care, balanced diet, regular exercise and good sleep help— are there, the emphasis is that women must speak out about what they require, ask for help when help is needed, and cease placing other people's needs ahead.

What is postpartum hypertension? Know its symptoms, causes and treatment



It is not just breastfeeding issues and sleepless nights after childbirth, new moms also struggle with a series of postpartum problems including hypertension. Postpartum hypertension is a growing concern for new mothers, as it can increase the risk of serious complications, including stroke, heart failure, and kidney damage.

Often developing within days or weeks after delivery, high blood pressure during the postpartum period can be asymptomatic, making regular monitoring crucial for early detection.

What is postpartum hypertension? A high blood pressure, over 140/90 mmHg, that occurs after childbirth is normally referred to as postpartum hypertension.

During pregnancy, existing high blood pressure can get worse and new issues can develop. Total blood volume doubles during pregnancy, putting additional strain on the blood vessels.

What are the symptoms of postpartum hypertension? Though it varies, some of the common symptoms include:

- Severe headaches
- Blurred vision
- Dizziness
- Nausea
- Chest pain
- Palpitations
- Shortness of breath

What are the causes of postpartum hypertension?

1. Pre-existing hypertension: Those already having hypertension may
2. Pregnancy-related hypertension: It develops during pregnancy, including gestational hypertension.
3. Hormonal changes: Hormonal fluctuations like sudden decreases in estrogen and progesterone can affect blood pressure.
4. Stress: Sleep deprivation and stress can all add to elevated blood pressure.
5. Lifestyle changes: High sodium intake, smoking, alcohol consumption and obesity can also contribute.

Ways to treat postpartum hypertension:

1. Medications
2. Lifestyle changes including staying hydrated, limiting caffeine and alcohol intake, following a healthy diet and moderate exercise

Can tattoos cause cancer?



Tattoos have become increasingly popular, serving as a form of self-expression. About 40 per cent of women and 30 per cent of men will have tattoos by the age of 25. But are they safe?

A Danish study published in the journal BMC Public Health found that lymphoma and skin cancers are more common among individuals

with tattoos than those without. Previous research has shown that tattoo ink does not stay confined to the injection site. Particles from the ink can migrate and accumulate in the lymph nodes and trigger chronic inflammation which could eventually lead to abnormal cell growth and an increased risk of cancer.

To explore the long-term health consequences of tattoos, the researchers used data from over 5,900 twins. The findings revealed that tattooed individuals had a higher prevalence of lymphoma and skin cancers. Those with larger tattoos (bigger than the size of a palm) faced an even greater risk. Tattoos increased a person's risk of skin cancer between 33 per cent and 62 per cent.

For those with larger tattoos, the risk of skin cancer was 2.37 times higher, and the risk of lymphoma was 2.73 times higher when comparing twins where one twin had skin cancer and the other didn't. Overall, people with tattoos had a 3.91 times higher risk of skin cancer and a 2.83 times higher risk of basal cell carcinoma.

Studying the direct impact of tattoos on cancer risk is challenging because cancer typically takes years to develop. Exposure during youth may lead to a cancer diagnosis only much later in life.

How do female astronauts manage menstruation in space?



Menstruation aka periods is no doubt a challenge for women every month. Checking for unexpected stains, struggling with the cramps, wondering about the leakages and whatnot. If there is enough and more struggle on earth, how would one manage things in outer space?

NASA's astronauts Sunita Williams and Butch Wilmore were stranded in space for nine months. There would be plenty of questions in one's mind to ask them. From surviving nine months to the food they had to washroom facilities

onboard, questions would be plenty. Out of curiosity, at least a few women would have thought about how they would manage their periods while stuck in space.

In 1963 Valentina Tereshkova was the first woman to travel to space. Following her footsteps, 99 women ventured into space since then.

These questions on menstruation were raised back then when women started venturing into space and discussions took place on it as well.

If the women chose to have periods they can happen normally in space. There is no floating as one may imagine.

But there is always a choice. Astronauts don't need to endure their periods. They can hit a pause during the mission. Some choose to pause the cycle due to practical issues like hygiene, increased weight of tampons and other sanitary items and limited water resources.

In space, female astronauts can manage their menstrual cycle primarily by using hormonal contraceptives to suppress menstruation. These pills contain estrogen and can be taken to avoid menstrual bleeding. It is considered effective.



DLSA Ganderbal conducts district-wide Anti-Tobacco Awareness Campaigns on "World No Tobacco Day"

GANDERBAL, MAY 31: In observance of World No Tobacco Day 2026, a series of door-to-door awareness campaigns were conducted across various areas of District Ganderbal under the directions of the Secretary, District Legal Services Authority (DLSA). Ganderbal, through Adhikar Mitras as part of the ongoing efforts to promote public health awareness and legal literacy, Ghulam Jeelani Raina and Amreena Naaz conducted an awareness campaign from Ganivan to Dardwooder, educating the public about the harmful effects of tobacco consumption and encouraging



a tobacco-free lifestyle. The programme highlighted the serious health risks associated with smoking and other forms of tobacco use, including cancer, heart disease, and respiratory illnesses, while emphasizing the role of youth in spread-

ing awareness and discouraging tobacco use. Aasiya Mohi-ud-Din conducted a door-to-door awareness drive in the Kangan area, where residents were sensitized about the adverse effects of tobacco consumption, the importance

of quitting tobacco, and the need to protect youth from tobacco addiction. The participants were also informed about free legal aid services available through DLSA Ganderbal and were encouraged to report violations relating to the sale of tobacco products near educational institutions. Yasir Nissar Bhat carried out an awareness campaign in the Prang area of Manigam, interacting with local residents and shopkeepers regarding the harmful effects of tobacco, smoking, and drug addiction. Shopkeepers were requested not to sell tobacco products to minors and to strictly adhere to the

applicable laws and government guidelines regulating tobacco sales. Nawaz Sharif Khatana conducted an awareness programme at Upash Shajingah and adjoining areas, focusing on the harmful effects of smoking, chewing tobacco, and emerging nicotine products such as vapes and nicotine pouches. The participants were also sensitized about the 2026 World No Tobacco Day theme, "Unmasking the Appeal: Countering Nicotine and Tobacco Addiction," and informed about legal provisions prohibiting the sale of tobacco products to minors and near educational institutions.

Mann Ki Baat a meaningful platform which connects citizens with PM: Koul

Srinagar, May 31: Senior BJP leader Ashok Bhat, along with Sameer Ahmad, Basid Mir, and other BJP workers, listened to the 134th edition of Mann Ki Baat by Prime Minister Narendra Modi at Polling Booth No. 02, Gulab Bagh, Srinagar. Speaking on the occasion, Ashok Bhat said that Mann Ki Baat has become a meaningful platform through which the Prime Minister connects with citizens and highlights important issues related to nation-building, social awareness, youth empowerment, and development. He said the programme inspires people to actively contribute towards the progress of the nation. Ashok Bhat apprec-



iated the visionary leadership of Prime Minister Narendra Modi and emphasized the need for strengthening public out-

reach and serving society with dedication. The programme was attended by party workers and local residents with enthusiasm.

'Gau Mata' was never faith for BJP, it was vote-harvesting strategy: Tony

Jammu, May 31: Senior Congress leader and former DDC Suchetgarh, Taranjit Singh Tony, today launched a scathing attack on the Bharatiya Janata Party (BJP), accusing it of practicing rank hypocrisy and exploiting religious sentiments for electoral gains while abandoning its own rhetoric when politically inconvenient. Tony said that for decades, the BJP has built its politics around "Gau Mata," portraying itself as the sole guardian of Hindu faith and culture. "From election rallies to television debates, BJP leaders have repeatedly sought votes in the name of the cow, preaching morality and nationalism to the nation.

Yet today, when controversy surrounds remarks made by West Bengal Chief Minister, Suvedu Adhikari, the entire BJP ecosystem has gone mute. Their silence is exposing the biggest political fraud of modern times," he said. "The BJP turned the cow into an election symbol, a tool for polarization, and a weapon for harvesting votes. But when it comes to showing consistency, courage, and conviction, the party disappears. Their selective outrage has become their political trademark," Tony remarked. He further pointed out that the BJP-led Union Government itself has admitted that there is no



proposal under consideration to declare the cow as India's national animal and no proposal for a nationwide ban on cow slaughter. "This admission has shattered the BJP's carefully

manufactured narrative. The party that spent years emotionally blackmailing people in the name of cow protection has failed to take the very steps it demanded from others. If

the cow was truly central to BJP's ideology, why has the party failed to act despite ruling the country for more than a decade?" Tony asked. He said the BJP's actions

have proved that "Gau Mata" was never a matter of principle for the party but merely a convenient election slogan. "Before elections, they chant 'Gau Mata'. After elections, they forget every promise. Before elections, they accuse opponents of being anti-Hindu. After elections, they quietly bury the very issues on which they sought votes. This is not ideology; this is political opportunism of the highest order," he said. Tony accused the BJP of systematically exploiting religious emotions while failing to address real issues affecting citizens, including unemployment, inflation, farmers' distress, and economic uncertainty.

"The country deserves answers. Why are BJP leaders silent today? Why are those who claimed exclusive ownership over Hindu sentiments refusing to speak now? Why does the BJP invoke faith only when votes are at stake? The people of India are no longer willing to be misled by manufactured outrage and selective morality," he said. The Congress leader asserted that faith is a matter of personal belief and reverence, not a commodity for electoral marketing. "The BJP's mask has finally slipped. Its politics of religious exploitation stands thoroughly exposed. The nation can now clearly see the difference between

genuine respect for faith and cynical political theatre designed to win elections. The BJP owes an explanation to every citizen who was asked to vote in the name of issues that its own government has failed to pursue," Tony added. He said that India needs honest governance, accountability, economic progress and social harmony—not endless political drama driven by hypocrisy and double standards. "The era of emotional manipulation is coming to an end. The people are watching, questioning and holding accountable those who turned faith into a political business model," Tony concluded.

Sant Nirankari Mission organized a blood donation camp, with over 160 people donating blood.

Nowshera 31 May 2026 Sant Nirankari Mission organized a massive blood donation camp at Chowki Handan Branch Over 160 people donated blood on this occasion. The blood donation camp was inaugurated by ADC Nowshera, Dr. Pritam Lal Thapa, Zonal Incharge of Sant Nirankari Mission, BP Singh, and other members of Sant Nirankari Mission. On this occasion, ADC Nowshera Dr. Pritam Lal Thapa, praised the Sant Nirankari Mission and said that the Sant Nirankari Mission is working for the welfare of humanity. The most important thing was the enthusiasm among the people who came to donate blood, who came forward happily. One unit of blood donation can save the lives of two to three people, and Sant Nirankari Mission is



doing a great job in this. Speaking on this occasion, Zonal Incharge of Sant Nirankari Mission, BP Singh, said that Sant Nirankari Mission has been organizing blood donation camps throughout India for the last 40 years. So far, the Mission has collected 15,00,230

units of blood through 9174 blood donation camps, which is a living testimony to the Nirankari Mission's unwavering commitment to serving humanity. These camps are organised in the sacred memory of Nirankari Baba Gurbackhan Singh Ji, who sacri-

ficed his life for the welfare of humanity on 24th April 1980. In continuation of this tradition, this year too, on 24th April 2026, blood donation camps were successfully organised at around 200 places, through which around 40,000 units of blood were collected and selflessly dedicated to the service of humanity through government hospitals. Taking this spirit of social service forward, a massive blood donation camp was organised on Sunday, 31st May 2026 at Sant Nirankari Satsang Bhawan Chowki Handan, where experienced doctors and their team from Government Hospital Rajouri and Medical College, Jammu, after thorough screening of the donors, conducted the blood donation process in a safe, systematic and effective manner.

BOPEE conducts Pharmacy Common Entrance Test; 1684 candidates appear with no unfair means reported

SRINAGAR, MAY 31: The Jammu and Kashmir Board of Professional Entrance Examinations (J&K BOPEE) today conducted the Common Entrance Test (CET) for B-Pharmacy and D-Pharmacy courses for the academic session 2026-27 at Jammu and Srinagar Centres. The test was conducted at the University of Kashmir, Srinagar, in the Kashmir division and the Government College for Women, Gandhi Nagar, Jammu, with 1684 candidates

appearing from across Jammu and Kashmir. 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 Professor Minu Mahajan, Chairperson, J&K BOPEE. The examination conducted without any untoward incidents or unfair means, under the supervision of staff from the host institutions.

The Chairperson, along with the Members, the Secretary, the Controller of Examinations and officials of the J&K BOPEE actively monitored conduct of the Common Entrance Test at both the Centres in Jammu and Srinagar. They thanked the staff members of the respective institutions and the staff deployed under the overall supervision of Deputy Commissioners in the respective District Headquarters for smooth conduct of the entrance test.

Smart Meter Promise Falls Flat, End Unannounced Power and Water Cuts: Shiv Sena (UBT)

JAMMU, MAY 31: Manish Sahni, President of the Jammu & Kashmir unit of Shiv Sena (Uddhav Balasaheb Thackeray), has strongly criticized the government and administration over the worsening power and drinking water crisis across the Jammu division amid the ongoing heatwave. He said that the government's claims of smart metering, digitization, and 24x7 power supply have failed on the ground, while people continue to suffer from prolonged unsheduled power cuts. Sahni stated that Jammu & Kashmir is one of the country's richest regions in hydropower resources, with an estimated potential of over 20,000 MW. At present, more than 3,500 MW is being generated through various hydroelectric projects, including Salal, Baglihar, Dulhasti, Kishanganga, and Uri. However, a significant share of the power generated from the region's rivers is supplied to the national grid and utilized outside the Union Territory. "It is ironic that Jammu & Kashmir, which produces electricity from its own natural resources, is compelled to purchase power at higher rates to meet its domestic requirements. Despite being resource-rich, the region continues to face

power shortages and growing financial burdens," Sahni said. He further remarked, "The rivers are ours, the land is ours, and the environmental impact is borne by our people. Yet the benefits of the electricity generated from these resources largely go elsewhere while the people of Jammu & Kashmir endure power cuts. Our water, our power — the first right over its production should belong to the people of Jammu & Kashmir." Sahni said that crores of rupees have been spent on the smart meter project and consumers are paying their bills regularly, but there has been no visible improvement in power supply. Frequent outages are also disrupting drinking water supply, causing severe inconvenience to the public. Shiv Sena (UBT) has demanded an immediate end to unsheduled power cuts, a larger share of power from J&K's hydroelectric projects for local consumption, an increase in the free power quota from 12 percent to 40 percent, strengthening of the power distribution network, and adequate drinking water supply in affected areas. Warning of public agitation, Sahni said that if immediate relief is not provided, Shiv Sena (UBT) will launch a mass movement.

'Mann Ki Baat' inspires nation building through collective efforts: Adv. Devraj

RS Pura, May 31: Senior BJP leader and noted social activist Adv. Devraj Sharma today joined prominent citizens, local residents, and BJP office bearers at Miran Sahib to listen to the latest edition of Prime Minister Narendra Modi's popular monthly radio programme, Mann Ki Baat. The programme was heard with great enthusiasm and attention, with participants appreciating the Prime Minister's inspiring thoughts on nation-building, social responsibility, environmental conservation, innovation, youth empowerment, and the importance of public participation in developmental initiatives. Speaking on the occasion, Adv. Devraj Sharma said that Mann Ki Baat has



emerged as a unique platform that connects the Prime Minister directly with the people of the country and motivates citizens to contribute positively towards the progress of the nation. He remarked that the programme showcases inspiring stories of ordinary Indians who are bringing extraordinary changes in society through their dedication, innovation, and commitment to public welfare.

Sharma said that Prime Minister Narendra Modi's vision of a developed, self-reliant, and inclusive India is reflected in every episode of Mann Ki Baat. He noted that the programme encourages citizens to adopt constructive practices, strengthen social harmony, preserve cultural heritage, and actively participate in campaigns related to cleanliness, environmental protection, women empowerment, and com-

munity service. "The Prime Minister's message serves as a source of inspiration for every citizen. His emphasis on people's participation in governance and development reinforces the spirit of democracy and collective responsibility. The stories highlighted in Mann Ki Baat demonstrate that every individual can become an agent of positive change," Sharma said. He further urged party workers and members of civil society to take the messages conveyed through the programme to every household and encourage greater public participation in initiatives aimed at social upliftment and national development. The gathering also discussed various developmental initiatives being

undertaken by the Central Government under the leadership of Prime Minister Narendra Modi and appreciated the government's commitment towards inclusive growth, infrastructure development, welfare schemes, and empowerment of all sections of society. The participants expressed satisfaction over the Prime Minister's continued efforts to engage with the citizens and acknowledged the role of Mann Ki Baat in fostering awareness, patriotism, and community participation across the country. Among those present were prominent citizens of Miran Sahib, BJP office bearers, social activists, and local residents, who lauded the programme for promoting positivity.



Dy CM inaugurates double-lane bridge at Greater Kailash; says govt prioritising surface connectivity in J&K

JAMMU, MAY 31: Deputy Chief Minister Surinder Choudhary today inaugurated the newly constructed double-lane bridge over the Nallah at Greater Kailash in Jammu. The Deputy Chief Minister said that the government is deeply focused on creating robust surface connectivity across Jammu and Kashmir. He added that the inauguration of the bridge marks a significant step towards strengthening the urban connectivity and improving the public infrastructure in the region. The newly constructed bridge is expected to provide seamless connectivity, ease traffic movement and enhance convenience for the residents of Greater Kailash and adjoining areas. The project has been executed to improve accessibility and support the growing transportation needs of the locality. Speaking on the occasion, the Deputy Chief Minister said that the government is



working under a well knit system to ensure robust, inclusive and people-centric development across Jammu and Kashmir. He emphasized that strengthening the basic infrastructure remains a key priority for the government, as it plays a crucial role in improving the quality of life of the people and accelerating socio-economic growth. "The government is creating durable and modern infrastructure that directly benefits the public. Projects like this bridge not only improve the connectivity but also contribute to the overall development of the region," he asserted. The Deputy Chief Minister also highlighted the government's continued efforts towards upgrading the road networks, bridges and other essential public infrastructure to meet the aspirations of the people and facilitate balanced development across the Union Territory. Chief Engineer, Roads and Buildings (R&B), along with other senior officers of the department, were present on the occasion. They briefed the Deputy Chief Minister about the technical aspects of the project and other ongoing infrastructure works in the area.

Satish Sharma launches Volvo fleet; bats for modern transport to boost J&K's growth

SRINAGAR, MAY 31: Minister for Food, Civil Supplies & Consumer Affairs, Information Technology, Youth Services & Sports, Transport and Science & Technology, Satish Sharma, today underscored the importance of modern transportation, tourism promotion, innovation and entrepreneurship in driving Jammu and Kashmir's economic transformation. The Minister was speaking after inaugurating a fleet of Volvo buses introduced by Star World Ventures at Countryside Resort, Srinagar. The initiative is expected to strengthen the transportation facilities, improve tourist mobility and enhance connectivity across the Union Territory. Addressing the gathering, Satish Sharma said that world-class transport infrastructure is essential for promoting tourism, facilitating trade and accelerat-



ing economic development. He said that the introduction of premium transport services would significantly enhance the travel experience for both the tourists and the residents while contributing to the sustained growth of Jammu and Kashmir's tourism sector. The event was attended by MLA Eidigh Mubarak Gul, senior government

officers, representatives of the tourism and business sectors and members of the Chamber of Commerce and Industries Kashmir (CCIK). The Minister appreciated the efforts of the organisers in introducing the modern transportation facilities and reiterated the government's commitment towards upgrading the transport infrastructure, promoting

sustainable tourism and encouraging private sector participation in key developmental sectors. Later, Satish Sharma visited the Rang-e-Kashmir Exhibition at Sher-i-Kashmir Park, Srinagar, where he interacted with the entrepreneurs, artisans, startups and exhibitors showcasing the local products, handicrafts, innovations and the rich cultural heritage of Jammu & Kashmir. Commending the participants for their contribution to economic activity and employment generation, the Minister said that entrepreneurship, innovation and technology-driven initiatives are emerging as powerful engines of growth for Jammu and Kashmir. He emphasized the need to create a supportive ecosystem that enables the young entrepreneurs and innovators to translate ideas into successful enterprises. The Minister also emphasized the need to provide greater market access and institutional support to the local artisans, startups and small businesses to help them compete effectively in national and global markets. Reaffirming the government's vision for a progressive and self-reliant Jammu and Kashmir, Satish Sharma said that sustained investments in infrastructure, innovation, youth empowerment and entrepreneurship would play a pivotal role in creating new opportunities and ensuring inclusive socio-economic growth across Jammu & Kashmir. He called upon all the stakeholders, including industry bodies, entrepreneurs and civil society, to work collectively towards building a stronger, more prosperous and future-ready Jammu and Kashmir.

DC Anantnag attends ongoing Holy Adhikmas Kumbh at Mattan, Interacts with devotees

Stresses seamless facilities for ease, convenience of pilgrims

ANANTNAG, MAY 31: Deputy Commissioner (DC) Anantnag, Dr. Bilal Mohiuddin Bhat, today visited Mattan and attended the ongoing Holy Adhikmas Kumbh 2026 alongside the representatives of Shri Martand Tirath Trust (SMTT) and a large congregation of devotees. The Deputy Commissioner was accompanied by Assistant Commissioner Revenue (ACR) Tariq Ahmad Malik, Tehsildar Mattan, senior officers of line departments and other concerned officials. Notably, the month long religious congregation which commenced on May 17, is witnessing participation of devotees from different parts of the country. The pilgrims are visiting the revered place including the Holy Temple as well as the



nearby Sacred River with enthusiasm and religious fervor to pay their obeisance and perform traditional rituals and prayers. During the visit, the DC attended the celebrations and ceremoniously participated in the rituals alongside the devotees. Interacting with them, the DC stated that the place has long stood as a great symbol of brotherhood and communal harmony, defining the region's shared heritage. He appreciated the spirit of unity among the people and urged everyone to continue preserving the rich cultural and religious heritage of the area. On the occasion, the DC reviewed the arrangements and impressed upon the concerned departments to ensure all necessary facilities are provided,

Speaker inaugurates NTPHC at Challyan; emphasises easy access to essential amenities

BUDGAM, MAY 31: In a major boost to the local healthcare infrastructure, Speaker Jammu and Kashmir Legislative Assembly, Abdul Rahim Rather, today formally inaugurated a New Type Primary Health Centre (NTPHC) at Challyan, Chran-Sharief constituency. The Speaker underscored that NTPHC is set to significantly augment the medical services in the area, bringing quality healthcare directly to the doorsteps of the local population. Following the inauguration, the Speaker addressed a large public gathering, where he highlighted the government's ongoing developmental achievements and welfare initiatives aimed at trans-



forming the socio-economic landscape of the region. Addressing the gathering, the Speaker emphasized that the primary focus of the administration remains the equitable development of all regions, with a special emphasis on ensuring easy access to essential amenities. The government is deeply committed

to provide top-tier basic facilities to the public. Our core priority sectors like Health, Roads, Education, Power and Clean Drinking Water are receiving unprecedented focus. The inauguration of this NTPHC is a testament to our resolve to ensure that no citizen has to travel long distances for fundamental

medical care," the Speaker said. Recalling establishment of this health centre in 1979-80, he said it reflected his commitment to work for the remote, under developed and underprivileged communities of the region. "Today, I see infrastructure like roads, drinking water, healthcare, electricity, education has reached every nook and corner of this constituency and people are harping on the benefits of these facilities at their doorsteps", he said. He further elaborated on various ongoing government schemes and urged the public to actively participate and avail benefit of these initiatives. He assured the community that the government will continue to accelerate infrastructure projects to ensure comprehensive growth and improve the overall quality of life for the common citizens. The event was attended by CMO Budgam, senior administrative officials, prominent citizens and representatives from the health department.

First-Ever Night Kabaddi Tournament held in Rajouri under Nasha Mukht J&K Campaign

RAJOURI, MAY 31: In a landmark initiative under the ongoing 100 Days Campaign of the Nasha Mukht Jammu and Kashmir Abhiyan, the Department of Youth Services and Sports (YSS), Rajouri, under the guidance of DC Rajouri Abhishek Sharma today organized the first-ever Night Kabaddi Tournament for Boys and Girls at the Mini Stadium Sports Complex, Rajouri. The historic event witnessed enthusiastic participation from young sportspersons and sports enthusiasts, transforming the stadium into a vibrant arena of athletic excellence, discipline and sportsmanship. The tournament marked a significant milestone in the district's sporting journey and reflected the growing enthusiasm for sports among the youth. The event was graced by Principal Government Boys Model Higher Secondary School, Rajouri, Muslim Wani, as the Chief Guest, while Principal Army Goodwill Public School Rajouri, Gurnam Kour attended as the Guest of



Honour. Addressing the participants, the dignitaries appreciated the efforts of the Youth Services and Sports Department in providing meaningful sporting opportunities to the youth and promoting the message of a healthy and drug-free society through sports. They particularly lauded the dedicated efforts and visionary leadership of District Youth Services and Sports Officer Rajouri, Wali Mohd for successfully conceptualizing and organizing the historic tournament. The speakers emphasized that sports play a vital role in shaping character, building confidence,

fostering discipline and steering youth away from social evils, particularly drug abuse. They expressed hope that such innovative sporting events would continue to inspire young people and strengthen the sporting ecosystem across the district. The tournament was organized in line with the vision of Commissioner Secretary, Youth Services and Sports, Dr. Shahid Iqbal Choudhary, whose commitment towards youth empowerment, grassroots sports development and the creation of a drug-free Jammu and Kashmir continues to inspire sporting initia-

SMC bids farewell to four Senior Officers on their Superannuation



tives across the Union Territory. The event was conducted under the guidance of Director General, Youth Services and Sports, Anuradha Gupta, whose continued support and encouragement have significantly strengthened sports infrastructure and expanded opportunities for young athletes across Jammu and Kashmir. District Youth Services and Sports Officer Rajouri, Wali Mohd reiterated the department's commitment to providing a vibrant sporting environment for the youth and advancing the objectives of the Nasha Mukht Jammu and Kashmir Abhiyan. He highlighted that sports remain one of the most effective tools for promoting healthy lifestyles, fostering unity and developing responsible citizens. The tournament concluded amid great enthusiasm and appreciation from participants, officials and spectators, further reinforcing Rajouri's emergence as a vibrant sporting hub and setting a new benchmark for future sporting events in the district.

completion of their distinguished careers and appreciated their valuable contributions towards strengthening municipal governance, improving civic services, and serving the people of Srinagar. He wished them good health, happiness, and success in their future endeavours. The retiring officers expressed their gratitude to the SMC administration and their colleagues for their support and cooperation throughout their tenure. They described their tenure in the Corporation as a rewarding and enriching experience and thanked the staff for their dedication and teamwork. The ceremony concluded with the presentation of mementoes and best wishes to the retirees in recognition of their dedicated service and contributions to Srinagar Municipal Corporation.

SRINAGAR, MAY 31: Srinagar Municipal Corporation (SMC) today organised a farewell ceremony in honour of four of its senior officers on their superannuation after years of dedicated service. The officers who retired from service include Joint Commissioner (Works) Shafat Ahmad Khan, Chief Sanitation Officer Mudisar Ahmad Bandy, Executive Engineer Nisar Ahmad Wangoo, and Executive Engineer Mushtaq Ahmad Nowshehri. The function was presided over by Commissioner SMC, Faz Lul Haseeb, and attended by Joint Commissioners, Secretary, Health Officer, Superintendent Engineer Drainage, and other senior officers and officials of the Corporation. Speaking on the occasion, the Commissioner congratulated the retiring officers on the successful

Editor, Publisher, Printer & Owner: Rajni Sharma, Published at: Sec-2, Channi Himmat, Jammu
Early Times Printing Press Samadhian Road, Jammu
E-Mail: editor.northinnews@gmail.com
All disputes are subject to the exclusive jurisdiction of competent courts and forums in Jammu City

