



LG Sinha Turns Dreams Into Reality

Free houses for flood, Op Sindoor affected families, terror victims' kin

HRDS India signs MoU with J&K Div Coms to construct 1,500 houses

KNO

Srinagar, Sept 11: Asserting that construction of houses is more than just putting up a structure, Lieutenant Governor Manoj Sinha on Thursday said that it is about building dreams.

LG Sinha, according to the news agency—Kashmir News Observer (KNO), presided over the Memorandum of Understanding (MoU) signing ceremony here between the High-range Rural Development Society (HRDS India) and Divisional Commissioners of Jammu and Kashmir regions for building houses damaged during Operation Sindoor, recent floods, and the families of the terror victims, whose houses were destroyed by the terrorists.

LG Sinha said, "Construction of houses is more than just putting up structure. It is about building dreams, a fresh start and a new chapter in the lives of affected families. Human losses are so profound



and devastating that they can't be measured but this initiative will definitely ease their suffering."

An official said that the MoU is an initiative of Lieutenant Governor Manoj Sinha and reflects his vision of empowering and safeguarding the future of those affected by natural calamities and unprovoked shelling on civilian population by the enemy.

The Lieutenant Governor lauded the noble endeavour of the HRDS India.

HRDS India will build 1500

free houses across the UT. These 3-bedroom houses will be designed and delivered as a "Smart House", incorporating modern features for comfort and safety.

Under the initiative, the HRDS India and Divisional Commissioners of both the divisions will also identify terror victim families whose houses were destroyed by the terrorists. Besides, 15-year life insurance coverage to all family members, HRDS India will ensure monthly health check-ups and digital connectivity

for every house.

As part of its extended commitment, HRDS India, in collaboration with BSNL, will provide free internet access to all beneficiary households to support education, communication, and digital inclusion.

The trained HRDS India volunteers will visit each beneficiary household monthly to disseminate information about new government schemes relevant to the beneficiaries. They will conduct free awareness sessions on health, education, hygiene, and | [More on P6](#)

J&K suffered under shadow of terrorism for 3 decades: LG

'Terrorism now clearly defined within criminal justice system'

Rehan Qayoom Mir

Srinagar, Sept 11: Lieutenant Governor Manoj Sinha on Thursday said that for the first time since India's independence, terrorism has been clearly defined within the framework of the criminal justice system.

Addressing a gathering after inaugurating an exhibition on 'New Criminal Laws' at J&K Police Public School here, LG Sinha, according to the news agency—Kashmir News Observer (KNO) said, "Jammu and Kashmir suffered for nearly three decades under the shadow of terrorism, which pushed the region into darkness and hampered its growth and development."

Referring to the new criminal laws, LG Sinha said, "The system has been devised in such a way that terrifying people, threatening the sovereignty and integrity of the nation, or indulging in any act that can disturb peace, all fall within the ambit of terrorism."

He said that the inclusion of terrorism in the new legal framework is a historic and decisive step, as it provides



greater clarity and stronger legal backing to tackle those who seek to destabilize the nation.

LG Sinha added that the move reflects the government's firm resolve to ensure peace, safeguard sovereignty, and secure the lives of citizens across the country, particularly in regions that have faced prolonged turmoil.

He said that the new criminal laws will strengthen the country's policy of zero

tolerance against terrorism.

"The new laws (The Bharatiya Nyaya Sanhita-BNS, Bharatiya Nagarik Suraksha Sanhita-BNS and Bharatiya Sakshya Adhiniyam, BSA) have replaced colonial-era criminal justice rules after nearly 150 years. This has marked a historic shift, freeing India's justice system from the remnants of colonial rule and focusing on protecting vulnerable groups."

"These three | [More on P6](#)

PSA enforced only in J&K, nowhere else in country: CM Omar

Calls MLA Doda's arrest 'wrong', assures support to family

Raja Syed Rather

Srinagar, Sept 11: Chief Minister Omar Abdullah on Thursday said the Public Safety Act (PSA) is not enforced anywhere else in the country, arguing that there was no reason to arrest the Member of Legislative Assembly (MLA) from Doda, Mehraj Malik, under the Act.

Talking to reporters here, the Chief Minister, as per the news agency—Kashmir News



Observer (KNO), said invoking PSA against MLA Doda was wrong. Omar said he met Malik's father and assured him of every support.

"I want to advise his party that the PSA law is not enforced anywhere else in the country. If you hire a | [More on P6](#)

Highway reopens for HMTVs on Kashmir side after 16 days

1,200 trucks crossed so far, 40% carrying perishable fruit: Officials

Umair Gull Ganie

Qazigund (Levdora), Sept 11: After remaining closed for nearly 16 days, the Jammu-Srinagar National Highway was reopened for heavy motor vehicles (HMTVs) on the Kashmir side Thursday, ending days of anxiety and losses for truckers and fruit growers.

Officials told the news agency - Kashmir News Observer (KNO) that by Thursday evening, around 1,200 trucks had crossed Qazigund, nearly 40 per cent of them carrying apples.

The highway had remained



shut since August 26 due to landslides, flash floods, and major road damage in

Udhampur and Ramban. For truckers who had spent sleepless | [More on P6](#)

Pic: Jahangir Shah (KNO/KT)

Act tough against drug traders: DGP

KNO

Srinagar, Sept 11: Director General of Police (DGP) Nalin Prabhat Thursday chaired a security review meeting at the Conference Hall of Police Control Room Kashmir to assess the prevailing security situation in the UT of J&K and to discuss measures to further strengthen the security framework.

The meeting was attended by Spl. DG Coordination J&K S.J.M Gillani, ADGP Hqs PHQ J&K MK Sinha, ADGP Armed J&K Anand Jain, ADGP CID J&K Nitish Kumar, IGP of (Kashmir Zone, Jammu Zone, Crime J&K, Traffic J&K, Railways J&K), all range DIsG of J&K, DIG Pers



PHQ, DPT J&K, all district SSSP of J&K, SSP PCR Kashmir, SO to IGP Kashmir, SO to DGP J&K, AIG (CT & Int) PHQ and other senior officers.

At the outset, the Zonal Inspector Generals and heads of various wings briefed the DGP J&K on the current security situation in the Union Territory. The DGP was also | [More on P6](#)

Historic rail link

First apple-laden parcel train rolls out from Kashmir to Delhi



Pic: Jahangir Shah (KNO/KT)

LG thanks PM, Railway Minister; CM hails move

Umair Gull Ganie/
Naveed Ul Haq

Budgam, Sept 11: Fruit growers in Kashmir on Thursday welcomed the launch of a trial

parcel train service carrying apples to Delhi, saying it will cut travel time nearly in half and save produce from rotting due to frequent highway closures.

Railway Minister Ashwini Vaishnaw announced that a daily time-tabled parcel train from Budgam to Adarsh Nagar, Delhi, would begin from September 13. "With the | [More on P6](#)

Fruit growers welcome, demand more capacity

Jahangeer Ganaie

In a move aimed at easing the crisis faced by the horticulture sector in Kashmir, the Indian Railways has started a daily parcel train service from Budgam to Delhi. The initiative comes at a time when frequent closures of the Srinagar-Jammu National Highway have severely disrupted fruit transportation, leaving truckloads of produce stranded | [More on P6](#)

'Extend to Sopore fruit mandi'

Waris Fayaz

Amid estimated losses of over Rs 700 crore in Kashmir's apple industry, growers hailed the Centre's decision to start a daily parcel train from Budgam to Delhi. They, however, called for extending the facility to Sopore - home to Asia's second-largest fruit mandi. The Kashmir Fruit Growers and Dealers Association president, Fayaz Ahmad Malik @ Kaka Ji, speaking to the news agency—Kashmir News | [More on P6](#)

LG Sinha reviews preparations for 'Sewa Parv' Campaign from Sept 17 to Oct 2

KT News Desk

Srinagar, Sept 11: Lieutenant Governor Manoj Sinha on Thursday chaired a high-level meeting to review the preparations ahead of 'Sewa Parv', to be organised across the Union Territory from 17th September to 2nd October, 2025.

The meeting was attended by Atal Dulloo, Chief Secretary; Shantmanu, Additional Chief Secretary, Higher Education Department; Shailendra Kumar, Additional Chief Secretary, Agriculture Production Department; Dr Mandeep K Bhandari,



Principal Secretary to Lieutenant Governor; Administrative Secretaries, Divisional Commissioners, Deputy Commissioners and other senior officers of the stakeholder departments. The Lieutenant | [More on P6](#)

Cyber police warn against 'Zupedia App' investment scam

KNO

Srinagar, Sept 11: The Cyber Police Srinagar has issued an advisory, warning the general public to remain cautious about an online investment scam being run through the mobile application 'Zupedia' and the website Zupedia.com.

According to the advisory, a copy of which lies with the news agency—Kashmir News Observer (KNO), people are being lured into registering on the platform and rating online content.

It says that initially, users receive small payments for completing simple tasks. However, after gaining their trust, the fraudsters convince users to invest larger amounts, ranging from Rs: 1,950 to | [More on P6](#)

'No life should fade away in silence': Expert calls for compassion to prevent suicides

Jahangeer Ganaie

Srinagar, Sept 11: Suicide remains one of the most painful and complex challenges facing humanity as it claims more lives each year than war or homicide, yet too often remains shrouded in silence.

Speaking to the news agency—Kashmir News Observer (KNO), Dr Mohammad Abrar Guroo, a psychiatrist, said that behind every statistic lies an individual story—a life that could have been saved if the right care, compassion, and timely support were extended.

According to the World Health Organization (WHO),

more than 700,000 people die by suicide each year, making it the fourth leading cause of death among 15–29 year-olds. That translates to one life lost every 40 seconds.

In India, the challenge is acute. The National Crime Records Bureau reported 170,924 suicide deaths in 2022, the highest ever recorded, with a rate of 12.4 per 100,000 population. Particularly concerning is the rise of suicides among students and

young adults—a reminder that the burden of expectations, social pressures, and unaddressed emotional pain can become overwhelming.

Dr Abrar said suicide is rarely about a single cause. "It is often the result of layered difficulties, including mental health conditions such as depression, bipolar disorder, or substance use, life stresses—financial hardships, unemployment, family conflicts, or academic pressure,

trauma and adversity, including abuse, neglect, or exposure to violence and loneliness and isolation, where the absence of social support deepens despair," he explained.

He said that understanding this complexity helps shift the narrative: people who contemplate suicide are not weak; they are in unbearable pain and in need of understanding and care.

"Islam regards life as a sacred trust from God, and suicide as forbidden. Yet Islamic teachings also emphasise mercy, hope, and the duty of the community to support those in distress," Dr Guroo said, adding that Hinduism, too, views life as

divinely gifted and suicide as a disruption of the soul's journey, while urging compassion for suffering individuals.

"Both traditions, despite their differences, affirm a shared principle: life is precious, and it is the responsibility of society to safeguard and support it, the doctor said. "These teachings are not meant to stigmatise those who suffer, but to remind us of our collective duty to respond with empathy."

Dr Abrar said when someone expresses suicidal thoughts, it must never be dismissed as dramatisation or attention-seeking. "Every such signal is a cry for help. How we respond can mean

the difference between life and death," he added.

He encouraged seeking professional help - through psychiatrists, counsellors, and helplines, saying these provide lifelines of care and challenge stigma.

"One of the most promising recent steps in India's mental health response is Tele-MANAS, the government's free 24/7 tele-mental health helpline (dial 14416). It was designed precisely to bridge the enormous treatment gap—especially in regions where access to mental health professionals is limited," Dr Guroo said.

For someone in crisis, including those with suicidal thoughts,

Tele-MANAS offers immediate, confidential support. A trained counsellor responds first, and if needed, the call is escalated to a clinical psychologist or psychiatrist.

"By removing barriers of cost, stigma, and distance, this service brings lifesaving help within reach of anyone, anywhere," he said.

The stigma attached to mental health care remains one of the greatest barriers. Many hesitate to seek help for fear of being labelled or judged. Yet seeking help is an act of courage. "Just as we consult doctors for physical ailments, turning to professionals for emotional distress should be normalised," | [More on P6](#)



National Forest Martyrs Day-2025

Survival of humankind depends on forests: Rana
Pays glowing tributes to Martyrs

KT NEWS DESK

SRINAGAR, SEPTEMBER 11: Minister for Forest, Ecology & Environment, Jal Shakti and Tribal Affairs Javed Ahmad Rana Thursday paid rich tributes to the martyrs of the Forest Department who laid down their lives while protecting J&K's green wealth.

Presiding over the National Forest Martyrs' Day- 2025 function at Tagore Hall, here, the Minister acknowledged the unwavering commitment and supreme sacrifices of forest personnel in safeguarding the region's precious natural resources.

The event was organised by the J&K Forest Department to commemorate National Forest Martyrs' Day and honour the courage and dedication of forest officials and frontline staff who sacrificed their lives in the line of duty while protecting forests and wildlife.

Speaking on the occasion, Rana said that the sacrifice of these martyrs is a testament of their dedication towards preserving our natural heritage for future generations.

"The supreme sacrifices made by our brave forest personnel will always be remembered. We must all feel proud of those who laid down their lives for the cause of protecting nature," he said.

He underlined that forests are the lungs of the planet, and



the green guardians who protect them are real heroes.

"It is our collective duty to ensure their sacrifice does not go in vain and we continue their mission with renewed commitment," the Minister said.

Emphasising on the importance of natural resources, the Minister said that the survival of humankind depends on forests and water and the world simply cannot sustain without them. Encouraging the department to continue its mission, the Minister said that efforts are on to further strengthen the department and enhance facilities for all staff engaged in protecting our natural resources.

Announcing key initiatives, the Minister said that a new roadmap is being prepared to restore the lost glory of the Forest Department, with plans

to develop an ecotourism park and other infrastructure in memory of the martyrs. He also announced the introduction of group insurance facilities for employees. In his welcome address, Conservator of Forests, North Circle, Irfan Ali Shah highlighted the challenges faced by frontline staff and reiterated the department's commitment to their welfare and safety.

The event also witnessed speeches by representatives of forest associations and organisations, who underlined the crucial role of forest officials in conservation and the sacrifices they make. The Minister, on the occasion, also released a publication titled "Green Hearts". He also felicitated the family members of the martyrs for their sacrifices. Commissioner Secretary, Forest Ecology & Environment, Sheetal Nanda;

PCCF & Head of Forest Force, Suresh Kumar Gupta; MD J&K Forest Development Corporation; CCFs, Conservators, DFOs, Range Officers, Foresters, Forest Guards, representatives of various forest organisations, families of martyrs, environmental activists and senior government functionaries were also present on the occasion.

Earlier in the day, a tribute ceremony was held at the Forest Martyrs Memorial, Shankaracharya Hill, Srinagar, where floral wreath was laid in honour of the martyrs.

In Jammu, the day was observed at the Foresters Memorial, FRMC (ICT Lab), Narwal, with wreath-laying ceremonies by forest officers and staff. Similar observances were held across the J&K, including at Kashmir Forest Training School, Chitternar.

CS pushes for swift e-SAM rollout in J&K

Reviews implementation of Cyber Security Action Plan

KT NEWS DESK

SRINAGAR, SEPTEMBER 11: Chief Secretary, Atal Dulloo Thursday chaired a high-level meeting to review the progress made on the implementation of the Cyber Security Action Plan across J&K.

The meeting was attended by Administrative Secretaries of all departments; Inspector General, (Crime); Commissioner, Jammu/ Srinagar Municipal Corporation; CEO, JaKeGA; SIO, NIC, and other concerned officers.

At the outset, the Chief Secretary took a comprehensive review of the initiatives undertaken to strengthen the cyber security framework of the UT.

He noted with satisfaction the progress made in the security audit of departmental websites, installation of Endpoint Detection and Response (EDR) and Unified Endpoint Management (UEM) solutions in the Civil Secretariat, and other measures designed to safeguard government systems from cyber threats.

He also reviewed steps being taken for the augmentation of State Data Centre (SDC), operationalization of a Mini Security Operations Centre (SOC), and capacity building of officers to promote cyber hygiene across departments.

Stressing on the importance of holistic protection of IT assets, the Chief Secretary directed for the early roll-out of the e-SAM portal in J&K. The system will ensure comprehensive inventory of all IT assets and strengthen their security and monitoring.

During the meeting, Secretary, IT Department, Dr. Piyush Singla, briefed that out of 250 websites,



security audit of 175 has been completed and are live, while the remaining 40 are under vulnerability testing. He added that 1-2 websites are being cleared daily and the entire process will be completed within the ensuing month.

It was also informed that of the 53 portals hosted by JaKeGA, 50 have already been secured and made live, with just 3 pending. Further, 19 redundant websites have been decommissioned after consultation with the concerned departments.

Dr.Singla apprised that EDR and UEM have been successfully deployed across the Civil Secretariat complexes in Jammu and Srinagar, covering around 5,100 devices. The process is now being extended to Head of Department (HoD) offices.

The meeting was further informed that the census of IT assets had been completed by 23

departments, and the J&K instance of the e-SAM portal is in the testing phase. Once operational, it will provide a unified, end-to-end inventory of IT assets to strengthen cyber resilience.

The Chief Secretary also reviewed the status of Cyber Crisis Management Plans (CCMPs) submitted by departments, the adoption of official government email IDs (which now stands at 1.61 lakh users), and the growing use of Gov Drive for secure storage. The meeting further discussed measures regarding whitelisting/ disabling of USB/pen drive usage, which has largely been restricted with whitelisting allowed only in exceptional cases.

Other key discussions included the migration of certain applications to the national Meghraj cloud, amalgamation of SICOP and JPDCL data into the State Data Centre, and operationalization of the Single Window System, which is expected to go live by the end of this month. The augmentation of SDC, operationalization of Mini SOC at Jammu which eventually is going to be upgraded into a full-fledged SOC, and phased migration of websites from IPv4 to IPv6 by year-end were also deliberated upon.

The Chief Secretary emphasized the importance of a proactive approach to cyber security, underlining that robust digital safety measures are integral for ensuring efficiency and reliability in governance. He directed all departments to work in close coordination with the IT Department to plug gaps, adopt best practices, and complete all pending tasks within stipulated timelines.

IASOWA extends helping hand to flood-hit families

KT NEWS DESK

JAMMU, SEPTEMBER 11: The IAS Officers' Wives Association (IASOWA), Jammu & Kashmir, under the leadership of Monika Wali Dulloo, wife of Chief Secretary Atal Dulloo, has extended a helping hand to families affected by the recent floods in the Jammu region by donating essential relief material. The relief material was formally handed over to

Additional Deputy Commissioner Ansuja Jamwal.

The occasion was marked by the presence of IASOWA members including Geetanjali Singla (wife of Dr. Piyush Singla), Jyoti Kumar (wife of Neeraj Kumar), Sunaina Yadav (wife of Dr. Devansh Yadav), Divya Yadav (wife of Rahul Yadav) and Rohini Kumar (wife of Rupesh Kumar), who collectively reinforced the association's commitment towards community welfare. The

relief package comprised a wide range of essential items aimed at supporting immediate household and nutritional needs of the affected families. These included bed-sheets, blankets, clothing, kitchen utensils and food supplies such as grains, pulses and other daily essentials.

Expressing gratitude on behalf of the administration, ADC Jammu, Ansuja Jamwal said that the generous gesture by IASOWA will provide much-needed comfort

to several families reeling under the impact of the floods. She lauded the association's timely support in complementing ongoing relief efforts of the district administration.

The IAS Officers' Wives Association, J&K, continues to play an active role in extending social support and undertaking welfare initiatives aimed at alleviating hardships of vulnerable communities across the Union Territory.



Expressing gratitude on behalf of the administration, ADC Jammu, Ansuja Jamwal said that the generous gesture by IASOWA will provide much-needed comfort to several families reeling under the impact of the floods. She lauded the association's timely support in complementing ongoing relief efforts of the district administration.

GOVERNMENT OF JAMMU & KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER
PW (R&B) DIVISION SHOPIAN

NOTICE INVITING TENDER
CIVIL WORKS

SINGLE COVER SYSTEM (upto Rs.2.50 Crores)

NIT No: 29//RnB/ SPN /e-Tendering/2025-26

Dated: 11-09-2025

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Item rate/Percentage basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the following works:-

S. No	Name of Work	Major Head of Account	Est. Cost (Rs. in Lacs)	Estimate Money (Rs)	Class of Contractor	Time of Completion	Cost of T/Doc (Rs.)	AAA No. Date	TS No. Date
1	Repairement of road from Churnard to house of Master Bilal Ahmad Malik and others at Largam Shopian.	Constituency Development Scheme	0.50	1000/-	DEE	20 days	200/-	79-DDC of 2025 Dated:-08-09-2025.	
2	C/o lane with Spun Pipes from Srinagar main road to house of Riyaz Ahmad Kuchay at Arhama Shopian.	Constituency Development Scheme	2.179	4358/-	DEE	20 days	200/-	79-DDCS of 2025 Dated:-08-09-2025	

Position of funds:- Committed

Project Authority= District Development Commissioner Shopian

1. The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:-

1	Date of Issue of Tender Notice	11-09-2025	
2	Document downloading Start Date.	12-09-2025	From 10.00 A.M
3	Document Downloading End Date.	19-09-2025	upto 2:00 P.M
4	Bid submission Start Date.	12-09-2025	From 10.00 A.M
5	Bid Submission End Date.	19-09-2025	upto 2:00 P.M
6	Date & time of opening of Bids (Online)	20-09-2025	at 10:00 A.M

2. Bids must be accompanied with cost of Tender document (as mentioned above) in shape of e-Challan/treasury challan / Demand Draft in favour of Executive Engineer R&B Division Shopian

Note:- The Date of Treasury Challan must be between the date of start of bid and Bid Submission End date. Any deviation shall render the bidder as Non-responsive. 2.1 At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Shopian. The successful bidder will have to provide Performance Security @ 5% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 5% of the Bid cost, which will be released after successful completion of the DLP/ Maintenance Period.

3. The date and time of opening of Financial Bids of a responsive bidder shall be notified on Web Site www.jktenders.gov.in and conveyeth the bidders automatically through an e-mail message on their e-mail address.

4. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids.

5. The earnest money shall be forfeited if:-

a) Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.

b) Failure of Successful bidder to furnish the required performance security within the specified time limit.

c) Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.

NOTE: The "sum in dispute" shall refer to the aggregate of all the disputed amounts, both the claim(s) amount plus the counter claim(s) amount.

NOTE:-

The Payment shall be made strictly as per the available allocation by the AAA authority.

No: NIT/
Sd/- Camp Clerk Sd/- AAO Sd/- Technical Officer

Sd/- Executive Engineer (R&B)
Division Shopian
DIPK-6156/25
DATED: 11-09-2025

GOVERNMENT OF JAMMU AND KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER
JAL SHAKTI (I&FC) DIVISION SOPORE

Corrigendum of e-NIT No: 05 of 2025-26 Dated: 09-09-2025

Due to wrong mapping of tender inviting authority (which displayed Irrigation Division Anantnag instead of I&FC Division Sopore), the e-NIT No:- 05 -IFCD/SPR/2025-26 Dt: 09-09-2025 bearing endstt. No. 2033-44 Dt: 09-09-2025 published under Tender Id 2025_IFC_287556 is hereby cancelled and shall be floated as fresh.

NO: I&FC/ Sopore / NIT/2056-66
DATED: 11-09-2025.
DIPK-6181/25
DATED: 11-09-2025

Sd/-
Executive Engineer
Jal-Shakti (IFC) Division
Sopore

GOVERNMENT OF (U.T) JAMMU & KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI (PHE)DEPTT.
GROUND WATER DIVISION SRINAGAR
BAGHI-ALI-MARDAN, NOWSHARA SRINAGAR.

E-mail:- hakeemmushtaq.75316@jk.gov.in

EXTENSION NOTICE 3RD

Tel./FaxNo:-0194-2411285

Subject: Construction of Production Tube Well (DTH/ODEX) at Dadsara Tral Pulwama under Jal Jeevan Mission (JJM).
Reference: This office e-NIT No. 28-JS-PHE/GWDS/Mech. of 2025-26, issued vide endorsement No: JS-PHE/GWDS/25-26/Camp./4621-34, dated: 09-08-2025. Bearing Tender ID No. 2025_PHE_283858_1.

Due to "No Response" for the above mentioned works advertised vide e-NIT No. and Tender ID No's under reference. Which was scheduled to be downloaded till 27-08-2025 Up-to 11:00 AM are extended as per the details given below:-

S.No.	Item	Fresh Date
1.	Period of submission of bids	22-09-2025 Up-to 11:00 AM
2.	Date of opening of tenders	23-09-2025 11.00 AM

NOTE:

All other terms and conditions shall remain same as laid down in the aforesaid e-NIT issued vide above referred endstt: nos.

No: -JS-PHE/GWDS/25-26/Camp./6597-6610
Dated: 10-09-2025

DIPK-6155/25
DATED: 11-09-2025

Sd/-
Executive Engineer
Jal Shakti (PHE) Deptt.
Ground Water Division Srinagar.

MLA 's Detention....

Uneasy calm prevails in Doda

Situation under control: DIG Patil

SAJID RAINA

Doda, Sep 11: Uneasy calm prevailed in Doda and neighboring areas on Thursday following the arrest of Aam Aadmi Party's (AAP) lone legislator from Jammu and Kashmir, Mehraj Malik under the Public Safety Act (PSA).

An official said that many people have been detained since protests erupted after Malik's detention, which led to violent confrontations between demonstrators and security forces.

"Prohibitory orders have been in place since Monday under section 163 of the BNSS Act, restricting public movement without prior permission," the official said, adding that these orders remained in place for the third consecutive day today.

As a precaution, the internet and mobile internet services continue to remain suspended in the district, the officials added.

The security forces have been deployed in large numbers throughout Doda town, Bhaderwah, Gandoh, and other areas.

The security grid also installed concertina wires near government offices. Police vehicles are regularly patrolling the streets,

making announcements, urging residents to stay indoors for their safety, the official added.

Mehraj Malik, who secured the Assembly seat in the 2024 elections by more than 4,500 votes, was arrested on Monday under the PSA for allegedly disrupting public order.

Following his arrest, Malik was shifted to Kathua district jail. This marks the first occasion that a sitting MLA in Jammu and Kashmir has been detained under this stringent law, which allows detention without trial for up to two years in some cases.

Meanwhile, the Chief Education Officer ordered the closure of all schools in the district until Sunday while businesses have also remained closed.

Later in the evening, the Deputy Inspector General of Police (Doda-Kishtwar-Ramban Range) Shridhar Patil said that the law-and-order situation in Doda is under control and appealed to the people to continue supporting peace efforts.

Speaking at a press conference in Doda, Patil said he, along with SSP Doda, met over 40 local citizens from Doda town and

surrounding areas to discuss recent disturbances and ways to restore normalcy.

"We wanted to share some information with you. Today, we had a meeting with respectable citizens of Doda. They gave us good suggestions and also pointed out the difficulties being faced due to the recent incidents," he said. According to the DIG, the discussions focused on providing essential supplies, relief to flood-affected families, and addressing administrative issues such as electricity disruptions and landslides. "After an hour-long discussion, we decided on measures to resolve several issues. This is an important confidence-building step for us," he added.

Patil confirmed that incidents of stone pelting had occurred in parts of Doda. "We had to use tear gas in some places, but the situation was brought under control," he said, adding that around 60-70 people were detained during the disturbances, many of whom were later released and returned to their families.

On the reported blast in Thukar Mohalla earlier in the day, the DIG said police and forensic teams are

investigating. "Around 10.30-11 a.m. we received reports of an explosion-like sound. We have collected samples for ballistic examination. Two people have been taken into custody for questioning. It would be premature to call it a grenade blast. We cannot go by what somebody says, we have to go by the investigation," he said.

Asked about communication services, Patil said mobile and internet connectivity in Doda would be restored soon. He appealed to people, particularly youth, to remain calm. "You have set an example of communal harmony and brotherhood. To maintain this image and make it better, we all have to work together," he said.

On rumours of detentions under the Public Safety Act (PSA), the DIG clarified, "No such cases have been filed. These are only rumours. I urge the media not to allow such rumours to spread and to verify facts with authorities before sharing," Patil said additional security forces had been deployed in the area as a precaution but reiterated that the public remained the "biggest supporters of peace."—(KNO)

Forgotten fight for statehood: MP Ruhullah

REHAN QAYOOM MIR

Srinagar, Sep 11: The incumbent Member of Parliament (MP) from Srinagar Lok Sabha constituency, Aga Ruhullah Mehdi on Thursday expressed concern over the failure to fulfill promises made to the people, especially regarding empowerment, accountability and the restoration of Jammu & Kashmir's statehood.

Speaking to the media persons, Ruhullah said the empowerment that people voted for is not happening. "Accountability is missing and there is a growing sense of betrayal among the people," he said, adding, "The people feel betrayed."

The MP said his party



- the National Conference (NC) - has mentioned in its manifesto that it will revoke the Public Safety Act (PSA) when statehood is restored. "That's why I'm stressing for the fight over statehood restoration so that things will be done as promised. But, we have forgotten the struggle as

we are not fighting it," he said.

Mehdi said people have voted to get these rights back and make constitutional changes. "The government should do whatever it has promised. If they don't, then it is a betrayal with the people," he added—(KNO)

Gulmarg Gondola to remain closed from Sep 22-29



WARIS FAYAZ

Srinagar, Sep 11: The Gulmarg Gondola will remain closed from September 22 to 29 for annual inspection and maintenance, the Jammu and Kashmir Cable Car Corporation (JKCCC) said on Thursday.

An official of JKCCC said that the temporary closure is a routine safety measure undertaken every year to

ensure smooth and secure operations of the world-famous cable car service.

"The Gondola shall remain closed from 22nd September to 29th September due to scheduled annual inspection and maintenance. Inconvenience caused is regretted", the official statement read.

The Gulmarg Gondola, Asia's largest and highest cable car project, attracts hundreds of tourists daily and is considered one of the prime attractions in Kashmir—(KNO)

Want my son back

RAJA SYED RATHER

Srinagar, Sept 11: Shams-ud-Din Malik, the father of the detained Member of Legislative Assembly (MLA) from Doda, Mehraj Malik, booked under the Public Safety Act (PSA), on Thursday said he wants his son to be released at the earliest and apologised for the language his son has used.

Shams-ud-Din met Chief Minister Omar Abdullah and sought his intervention to release his son.

Known for his fire-brand statements, MLA Malik was booked under the PSA on Monday.

His father, speaking to reporters here, apologised for the language



his legislator son has used but said the PSA should be revoked, and his son must be released at the earliest.

Din said the Chief Minister heard them and assured to extend support. "I told him clearly that I don't want to keep running to courts. I just want my son back. I am not concerned about the PSA. When an elderly woman broke down in front of Mehraj, he lost

his temper, and a man can act out when he is angry," he said.

Shams-ud-Din said that Mehraj's mother was in tears. Besides, he has four daughters, and they are all crying too, he added.

The MLA's father said he will approach the AAP Member of Parliament, Sanjay Singh, and will tell him to do something. "I want my son back," he added—(KNO)

Low-intensity blast in Doda

UMAISAR GULL GANIE

Doda, Sept 11: A mysterious low-intensity blast was heard on Thursday afternoon in Thukar Mohalla of Doda town. However, no injury was reported while two persons have been detained for questioning, officials said.

Sources said that the explosion took place in the vicinity of a house at Thukar Mohalla in Doda town, triggering panic among locals. Soon after, blast security forces rushed to the spot to investigate the incident.

Sridhar Patil, DIG, said there was a report of an explosion-like sound at nearly 10:30 to 11:00 AM, which is under investigation. "FSL team has been deputed to the spot to collect samples. After ballistic examination, it can be confirmed what type of blast it was," he said.

He said that in the incident two people were detained and are under inquiry, and action will be taken based on the investigation—(KNO)

'Ek Ped Maa Ke Naam' RFS Sgr launches special campaign 5.0

REHAN QAYOOM MIR

Srinagar, Sep 11: Calling the campaign a reflection of respect for the nurturing spirit of motherhood and a step to reinforce environmental stewardship, V.P. Singh, Director at the Department of Animal Husbandry and Dairying, Government of India, on Thursday said the Regional Fodder Station (RFS) Srinagar has launched Special Campaign 5.0 with a plantation drive titled 'Ek Ped Maa Ke Naam'.

Speaking at the RFS Srinagar, Singh said the initiative aims to integrate cleanliness, sustainability and green practices with the department's broader goals of rural development and livestock productivity.

"Such initiatives not only contribute to environmental well-being but also inspire communities to adopt eco-friendly practices," he said.

Moreover, the officials said 'Special Campaign 5.0' will be carried out in two phases, as Preparatory Phase from September 15 to 30 and Implementation Phase from October 2 to 31, which will cover scrap disposal, e-waste management, record streamlining and the plantation campaign.

They added that RFS Srinagar plays a vital role in training farmers in fodder cultivation, conservation and utilization across Jammu & Kashmir, Ladakh, Uttarakhand and Himachal Pradesh, ensuring year-round nutritious feed for livestock and improving farmers' livelihoods—(KNO)

15th edition of Alisha's library on wheels launched

KNO

Srinagar, Sep 11: The 15th edition of Alisha's Library on Wheels was inaugurated on Thursday at Government Boys Higher Secondary School, Sangam, Idgah, a school that lost two teachers in an attack in 2021.

The 10-seater library, fully stocked with books for UPSC, SSC, banking, state PCS, law and other competitive exams, aims to empower students with knowledge, guidance, and opportunities.

Chief Guest, Keral Prasad Yadav, Principal Accountant General said, books illuminate the path where violence once cast a shadow.

He said with this 10-seater library, we are not just offering resources—we are rekindling the dreams of young students. Education is the strongest antidote to fear

and despair, and initiatives like these will help Kashmir's youth to rise, learn, and lead.

The commandant 161 Battalion CRPF, Balihar Singh said, the CRPF has always believed in winning hearts through service and outreach. We understand the value of education, especially in the Kashmir Valley, where it opens doors to unlimited opportunities.

"Education is the real safeguard of society, and we are proud to partner in this mission that gives students hope and opportunity," he said.

Moreover, Deputy Commandant CJSF, Rakesh Nikhaj, co-founder of the library, said he started his journey with limited means but abundant determination. "Education changed the course of my life, and it can transform yours as well. This library is a resource, but your

true strength will come from hard work and consistency. We are with you in your journey," he said.

Alisha Madhuvashri, US-based NRI and co-founder of the initiative, interacted with students virtually and encouraged them, "Every book you open is a new door to possibility. I want each of you to believe that no dream is too big. This library is your space—make it a stepping stone to shape your future, and remember that the world is waiting to hear your voice," she said.

Notably, seven students were awarded online SSC courses worth Rs 50,000 to help them prepare for competitive examinations. The 14th edition of the library was unveiled recently at Government Girls Higher Secondary School, Rainawari, Srinagar—(KNO)

JMIC convicts Budgam man in cheque bounce case

KNO

Srinagar, Sep 11: The Court of 4th Additional Munsiff (JMIC) Srinagar has convicted Mohammad Maqbool Wani, a resident of Ichgam, Budgam, in a cheque bounce case under Section 138 of the Negotiable Instruments Act, 1881.

Delivering judgment on September 3, 2025, the court held Wani guilty after finding that the cheque he issued to settle a legitimate debt was dishonoured due to insufficient funds.

Despite receiving a formal demand notice, he failed to make the payment within the mandatory 15-day period. The court sentenced Wani to simple imprisonment for one year and imposed a fine of Rs 6.6 lakh

with 6% annual interest from the date of the cheque until realization.

The judgment further states that in the event of default in payment of the fine, the convict will undergo an additional six months of simple imprisonment.

Citing the Supreme Court ruling in R. Vijayan v. Baby & Anr. (2011), the court directed that the fine amount, along with accrued interest, be paid to the complainant, Dr. Gowhar Ahmad Bhat, as compensation under Section 357(1) of the CrPc. The court also noted that Wani had already made a part payment of 1.40 lakh, which was adjusted while calculating the fine. The judgment was pronounced in open court by Adnan Manzoor Naqashbandi, 4th Additional Munsiff (JMIC), Srinagar—(KNO)

NC holds review meeting at Nawa-e-Subha

KT NEWS DESK

Srinagar, 11 Sept: A crucial meeting of Party functionaries from the three assembly segments of Hazratbal, Habba Kadal, and Lal Chowk was held today at the Party Headquarters, Nawa-e-Subha, Srinagar. The meeting was presided over by senior Party leaders and sitting MLAs Salman Ali Sagar (Hazratbal), Shameema Firdous (Habba Kadal), and Ahsan Paradesi (Lal Chowk).

The meeting witnessed the participation of local Block Presidents and grassroots-level office bearers. A range of organizational matters were discussed at length, including the ongoing public outreach programmes, redressal

mechanisms for urban grievances, and strengthening the Party's connect with the people at the constituency level. During the session, the functionaries strongly condemned the recent incident of unauthorized iconography at the revered Hazratbal Shrine. Terming it as a deliberate attempt by certain elements to disturb the peace and communal harmony in Kashmir, the leaders called for immediate accountability and action.

They questioned the role of the J&K Waqf Board, demanding a high-level inquiry into the matter and strict action against the officials involved, including the Waqf Chairman. The leaders stated that the shrine holds immense

religious and emotional significance for the people of Jammu and Kashmir. They recalled that Sheikh Muhammad Abdullah, Dr. Farooq Abdullah, and Omar Abdullah have, for decades, worked diligently to improve the infrastructure and facilities at the Hazratbal Shrine — all without seeking personal credit or recognition.

"The money spent at Hazratbal Shrine is the contribution of devotees who offer it with utmost love and reverence. Any attempt to politicize or personalize this sacred place must be condemned and legally dealt with," the leaders stated.

They reiterated their unwavering respect for the religious sentiments of the people and called

upon the administration to ensure transparency, sensitivity, and accountability in the functioning of religious institutions.

Furthermore, the meeting unanimously demanded the immediate release and acquittal of all detainees and youth who, they said, have been subjected to harsh and unjustified action. They urged the government to adopt a reconciliatory and humane approach, especially in the present socio-political context.

They reaffirmed their commitment to safeguarding the democratic and civil rights of the people and pledged to continue advocating for peace, justice, and inclusive development in Jammu and Kashmir.

Police attach property of Budgam peddler

KNO

Srinagar, Sep 11: In a major action against drug trafficking, Police on Thursday said to have attached an immovable property of a notorious drug peddler in Humhama area of district Budgam.

"The property, comprising a double-storey residential house belonging to Sahil Yousuf Bhat son of Mohd Yousuf Bhat resident of Humhama, has an estimated market value of around Rs 50 lakhs. The attachment was executed under Section 68-F of the NDPS Act, in connection with Case FIR

No. 110/2021 registered under Sections 8/21 and 29 of the NDPS Act at Police Station Budgam," a police spokesman said in a statement.

This development marks a decisive step in the broader strategy of Jammu & Kashmir Police to dismantle the financial infrastructure of narcotics networks, the statement reads.

The general public is once again urged to share any information regarding drug peddling or trafficking and cooperate with police in building a drug-free society, it added—(KNO)

EDITORIAL

Time To Address The Youth Suicide Surge

The alarming rise in suicide rates, particularly among youth, represents one of the most pressing yet overlooked crises in our society. Recent data reveals a distressing trend: suicide rates have surged from 0.5 to 13 per 100,000 people over the past three decades, with young people between 16 and 25 years most vulnerable. Behind these statistics are shattered dreams, broken families, and a profound loss of potential that demands urgent attention and action. Suicide is rarely the result

of a single cause; it often stems from a complex interplay of psychological distress, social pressures, academic failures, economic instability, and limited access to mental health support. In our region, nearly half of adults experience significant psychological distress, with depression and anxiety affecting a substantial portion of the population. Yet mental health infrastructure remains critically inadequate, with far too few professionals available to address this growing crisis. Prevention must begin

with awareness and destigmatisation. Warning signs, such as social withdrawal, sudden mood changes, expressions of hopelessness, or declining academic performance, must be recognised and addressed with empathy rather than judgment. Educational institutions, communities, and families must foster environments where mental health struggles can be discussed openly without shame or fear. Moreover, we must strengthen our mental health support systems. This includes increasing the number of

trained counsellors and psychiatrists, establishing accessible helplines, and integrating mental health education into school and university curricula. Community-based support networks, peer counselling programmes, and regular mental health screenings can identify at-risk individuals early and provide timely intervention. Substance abuse, often linked to mental health challenges, must also be addressed through comprehensive rehabilitation programs and preventive education. Society must shift

from blaming individuals to understanding the social, economic, and structural factors that contribute to despair. Ultimately, preventing suicide requires a collective effort. Governments, educational institutions, healthcare providers, and communities must work together to create a safety net for those in distress. By replacing silence with conversation, isolation with connection, and despair with hope, we can save lives and build a more compassionate society. Every life is worth protecting.

Simplified GST For Growth Of Indian Commerce And Trade
Empowering commerce through simplified taxation

Press Information Bureau

The 56th Meeting of the GST Council, chaired by the Union Finance & Corporate Affairs Minister, on September 3, 2025, has introduced a simplified GST structure with significant rate reductions across key sectors of trade and commerce. Essential industries such as leather, footwear, paper, textiles, handicrafts, toys, packaging, and logistics have been covered under this reform.

By lowering GST slabs to 5% on several goods and rationalising rates in transport and allied sectors, the reforms aim to reduce costs for consumers, ease compliance for traders, and enhance competitiveness for Indian businesses.

"When consumption increases, many goods that are produced at the MSME level will also see higher demand. This will benefit them as their business will grow. On the other hand, with the creation of two slabs, the compliance burden on MSMEs will be greatly reduced,"- The Secretary General of ASSOCHAM, Mr. Manish Singhal

The key GST reductions across major sectors of trade and commerce are noted in the following segments.

Leather and Footwear

The leather and footwear sector is a key employer in India, with a strong export base. GST rationalisation here reduces the burden on manufacturers and makes products more accessible to consumers.

GST reduced from 12% to 5% on Chamois leather, composition leather with a basis of leather or leather fibre, and Leather prepared after tanning or crusting.

Footwear priced up to 2500 per pair now attracts just 5% GST, directly benefiting consumers.

Supply of job work in relation to hides, skins, and leather (falling under chapter 41) also cut from 12% to 5%, reducing MSME production costs.

Lower taxation is expected to improve global competitiveness of Indian footwear and leather exports.

GST Reductions for Commercial Goods Vehicles and Tractor Parts

18% from 28%

GST 5% on tractor parts including tyres, gears, engines, hydraulic pumps, spare parts.

Source: Ministry of Commerce and Industry

E-Commerce, Paper and Packaging

E-commerce is one of the fastest-growing sectors, heavily dependent on cost-effective packaging and logistics. GST reductions in this area lower costs for both businesses and consumers.

Packing paper, cases, cartons, boxes (of corrugated paper or non-corrugated paper or paper boards) and paper pulp moulded trays now taxed at 5%, reducing packaging and shipping costs per order.

It reduces logistics and packaging costs, making goods more affordable for consumers. It will help Food processing units, as well.

This will lower packing cost per shipment and will benefit MSME sellers on

GST Reductions for Textile Industry

Man-made fibres (MMF) GST reduced **5% from 18%**

Man-made yarns GST reduced **5% from 12%**

Source: Ministry of Commerce and Industry

e-commerce platforms and in wholesale markets, who gain improved margins and affordability for consumers.

Reduction in GST on trucks and delivery vans (from 28% to 18%) decreases freight rates per tonne-km, improving efficiency of last-mile deliveries. Trucks are the backbone of India's supply chain. They carry 65%-70% of goods traffic in India.

Cheaper trucks will directly help in reducing logistics cost, improving export competitiveness.

The combined effect supports logistics, warehousing, and online retail ecosystems, enhancing India's competitiveness in global supply chains.

"It will be very beneficial for the industry as well, especially in the MSME sector, that due to the reduction in the tariff of GST, the demand in the local market will increase, people will be able to buy it easily, and because of that, the economy of India is more likely to be strong."- Vice President of Vilayat Industries Association, Mr. Harish Joshi

Wood Products

Agro-based and eco-friendly wood substitutes see lower taxation, encouraging sustainable manufacturing and MSME competitiveness.

GST reduced from 12% to 5% on rice husk board, glassfibre reinforced gypsum board, cement bonded particle board, jute particle board, bagasse board, sisal fibre board, etc.

Sheets for veneering, bamboo flooring, casks, barrels, vats, tubs of wood included. Supports MSMEs in wood manufacturing and promotes eco-friendly alternatives.

This will make the products of many MSME wood manufacturing units competitive.

Handicrafts

The handicrafts sector, vital for artisans and exports, benefits from tax rationalization, making traditional goods more affordable and globally competitive.

GST cut from 12% to 5% on idols made of wood, stone, and metals.

Applies to paintings, drawings, original engravings, handcrafted candles, carved wood products, handbags including pouches and purses, stone art ware, stone inlay work, tableware and kitchenware of clay & terracotta.

Covers Glass statutes, artware of iron, aluminium, brass/copper, etc.

Reforms strengthen India's cultural economy and artisanal livelihoods.

"Now, GST has brought a new golden age for both traders and consumers in our nation. From today, a golden era and a golden realm have also arrived for our traders and consumers."- Financial Advisor at Chamber of Commerce, Mr. Praveen Sahu

Commercial Goods Vehicles

GST Reforms for Commerce and Trade Industry		
Sector/Products	Old GST Rate	New GST Rate
Cartons, Boxes and Cases of Corrugated/ Non-Corrugated Paper or Paper Boards	12%	5%
Paper pulp moulded trays	12%	5%
Chamois leather and composition leather with a basis of leather or leather fibre	12%	5%
Leather after tanning/crusting	12%	5%
Footwear (≤ ₹2,500 per pair)	12%	5%
Supply of job work in relation to hides, skins and leather falling under Chapter 41	12%	5%
Rice husk/glassfibre reinforced gypsum/ cement bonded particle/jute particle/ bagasse/sisal fibre boards	12%	5%
Sheets for veneering, bamboo flooring, casks, barrels, vats, tubs of wood.	12%	5%
Idols (wood, stone, metals)	12%	5%
Paintings, drawings and original engravings	12%	5%
Handcrafted candles, carved wood products, handbags including pouches and purses	12%	5%
Stone art ware, stone inlay work, tableware and kitchenware of clay and terracotta	12%	5%
Glass statutes, artware of iron, aluminium, brass/copper	12%	5%
Commercial goods vehicles (trucks, delivery vans)	28%	18%
Prepared/preserved vegetables, fruits, nuts	12%	5%
Man-made fibres (MMF)	18%	5%
Man-made yarns	12%	5%
Toys and sports goods	12%	5%

Source: Ministry of Commerce and Industry

As the backbone of India's logistics, trucks and delivery vans benefit from GST cuts that lower transport and export costs.

GST reduced from 28% to 18% on commercial goods vehicles.

Reduces capital costs for truck owners, lowering freight rates per tonne-km.

This will have a cascading effect. It will lead to cheaper movement of agri goods, cement, steel, FMCG, and e-commerce deliveries. It will reduce inflationary pressures.

Supports MSME truck operators, who form a large share of India's road transport sector.

Tractor Parts

India is one of the world's largest tractor markets and this GST cut will push demand in both domestic and export segments. Agriculture-linked manufacturing sees a boost as tractors and their parts now attract lower GST, supporting both farmers and industry.

The components for tractor manufacturing like tyres, gears etc. will also be taxed at 5%. Ancillary MSMEs making engines, tyres,

hydraulic pumps, and spare parts will benefit from higher production. The GST Cut will also strengthen India's positioning as a global tractor manufacturing hub.

Fruits, Vegetables & Food Processing

Agro-processing industries gain from reduced GST, promoting cold storage and reducing food wastage. Reduction of GST on most of the food items to 5% or NIL strengthens the entire food processing value chain from farmers to MSMEs, from retailers to exporters.

Prepared and preserved vegetables, fruits, and nuts taxed at 5% (down from 12%).

It encourages investment in cold storage, food processing, and value addition.

Helps farmers realise better prices for their produce and reduces wastage of perishables.

Enhances exports of processed food items, strengthening India's agri-export hub positioning.

Textile

GST Reductions for Leather and Footwear Industry

5% from 12%

✓ Chamois Leather
✓ Composition Leather
✓ Leather prepared after Tanning
✓ Supply of job work in relation to Hides, Skins, & Leather

Footwear priced up to ₹2500 per pair: 5% GST

Source: Ministry of Commerce and Industry

The GST rationalisation in textiles removes structural anomalies, reduces costs, boosts demand, supports exports, and sustains jobs. It will strengthen the entire textile value chain from fibre to garment, by reducing cost distortions. It will also correct anomalies at the fibre stage, reducing costs at yarn/fabric stage, boosting garment affordability, reviving demand at retail stage, and enhancing export competitiveness. This will give impetus to Fibre neutral policy.

Man-made fibres (MMF) GST reduced from 18% to 5%.

Man-made yarns cut from 12% to 5%.

The reduction will correct the Inverted Duty Structure (IDS) issue in MMF. It will align fibre, yarn, and fabric rates, removing longstanding anomalies that increased working capital burden for manufacturers.

It will make synthetic textiles more competitive, reducing reliance on imports.

The rate cut will make Indian MMF-based garments more price-competitive in global markets, supporting India's ambition to become a global textile hub. It will support the exporters.

Toys & Sports Goods

The toy industry, important for child development and MSME manufacturing, benefits from reduced GST.

GST on toys and sports goods cut from 12% to 5%.

Makes toys more affordable, encouraging early childhood learning through play.

Boosts "Vocal for Local" initiative by supporting domestic MSME toy makers.

Protects against influx of cheap imports from neighbouring countries.

Conclusion

"We had never thought that what PM Modi envisioned would be implemented so soon. The speed of implementation is key. This is a great incentive for the common man. This is a big step for the ease of doing business. The basic needs of the common man have been taken care of. This will give a huge boost to the economy." - President of the PHD Chamber of Commerce and Industry (PHDCCI), Mr. Hemant Jain

By lowering rates across industries such as leather, footwear, e-commerce, textiles, handicrafts, toys, agro-processing, and logistics, the government has reduced compliance costs, enhanced affordability for consumers, and improved margins for MSMEs. These measures not only ease the cost of doing business but also align with broader national priorities of promoting exports, supporting artisans and farmers, and encouraging sustainable manufacturing. Collectively, the reforms reinforce India's growth trajectory by creating a more efficient, inclusive, and globally competitive tax framework.

The views expressed by contributors on this page are their own and do not necessarily reflect the policies or positions of the newspaper

JKEDI hosts day-long program

KT News Desk

SRINAGAR, SEPTEMBER 11: The Jammu & Kashmir Entrepreneurship Development Institute (JKEDI) on Thursday organized an investment cum mentorship program titled “Deep Tech and Venture Capital” at its Main Campus Sempora, Pampore.

The day-long program was held in collaboration with the National Small Industries Corporation Limited (NSIC), a GoI enterprise and Sanchi Connect, a leading Business Accelerator supporting Deep Tech Startups.

The event aimed at strengthening the startup ecosystem in the Union Territory of Jammu & Kashmir while promoting innovation and entrepreneurial excellence.

The programme witnessed active participation from over 100 startups, aspiring entrepreneurs, and industry thought leaders, offering a unique platform for knowledge-sharing, real-time interactions, and personalized mentorship.

On the occasion, the JKEDI also signed an MoU with GIF – National Institute of Technology (NIT), Srinagar aimed at fostering skill development and exposure for the youth of Jammu & Kashmir.

Sarvana Kumar, CEO of NSIC Ventures Capital Fund Ltd., and Dr. Sunil K Shekhawat, Founder & CEO of Sanchi Connect, were the keynote speakers for the day-long event.

Khalid Jahangir, Secretary in, Industries and Commerce Department, and Director JKEDI, in his address, highlighted the region's entrepreneurial legacy and the urgency to align it with modern, technology-driven business models. The JKEDI is on boarding the mentors for providing one to one mentorship to the startups of which there is a dire need.

He stated, “The entrepreneurial spirit is deeply rooted in J&K's culture. Our objective

is to channel this talent pool towards creating scalable and sustainable tech-based enterprises. Mentorship is a vital key to enabling this growth, and today's programme is a step in that direction.” He further added that with 44% of the startups registered with the JKEDI as tech based startups, the dialogues on Deep Tech will enable these startups to gain more insights.

Sarvana Kumar detailed the role of NSIC under the Atmanirbhar Bharat initiative, especially the Self Reliant India Fund (SRI Fund) backed by 10,000 Crore of Mother Fund, which supports startups and MSMEs by providing access to affordable capital and strategic support.

Dr. Sunil K Shekhawat shared his entrepreneurial journey and underlined how Sanchi Connect's network of “450 Venture Capital Funds and 100 Corporate Houses” helps Deep Tech startups scale effectively. He emphasized the importance of integrating forward and backward linkages into traditional business models for sustained growth.

The participants lauded the event's practical insights and strategic depth. A startup founder remarked, “The interaction helped us rethink our approach and gain sharper clarity on our business direction.”

The session concluded with an interactive Q&A, fostering further engagement between the experts and participants, where selected startups received personalized guidance from the resource persons to refine their business models, overcome challenges, and strategize for long-term growth.

JKEDI reiterated its mission to foster a robust startup ecosystem in J&K and announced upcoming initiatives like Idea Challenge Competitions in schools and colleges, aimed at promoting innovation from an early stage.

Rs 3.79 Cr relief disbursed in Rajouri

‘100% disbursement in next 3 days’

KT News Desk

RAJOURI, SEPTEMBER 11: In the aftermath of the damages induced by heavy rainfall across the district, the district administration Rajouri, under the leadership of Deputy Commissioner Abhishek Sharma, has ensured timely relief to the affected families. So far, an amount of 3.79 crore has been

disbursed to provide immediate support to the affected populace.

All damage assessment cases have already been scrutinized and the District Disaster Management Authority (DDMA) has committed to disburse 100% relief within the next three days.

The Deputy Commissioner reiterated that the administration is working with full dedication to ensure that no affected family is left unattended and that timely assistance reaches every household in need.

Agriculture Deptt launches IPMS

KT News Desk

JAMMU, SEPTEMBER 11: The Department of Agriculture & Farmers Welfare Jammu has embarked on an ambitious initiative to streamline the pesticides supply chain through a state-of-the-art digital platform– Integrated Pesticide Management System (IPMS).

The IPMS is equipped with a comprehensive suite of features including Master Data Management, License Management System, Supply Chain Management, Quality

and Testing and an Analytical Dashboard, making it a robust digital solution for effective pesticide regulation and monitoring.

In this regard, a meeting was held today at the Conference Hall, Directorate of Agriculture Jammu under the chairmanship of Balbir Singh, Director Law Enforcement J&K. He was accompanied by Raju Mahajan, Plant Protection Officer (PPO) Jammu and Kuldeep Singh, Assistant Director Law Enforcement (ADLE) along with officers and staff of the department.

Div Com for enhancing farmers’ income

Reviews implementation of schemes by departments



KT News Desk

SRINAGAR, SEPTEMBER 11: Divisional Commissioner (Div Com) Kashmir, Anshul Garg Thursday chaired a comprehensive review meeting to assess the implementation and progress of Centrally Sponsored Schemes (CSSs) and Union Territory (UT) schemes under the Holistic Agriculture Development Programme (HADP) by the Agriculture and Sericulture departments.

The meeting was attended by the Director of Agriculture & Farmers Welfare, Additional Director Sericulture, Deputy Director Planning, and other senior officers from the concerned departments.

During the meeting, Div Com evaluated the effectiveness of ongoing schemes aimed at promoting agriculture and allied sectors with a focus on economic growth, increased crop productivity, employment generation, and boosting farmers' incomes.

Emphasizing the importance

of tangible outcomes, Div Com directed officers to ensure that the benefits of all schemes are effectively percolated down to the grassroots, reaching the intended beneficiaries. He stressed the need to bridge the gap between targets and actual achievements under the various schemes.

Highlighting the role of digital platforms in modern agriculture marketing, he urged departments to assess the impact of digital interventions and to integrate larger e-commerce platforms such as Amazon to facilitate better market access and higher returns for farmers.

Div Com instructed the Agriculture department to focus on the distribution of scientifically advanced, high-yielding crop varieties, which are crucial for enhancing per hectare productivity. He also called for motivating farmers to adopt highly remunerative agricultural practices, such as mushroom cultivation and sericulture, as part of an

integrated farming approach.

Further, he called for a measurable increase in scheme output and visible improvements in livelihood parameters across rural areas.

Earlier, Director of Agriculture presented a detailed overview of the sector's current status, including the area under cultivation, irrigation facilities, productivity levels, and a strategic vision aimed at achieving sustainable agricultural development, ensuring food security, enhancing rural livelihoods, and promoting environmental sustainability.

It was informed that the Agriculture department is currently implementing 16 schemes under HADP in addition to various Centrally Sponsored and UT Schemes.

Representative from the Sericulture Department also shared insights into the department's historical significance, ongoing projects, and future vision for enhancing silk production and farmer engagement in the sector.

Sewa Parv: Reasi admin plans to host events DC pushes for maximum involvement of youth

KT News Desk

REASI, SEPTEMBER 11: Deputy Commissioner Reasi Nidhi Malik Thursday chaired a meeting of officers from across line departments to review the arrangements for the upcoming Sewa Parv, a nationwide initiative scheduled to be observed from September 17 to October 2, 2025.

The Deputy Commissioner emphasized the importance of organizing meaningful and impactful activities across the district to mark the occasion. She directed all departments to prepare detailed action plans and ensure proper documentation of pre- and post-event activities to effectively assess the outcomes of the 15-day programme.

Stress was laid on hosting awareness camps on flagship government schemes, including PM-Kisan and Ayushman Bharat – Pradhan Mantri Jan Arogya Yojana (AB-PMJAY). She also instructed departments to conduct financial literacy camps to educate citizens about welfare schemes, banking facilities and credit linkages.



Special focus will be laid on spreading awareness under the Nasha Mukti J&K campaign, along with disaster management awareness programmes in schools, colleges and for the general public.

The DC further emphasized the renovation of Amrit Sarovars and undertaking plantation drives around them as part of the activities.

Highlighting the role of youth in Sewa Parv, she directed the School Education Department to organize activities such as school beautification drives and donation

campaigns for books, stationery and clothes for underprivileged students.

The Social Welfare Department was tasked with reaching out to vulnerable sections of society by visiting children's homes, interacting with the elderly and providing meals to the needy.

To strengthen healthcare initiatives, the Health Department was asked to organize health check-up camps in collaboration with the Ayush Department, along with blood donation drives across all blocks of the district.

KU-JKSDM launch awareness campaign

KT News Desk

Srinagar, Sept 11: The University of Kashmir (KU), in collaboration with the Jammu & Kashmir Skill Development Mission (JKSDM) Thursday launched the India Skills Competition Awareness Campaign to engage, inspire, and prepare youth for participation in the upcoming India Skills Competition 2025.

The campaign was formally flagged off at the Main Campus by Vice-Chancellor KU, Prof. Nilofer Khan, in the presence of, Dean Academic Affairs KU, Prof. Shariefuddin Pirzada; Registrar KU, Prof. Naseer Iqbal, Director, Directorate of Lifelong Learning KU, Prof. M.I. Geer, faculty members, and officials from JKSDM.

Speaking on the occasion, Prof. Khan said, “India Skills Competition is a celebration of the incredible talent and creativity of our youth. I urge our students to step forward with confidence, showcase their skills on this national platform, and bring laurels to the

University, the region, and the country.”

She also announced that the University of Kashmir will serve as an academic partner for the India Skills Competition 2025, extending support by providing expert mentors for grooming, training, and guiding competitors to excel at the national level.

A highlight of the event was the ceremonial showcasing of the Skill Vahan, a specially designed vehicle that will tour the region to spread awareness about skill-based opportunities under the India Skills initiative.

The India Skills Competition 2025, organized under the aegis of the Ministry of Skill Development and Entrepreneurship (MSDE), is the country's largest skill-based event. Covering 63 skill categories, the competition aims to identify and celebrate India's best talent. Winners will earn the honor of representing India at the WorldSkills Competition 2026, bringing global recognition and pride to the nation.

DDC Poonch reviews progress under HADP

KT News Desk

POONCH, SEPTEMBER 11: District Development Commissioner Poonch Ashok Kumar Sharma Thursday chaired a meeting to review the implementation and achievements under the Holistic Agriculture Development Programme (HADP).

The Officers from Agriculture, Horticulture, Animal Husbandry, and Fisheries presented detailed PowerPoint presentations highlighting program registrations, approvals, farmer enrollments and progress on key projects. The updates covered the establishment of Kissan Kidhmat Ghars, expenditure under HADP, development of poultry farms, fodder resources, status of DAKSH Kissan Portal, JKPCIP, carp

ponds, trout units, fish farms and other schemes. The District Development Commissioner directed the concerned officers to ensure accurate data on the DAKSH portal and encourage greater acceptance of applications. He also emphasized increasing registrations under Kisan Sathi and enhancing farmer enrollment under KKG.

Underscoring the need for wider outreach, the DDC instructed allied departments to actively promote all schemes, boost milk production in dairy farms and support the development of other local products for better market presence.

The meeting was attended by CPO, CAO, CHO, CAHO, DSHO, DSO, AD Fisheries, AD Floriculture, AGMO and other concerned officers.

DC Rajouri reviews working of RDD

KT News Desk

RAJOURI, SEPTEMBER 11: Deputy Commissioner Rajouri Abhishek Sharma Thursday chaired a meeting of the Rural Development Department (RDD) and took a comprehensive review of the progress of under different schemes and initiatives.

The Deputy Commissioner reviewed block-wise generation of Person Days under MGNREGA, which currently stands at 30%. Expressing concern over the slow pace, he directed the concerned officers to expedite the process and furnish detailed reasons for the shortfall.

A key focus of the review was on the timely payment of wages to MGNREGA beneficiaries and the Aadhaar seeding status of the Job Card holders.

The Deputy Commissioner also assessed the progress of the supplementary plan under MGNREGA and construction of houses under Pradhan Mantri Awas Yojana (PMAY) and Awas

Plus. It was informed that out of the targeted 62,195 houses, a total of 58,607 have been completed so far. The DC directed the department to accelerate the remaining construction work to meet the set targets within the stipulated time frame.

Calling upon the officers, the Deputy Commissioner stressed the need to work with renewed commitment and zeal to meet public expectations and ensure timely delivery of services.

The meeting concluded with a firm resolve to overcome existing bottlenecks and ensure effective and time-bound implementation of all rural development schemes.

The meeting was attended by ADC Rajouri, Chander Prakash; ADC Kalakote Mohd Tanvir; ADC Nowshera, Pritam Lal Thapa; ADC Koteranka, Dil Mir; ADC Mohd Jhangir Khan; SDM Thanamandi Abid Hussain; ADC, Auqil Nuvaidd; CPO, Maqsood Ahmed and other concerned officers.

GMC Rajouri gets 500 KVA fully automatic Gensets

KT News Desk

RAJOURI, SEPTEMBER 11: In a major boost to healthcare infrastructure, two 500 KVA fully automatic generators have been commissioned at Government Medical College & Associated Hospital (GMC&AH) Rajouri to make possible round the clock power.

Deputy Commissioner Abhishek Sharma inspected the newly Commissioned facility today.

The generators, installed on the directions of the Deputy Commissioner under the supervision of JPDCI Rajouri in record time, will ensure uninterrupted power supply to the hospital during outages or natural calamities.

Pertinently, the load capacity



of one genset is between 420–450 KVA, while that of the other is between 350–430 KVA, thereby ensuring an adequate backup for hospital operations.

As the blackouts in the past used to affect patient care, the Lieutenant Governor and Chief Secretary, during their recent visit to the district, had specifically directed GMC for the

installation of gensets to ensure reliable power backup. The commissioning of these gensets is in line with those directions.

With this crucial augmentation, GMC Rajouri is now better equipped to function round the clock without interruptions, ensuring seamless medical services to the people of Rajouri and adjoining districts.

DC Kathua reviews post-rainfall restoration measures

KT News Desk

KATHUA, SEPTEMBER 11: Deputy Commissioner Kathua Rajesh Sharma Thursday conducted an extensive tour of Bani Sub Division to take stock of the situation arising after the recent spell of incessant rains and floods.

During his maiden visit to the Sub Division, the DC chaired a meeting of District and Sub Divisional Officers at the SDM Office Complex, wherein he took a firsthand appraisal of the developmental profile of the Sub Division and reviewed the ongoing relief and restoration works.

Reviewing the restoration efforts, the DC directed the concerned officers to ensure proper assessment of damages caused to life and property so that timely relief is extended to the affected families under SDRF

norms. He stressed on close coordination among departments to expedite restoration of public infrastructure.

On the occasion, the DC met several public deputations who projected issues mainly related to damages to roads, agricultural land and other essential services. The DC assured them of all possible support from the administration and directed officers to prioritize works in the worst-affected areas.

As part of the relief measures, the DC distributed essential relief material including dry ration, oil, utensils, tents, mattresses and other necessary items among the affected families. He also assured that the concerned departments would extend handholding support to the affected households under the provisions of various government schemes and welfare

programmes.

The DC also chaired a meeting with Lead District Manager (LDM) and Assistant Labour Commissioner (ALC) to review the implementation of Mission Yuva scheme in the Sub Division. He called for ensuring effective coverage of youth under the programme to provide enhanced avenues of employment and skill development.

Later, the DC visited multiple sites to assess damages. At Drabli Bridge, which was partially damaged due to floods, the DC directed officers to immediately undertake crate work for protection and prepare a detailed estimate for permanent restoration of the bridge. At Gatti Panchayat, where the road was washed away due to overflow of dam water, the DC instructed the XEN PMGSY to restore the link at the earliest to ensure

smooth public movement.

The DC also inspected damaged PHE pipelines where restoration work is going on in full swing. He directed the XEN PHE to ensure uninterrupted alternate supply of drinking water to the affected habitations till permanent restoration is completed.

The DC further visited Barmota and other affected areas, directing concerned departments to complete road and infrastructure restoration works expeditiously to provide respite to the inhabitants of the peripheral areas.

MLA Bani, Dr. Rameshwar Singh; DDC Member Bani, Reeta Thakur, ADC Basohli, Pankaj Bhagotra; SDM Bani, Sundeeep Kumar; SE PWD; CEO; XENS of PWD, PDD and PHE; ALC; Tehsildar; BDO and other officers were present during the visit.

Fruit growers express concern over frequent halts of trucks along Mughal Road

Appeal LG Sinha, CM Omar to intervene; drivers stage protest

Jahangeer Ganaie

Shopian, Sep 11 (KNO): The Fruit Association Shopian on Thursday sounded alarm over severe losses being faced by apple growers due to frequent halts of fruit-laden trucks along the Mughal Road.

Addressing a press conference, the Association as per the news agency—Kashmir News Observer (KNO) accused the authorities of restricting the movement of trucks to just a couple of hours a day and allowing only six-tyre vehicles, leaving thousands of apple-loaded trucks stranded.

President of the Fruit Mandi Shopian, Mohammad Ashraf, said that such restrictions are proving disastrous for Kashmir's apple industry, which is already grappling with multiple challenges.

"We are receiving traffic advisories very late and while vehicles from the Shopian side are allowed for just a few hours,



Pic: Jahangir Shah (KNO/KT)

the traffic from the Poonch side moves freely for the entire day. This discriminatory practice is causing huge losses to fruit growers," he alleged.

Ashraf pointed out that on Thursday, barely 150 six-tyre trucks carrying apples were allowed to move, while most of the traffic passing included oil

tankers, poultry carriers and other goods vehicles. "Now, fruit trucks will have to wait at least two more days for their turn, and by then thousands of trucks will be stranded. Since Mughal Road is currently the only route available, the fruit industry is staring at catastrophic losses," he warned.

The Association demanded that if only six-tyre trucks are to be allowed, they should at least be permitted to move throughout the day on alternate days, instead of restricting them to just a few hours. "This is the only way to save our perishable crop from rotting inside trucks," Ashraf said, appealing directly to Lieutenant Governor Manoj Sinha and former Chief Minister Omar Abdullah to personally intervene and resolve the crisis.

Meanwhile, scores of truck drivers staged a protest near the Circuit House Shopian on Mughal Road, demanding unhindered passage of fruit-laden vehicles.

The protesting drivers accused the traffic police of violating their own advisories.

"Today, the advisory clearly stated that heavy motor vehicles would be allowed to ply freely, but in reality, only a handful of trucks were permitted to move every two hours. The rest of us remain stranded. Our fruit is perishable and if we

are kept waiting like this, it will rot inside the trucks," said one of the aggrieved drivers.

The issue of fruit trucks getting stranded on Mughal Road has become a recurring crisis. Every harvest season, apple growers and transporters complain about traffic restrictions and prolonged road closures, which lead to heavy financial losses.

Growers in South Kashmir stressed that the administration must understand the sensitivity of the situation. "Apple is not just a crop; it's the backbone of Kashmir's economy. Such delays not only destroy our produce but also cripple the livelihood of lakhs of families dependent on this sector," said a grower from Shopian.

The truckers and fruit growers jointly appealed to the administration and traffic authorities to ensure smooth, timely, and fair movement of vehicles on Mughal Road, warning that further negligence could devastate the apple industry at its peak season. (KNO)

CM thanks Vijay Chopra for relief fund



KT News Desk

Srinagar, Sept 11: Chief Minister Omar Abdullah on Thursday expressed profound gratitude to Vijay Chopra, Padma Shri awardee and Editor of Punjab Kesari/Hind Samachar Group, for his generous contribution of Rs 11 lakh to the Chief Minister's Relief Fund in support of the flood-affected families.

The Chief Minister said that such contributions reflect the spirit of solidarity and compassion that is vital in times of

crisis. "I sincerely thank Shri Vijay Chopra for this generous gesture. His contribution will strengthen our ongoing efforts to provide relief and rehabilitation to families affected by the devastating floods. It is through such collective efforts that we can bring hope and support to those in distress," the Chief Minister stated.

The government is committed to ensuring that every contribution is channelled towards meaningful assistance for the affected families, the CM added.

CONTD. FROM FRONT PAGE

LG Sinha Turns

preventive care.

HRDS India will also undertake repainting of each beneficiary house every five years, at no cost to the beneficiaries.

Dr Mandeep K. Bhandari, Regional Secretary to Lieutenant Governor; Ramesh Kumar, Divisional Commissioner Jammu; Anshul Garg, Divisional Commissioner Kashmir; Shri Aji Krishnan, Founder - Secretary, HRDS India; Saritha P Menon, Administrator; Swaraj Kumar G., Director Corporate Sponsorship and Sanjeev Bhatnagar, Chairman Global Initiatives, HRDS India were present during the MoU Signing ceremony—(KNO)

J&K suffered under

laws have completely transformed our criminal justice system and shifted the focus toward victims rather than just punishment," LG Sinha said.

He said the process began in 2019 when PM Modi ordered a review of all British-era laws. "Since then, feedback was collected from all states and union territories to shape new laws, which aim to create justice and equality for all".

LG Sinha added new laws have ended the colonial system of oppression, abolished the old imperial legal framework, and made forensic investigation mandatory for serious crimes.

The new criminal laws reflect India's collective vision of justice. The prime objective of the new Laws is to protect and empower the women and weaker sections of the society. Special care has been taken to make the weaker sections, women and children priority of the justice system," the Lieutenant Governor said.

The Lieutenant Governor commended the initiative of the Economic Offences Wing, J&K Police to raise awareness and educate students, parents and the general public. He said the exhibition will help in achieving broader objectives of shaping understanding on new laws and ensuring justice to the last man in queue.

The Lieutenant Governor directed the Jammu Kashmir Police to continue organizing public awareness camps on new criminal laws, in collaboration with the Information Department, Education Department and Legal Services Authority. He also stressed the importance of capacity building at all levels.

Director General Nalin Prabhat, DGP; S.J.M. Gillani, Special DG Coordination PHQ; Vidhi Kumar Birdi, IGP Kashmir; Sujit Kumar, IGP Security, J&K; Anshul Garg, Divisional Commissioner Kashmir; senior officials of Police and Civil Administration, civil society members, teachers and students in large number were present—(KNO)

Highway reopens

nights parked along the road, the reopening was nothing short of a lifeline.

"For 16 days, I slept inside my truck, eating whatever little food I could manage. My apples were rotting inside, and every day I thought of returning home empty-handed," said Mohammad Yousuf, a driver from Baramulla, as his vehicle finally moved past the Qazigund tunnel.

The prolonged closure had pushed many into debt, with perishable fruit consignments stuck on roads at the peak of Kashmir's apple season.

"I was worried about my family. The fruit boxes I carry belong to a grower in Pulwama. If they get damaged, I will have to bear the brunt. Today, when I finally drove out, it felt like a burden lifted from my chest," said Gull Mohammad Bhat, another driver from Pampore.

The convoy's slow but steady movement brought visible relief to the faces of those who had been waiting in long queues stretching from Anantnag outskirts to the Qazigund tunnel.

"It was not just about business losses; we were living on the roadside, away from our families, in the scorching sun and rain. I don't remember such a long blockade in recent years," said Ashiq Hussin Shah, a driver from Baramulla. (KNO)

Act tough against

briefed about the recent developments regarding anti-terrorist operations and actions taken in response.

The discussion further focused on recent security issues, ongoing challenges, and strategies to address them. DGP J&K stressed the importance of reviewing and strengthening security plans, as well as developing effective counter-insurgency measures to ensure the smooth and peaceful execution of upcoming events, a police spokesman said in a statement issued to the news agency—Kashmir News Observer (KNO).

Prabhat directed the officers to intensify surveillance on anti-national elements and ramp up area domination efforts in their respective areas. He emphasized the importance of bolstering security around vulnerable targets and ensuring foolproof security measures.

Additionally, DGP J&K urged district heads to closely monitor social media platforms to prevent the spread of misinformation that could jeopardize public safety and order.

The DGP J&K also addressed the issue of rising general crime in certain areas of the UT and directed district heads to strengthen community policing initiatives and improve public outreach programs.

He stressed the need for targeted operations to disrupt criminal networks and maintain a sense of safety and security among the public. Underscoring the critical need for a coordinated approach to combat the growing menace of narcotics, the DGP directed the officers to take stringent action against those involved in the drug trade.

The meeting concluded with a strong commitment to enhance vigilance, strengthen coordination, and ensure the effective implementation of security measures to uphold peace and safety throughout the valley. (KNO)

PSA enforced

lawyer from outside, it will take them a long time just to understand this law. I have spoken to a few lawyers. We are ready to extend all possible help," he said.

The CM said it would be better to hire a lawyer who has experience handling such cases and is well-versed in the law. "I, too, had to challenge the PSA against me in 2020," he added.

Replying to a query, Omar said it is a reality that Aam Aadmi Party (AAP) MP Sanjay Singh was locked. "Unfortunately, whenever incidents happen, the media has been repeatedly calling it a claim. It is not a claim but a fact. We didn't claim that we had been locked on 13 July, but we were truly locked; we didn't claim that we faced highhandedness on July 14, 2025, but it seriously happened," he asserted.

The CM added, "Though it is being said that everything is fine in Jammu and Kashmir and a new J&K is emerging, the reality is that they always adopt a stringent stance against us. The law was misused to arrest Mehraj Malik, as there was no reason for it. If someone has an issue with his behaviour, they should have approached the Assembly Secretariat and Speaker of the Legislative Assembly."

Omar said that locking down AAP MP is not good for democracy but will send a wrong message to the public. "Those who are doing all this must correct themselves," he said (KNO)

Cyber police warn

Rs: 24,000, while promising higher returns. "Once users invest more money, they are reportedly unable to withdraw their earnings, and the handlers behind the platform go incognito, causing financial losses to victims," it says.

Meanwhile, the Cyber Police has advised citizens to remain vigilant and avoid falling prey to such schemes. It has urged victims to lodge complaints on www.cybercrime.gov.in or contact the helpline number 1930. (KNO)

LG Sinha reviews

Governor took a comprehensive review of the wide range of activities planned by the Departments and District Administrations

to promote Public Service, Community Participation and Inclusive Governance.

The Lieutenant Governor observed that the celebration of 'Sewa Parv' should reflect commitment towards Viksit Bharat and Viksit Jammu Kashmir.

Our focus must be on outcome and not on symbolic activities. Senior officials must act as role models and lead the effort. Each Department must ensure that the activities are aligned with development priorities, he said.

The Lieutenant Governor directed the departments to identify gaps in coverage of flagship schemes and dedicated efforts should be made to achieve the saturation. He further directed for instituting a review mechanism for daily monitoring at district, division and department levels.

The Lieutenant Governor emphasized that drug de-addiction, disaster management awareness campaigns and special camps for grievance redressal to be incorporated in the Sewa Parv activities.

He directed the departments to set realistic targets for their respective identified activities and monitor them through the digital portal.

We must educate students about civic responsibilities and key national and social issues through platforms like Youth Parliament. Relief and addressing concerns of people in flood affected areas, promotion of personnel hygiene among masses, curb on single use plastic and welfare of old-age, poor and specially-abled should also be the part of our planned activities, the Lieutenant Governor said.

He also directed for organising debate and essay writing competitions on Mahatma Gandhi. He observed that Sewa Parv's guiding principles are public service, community participation and inclusive governance to ensure meaningful impact on communities. Sewa Parv's prime objective is to ensure that every voice is heard and every segment of society benefits from development initiatives.

The observance of the 'Sewa Parv' will be anchored to identified themes including Cleanliness Drives & Environmental Action, Education-Focused Initiatives, Engagement with Elderly & Vulnerable Sections, Health & Nutrition Initiatives, Awareness & Capacity Building Workshops, Cultural Activities and Public outreach campaigns.

It was informed that a dedicated online portal will be utilized for the duration of Sewa Parv to ensure seamless coordination, real-time monitoring, and transparent reporting.

The Lieutenant Governor was also briefed on 'Swasth Nari, Sashakt Parivar Abhiyaan' campaign to be organised from 17th September to 2nd October 2025, emphasizing women's health and empowerment as key to family and community progress.

First apple-laden

Jammu-Srinagar line operational, the Kashmir Valley has better connectivity. Railways is introducing a daily time-tabled parcel train from Budgam in Kashmir Valley to Adarsh Nagar station in Delhi starting 13th September 2025. Loading of 2 parcel vans carrying apples from Budgam to Delhi is beginning today," Vaishnav posted on X.

Officials told KNO that today, two parcel vans will depart from Budgam station, one bound for Delhi and the other for Jammu, both laden with the season's finest Kashmiri apples.

The Lieutenant Governor conveyed his appreciation for the initiative. "The daily parcel train from Budgam to New Delhi will bring huge relief to apple growers. My deepest gratitude to the Prime Minister and Union Minister for Railways, Ashwini Vaishnav ji," the office of the LG said on X.

Chief Minister Omar Abdullah expressed heartfelt gratitude to the Minister for Railways for his support in making this initiative possible. A post on his official X handle said, "The Chief Minister has expressed gratitude to Railways Minister Ashwini Vaishnav for his support, as train parcels have now reached Kashmir. The horticulture department is coordinating the transportation with the fruit

growers."

Varun Mital from Fine Valley Agri Farms, whose consignment was among the first dispatched on Thursday, told news agency—Kashmir News Observer (KNO) that the initiative has come at a critical time. "Earlier, sending fruit to Delhi used to take around 36 hours. Now the same work will be done in just 20 hours. This will directly improve the quality of fruit reaching the markets," he said.

He noted that the continued closure of National Highway-44 had badly affected growers. "The highway, considered the lifeline of Kashmir, has remained shut for 14 days. We lost 30-60 percent of our produce in trucks that got stranded. In plums, we faced a 100 percent loss, and in pears nearly 70 percent," he said.

According to Mital, Thursday's trial included two cargo coaches carrying about 3,000 apple boxes—around 36 tons. Each railway container, he added, can carry up to 23 tons of fruit. "Today, two of our trucks with 1,500 boxes each were loaded. In future, the number of trains and cargoes will increase, with proper scanning and other facilities in place," he said.

Mital credited the government for introducing the service at short notice. "This is a great initiative, and it will benefit not only us but also other growers. It reduces our dependency on the highway and opens a more reliable route through the railways," he said.

Daily VP Train with 8 coaches from Budgam to Delhi to run daily

Meanwhile, Senior Superintendent of Police (SSP) Railways, Wasem Qadri, on Thursday said that from September 15, a special daily VP train will operate from Budgam railway station to Adarsh Nagar, Delhi, carrying eight parcel coaches with fruits, especially apples.

Qadri as per KNO while talking to media persons at Budgam railway station said that the service comes at a crucial time for fruit growers. "What we had originally scheduled was from the 15th of September. But since the highway continues to remain closed and people's fruit consignments are getting damaged, we have preponed the process. That's why today, a double-coach parcel train carrying apples has been dispatched," he said.

He added that from September 15 onwards, the operation will be a continuous process with eight coaches running daily. "The VP train will transport fruits from here, especially apples, and on its return it will also carry consignments from Delhi," the SSP said.

On security arrangements, he noted, "Security will be fully intact. Both Jammu and Kashmir Police and the Railway Protection Force will jointly ensure the safe operation of this service."

Officials said the step is expected to significantly reduce losses suffered by orchardists due to highway blockades and provide a reliable corridor for Kashmir's apple economy.

KTMF welcomes move
Kashmir Traders and Manufacturers Federation (KTMF) has welcomed the facilitation of apple transportation through train services in view of the frequent closure of the Srinagar-Jammu National Highway.

KTMF President Mohammad Yaseen Khan extended heartfelt gratitude to Chief Minister Omar Abdullah for personally intervening and ensuring that the horticulture sector, particularly apple growers and traders is provided with a viable alternative to keep the supply chain active. (KNO)

Fruit growers

and growers incurring heavy losses.

Speaking to the news agency Kashmir News Observer (KNO), president of the Kashmir Valley Fruit Growers Cum Dealers Union, Bashir Ahmad Basheer, welcomed the decision but cautioned that the current capacity falls far short of industry needs. "At present, two parcel trains will carry around 3,000 apple boxes daily, which is insufficient given the scale of produce waiting to be transported," he said.

"The government has assured us that from September 13, the service will be increased to eight parcels, equivalent to about 16 truckloads

per day. While this is a positive beginning, it still cannot match the highway's capacity," he added.

Basheer said growers can now directly register through the railway department's website, where they are required to pay half the fare at the time of booking. He said the cost has been fixed at around Rs 3 per kilogram, but fruit owners themselves will have to load and unload the boxes at the railway stations.

Calling it a "good beginning", the Union leader said the facility must be expanded further, especially during the peak harvesting season. "We thank both the Union and UT governments, along with the Railways Department, for starting this service. However, the industry needs greater capacity and priority clearance of the truck-laden vehicles still stranded on the highway," he said.

The Union reiterated that the valley's fruit sector has already suffered losses of nearly Rs 700 crore this season, and the figure continues to rise with each passing day of disruption.

Growers have repeatedly urged the government to ensure smoother transport channels so that Kashmir's apples, considered the backbone of the region's economy, reach markets on time. (KNO)

'Extend to Sopore

Observer (KNO), said even though the step has come late, it is highly appreciable as it will ensure quicker transport and freshness of produce.

"Amidst staggering losses, this step is appreciable. However, there must be an extension to the Sopore Railway as it contains Asia's second-largest Fruit Mandi," Malik said.

He said the initiative is going to benefit Srinagar and South Kashmir, but Sopore must be included so that north Kashmir growers too benefit and fruit reaches outside the valley timely. Authorities, he added, should also increase the number of parcel vans.

The Sopore Mandi president said Kashmir's fruit industry has already suffered tentative losses of around Rs 700 crore due to frequent highway closures. "We kept on repeating the demand to ensure smooth movement of fruit-laden trucks, but unfortunately, nothing such happened. Trucks must be released immediately to avoid further losses as this is the peak season," he urged.

Supporting the demand, a group of growers at Sopore Mandi said the train service will prove beneficial in terms of time-saving and preserving the freshness of fruit. "We appreciate the step, but the government must think over its extension to Sopore," they said.

Similarly, a group of fruit growers at Pulwama said the step is "a new hope", at a time when losses were piling up. "We appreciate this initiative. It will reduce our dependence on the highway, which often remains closed. It's a long-pending demand finally fulfilled."

Earlier, Union Railway Minister Ashwini Vaishnav announced that Railways is introducing a daily time-tabled parcel train from Budgam in Kashmir Valley to Adarsh Nagar station in New Delhi. "With the Jammu-Srinagar line operational, the Valley has better connectivity. Railways is introducing a daily parcel service from September 13," he posted on X, confirming that two parcel vans carrying apples from Budgam to Delhi have already been dispatched. (KNO)

'No life should

the doctor said, adding that platforms like Tele-MANAS make this possible - quietly, compassionately, and without judgment.

Dr Abrar said suicide prevention cannot rest only on the shoulders of health professionals but requires the involvement of families, schools, workplaces, religious leaders, and policymakers. "Each of us can play a role in creating a culture where asking for help is safe, where compassion replaces silence, and where despair is met with hope," he added.

He concluded, "No warning should ever be ignored. No struggle should ever be belittled. And no life should be allowed to fade away in silence." (KNO)

Prez reference on assent to bill: SC asks can it sit idle if guv fails in duty, reserves verdict

PTI

New Delhi, Sept 11: Calling itself the "custodian of the Constitution", the Supreme Court on Thursday asked if it could "sit idle" if a constitutional functionary like Governor failed to discharge duties as it reserved the verdict on the presidential reference on grant of assent to bills.

In the marathon hearings spanning 10 days, a Constitution bench of headed by Chief Justice B R Gavai heard legal luminaries including Attorney General R Venkataramani, Solicitor General Tushar Mehta and senior advocates Kapil Sibal, Abhishek Singhvi, Gopal Subramaniam, Arvind Datar and others on the presidential reference which centered around Article 200 and 201 and the key issue whether constitutional court can impose timelines for governors and President to assent to bills.

On the last day, the bench, also comprising Justices Surya Kant, Vikram Nath, P S Narasimha and A S Chandurkar, interjected Mehta when he referred to the separation of powers as one of the basic structures of the Constitution and said the court should not fix timelines and interfere with the discretionary powers of governors.

"Whosoever high one may be, as a custodian of the Constitution ... I publicly say that I am a firm believer in the doctrine of separation of powers and though judicial activism has to be there, there should not be judicial terrorism or adventurism. But at the same time, if one wing of democracy fails to



discharge its duty, is the custodian of the Constitution powerless and would sit idle?" the CJL asked.

Mehta said, "Not only the court, the executive is also a custodian of the fundamental rights of citizens... Legislature is also custodian, all three organs."

The law officer went on, "But, issuing mandamus to governors with regard to the legislatively discretionary functions of a coordinate constitutional functionary would violate the theory of separation of powers and this separation of power is a part of basic structure."

Mehta said while governors couldn't sit perpetually over a bill, it didn't mean they lacked discretionary powers under Article 200 and timelines could be fixed for granting assent as a "straitjacket formula".

He went on to outline governors' discretionary powers even in the

case of promulgation of ordinance by the state government.

Assailing the submissions of opposition-ruled states which stressed Governor ought to act on the aid and advice of the council of ministers only, Mehta asked, "Suppose a state legislature passes a bill declaring it will no longer be a part of the Union of India, the Governor has no choice but to withhold assent." He underscored the constitutional discretion to governors and President in certain contexts, though he said their actions were ordinarily guided by ministerial aid and advice.

Article 200, he said, provides Governor four options on bills and contains implied discretion, particularly in situations where a bill undermines constitutional values or carries national implications.

The law officer said the term "as soon as possible" used in Article 200

cannot mean indefinitely.

He reiterated 90 per cent of the bills passed by state assemblies since 1970 have received gubernatorial assent within a month whereas assents were withheld by governors only in 20 instances of the total 17,150 bills.

Addressing the absence of express timelines in the constitutional text, Mehta said it reflected "cautious choice of words" rather than vacuum.

"This system has functioned in harmony for decades. Only recently, with the NCT Delhi episode, has litigation on this issue proliferated," he added.

He said there was no vacuum in the constitutional scheme where the court should step in and fix timelines for governors.

The court would likely opine on the 14 questions referred to by President Droupadi Murmu, including whether constitutional authorities could indefinitely withhold assent to bills and if courts could impose mandatory time frames.

The issues essentially relate to Article 200 which governs powers of Governor regarding bills passed by the state legislature, allowing them to either assent to the bill, withhold assent, return the bill for reconsideration or reserve the bill for the consideration of the President.

In May, President Murmu exercised powers under Article 143 to know from the top court whether judicial orders could impose timelines for the exercise of discretion by the President while dealing with bills passed by state assemblies.

Gadkari pitches for additional discount to vehicle buyers submitting scrappage certificate

PTI

New Delhi, Sept 11: Union Minister Nitin Gadkari on Thursday urged the automobile industry to consider offering additional discounts to customers who submit a scrappage certificate while buying a new vehicle.

The Road Transport and Highway Minister also said that he has requested Prime Minister Narendra Modi and Finance Minister Nirmala Sitharaman to give GST relief to those buying a new vehicle after scrapping their old vehicle.

The minister also hit back at the campaign against the E20 fuel (20 per cent ethanol blended petrol), saying the campaign was politically motivated against him.

"This social media campaign was a paid campaign. It was against ethanol, and it was to target me politically," he said, speaking here at the annual convention of the Society of Indian Automobile Manufacturers (SIAM).

Opposition Congress recently levelled conflict of interest allegations against Gadkari, claiming that he has been "aggressively lobbying" for ethanol production while his two sons are involved in firms that produce ethanol and "benefited" from the government policy.

On the vehicle scrappage policy, Gadkari said it was a "win-win" for both industry and the government, as this



could help the private sector also with the availability of scrap metals, which are imported.

The automobile industry is "still not fully listening to me" on this, the minister said, adding that it is for the benefit of the industry.

"If you will give some discount to those who will scrap the vehicle, to buy a new vehicle, then your turnover will increase a lot," he said, adding, "The government will also get GST. And the pollution of the country will be reduced. So you should definitely contribute to this."

The minister asked the industry to consider offering "good discounts" to those buying a new vehicle after submitting a scrap certificate of the old vehicle.

He said that at present, an average of 16,830 vehicles are being scrapped monthly, and the private sector has invested Rs 2,700 crore.

"The steel scrap that we

import into our country is 60 lakh tonnes. And apart from this, the very important metals, due to which there is a shortage, which you have to bring from outside, can also get from scrapping," he said.

Gadkari added that only 6 per cent of aluminium has been made available through imports. "If all vehicles are scrapped, then through GST, the new additional vehicles that people will buy will benefit the state governments and the Indian government by Rs 40,000 crore," he said.

The automobile industry will also benefit from the additional demand which will be created after scrapping.

"So, looking at both these win-win situations, if you support the scrapping certificate in some of the incentives, then I think it will take our country and this industry forward, and your production cost will be reduced," he said.

Tata Advanced Systems, Indra unveil advanced naval air surveillance radar for Indian Navy



PTI

New Delhi, Sept 11: The Tata Advanced Systems Ltd (TASL), in collaboration with engineering major Indra, has manufactured an advanced naval air surveillance radar which is being billed as a major milestone.

The TASL said that with the production of the 3D Air Surveillance Radar (3D-ASR), it has become the first Indian company to demonstrate the capability to build and integrate next-generation naval surveillance radar systems.

Tata Advanced Systems Limited, in collaboration with Indra, successfully delivered and commissioned the first 3D-ASR -- Lanza-N, aboard an Indian

Navy warship, the company said in a statement.

"This achievement also marks a key milestone in India's pursuit of defence self-reliance, with significant localisation in system integration and assembly," it said.

It said the radar has been seamlessly integrated with all systems of this Indian Navy warship.

"Its acceptance and induction followed rigorous sea trials, during which various naval and aerial platforms were deployed to test performance across a range of radar cross-sections," the company added. To support ongoing production, a radar assembly, integration and testing facility has already

been established at Tata Advanced Systems' facility in Karnataka, which will accelerate deliveries, it said.

Sukaran Singh, Chief Executive Officer and Managing Director of TASL said, "Our collaboration with Indra reflects a shared commitment to strengthening radar manufacturing capabilities in India."

"By leveraging on-ground synergies, technical expertise, and a robust local supply chain, we are building a strong ecosystem for advanced defence technologies," he said.

Ana Buendia, Head of Indra's Naval Business Unit, said, the project goes far beyond the delivery and deployment of radars for a large number of vessels.

"It has also enabled us to establish a significant collaboration with Tata Advanced Systems, with whom we have worked to establish a radar factory in Bengaluru." "This now provides us with local support to produce systems more efficiently and offer closer service to the client," Buendia said.

Indra's Lanza-N is one of the most advanced long-range, three-dimensional tactical surveillance systems capable of detecting friendly and hostile air and surface targets within a particular coverage space. The radar is highly effective in detecting various types of drones, supersonic fighters, and anti-radiation missiles as well as all types of naval platforms, according to TASL.

This is the first time that a Lanza-N radar would be operational outside Spain, it said.

Gold falls Rs 226 to Rs 1,08,760 per 10 gm in futures trade on weak global cues

PTI

Mumbai, Sept 11: Gold prices declined Rs 226 to Rs 1,08,760 per 10 grams in the domestic futures market on Thursday, tracking weakness in the international market.

On the Multi Commodity Exchange (MCX), the most traded gold futures for October delivery slipped by Rs 226, or 0.21 per cent, to Rs 1,08,760 per 10 grams with a business turnover of 16,883 lots.

"Gold prices in the domestic market are back below 1,09,000-level on account of profit booking as investors pocketed gains of close to 10 per cent in just two weeks," Deveya Gaglani, Senior Research Analyst of Commodities at Axis Securities, said.

Additionally, silver futures for December delivery declined Rs 478, or 0.38 per cent, to Rs 1,24,702 per kilogram on the MCX.

Globally, Comex gold futures for December delivery were quoting 0.38 per cent lower at USD 3,667.95 per ounce.

"Gold held its recent gains not far from its record high, supported by expectations of interest rate cuts by the US

Federal Reserve (Fed) and rising geopolitical tensions," Jigar Trivedi, Senior Research Analyst at Reliance Securities, said.

Trivedi noted that geopolitical developments, including US President Donald Trump's call on the European Union to impose tariffs on China and India to pressure Moscow over the Ukraine conflict, along with escalation of hostilities in the Middle East, continue to lend safe-haven appeal to the metal.

Meanwhile, Comex silver



futures for December delivery went up 0.11 per cent to USD 41.64 per ounce in the overseas markets.

"Investors will now turn their attention to consumer price index data to be released later in the day for further guidance on the Fed's interest rate cycle and short term trajectory for the bullion prices," he added.

'Fossil fuel, cement companies directly responsible for making heatwaves 50c more intense'



PTI

New Delhi, Sept 11: Emissions from fossil fuel and cement producers could be directly responsible for making an average heatwave "50 per cent more intense" since the pre-industrial era, a study has suggested.

The research, published in Nature, also indicates that the emissions from a single major carbon emitter could have contributed to as many as "16 to 53 heatwaves" — events that would have been "virtually impossible" in a world without global warming.

Researchers from Europe, including experts at ETH Zurich, analysed 213 heatwaves recorded between 2000 and 2023 in the international 'Emergency Events Database', including the 2022 heatwave in India. Travel insurance for Jammu and Kashmir

The team investigated how emissions from the 180 largest carbon majors — fossil fuel companies like Saudi Aramco, Russia's Gazprom, Chevron, and coal-reliant countries such as China and India — contributed to increasing the likelihood of these heatwaves.

"The emissions of the carbon majors contribute to half the increase in heatwave intensity since 1850-1900," they wrote.

Each of the 180 carbon major "substantially contributed" towards climate change that "made 213 historical heatwaves reported over 2000-2023 more likely and more intense", the researchers said.

The researchers described their analysis as an 'attribution study' — a method which helps determine how much climate change has influenced specific events like heatwaves or extreme rainfall.

The evidence from attribution studies have become increasingly important in recent years hold specific entities accountable for the damages caused by their contributions to climate change.

However, the researchers pointed out that it is still rare for studies to measure the contributions of specific human groups or entities to extreme weather events. Travel insurance for Jammu and Kashmir

"We, therefore, establish that the influence of climate change on heatwaves has increased, and that all carbon majors, even the smaller ones, contributed substantially to the occurrence of heatwaves," the authors wrote.

Further, human-caused climate change made a typical heatwave "20 times" more likely during 2000-2009, and "about 200 times" more likely during 2010-2019, they said.

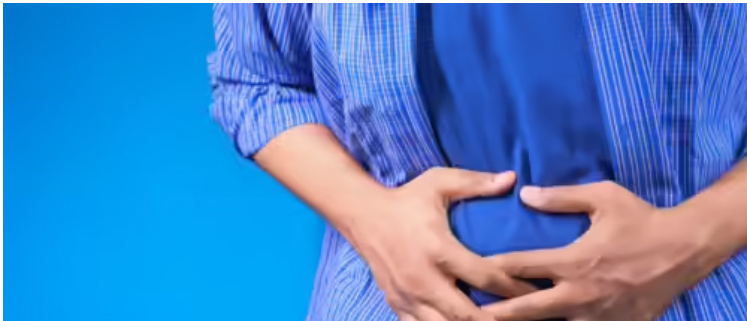
US gastroenterologist reveals 5 magnesium-rich fruits that keep digestion smooth

TOI HEALTH

New Delhi, Sept 11: Magnesium doesn't get the spotlight it deserves, especially when it comes to gut health. While fibre and hydration usually steal the conversation, magnesium quietly does the heavy lifting by relaxing the muscles of the digestive tract. Dr Joseph Salhab, a US-based gastroenterologist, highlights that magnesium-rich fruits are a simple way to maintain healthy bowel movements. Many of these fruits are everyday favourites, nothing exotic, nothing complicated, just nature's own remedies.

Watermelon

Watermelon is mostly water, with a sweet taste tagged along; so it's great for hydration. Some even dismiss it as "just sugar and water." Watermelon actually contains a notable amount of magnesium, about 10 mg in a single wedge. When paired



with its high water content, it works double duty by keeping stool soft and supporting smoother digestion. Dr Salhab points out that hydration plus magnesium is a winning combo that helps muscles in the gut contract and relax efficiently.

Avocado

Avocados are often praised for healthy fats and fiber. What's less spoken about is their impressive magnesium content, almost 58 mg per

medium avocado. This makes them one of the richest fruit sources of magnesium. The creamy texture also makes avocados easy on the stomach, reducing strain on digestion. For people who struggle with constipation, avocado provides the rare mix of fiber, healthy fats, and magnesium that works synergistically.

Berries

Berries are mainly known as antioxidant superfoods. Beyond the

antioxidants, berries, especially blackberries and raspberries, contribute small yet significant doses of magnesium. While the numbers are not sky-high (around 29 mg per cup of blackberries), their real power lies in combining magnesium with soluble fiber. This dual action helps soften stool while nourishing gut bacteria, which indirectly improves bowel movements. Dr Salhab says these "tiny powerhouses" are often underestimated in gut-friendly diets.

Pineapple

Pineapple is usually recognised for bromelain, an enzyme that aids digestion. Pineapple also offers magnesium (about 20 mg per cup). While not as high as avocado, its enzyme-fibre-magnesium trio creates a unique gut-friendly package. Bromelain reduces inflammation in the gut lining, while magnesium relaxes digestive muscles. Eating pineapple in moderation can therefore work

on both fronts: easing digestion and improving bowel regularity.

Kiwi

Kiwi is famous for vitamin C, often compared to oranges. What makes kiwi special is its surprising combination of magnesium (17 mg per fruit) and a unique enzyme called actinidin. This enzyme promotes faster digestion of proteins, while magnesium takes care of muscle relaxation in the intestines. Studies have even shown that kiwis help with constipation in people with irritable bowel syndrome (IBS). It's a tiny fruit, but one that Dr Salhab calls "an underestimated hero for gut health."

Disclaimer: This article is for informational purposes only and is not a substitute for professional medical advice. Always consult a doctor or a qualified health professional before making major dietary changes, especially for chronic digestive issues.

US on edge: Experts warn of ‘vicious spiral’ in political violence after Kirk killing

REUTERS

Washington, Sept 11: The assassination of right-wing influencer Charlie Kirk marks a watershed moment in a surge of US political violence, one that some experts fear will inflame an already-fractured country and inspire more unrest.

"This event is horrifying, alarming, but not necessarily surprising," said Mike Jensen, a researcher at the University of Maryland, which has tracked such violence in a terrorism database since 1970.

In the first six months of the year, the US experienced about 150 politically-motivated attacks — nearly twice as many as over the same period last year, said Jensen. "I think we are in a very, very dangerous spot right now that could quite easily escalate into more widespread civil unrest if we don't get a hold of it," Jensen said. "This could absolutely serve as a kind of flashpoint that inspires more of it."

Experts in domestic terrorism cite a convergence of factors for increased violence in the US: economic insecurity, anxiety over shifting racial and ethnic demographics, and the increasingly inflammatory tone of political discourse. Traditional ideological divides — once centered on policy disagreements — have morphed into a deeper, more personal animosity. That anger is amplified by a mix of social media, conspiracy theories



and personal grievances.

Reuters identified last year at least 300 cases of political violence across the US between the January 6, 2021, attack on the Capitol and the 2024 presidential election, marking the most significant and sustained surge in such violence since the 1970s.

"Extreme political violence is increasingly becoming the norm in our country, and the shooting of Charlie Kirk is indicative of a far greater and more pervasive issue: acts of violence are becoming more common, even without any clear ideology or motive," said Jon Lewis, a research fellow at the Program on Extremism at George Washington University.

"There's really a concern about what the blowback to something like this will look like."

Other experts who study political violence agreed. "People are reluctant to

engage in violence first, but they're much more willing to engage in violence as retaliation," said Lilliana Mason, a political science professor at Johns Hopkins University. "No one wants to be the one to start it, but lots of people want to be able to finish it."

Kirk, a close ally of US President Donald Trump and founder of the conservative student group Turning Point USA, was addressing an outdoor crowd of about 3,000 at Utah Valley University when a gunshot rang out, sending him tumbling from his chair and attendees fleeing in panic.

Authorities had not yet publicly identified a suspect by Wednesday evening, nearly six hours after the shooting. FBI Director Kash Patel said an unnamed "subject" had been detained for questioning and then released.

Kirk, 31, was a pioneer in the conservative movement

and harnessed the power of social media to lure millions of young Americans into Trump's MAGA base.

"No one understood or had the Heart of the Youth in the United States better than Charlie," Trump said in a social media post announcing Kirk's death.

"Vicious spiral"

Trump himself was the subject of two assassination attempts last year. In one, the shooter was killed by authorities seconds after he fired. In the other, a man was arrested carrying a rifle and scope near a Palm Beach golf club where Trump was playing. His trial began this week.

In addition to those, two recent high-profile attacks by right-wing conspiracy theorists this year shook lawmakers and government workers across the country. In June, a Christian nationalist murdered a senior Democratic state lawmaker and her husband in Minnesota, and wounded a second Democrat. In August, a gunman obsessed with COVID-19 conspiracies sprayed gunfire at the Centers for Disease Control and Prevention headquarters in Atlanta, killing a police officer.

Since January, at least 21 people have been killed in political violence incidents, 14 of them in a car bomb attack in New Orleans by a jihadist claiming loyalty to the Daesh group early on New Year's Day.

In May, a pro-Palestinian

activist murdered two Israeli embassy employees in Washington, and told police after his arrest, "I did it for Gaza," according to court documents.

In July, a group of at least 11 militants in black military-style clothing attacked an immigration detention center in Texas, the Justice Department said. The group set off fireworks, spray-painted "traitor" and "ICE Pig" on vehicles, and shot a responding police officer in the neck, wounding him, while another sprayed gunfire at detention guards, the FBI said.

Since returning to office, Trump has scaled back efforts to counter domestic extremism, redirecting resources toward immigration enforcement and citing the southern border as the top security threat.

Jensen, the University of Maryland researcher who tracks violence for the National Consortium for the Study of Terrorism and Responses to Terrorism, said the future appears grim.

"This is an administration that, whether you agree with it or not, has made profound changes to this country in the eight months it's been in office," he said. "Some people love it, some people hate it. The people that hate it are starting to act out. People who love it are going to act out against those people that hate it, and it becomes a vicious spiral that could lead us into something really, really bad."

Racist abuse of Black players escalates as Europe's football season kicks off



AP/PTI

London, Sept 11: The Premier League season wasn't even 30 minutes old when Bournemouth forward Antoine Semenyo reported being racially abused by a spectator.

The same weekend, a German Cup match was stopped after Schalke midfielder Christopher Antwi-Adjei said he was racially abused at a throw-in.

In Italy, Juventus condemned racist abuse targeting US player Weston McKennie as he warmed down after a league game.

And in Spain, police on Wednesday arrested a spectator for allegedly making monkey noises and gestures toward Real Madrid star Kylian Mbappé during a match on August 24.

An early-season surge in abuse directed at Black players in competitions across Europe has alarmed anti-discrimination campaigners and highlighted how racism persists in soccer despite multiple initiatives by soccer bodies FIFA and UEFA, national

federations and individual clubs to eliminate it.

"I think it's more than double what we had last season at the same time," said Piara Powar, executive director of the Fare network, an anti-discrimination group which works with the global and European soccer bodies to monitor and advise on incidents at games.

"If you layer social-media issues on top of that," Powar added in a phone interview, referencing the abuse of England player Jess Carter at the Women's European Championship this summer, "then you really are getting into a lot of stories coming out."

Frustrated at the lack of progress, some Black players have called for tougher penalties against offenders from both the justice system and soccer institutions.

"In this day and age, we're still, us players, getting racially abused and it just doesn't make sense," Semenyo told British broadcaster ITV. "We just want to know why it keeps happening."

Nepal president says seeking solution to crisis

AFF

Kathmandu, Sept 11: Nepal's president said Thursday he was seeking an end to the crisis that has engulfed the Himalayan nation since deadly protests this week ousted the prime minister and left parliament in flames. "I am consulting and making every effort to find a way out of the current difficult situation in the country within the constitutional framework," President Ramchandra Paudel said in a statement.

"I appeal to all parties to be confident that a solution to the problem is being sought as soon as possible to address the demands of the protesting citizens." KP Sharma Oli, 73,

a four-time prime minister, resigned Tuesday in the face of protests. His whereabouts are unknown.

Constitutionally, 80-year-old Paudel should invite the leader of the largest parliamentary party to form a government. Army chief General Ashok Raj Sigdel held talks with key figures and "representatives of Gen Z" on Wednesday, a military spokesperson said, referring to the loose umbrella title of the protest movement.

The army has imposed a curfew in the Himalayan nation of 30 million people, after the worst violence in two decades. Paudel urged Nepalis to "practice restraint and cooperate to maintain peace and order in the country".

Kapil Dev urges Indian players to stay focused ahead of Pakistan clash

PTI

New Delhi, Sept 11: World Cup-winning captain Kapil Dev has urged Indian players to remain focussed on performance and not get distracted by external factors ahead of their high-voltage Asia Cup clash against Pakistan on Sunday.

India and Pakistan are set to face off in Dubai for the first time since Operation Sindoor, which was launched by India after 26



tourists were killed in a terror attack in Pahalgam earlier this year. "The Indian

players should stay focused solely on the game. They have a good team and must win," Kapil told reporters in Chandigarh. "Players should concentrate only on their performance and not get distracted by anything else. Just go and win. The government will do its job, and the players should do theirs," the 66-year-old added.

In the wake of the Phalgam attack, the Indian government has formulated a policy under which the

country would not have any bilateral sporting ties with Pakistan but won't stop the Indian teams from competing against their neighbours in multilateral events.

India, the reigning world champions in the T20 format, began their campaign with an emphatic nine-wicket win over the UAE on Wednesday.

"It's a good team, good luck, they won well yesterday. I hope they win the trophy too," Kapil added.

"Kapil told reporters in Chandigarh. "Players should concentrate only on their performance and not get distracted by anything else. Just go and win. The government will do its job, and the players should do theirs,"

Trump told Netanyahu that striking Hamas inside Qatar was not wise, WSJ reports



A second call between the men later on Tuesday was cordial, with Trump asking Netanyahu if the attack had proven successful, the Journal reported.

REUTERS

Washington, Sept 11: US President Donald Trump told Israeli Prime Minister Benjamin Netanyahu that his decision to target Hamas inside Qatar was not wise, the Wall Street Journal reported on Wednesday, citing senior administration officials.

Trump made the comments during what the Journal described as a heated phone call on Tuesday after the attack.

According to the newspaper, Netanyahu responded that he had a brief window to launch the strikes and took the opportunity.

A second call between the men later on Tuesday was cordial, with Trump asking Netanyahu if the attack had proven successful, the Journal reported.

In a video footage posted on YouTube by The Associated Press, Trump said on Tuesday that he was "very unhappy"

about the Israeli military strike on Doha.

"Well I'm not thrilled, I'm not thrilled about it. ... I'm not thrilled about the whole situation. It's not a good situation. We want have the hostages back, but we are not thrilled with the way that went down," he said.

Israel launched the strike targeting Hamas' leadership in Qatar as they considered a US proposal for a ceasefire in the Gaza Strip.

MOVIES Schedule

Friday, 12th September

MIRAI: SUPER YODHA (UA/16+) HINDI - 06:15 PM

HEER EXPRESS (UA/13+) HINDI - 01:50 PM

HARMUKH (U) KASHMIR AND PARTLY KANNADA WITH ENGLISH SUBTITLES 03:50 PM

DEMON SLAYER: KIMETSU NO YAIBA INFINITY CASTLE (UA13+) JAPANESE WITH ENGLISH SUBTITLES 04:05 PM ENGLISH - 07:15 PM

THE CONJURING LAST RITES (A) ENGLISH WITH ENGLISH SUBTITLES 04:40 PM, 07:30 PM

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