



HM Shah attacks Congress, says it protected Art-370 for seven decades

» Modi govt removed provision, crushed terrorism in J&K » India no longer bleeds; it eliminates terrorists in their homes

Sajid Raina

Srinagar, Oct 29: Union Home Minister Amit Shah on Wednesday launched a scathing attack on the Congress party accusing it of "protecting" Article 370 for seven decades in Jammu and Kashmir and allowing terrorism to flourish, while Prime Minister Narendra Modi removed the provision and crushed terrorism.

Speaking at election rallies in Darbhanga and Samastipur, Shah, according to the news agency—Kashmir News Observer (KNO) accused the grand old party of sheltering the constitutional provision and linked its removal to a shift in the government's response to terrorism. "Earlier terrorists used bleed India and go unpunished. Now, under Prime Minister Modi India enters into terrorists' homes and eliminates them," he added.

Shah said, "PM Modi initiated the tradition of giving a



strong and befitting response to terrorism."

Shah said the government had mounted several responses to cross-border threats, naming surgical strikes, air strikes

and Operation Sindoor. "Earlier, terrorists would attack India and escape. Today, under PM Modi's rule, India conducts surgical strikes, air strikes, and Operation Sindoor to eliminate

threats inside Pakistan," he said.

On the issue of the Popular Front of India, Shah said the previous government had not acted and that the PM Modi led government has taken measures. "The Popular Front of India (PFI) was formed here, but the then Congress government had not banned it. PM Modi led regime banned the PFI in a single night. Police conducted raids at more than 100 locations, and put the entire PFI network behind bars," he said.

Shah said, "I promise that as long as there is even one BJP MP, we will not let a single PFI member out of jail."

Addressing voters in Begusarai, Shah raised the issue of illegal migration and said his party would act if elected. "Should Bangladeshi infiltrators be included in the Bihar price payer list?" he asked, and urged voters to support BJP candidates to enable "the work of selecting and removing every infiltrator." | More on P6

CM Omar empowers MLAs, announces major reforms in Constituency Dev Fund

'New rules remove spending limits, allow use for calamity relief, welfare projects'

Peerzada Ummer

Srinagar Oct 29: Chief Minister Omar Abdullah on Wednesday announced a series of key amendments to the Constituency Development Fund (CDF) scheme, expanding the scope of works that legislators can recommend and removing several financial ceilings that previously limited developmental activities.

Chief Minister Omar Abdullah during his address in the Assembly, as per news agency—Kashmir News Observer (KNO), said the government had been reviewing the scheme for the past two months and has now approved a set of changes aimed at giving elected representatives greater flexibility to address local needs.

"We can bring some changes to this. We want to inform the House about the changes



that have been approved by the government," he said.

KEY CHANGES IN POWER, PHE AND HEALTH SECTORS

CM Omar informed that the ceiling under the Power Development Infrastructure category has been withdrawn. MLAs can now

recommend works in this sector without any upper limit, which earlier stood at Rs. 30 lakh. Similarly, the Rs. 10 lakh ceiling for installation of solar lights has been removed.

Under the Public Health Engineering (PHE) sector, MLAs can now recommend the purchase | More on P6

3 govt bills introduced in Assembly

KNO

Srinagar, Oct 29: The Jammu & Kashmir Government on Wednesday introduced three bills—two proposing amendments to existing laws and one seeking the enactment of a new law.

After the question hour concluded, as per news agency—Kashmir News Observer (KNO) the government introduced The Jammu & Kashmir Panchayati Raj (Amendment) Bill-2025, Jammu and Kashmir Cooperative Societies (Amendment) Bill, 2025 and Jammu and Kashmir Shops and Establishments (Licensing, Regulation of Employment and Conditions of Service) Bill-2025.

Assembly passes resolution to set up National Law University in J&K

Varsity likely to start functioning from April next year: CM Omar

Owais Gul

Srinagar, Oct 29: Chief Minister Omar Abdullah on Wednesday said that the National Law University (NLU) in Jammu and Kashmir is expected to start functioning from April next year.

Speaking in the Assembly over the resolution brought by MLA Bandipora, Nizamuddin Bhat, CM Omar, as per news agency—Kashmir News Observer (KNO), said, "The government intends to set up the



National Law University (NLU) in J&K as the grant of Rs 50 crore has already been kept for it."

As the House passed the resolution, the Chief Minister said, "We expect the classes at the university to start from April next year. Although there has been no decision on the location yet, I have asked my colleagues to identify an apt place for the varsity," he added.

The Chief Minister said that the Chief Justice of the J&K High Court and the Chief Secretary will be taken on board while finalizing the location of the university.

He said | More on P6

BJP to approach ECI over CM's 'MCC violation': LoP Sharma
Sajid Raina

Senior BJP leader and Leader of Opposition Sunil Sharma on Wednesday said that Chief Minister Omar Abdullah had violated the Model Code of Conduct (MCC) by announcing the opening of National Law University classes in | More on P6

'Sep floods caused over Rs 209 cr damage to horti, livestock in J&K'

Raja Syed Rather

Srinagar, Oct 29: The Jammu and Kashmir government has confirmed that recent flash floods in September 2025 caused widespread damage to standing crops, horticulture and livestock across several parts of the Union Territory, including Marh Constituency, with total losses assessed at Rs 209.214 crore.

In a written reply to a question by MLA Surinder Kumar, the Agriculture Production Department, as per the news agency—Kashmir News Observer (KNO), said that in Marh Constituency alone, 836 beneficiaries were affected due to the floods.

"Out of the total 728.79 hectares

sown under paddy, around 449.93 hectares were reported as affected," the reply stated.

The department added that a Joint Survey was carried out under the State Disaster Response Fund (SDRF) by officials of the Agriculture Department in co-ordination with the Revenue Department to assess the damage and process compensation.

"So far, a compensation amount of Rs 169.13 lakh has been disbursed among 1,436 farmers in District Jammu, including Marh Constituency," the reply said.

To expedite insurance settlements, Crop Cutting Experiments (CCEs) are currently being conducted in the affected fields. Once completed, compensation | More on P6

Examining to introduce robotic surgery facility at GMC Sgr: Health Minister

'GMC Jammu initiated formalities to procure robotic surgery equipment'

Jahangeer Ganaie

Srinagar, Oct 29: The Jammu and Kashmir government on Wednesday said that authorities are currently examining the possibility of introducing a robotic surgery facility at Government Medical College (GMC) Srinagar.

Responding to a question raised by MLA Arwind Gupta, the Health and Medical Education Minister, Sakeena Itoo stated in a written reply, as reported by the news agency—Kashmir News Observer (KNO), that the advancement of the health sector involves the introduction of new equipment, machinery, and other items



only after thorough evaluation of their impact, financial viability, space requirements, and other relevant aspects.

"The Government Medical College, Srinagar, is presently reviewing and examining the introduction of a

robotic surgery facility at the Government Super Speciality Hospital, Shireen Bagh," the minister said.

She said the Government Medical College (GMC) Jammu has initiated formal procedures to procure robotic surgery equipment through JKMSCL (Jammu and Kashmir Medical Supplies Corporation Limited), for which a requirement of approximately Rs 35.00 crores has been identified.

Regarding diagnostic facilities, the minister informed that the CT scan machine, which has been in use at the Super Speciality Hospital Jammu since its inception, has outlived its | More on P6

Rs 6.49 cr spent on maintenance of properties outside J&K: Govt

Waris Fayaz

Srinagar, Oct 29: The Jammu and Kashmir government informed the legislative Assembly that Rs 6.49 crore have been spent on the maintenance and renovation of properties owned by the Union Territory outside J&K during the 2024–25 fiscal year.

The expenditure covered repair, renovation and upkeep of J&K Houses and other assets in Delhi, Mumbai, Chandigarh, Amritsar and Haryana.

The government, while responding to a query by a

legislator, as per the news agency—Kashmir News Observer (KNO), informed that these properties include prime assets such as J&K House on Prithviraj Road, J&K House at Chanakyaपुरी, and Kashmir House on King George Avenue in New Delhi.

Other properties include land at Dwarka, Shalimar Bagh, and a showroom on Baba Kharak Singh Marg housing the Kashmir Government Arts Emporium and J&K Industries Ltd offices.

In Amritsar, the government owns J&K House | More on P6

BJP's Budgam candidate files complaint with ECI

Naveed Ul Haq Ganaiee

Budgam, Oct 29: Bharatiya Janata Party (BJP) candidate for the Budgam by-elections, Aga Syed Mohsin Wednesday accused Chief Minister Omar Abdullah of violating the Model Code of Conduct (MCC) and said he has lodged a formal complaint with the Election Commission of India (ECI).

Speaking to the news agency—Kashmir News Observer (KNO), Aga Mohsin said that Omar Abdullah "knows the National Conference will be defeated, and that's why he made announcements in the Assembly in violation of the Model Code of Conduct. I have filed a complaint

Sikh delegation discusses Nagar Kirtan with LG Sinha



KT News Desk

Srinagar, Oct 29: A Sikh delegation, led by S. Harjinder Singh Dhami, President, Shiromani Gurdwara Parbandhak Committee (SGPC), Sri Amritsar Sahib and Shriman Mahant Manjeet Singh, called on Lieutenant Governor Manoj Sinha on Wednesday.

The delegation comprising S. Ajit Singh, Chairman, All J&K Sikh Coordination Committee; Bhaji Harbinder Singh, Incharge, SGPC Sikh Mission J&K; Bhaji Jagtar Singh, Coordinator/Advisor, SGPC Dharam Parchar Committee; SGPC Executive members, office bearers and members of Sikh Gurdwara Parbandhak Committees | More on P6

Taking several measures to prevent, mitigate flash floods: Govt

Raja Syed Rather


Srinagar, Oct 29: The Jammu and Kashmir government on Wednesday said several structural and non-structural measures are being taken to prevent and mitigate flash floods across the Union Territory, including strengthening infrastructure, early warning systems, and removal of encroachments on water channels.

In a written reply to a question by MLA Dr. Narinder Singh Raina, the Jal Shakti Department, per news agency—Kashmir News Observer (KNO) said that flash floods are generally caused by intense rainfall and cloud-bursts, and their prevention

is not possible, but mitigation steps are being taken regularly under various schemes like Capex and NABARD.

The department said that 22 automatic water level sensors have been installed at key locations on the Jhelum River and its tributaries, with real-time data available is through the "Kashmir Flood Watch" website and mobile application.

It added that flood protection works, including the construction of embankments, gabion carries, and spurs, are being carried out at vulnerable spots in Jammu province. The Jhelum Tawi Flood Recovery Project (JTFRP)/ERA is also preparing a detailed report on | More on P6



Central Bureau of Investigation.
Government of India,
Anti-Corruption Branch, Srinagar.
Neat Guest House No. 6, Near MLA Hostel, MA Road, Srinagar-190001.
Phone/ fax : 0194-2455514, email :-hobacsgr@cbi.gov.in

MESSAGE;

DO NOT PAY BRIBE TO ANYONE, IF ANY OFFICER OR OFFICIAL OF ANY GOVERNMENT OFFICE DEMANDS BRIBE OR IF YOU HAVE ANY INFORMATION ON THE CORRUPTION OR IF YOU ARE A VICTIM OF CORRUPTION, PLEASE MAKE A COMPLAINT TO DIG, ANTI-CORRUPTION BRANCH, CBI SRINAGAR NEAR MLA HOSTEL SRINAGAR PHONE NO'S (LAND LINE) 0194-2455514 AND (MOBILE NO.) 9419900977. YOU CAN ALSO SEND YOUR COMPLAINT ON EMAIL ID:-HOBACSGR@CBI.GOV.IN SAY NO TO CORRUPTION. BE A LEADER TO ERADICATE THE MENANCE OF CORRUPTION. ISSUED IN PUBLIC INTEREST. OF INFORMATION,

Sincerely,
(Raman Kumar Meena) IPS
DIG & Head of the branch,
CBI ACB Srinagar

CS reviews progress on BISAG-N Projects

Hails role of BISAG-N in digital governance, e-service delivery

KT NEWS DESK

SRINAGAR, OCTOBER 29: Chief Secretary, Atal Dulloo Wednesday chaired a high-level meeting to review the progress of a series of technology-driven projects being implemented by various departments of the Jammu and Kashmir Government in collaboration with the Bhaskaracharya National Institute for Space Applications and Geo-Informatics (BISAG-N).

The meeting was attended by Additional Chief Secretary, Agriculture Production Department; Additional Chief Secretary, Public Works Department; Principal Secretary, Home; Additional Director General of Police, CID; Commissioner Secretaries of Social Welfare and Industries & Commerce; Spl DG, BISAG-N; Secretary, Education; Secretary, Information Technology; Mission Director, Samagra Shiksha; Director, Employment; CEO, J&KGA; SIO, NIC, and other senior officers.

The Chief Secretary commended the Department of Information Technology and BISAG-N for the successful rollout of several citizen-centric and administrative digital platforms under the Digital J&K initiative.

He observed that projects being implemented in sectors such as Education, Agriculture, and Revenue are pivotal in ushering modern reforms and directed their timely completion to ensure that the envisaged outcomes are achieved within set timelines.

Highlighting the transformative potential of technology, Dulloo emphasized that leveraging AI and audio-visual content for personalized and localized learning would significantly enhance pupil



learning outcomes.

He further noted that timely forecasts, advisories, and capacity-building measures for farmers would contribute to improved productivity and higher income levels.

On the modernization of land records, he remarked that digitization of revenue records forms the cornerstone of broader reforms aimed at creating a transparent and efficient governance system across the UT.

Special DG, BISAG-N, Vinay Thakur assured the Chief Secretary of complete technical and operational support in the development of all IT modules and applications. He called for enhanced synergy and regular coordination between the implementing departments and BISAG-N to expedite progress and remove bottlenecks in minimal time.

Secretary, Information Technology, Piyush Singla, briefed the meeting on the major achievements and progress made under various projects designed to enhance transparency, efficiency, and revenue realization.

Among the key initiatives

reviewed were Integrated Mining Surveillance System (IMSS). It was divulged that the Phase-I of the satellite imagery-based system has been successfully implemented to detect and prevent illegal mining activities. Over 114 automated triggers have been shared with field officers and district administrations for prompt verification through a dedicated mobile application, the meeting was apprised.

With respect to the J&K Tourism App with AI Chatbot. It was added that this mobile and web-based application was launched on September 16, 2025 and it provides comprehensive information on destinations, itineraries, and travel assistance. Powered by BISAG-N's AI resources, the Chatbot enhances visitor experience and has already crossed 1,000 downloads.

About the AI-Based GST Fraud Detection module the meeting was informed that the High-priority analytical reports have been developed for the Finance Department, identifying potential tax evasion patterns such as GSTR mismatches, sequential invoicing, and discrepancies between invoice values and

e-waybill generation.

A mobile application developed by BISAG-N facilitated a comprehensive survey of houseless and landless urban households. As of October 10, 2025, a total of 3.35 lakh households have been successfully surveyed across J&K completing the exercise in a minimum possible timeframe.

Moreover regarding the PM-Gati Shakti Integrations it was given out that dedicated mobile applications for Jal Shakti, PWD (R&B), and Industries & Commerce Departments are in final phases of completion, enabling efficient asset mapping of roads, bridges, water assets, and industrial estates with a Maker-Checker-Approver workflow. Additionally a unified digital platform for the Power Department aims to provide real-time visibility across Generation, Transmission, and Distribution. Wireframes and dashboards for JKSPDC and DISCOMs (KPDCL & JPDCI) have been finalized, along with the API integration structure to make the functioning more efficient and transparent here. It was further divulged that the Mission

YUVA dashboard has been integrated with an ONDC-compliant seller app platform to promote youth entrepreneurship through a digital marketplace, with seller onboarding already in progress.

On the issue of digitalization of the Education Department the meeting was apprised that multiple platforms are under development, including an Education Management Information System (EMIS) for teacher transfer, school inspection, and staff attendance; a Litigation Management System for case tracking; and a Student Attendance Mobile App to enhance accountability.

A centralized digital system is being developed to streamline the processing and approval of Recruitment Rules (RRs). The Departmental and Administrative Head Dashboard for monitoring proposals are already live with few additions to be done for its early completion.

Towards the modernization of the Revenue Department it was revealed that work is underway to upgrade the Revenue Department's systems, including database migration, Jamabandi visualization, and a Maker-Checker-Approver workflow. The Mutation module is also being enhanced for improved service delivery.

The Chief Secretary reiterated the government's commitment to leveraging advanced digital tools and AI-based solutions for improved public service delivery.

He underlined that sustained collaboration between the IT Department and BISAG-N is vital to realizing the government's vision of an end to end digitization ensuring transparency, and accountability across J&K.

Artisan shows create buzz, capture attention of locals, tourists

Polo View to host 3rd edition of Soulful Kashmir



KT NEWS DESK

SRINAGAR, OCTOBER 29: Riding high on the success of the first two editions of 'Know Your Artisan' series held at Jhelum Riverfront and Ghanta Ghar, the Department of Handicrafts & Handloom, Kashmir, is organizing the third leg of its 'Soulful Kashmir' campaign at the historic Polo View Market, here on Thursday.

In a press release issued today, a spokesperson of the Department stated as many as 12 stalls will be on display, showcasing unique handcrafted creations from Kashmir, alongside the One District One Product (ODOP) items. "The campaign is providing a great opportunity to the general public to directly connect with the master artisans, while also to the craftsmen to engage in direct marketing of their products," he said.

To enrich the experience, the Department is also setting up a 'Try Corner', offering visitors firsthand opportunity to explore their hands at pottery, paper-mâché, and needlework. "In addition, live music performances will also be organized to create a heritage-inspired craft ambience at the venue," he stated.

The Department has urged the general public, tourists and buyers to visit Polo View edition of 'Know Your Artisan' in large numbers and extend their support to the craft maestros by participating in the 'Vocal for Local' initiative.

LA adopts resolution for establishing National Law University in JK

KT NEWS DESK

SRINAGAR, OCTOBER 29: Jammu and Kashmir Legislative Assembly Wednesday adopted a resolution moved by MLA Nizam-ud-din Bhat for establishment of Jammu and Kashmir National Law University at Srinagar.

The resolution was passed through a voice vote in the House.

The resolution adopted on Wednesday stated, "This House unanimously resolves to impress upon the Government to initiate the process of establishing the Jammu and Kashmir National Law University at Srinagar, without any further delay, as the funds

earmarked for the first phase have already been provided."

Chief Minister, Omar Abdullah while speaking in favour of the resolution said, "there is nothing in the resolution we see the need to oppose".

Earlier, speaking in defence of the resolution, Bhat urged upon the government to pass the resolution as there is an urgent need for establishment of National Law University. He said that the proposed university would provide a broader platform and greater opportunities to law aspirants.

Among those who spoke on the resolution were MLAs R S Pathania, Mir Saifullah, Sajad Shaheen,

Narinder Singh Raina, Nazir Ahmad Khan, Shamim Firdous, Shabir Ahmad Kullay, Altaf Ahmad Wani and Ajaz Ahmed Jan.

Several MLAs supported the resolution moved by Bhat urging that the university be set up in Srinagar suggesting that Srinagar's central location and accessibility make it the most appropriate place for the university, ensuring greater benefit to students from all parts of the region.

MLA Sonawari Hilal Akbar Lone had earlier moved an amendment proposing that the university be established in his constituency. However, later he withdrew his proposal.

'Over 15.5 lac fruit plants imported to JK in 2 years'

KT NEWS DESK

SRINAGAR, OCTOBER 29: The Minister for Agriculture Production Department Javid Ahmad Dar Wednesday said that a total of 15,51,863 fruit plants were imported by the empanelled agencies to Jammu and Kashmir during the last two years. The Minister said this while replying to a question raised by Legislator Shabir Ahmad Kullay in the Legislative Assembly today.

He said that the majority of imports comprise apple varieties such as gala, red delicious, and their improved strains, besides apple plants, limited quantities of walnut plants, and cherry apple root-stock have also been imported.

The Minister said that the Leaf Minor pest has shown a surge in past two to three years due to recent climatic changes, besides there has been a notable resurgence and increased severity of



aphid infestation in various parts of Kashmir valley.

He informed that the Department of Horticulture, in collaboration with SKUAST, Kashmir, undertakes regular field surveillance, pest monitoring, and Integrated Pest Management (IPM) intervention to effectively control and contain such incidences.

Javid Dar said that, besides, regular awareness and capacity-building programmes are also being conducted

to sustain such community-based interventions.

He said that pests like leaf minor have a potential for a rapid horizontal spread and warrants integrated pest management approach with strategic incorporation of insecticide and bio control agents, including cultural practices with community participation.

Minister said that the community based IPM approach in the hot spots strategy is in place, including

blanket cover in contiguous areas. Advisories in this regard are being provided by the Department of Horticulture in collaboration with SKUAST-K. The Minister said that the incidence of pest outbreaks, such as leaf minor, necessitates coordinated interventions but large scale blanket spraying of insecticides through drones is not recommended by the research institutions due to environmental concerns and issues like fragmented land holdings, harm to non-target organisms, non-availability of ultra-low-volume formulation for the said pests. Horticulture Departments intend to follow advisories issued by SKUAS-K CITH and ICAR in the matter

Javid Dar said that the Department of Horticulture is taking concerted steps to strengthen the local nursery sector and promote the production of quality indigenous planting material under the Holistic Agriculture

Development Programme (HADP-Project 21) and the Jammu & Kashmir Competitiveness Improvement Project (JKCIP). The financial/subsidy support is being provided for the establishment of Mother Orchards, Rootstock Banks, and Plant Propagation Units across the districts to boost local plant nursery growers

He further informed that the Department of Horticulture has fixed district-wise targets for the promotion and supply of high-density planting material under various schemes, including the Holistic Agriculture Development Programme (HADP), Revised Modified High-Density Plantation Scheme (RMHDPS), and the Jammu & Kashmir Competitiveness Improvement Project (JKCIP). An area of 5500 Ha has been proposed to cover under High Density plantation in JKUT in 10 years, subject to availability of resources.

KASHMIR THUNDER

IS AVAILABLE AT ALL LEADING STALLS

Dy CM introduces Bill on employment & service condition of workers



KT NEWS DESK

SRINAGAR, OCTOBER 29: Deputy Chief Minister, Surinder Kumar Choudhary, Wednesday introduced a Bill regarding employment and service condition of workers in the Legislative Assembly. "I rise to introduce a Bill

to amend and consolidate laws relating to regulation of employment and other conditions of service of workers in shops and establishments (L.A. Bill No.6 of 2025). The Bill has already been published in an extraordinary issue of the Official Gazette," Deputy Chief Minister said.

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION AWANTIPORA

NOTICE INVITING E-TENDER

NIT No:100/EEA/R&B of 2025-26/5925-35 Dated:28-10-2025

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on 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	Adv. Cost (Rs. In Lacs)	Cost of T/ Doc. (In Rupees)	Earnest money (In Rupees)	Time of completion	M.H of Account	Class of Contractor	Project Authority
1.	Upgradation of IR Jawbrara incl. Astan Mohalla Barsoo.	20.00	800/-	2% of Adv cost	20 days	UT Road Sector Capex Budget 2023-24	Bee, Cee	PWD

Position Of AAA: Accorded vide No:42-SE/PS of 2023-24 dated 20.12.2023.
Position of funds: Committed.

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 viewed/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:-

1	Date of Issue of Tender Notice	28-10-2025
2	Period of downloading of bidding documents	28-10-2025
3	Bid submission Start Date	29-10-2025
4	Bid Submission End Date	07-11-2025 4:00 PM
5	Date & time of opening of Bids (Online)	08-11-2025 12:00 PM

1. Every participating contractor to mandatorily disclose the bank account number which is linked with their GSTIN at the time of bid submission. No payments shall be released by the Government Department/Agency to any other bank account except the one linked with the GST registered number of the successful bidder. (As per circular No. 01(ADM) FD of 2025 Dated 08-07-2025 of J&K Finance Department)
(The participating contractor may disclose his Bank Account as per the format, devised as Annexure-A of the NIT and submit/upload the same accordingly at the time of submission of the bid).

2. Bids must be accompanied with cost of Tender document in shape of Treasury Challan (Dated between bid submission start date and bid submission end date) with NIT No., Serial No. and name of work to be deposited in M.H. 0059 in favour of Executive Engineer R&B Division Awantipora (tender inviting authority).

3. All the bidders must upload Earnest money / Bid security equal to 2% of advertised cost in the shape of CDR/FDR/BG pledged to Executive Engineer R&B Division Awantipora (tender receiving authority) (The Date of earnest money/Bid security should be between the Bid Submission start date and Bid Submission End date, otherwise bids shall be rejected).

4. The Successful bidder will have to provide performance security @ 5% of contract value in the form of CDR/FDR/BG pledged to Executive Engineer R&B Division Awantipora (tender receiving authority) as per rule-171 (1) of GFR 2017. The earnest money/ Bid security @2% shall be released to the successful bidder only on receipt of Performance Security @ 5% of Contract value which shall be released after successful completion of DLP / maintenance period.

Sd/-
Draftsman

Sd/-
Tech. Officer

DIPK-7588/25
DATED: 29-10-2025

Sd/-
Executive Engineer

CM Omar releases ‘Durr-e-Naayaab’

Sakina Itoo's Book on the Service and Sacrifice of Her Late Father, Wali Mohammad Itoo

KT NEWS DESK

Srinagar, Oct 29: Chief Minister Omar Abdullah Wednesday released ‘Durr-e-Naayaab’, a biography of Late Wali Mohammad Itoo, authored by his daughter and Minister in the Chief Minister’s Council of Ministers, Sakina Itoo.

The book chronicles the life and contributions of Late Wali Mohammad Itoo, former Minister and Speaker of the Jammu and Kashmir Legislative Assembly – who was assassinated on March 18, 1994, in Jammu.

Speaking on the occasion, Chief Minister Omar Abdullah paid rich tributes to the late leader, describing him as “a brave, capable, honest and hardworking person who sacrificed his life for the people of Jammu and Kashmir.”

“I had met Late Itoo Sahib, though I never had the opportunity to work with him,” the Chief Minister said. “His personality, his way of working and his relationship with the people are evident from the love and respect seen



in this hall today.”

The Chief Minister recalled how Late Itoo remained steadfast to his principles and his party despite the turbulent times of militancy. “Many of our colleagues had to move to Jammu

during those years, but even there, Itoo Sahib never sat idle. Being a lawyer, he used his legal knowledge to help those who were in distress. He continued serving the people till his last breath,” Omar Abdullah said. Paying heartfelt

tribute, the Chief Minister said that while Wali Mohammad Itoo left an indelible mark through his selfless work, he also “did the community another great favour by giving us a brave daughter.”

“A brave father gave a brave daughter to this community. If Itoo Sahib were alive today, he would be proud of Sakina ji. In Noorabad, Kulgam, and across Jammu and Kashmir, her service and commitment stand as a living tribute to her father’s ideals,” he said.

Lauding Minister Sakina Itoo’s literary accomplishment, Omar Abdullah said, “I always knew Sakina Ji as a capable MLA and an able minister, but today I discovered another dimension to her – that of a writer. Through this book, she has ensured that future generations know about the life and mission of a leader who dedicated himself to his people and his land.”

The Chief Minister congratulated Minister Sakina Itoo and also on behalf of former Chief Minister and National Conference President Dr.

Farooq Abdullah, appreciating her effort to preserve the legacy of her father for posterity.

During the event, Speaker J&K Legislative Assembly Abdul Rahim Rather, Deputy Chief Minister Surinder Kumar Choudhary, Advisor to the CM Nasir Aslam Wani, former Minister and MLA Khanyar Ali Mohammad Sagar, former Speaker J&K Legislative Assembly and MLA Eidgah Mubarak Gul, MLA Kulgam M. Yousuf Tarigami and former legislator Rattan Lal Gupta also spoke about the life, legacy and deep connection of Late Wali Mohammad Itoo with the common people.

The function was attended by Minister Javid Dar, Satish Sharma, newly elected Rajya Sabha Member of Parliament G.S. Oberoi, several MLAs, and a large number of people from Kulgam, Noorabad, D.H. Pora and adjoining areas, reflecting the enduring affection and respect for the martyred leader.

On the occasion, a short film was also played, depicting life of Late Wali Mohammad Itoo.

From LS.....

‘Dual power system’ hampering Govt functioning: Ali Sagar

OWAIS GUL

Srinagar, Oct 29: Stating that the promises made with the J&K people are yet to be fulfilled, Member of Legislative Assembly (MLA) Khanyar and National Conference (NC) General Secretary, Ali Muhammad Sagar Wednesday said that the dual power system is hampering the functioning of the Omar Abdullah-led government in the region. During the Zero Hour, the MLA Khanyar, while speaking in the House, according to the news agency—Kashmir News Observer (KNO) accused Bharatiya Janata Party (BJP) of playing ‘divisive politics.’

“BJP legislators should listen to the issues



pertaining to both the regions, Jammu as well as Kashmir,” he said.

“Everybody knows there is a dual power system in Jammu and Kashmir. The elected government has been facing obstacles,” he said. Sagar while referring to the statehood restoration said that the promises made with J&K people are still unfulfilled.

The NC legislator also hailed the Speaker for

ensuring smooth conduct of the assembly proceedings, stating that the House has been focusing on real issues. Reacting to a statement made by a BJP legislator, Sagar said the MLAs should speak thoughtfully. “We should ensure that our words do not hurt the sentiments of any community,” said, Sagar, who spoke in the house for the first time—(KNO)

Govt improving B&J Jammu Hospital manpower

JAHANGEER GANAIE

Srinagar, Oct 29: The Health and Medical Education Department Minister, Sakeena Itoo on Wednesday said that steps are being taken to improve the manpower situation at the Bone and Joint Hospital, Jammu.

Responding to a question posed by MLA Pawan Kumar Gupta, the minister stated in a written reply that the primary objective of the Bone & Joint Hospital in Jammu is to ease the workload on the Government Medical College & Hospital, Jammu, particularly for orthopaedic cases.

She said the hospital aims to provide services such as joint replacement, treatment of multi-fractures, trauma management, and other specialised interventions within the region, thereby reducing the need for patients to travel outside for treatment.

The minister added that efforts are underway to strengthen the staffing at B&J Hospital Jammu.

In this regard, a proposal for the creation of 22 faculty posts, 27 resident/tutor posts, 162 paramedical posts, 6 administrative posts, and 109 other non-gazetted staff positions is currently under examination by the department.

The proposal for the requisite manpower, including faculty positions such as Professors, Associate Professors, and Assistant Professors, is based on the communication from the Principal and Dean of Government Medical College Jammu, vide reference AJH/PBS/111/2021-No. 22/1146-53 dated 30.09.2021, along with subsequent reminders. This staffing plan pertains to the staffing of the newly constructed 180-bedded block at the Bone & Joint Hospital, Jammu.

The proposal, she said, involves creating a total of 326 posts across various categories, with an estimated annual financial implication of Rs 22.41 crore.

Itoo further said that during the initial examination of the

proposal, discrepancies were identified in the nomenclature and pay levels proposed for several non-gazetted posts, which did not fully align with the existing Recruitment Rules.

She said the matter has been taken up with the Principal of GMC Jammu and the President of the Nursing Council for re-examination, to ensure compliance with the existing Recruitment Rules applicable to the respective cadres, standard nomenclature prescribed under Indian Nursing Council (INC) norms, and guidelines issued by the J&K Paramedical Council.

“Further action on the proposal will depend on the receipt of a revised, rule-compliant staffing matrix from the concerned authorities,” the minister said.

She added that faculty positions in the Department of Orthopaedics are also being considered for promotion to higher posts periodically, based on vacancy availability and in accordance with existing norms

and recruitment rules.

Regarding subordinate staff and broader cadre restructuring, the Health Minister said the issue is linked to the proposal for creating additional posts, which is currently under examination.

She said concerns about parity between Bone & Joint specialists in Jammu and their counterparts in Srinagar have been noted and are under departmental review, considering the sanctioned strength, functional requirements, and applicable service rules.

The Health Minister assured that efforts are underway to address discrepancies observed during the preliminary examination of the proposal. “Once these issues are resolved, the department will seek the prior approval of the competent authority and then approach the Finance Department for concurrence on the creation of 326 posts across various categories at BJH Hospital Jammu, involving a financial implication of Rs 22.41 crore per annum,” she said—(KNO)

PMAY-U

Govt completes construction of 29,767 houses

REHAN QAYOOM MIR

Srinagar, Oct 29: The Jammu and Kashmir government has said that nearly 40,000 houses have been sanctioned under the Pradhan Mantri Awas Yojana-Urban (PMAY-U) scheme across the Union Territory, of which 29,767 units have been completed, while 1,843 remain non-starters.

The Housing and Urban Development Department detailed the district-wise progress and fund utilisation under both PMAY (Urban) phases, before the Legislative Assembly. This was in response to a question by MLA

Mir Mohammad Fayaz.

About the construction status, the reply states that out of the 39,153 sanctioned houses, 13,995 are at roof level, 3,405 at lintel and 1,843 are yet to start construction.

Budgam leads the UT with 4,805 sanctioned houses, followed by Jammu (3,558), Kathua (2,456) and Pulwama (1,157). Districts with fewer houses include Kishtwar (554) and Shopian (477).

About the Credit Linked Subsidy Scheme, the reply mentions: “Under the Credit Linked Subsidy Scheme (CLSS), a total of 3,432 beneficiaries have been given subsidies worth rupees 70.82 crore.” The

highest disbursement was recorded in Poonch (Rs 18.08 crore), followed by Kupwara (Rs 12.75 crore) and Bandipora (Rs 12.25 crore).

About PMAY-U 2.0 sanctions, the reply states that under the second phase (PMAY-U 2.0), the Ministry of Housing and Urban Affairs has sanctioned 1,250 dwelling units, including 206 in Kupwara, 231 in Kishtwar and 119 in Anantnag.

Additionally, 1,272 flats have been approved under the Affordable Housing in Partnership (AHP) vertical—60 EWS flats at Bhalwal, Jammu and 304 at Chakhar Sundli, and Udampur, where verification

of beneficiaries is underway.

On financial assistance, it states: “Under PMAY-U 1.0, the government has disbursed rupees 518.29 crore in financial aid, benefiting 35,923 beneficiaries so far.” However, 3,230 beneficiaries are yet to receive their entitled assistance. Kathua district alone has received rupees 40.13 crore, followed by Jammu (Rs 36.74 crore) and Budgam (Rs 22.51 crore).

The reply added that funds for PMAY-U 2.0 have not yet been released by the Ministry and the first instalment will be disbursed only after construction begins—(KNO)

Samagra Shiksha

Govt released Rs 2,281 Cr in two years

‘75 seasonal education volunteers engaged’

REHAN QAYOOM MIR

Srinagar, Oct 29: The Jammu and Kashmir government has informed the Legislative Assembly that funds amounting to over rupees 2,281 crore were released under the Samagra Shiksha Scheme during the last two years, while 75 Seasonal Educational Volunteers were engaged to impart education to children of migratory families.

As per official details tabled in reply to a question by MLA Farooq Ahmad Shah, the School Education Department said that during 2023–24, Rs 899.20 crore were released by the Finance Department under the Samagra Scheme, while Rs 925.18 crore were released during 2024–25.

The total availability of funds, as per the reply, includes opening balances and accrued interest, stood at rupees 1,228.44 crore in 2023–24, rupees 1,015.34 crore in 2024–25, and rupees 528.28 crore in 2025–26.

It says, out of these allocations, rupees 1,142.88 crore were utilised during 2023–24, followed by rupees 944.79 crore in 2024–25 and rupees 334.52 crore up to 2025–26, leaving an unspent balance of rupees 193.76 crore.

The government further stated that 75 Seasonal Educational Volunteers were engaged under the scheme to provide education to children of Seasonal Migratory Nomads, which includes 12 such volunteers in the Gulmarg constituency—(KNO)

1381 posts vacant in forest Deptt

WARIS FAYAZ

Srinagar, Oct 29: The Jammu and Kashmir Government on Wednesday said that 1381 vacancies are available in the Forest, Ecology and Environment Department, of which 711 stand referred to recruiting agencies.

Minister Incharge informed the Legislative Assembly that a proposal for the referral of another 282 vacancies, including 130 non-gazetted and 152 Multi-Tasking Staff (MTS) posts, is currently under examination in the department.

In a written reply to a question by legislator Shakti Raj Parihar, the government said a total of 459 candidates were initially engaged under the Rehbar-e-Janglat (ReJ) Scheme, introduced through Government Order No. 155-FST of 2017 dated June 20, 2017.

Of them, 328 are presently working in the department, including 217 in the PCCF wing, 80 in the Forest Protection Force and 31 in the Wildlife Division.

The Rehbar-e-Janglat Scheme was launched following Cabinet Decision No. 96/6/2017 to strengthen forest management and expand employment opportunities in the sector—(KNO)

‘920 PE degree holders unemployed in J&K’

REHAN QAYOOM MIR

Srinagar, Oct 29: The Jammu and Kashmir government has said that a total of 920 youth holding professional degrees in Physical Education (PE) (B.P.Ed/M.P.Ed) are registered as unemployed in the Union Territory.

In a written reply to a question by MLA Shabir Ahmad Kullay, the Labour & Employment Department informed that the consolidated data was collected from the Jammu and Kashmir Employment Portal ([www.jakemp.nic.in] (http://www.jakemp.nic.in)), which is integrated with the National Career Service (NCS) portal of the Government of India.

“As per the registered data, 476 candidates holding M.P.Ed and 444 holding B.P.Ed degrees are unemployed. However, registration of

unemployed youth is voluntary and not mandatory,” the department stated. The reply further included information from the Youth Services and Sports Department, detailing initiatives for youth engagement, infra-



structure development, and sports promotion across districts.

The government also highlighted ongoing efforts under the Mission Youth Scheme, establishment of Centres of Excellence, and development of indoor stadiums, playfields, and sports infrastructure across the Union Territory—(KNO)

‘40 bunkers ready in Uri, 162 more in 4 weeks’

REHAN QAYOOM MIR

Srinagar, Oct 29: The Jammu and Kashmir government has informed the Legislative Assembly that 40 individual bunkers have been completed so far in the border villages of Uri in north Kashmir’s Baramulla district, while 162 more are expected to be completed within the next four weeks. According to a reply to a starred question tabled by MLA Dr. Sajjad Shafi, the Department of Rural Development and Panchayati Raj said that the construction of bunkers is primarily the prerogative of the Home Department.

It says, however, out of 202 sanctioned individual bunkers or overhead protection trenches for border villages of Uri, 40 have been completed. The department said that there is currently no proposal under consideration for the construction of additional bunkers in uncovered villages of the constituency.

It added that a four-week timeline has been fixed for the completion of the remaining 162 bunkers. The cost per bunker has been calculated at Rs 0.55 lakh, with Rs 0.51 lakh funded under the State Disaster Response Fund (SDRF) and rupees 0.04 lakh provided under MGNREGA for the labour component.

The reply further mentioned that the work is being carried out in convergence mode between SDRF and MGNREGA schemes—(KNO)

Assembly uproar over BJP MLA's remarks

KNO

Srinagar, Oct 29: The Legislative Assembly on Wednesday witnessed uproarious scenes following remarks by BJP MLA Shagun Parihar, who claimed that a road project in her constituency is repeatedly being dropped because Hindus reside there.

During the Zero Hour, the MLA from Kishtwar alleged that the road project from Chattar to Oli is being excluded due to the presence of a Hindu nationalist population in the area. “It is a Hindu-populated area. People with nationalist views live there. That is the reason why the road project keeps getting dropped,” she claimed.

Her remarks evoked protests from the treasury benches, with some members questioning the BJP legislator, asking whether Muslims are not nationalists.

“There is no bigger nationalist than us. We have borne the brunt of

militancy. We have lost 80000 people for the nation. We have rendered sacrifices for the nation,” NC’s Nazir Gurezi shouted.

Amid din in the House, the Congress legislators, Irfan Hafiz Lone and Iftikhar Ahmad, accused the BJP legislator of playing communal politics. Minister for Rural Development Department Javed Dar BJP legislator of giving communal spin to the issue.

Minister for Rural Development & Panchayati Raj, Javid Dar, accused the BJP legislator of giving a communal spin to the issue.

“She should not speak like that. She should withdraw her remarks. These statements should not be recorded,” Dar demanded, as BJP legislators stood up in support of Shagun. Intervening in the matter, Deputy Chief Minister Surinder Choudhary said that Muslims of Jammu and Kashmir are as nationalist as Hindus.

“Similarly, Sikhs and Christians are also nationalists,” he said—(KNO)

EDITORIAL

Vigilance Awareness Week: A Collective Pledge For Clean Governance

The commencement of Vigilance Awareness Week, observed annually from October 27 to mark the birth anniversary of Sardar Vallabhbhai Patel, serves as a crucial reminder that integrity in public life is a collective responsibility. This year's theme, "Vigilance: Our Shared Responsibility," aptly underscores that transparency and accountability cannot be achieved by government efforts alone but they require active participation from every citizen and public servant. The symbolic administration of the Integrity Pledge across Jammu and Kashmir, from the

Civil Secretariat to district headquarters, is a welcome reaffirmation of commitment to ethical governance. However, true vigilance extends far beyond ceremonial pledges. It must translate into tangible actions: simplifying processes to reduce opportunities for corruption, implementing robust transparency mechanisms in public procurement, and ensuring swift accountability for misconduct. The week-long awareness programmes, workshops, and seminars being organised can be transformative if they focus on practical solutions, from leveraging technology to minimise

human discretion in service delivery to establishing accessible whistleblower protection systems. Citizens must be empowered to demand accountability as a right, not a favour. Sardar Patel's legacy of a united, strong India was built on the foundation of integrity. In that spirit, this observance should inspire a cultural shift where honesty is celebrated, corruption is socially sanctioned, and transparency becomes the default setting in governance. This requires continuous commitment beyond this designated week, through strengthened anti-corruption frameworks, timely

grievance redressal, and promoting ethical leadership at all levels. Public servants must lead by example, while citizens must actively participate in oversight mechanisms. Let us remember that vigilance is not a seasonal campaign but a continuous commitment. It requires bureaucrats to resist temptation, citizens to refuse complicity, and institutions to enforce consequences. By embracing this shared responsibility, we honour Patel's vision and build a Jammu and Kashmir where trust, not corruption, defines the relationship between the government and the governed.

=== World Stroke Day ===

What is 'fast' formula and why is it important for stroke detection?

This article presents why World Stroke Day matters in India, explains what a stroke really is, introduces the simple yet powerful acronym "FAST" for spotting warning signs, and offers a fresh perspective on how this knowledge can help in real life.

Every year on 29 October, voices in India and around the world come together for World Stroke Day to raise awareness about a condition that strikes silently. It's easy to think a stroke happens only to others, older people, far away, yet in India, the story is changing. Here is a guide to what a stroke is, why it matters right now, and the simple "FAST" formula that can make a life-saving difference.

What is a stroke?

A stroke happens when blood flow to part of the brain is interrupted, either by a clot blocking a vessel (ischemic) or by a vessel bursting (haemorrhagic). Without blood, brain cells begin to die, and damage follows.

In India, the burden of stroke is rising. Study published in ICMR suggest the incidence of stroke ranges between about 105 and 152 cases per 100,000 people each year. One review from The Lancet reported that a 51 per cent increase in prevalence in 1990 to 2021.

What makes this especially relevant for India? Many middle-aged adults face rising rates of diabetes, high blood pressure, and sedentary lifestyles. When a stroke hits early or unexpectedly, the human impact is heavy: on work, on family, on dreams.

Why World Stroke Day matters?

World Stroke Day acts as a vital reminder: a stroke is not some far-off problem. For India, where incidence and disability from stroke are rising, awareness matters more than ever.

On this day, medical professionals focus on: Recognising stroke early, when treatment can still do a lot.



Encouraging people to take risk factors seriously: blood pressure, sugar levels, smoking, and inactivity.

Breaking the myth that strokes only happen to "old" people. In fact, younger people in India are also affected.

Thinking about one's own life, one's parents, a friend's sibling – that personal framing is powerful. When the message feels close to home, people act faster.

The "FAST" formula

To spot a stroke early one of the most trusted tools is the acronym FAST:

Face: Sudden drooping or uneven smile.

Arm: Weakness or inability to raise one arm.

Speech: Slurred speech, trouble finding words.

Time: If any of these happen, time is critical.

Why FAST? Research shows people remember the shorter FAST version better than longer ones.

In an Indian context, where emergency response may vary by region and access to specialist care can differ, the sooner a stroke is suspected and acted upon, the better the chances of reducing lasting injury.

Why FAST is more than a mnemonic

Let's bring FAST into a personal frame. Imagine a father in a Delhi suburb who smiles with one side of his face lagging, or a neighbour in Bengaluru who tries to raise a teacup and one arm seems 'lazy'. Recognising these moments is the turning point.

FAST isn't just for health workers; it's for anyone who might stand beside someone in

crisis. That means children, siblings, neighbours. The power lies in recognising: "That looks odd, something's off" and trusting the instinct.

Also, "Time" in FAST isn't a vague term. In stroke care, every minute counts. The phrase "Time is brain" is used to stress how every lost minute means more brain cells dying.

Sharing on this topic, Dr Madhukar Bhardwaj, Director & HOD - Neurology, Aakash Healthcare, said, "Time is brain when it comes to stroke. The four-and-a-half-hour post-symptom window is referred to as the golden window. At this stage, immediate medical treatment, for example, blood clotting drugs or interventional reperfusion, can reintroduce the blood supply to the brain and reduce damage in the long term."

He added, "When this window is closed, the probability of full recovery reduces drastically. As a matter of fact, almost two million brain cells perish every minute when a stroke is not treated. This is why it is so important that the action should be taken immediately; the symptoms identification and the hospital arrival in time can really be the key to recovery and disability."

What to do if FAST signs appear?

If one of the FAST signs appears: Stay calm but move quickly. Don't assume the person will "just get better."

Call the nearest emergency number or take the person to the nearest hospital that can do stroke care. Mention "suspected stroke" so they can prioritise.

While travelling, note the time when symptoms started, this helps doctors decide treatment options.

Avoid giving food, drink, or medications (unless instructed) because swallowing may be affected and some medications may interfere.

After hospital, whether the stroke is mild or more serious, rehabilitation begins early: physical therapy, speech therapy, and

supportive care all matter.

Stroke is often misunderstood as an elderly disease, but Apollo Hospitals neurologist Dr. Sudhir Kumar warns it can affect people in their 30s and 40s. In a post on X, he debunked myths, stressing that 80 to 90 percent of strokes are preventable with lifestyle changes.

Beyond FAST: Prevention and living beyond a stroke

While FAST is about spotting a stroke fast, preventing one is equally critical. Some lesser-spoken but meaningful steps (beyond the usual "exercise and eat well") include:

Monitoring not just blood pressure but also blood sugar and cholesterol regularly. Early detection changes outcomes.

Being mindful of sleep quality. Poor sleep (and sleep apnoea) is gaining attention as a stroke risk.

Thinking about airway health: loud snoring, pauses in breathing during sleep may hint at underlying issues that increase stroke risk.

Reducing exposure to air pollution and toxins. In many Indian cities, ambient air pollution itself is emerging as a stroke risk contributor./.

Building a "family plan," discuss with family or household members what to do if stroke signs pop up. Having phone numbers, hospital choices, and transport means ready can remove delay.

And for those who have survived a stroke: life doesn't just restart, it pivots. Adaptive mindset, community support, and early rehab make a big difference. The stories of survival often include the quiet work of rebuilding strength, voice, balance, and hope.

Disclaimer: The information in this article is meant for awareness and educational purposes only. It does not replace professional medical advice, diagnosis, or treatment. In case of suspected stroke, immediate medical attention is required.

Source: Times of India

When Success Starts To Hurt

Why high-achievers struggle in love—and what they can do about it

Ryan C. Warner

You can lead teams, solve complex problems, and stay calm under pressure—yet still feel off-balance when it comes to love. Many high-achievers know this paradox well: the same focus and drive that fuel professional success can quietly undermine emotional connection.

Research in relationship psychology shows that individuals driven by excellence often carry unresolved attachment patterns formed early in life. These unhealed experiences can surface as perfectionism, over-responsibility, or difficulty being vulnerable. Over time, they create cycles of burnout, emotional disconnection, and conflict—even in otherwise high-functioning relationships. Understanding how these dynamics unfold in real life requires more than statistics or theory—it demands noticing what drives you in the moment.

To explore the intersection of love, trauma, and performance—and to gain real-life insight into how lasting change occurs—I spoke with Sanya Bari, a relationship therapist and coach who helps high-achieving individuals break free from recurring emotional patterns in love and connection. Her work highlights that every relationship offers an opportunity to heal what remains unresolved, and even moments of conflict can serve as invitations to release old wounds and reconnect with a deeper sense of self. This shift—from reacting to reflecting—creates space for more authentic connection, compassion, and growth in all areas of life.

Recognizing the Patterns That Keep You Stuck
High-achievers—whether in business, the arts, sports, or science—often face the same quiet paradox: they can master complexity

everywhere except in their closest relationships. Outwardly, life appears steady; inwardly, something still feels off. Many describe feeling disconnected from loved ones or frustrated by behaviors they can't seem to change, even after being meticulous about making everything else in their world run flawlessly.

Research in attachment and trauma psychology helps explain why. Early disruptions in emotional safety shape how adults connect, care, and cope. One recent study found that maladaptive perfectionism—the belief that love must be earned—mediates the link between childhood trauma and later depression. These early imprints don't disappear with success; they simply find new arenas to replay the same unfinished story.

Bari explains that these repeating dynamics often surface as hidden forces that disguise themselves as love—core blocks that quietly turn connection into something that hurts rather than heals. These core blocks—unnoticed patterns of thought, emotion, and behavior—can prevent even high-achieving individuals from experiencing authentic intimacy. "They've solved complex world problems," she says, "but find it far harder to understand why peace feels so out of reach in their most personal relationships."

Recognizing these patterns is where change begins. When individuals pause to notice their recurring reactions—who they become when they feel unseen or unsafe—they begin to uncover the emotional habits that are finally ready to heal.

Healing From Within
Awareness is the first step; integration is the next. Once you begin seeing your patterns clearly, healing becomes less about insight

and more about a sacred, self-honoring practice. Real change doesn't happen through understanding alone; it happens when life tests what you've learned and you choose to return to yourself instead of your old reactions.

Bari explains that emotional growth isn't about perfection or control, but about capacity—the ability to anchor into inner safety rather than collapse into reaction: "If you want to live an extraordinary life, you have to operate from an extraordinary place within yourself." In her sessions, clients learn to translate awareness into action: to lead themselves through defensiveness, to listen from a deeper place that nourishes, and to stay open even when fear wants to close.

Research supports this process of integrating self-awareness into behavioral change. A 2025 study found that individuals who practiced mindful self-regulation—pausing to notice emotional triggers and consciously responding rather than reacting—showed measurable improvements in emotional resilience and interpersonal satisfaction.

This kind of intentional practice gradually rewires how the nervous system responds to stress. By consistently returning to clarity amid chaos, individuals build internal steadiness—a peace that no longer depends on anything outside of them. For high-achievers accustomed to mastering life through effort and control, this shift can feel disorienting at first. However, peace isn't found by doing more; it's created by changing your inner state, by traveling within yourself to something steadier than circumstance.

Practical Steps for Change
Lasting transformation doesn't come from doing more—it comes from learning how to come back to yourself when you've lost your

center. Here are some steps you can follow to slow down, reflect, and respond from a place of awareness rather than reaction:

Pause: When tension rises or emotion takes over, take one conscious breath before acting. That brief pause interrupts the autopilot of fear and opens a door back to awareness.

Check for Hidden Forces: Notice whether guilt, role-playing, over-responsibility, or transactional thinking is shaping your response. These forces can make connection feel like labor. Naming them allows you to step back and regain clarity.

Connect to What You Want: Ask yourself: What do I truly want right now? Who do I want to be in this moment? How would I respond if I weren't influenced by these hidden forces? What do I want to create or experience in my life? Reset and take consent with yourself—shift from self-betrayal to self-alignment, building confidence that comes from honoring your own truth.

Forgive and Respond From Love: Forgive yourself for reacting or for not knowing better sooner. Then choose the next step that feels rooted in love, not survival. Forgiveness is not weakness—it's the most radical form of freedom. By releasing what no longer serves you, you stop giving power to what was never meant to guide you. It's less about letting someone off the hook and more about cutting the ball and chain. As Bari says, "It's the badass thing to do."

Each time you move through these steps, you shift from reaction to responsibility, from performance to presence. Over time, the pause becomes your default, and clarity becomes your compass.

The Ripple Effect of Change
Transformation rarely happens in grand

gestures; it unfolds in quiet, consistent choices. A single pause before reacting, a moment of honest communication, or one act of listening without defense can shift an entire dynamic. Bari teaches that when you change the energy you bring into an interaction, you change the outcome for everyone involved. Over time, these micro-actions ripple outward—strengthening empathy, restoring trust, and creating the kind of love that heals rather than harms.

Bottom Line
High-achievers often excel at everything except their own inner world. True growth begins by noticing the patterns that drive your reactions and choosing presence over performance. By releasing guilt, fear, and old roles, you make space for clarity—the foundation of emotional freedom. Change doesn't require doing more; it requires doing differently, from a deeper place within.

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Source: Psychology Today

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

Pahalgam-Aru road work to be completed by Dec end: Dy CM

KT News Desk

SRINAGAR, OCTOBER 29: Deputy Chief Minister, Surinder Choudhary Wednesday said that the restoration work on Pahalgam-Aru road, at an estimated cost of Rs. 25.40 lakhs is in progress and will be completed by end of December 2025.

The Deputy CM said this while replying to a question raised by Legislator, Altaf Ahmad Wani in the Legislative Assembly today.

He informed the house that the culvert on Pahalgam -Aru road was damaged due to flash floods on 26th August 2025 and the connectivity was promptly restored within two days by constructing a temporary diversion.

The Deputy CM further informed the house that around 60 different kinds of works have been undertaken by the department for restoration of infrastructure damaged due to recent floods and landslides across



various districts of Jammu and Kashmir. He also informed the house that around 200 works

under PMGSY have been undertaken for permanent restoration in Jammu division.

Department to modernize existing Irrigation-cum-De-watering schemes: Rana

KT News Desk

SRINAGAR, OCTOBER 29: Minister for Jal Shakti Department, Javed Ahmad Rana Wednesday said that the government intends to augment and modernize the existing Irrigation-cum-De-watering Schemes in Jammu and Kashmir.

The Minister said this while replying to a question raised by legislator, Hilal Akbar Lone in the Legislative Assembly.

The Minister said that the Department under augmenting and modernizing the existing Irrigation-cum-De-watering Schemes, four (04) schemes have already been completed under AIBP and District Capex in Sonawari Constituency.

Rana said that there is a network of 112 canals, comprising approximately 245 km of main canals and 90 km of distributaries with a command area of about 21,416 acres, benefiting nearly 20,625 households in the Sonawari Constituency.

He further said that twenty-one works also have been executed during the last five

years under PRI, DDC, and Capex grants for strengthening the existing irrigation infrastructure in the IFC Division Sumbal.

In addition to this, eight DPRs under NABARD and Pradhan Mantri Jan Vikas Karyakram (PMJVK) Schemes have been prepared and are presently under examination for the modernization and augmentation of various Lift Irrigation and De-watering Schemes in the Sonawari Constituency.

He said that these projects aim to promote Agricultural Development and ensure the smooth provision of irrigation facilities to the beneficiaries.

However, the project "Construction of LIS Odina" - has been proposed for funding under RIDF-XXI (NABARD). The scheme is proposed to be executed in two stages, wherein water will be lifted from River Jhelum and discharged into Nallah Amir Khan. "This Nallah, which traverses several villages and supports multiple irrigation schemes, will ensure wider benefits to the farming community" the Minister added.

Centre to be urged on relaxing Anganwadi norms: Sakeena

KT News Desk

SRINAGAR, OCTOBER 29: Minister for Social Welfare, Sakeena Itoo Wednesday said that the Government will take up the matter of relaxing criteria for establishing Anganwadi centres in far-flung areas with the Union Government so that the necessary benefits also reach the vulnerable populations. The Minister said this while replying to a question raised by Legislator, Reyaz Ahmad Khan in the Legislative Assembly today.

The Minister informed the house that the criteria for establishing new Anganwadi Centre is regulated by Union Ministry of Women and Child Welfare and for 400-800 souls-1 AWC, 800-1600 = 2 AWCs, 1600-2400 = 3 AWCs and thereafter a multiple of 800 is adopted.

She also informed the house that currently there is no such proposal for establishment/opening of additional Anganwadi Centres in far flung areas of Jammu and Kashmir. She added that the matter with regard to opening of



Anganwari centers in left out and far flung areas, that fulfill the criteria, shall be taken up with the GOI, Ministry of Women and Child Welfare.

Further, the Minister informed that all necessary steps/measures are being taken to ensure that the benefits of the schemes offered under Poshan 2.0 are reached to the target beneficiaries in all the areas including rural and inaccessible areas. She added that field functionaries have been asked to identify the vulnerable sections of the society so as to ensure inclusion of the left out targeted population.

Javid Dar introduces Bills in Assembly



KT News Desk

SRINAGAR, OCTOBER 29: Minister for Rural Development and Panchayati Raj, Javid Ahmad Dar, Wednesday introduced a Bill in the Legislative Assembly seeking to amend the Jammu and Kashmir Panchayati Raj Act, 1989 (Act No. IX of 1989).

"I rise to introduce a bill to amend the Jammu and Kashmir Panchayati Raj Act, 1989 (Act No. IX of 1989) (L.A. Bill No.5 of 2025). The Bill has already been published in an extraordinary issue of the Official Gazette," the minister said.

Javid Ahmad Dar, who also holds the portfolio for Cooperative Department also introduced Cooperative Societies Amendment Bill, 2025 in the Assembly

"I rise to introduce a Bill to amend the Jammu and Kashmir Cooperative Societies Act, 1989 (Act No. XVII of 1989) (L.A. Bill No.7 of 2025). The Bill has already been published in an extraordinary issue of the Official Gazette," the minister said.

Minister addresses two days National Conference at GCOE Srinagar

Inaugurates Science Laboratory Block

KT News Desk

SRINAGAR, OCTOBER 29: Minister for Education, Social Welfare, Health and Medical Education, Sakeena Itoo Wednesday emphasized on the urgent need of aligning the education system with the rapid technological transformations shaping the society.

The Minister made these remarks while delivering the inaugural address at the Two Days National Conference on 'Integrating AI and 21st Century Skills in Education' at Government College of Education (GCOE/IASE) here today.

The Conference is being organised by Innovation and Action Research Cell/IQAC of the GCOE/IASE in collaboration with the School Education Department, Kashmir.

Additional Chief Secretary, Higher Education, Shantamanu; Vice Chancellor Cluster University Srinagar, Prof. Mohammad Mobin; Head, ICT and Project Management, NIEPA, Ministry of Education, New Delhi, Prof. K. Srinivas; Director General School Education Kashmir, Dr. G.N Itoo; Director Colleges, Dr. Sheikh Aijaz; Nodal Principal Kashmir Division Colleges and Principal, GCOE/IASE, Dr. Seema Naz; faculty members



of college, researchers and a large number of students were also present on the occasion.

In her inaugural address, Minister Sakeena emphasized on the urgent need to align the education system with the rapid technological transformation shaping the world. She highlighted that Artificial Intelligence is not just a subject of study, but a vital tool to enhance creativity, critical thinking, collaboration, and problem-solving among learners.

"Education today must prepare our students not only for the jobs of the future but also for the challenges of the present. Integrating AI and 21st-century skills will empower

our youth to innovate responsibly and contribute meaningfully to a knowledge-driven economy", she stated.

She also lauded the institution's efforts in organizing such a forward-looking conference.

The Minister also released the "IASE Mentorport", an AI-based educational chatbot on the occasion, designed to support learners and teachers.

While delivering the keynote address, Prof. K. Srinivas emphasized the transformative role of AI in modern education systems and the necessity for educators to embrace digital innovation.

Additional Chief Secretary in his address, emphasized

on policy-level perspectives and administrative efforts to integrate AI into educational planning while as VC, Cluster University Srinagar, Prof. Mohammad Mobin appreciated the initiative and encouraged interdisciplinary collaboration to meet NEP-2020 goals.

Director General, School Education Kashmir underlined the department's commitment to enhancing digital competency among teachers and students alike while as Director Colleges in his address highlighted the growing significance of AI-driven pedagogies in Higher Education.

In her welcome address, Principal GCOE, Dr. Seema Naz highlighted the importance of integrating artificial intelligence and 21st-century skills in education to make learning more dynamic and future-ready.

On the sidelines of the conference, the Minister also inspected stalls at the AI/Robotics Exhibition, exploring innovative AI-based educational tools and projects displayed by students and researchers.

Earlier, Sakeena Itoo inaugurated the newly constructed Science Laboratory Block of Government College of Education, Srinagar.

81 Gardens & Parks functional in Bahu AC: Govt

KT News Desk

SRINAGAR, OCTOBER 29: Minister for Youth Services and Sports, Satish Sharma Wednesday informed the house that 81 Gardens & Parks are functional in Bahu Constituency of Jammu.

The Minister said this while replying on behalf of Chief Minister, Omar Abdullah, to a question raised by Legislator, Ch. Vikram Randhawa on parks and gardens.

The Minister informed that out of 81 Gardens & Parks,

functional in Bahu Constituency, 49 were transferred to Urban Local Bodies in line with the mandate of the 74th Constitutional Amendment Act. He further said that presently, 11 Gardens & Parks, falling under Bahu Constituency are being maintained by the Floriculture Department, for which an amount of Rs. 264.98 lakhs was allotted in last two years for their maintenance.

Legislators, Satish Kumar Sharma and Narinder Singh raised supplementary questions on the subject.

18 projects approved to augment water scenario in city: Sakeena

KT News Desk

SRINAGAR, OCTOBER 29: Government Wednesday said that 18 projects under AMRUT 2.0, including four in Shalteng constituency have been approved to augment the water scenario in Srinagar city.

It was informed by the Minister for Social Welfare, Sakeena Itoo on behalf of Chief Minister, Omar Abdullah in reply to a question raised by the legislator Tariq Hameed Kara in the Legislative Assembly.

The Minister said that various measures are being taken to improve water supply scenario

in Srinagar which include construction of overhead tanks at multiple spots and augmentation by way of laying of new network of pipelines and extension of existing pipeline system.

He said in addition to this various steps are also being taken to improve efficiency of water treatment plants.

The Minister said that the old and damaged pipelines are regularly being replaced as and when required and the Department is taking proactive steps to improve the pipeline network across the city.

Supplementary was raised by the Legislator Mubarak Gul.

Shopian admin holds Block Diwas at Imam Sahib

KT News Desk

SHOPIAN, OCTOBER 29: As part of the ongoing public outreach/grievance redressal programme under the Weekly Block Diwas initiative, the District Administration Shopian Wednesday organised Block Diwas at Block Headquarters Imam Sahib.

The event was presided over by the Additional District Development Commissioner (ADDC) Shopian, Dr. Nasir Ahmad Lone.

The programme witnessed enthusiastic participation of senior citizens, youth and a large number of locals who raised various demands and grievances of public importance which includes, construction/repairs of lanes and drains, providing of portable water facility, installation of Transformers and Solar lights in uncovered areas, road connectivity, especially Hendow High School road, Aadkhar Wasuwal link road, Tuldren DK pora road, desilting of Gund Nallah, etc.

During the proceedings, the ADDC listened to several public issues projected by the locals and directions were passed on the spot to the concerned departments for immediate action on various

demands/grievances related to improvement of basic amenities, upgradation of roads, augmentation of drinking water supply, and strengthening of health and education infrastructure.

Speaking on occasion, the ADDC reiterated the commitment of the district administration towards ensuring time-bound redressal of public grievances and equitable development of all areas of the district.

The ADDC also urged the officers to maintain close coordination with the public to ensure effective implementation of all developmental projects and welfare schemes.

Officers from various departments including Revenue, Rural Development, Social Welfare, Agriculture, Horticulture, Health, R&B, Jal Shakti, KPDCI, Poshan Abhiyaan and other line departments attended the event and briefed the public about different welfare and development schemes being implemented in their areas.

SDM Zainapora, Bilal Ahmad; CPO, Mukhtar Ahmad Dar; Tehsildar Imam sahib, LDM, BDO, ExEn R&B, Zainapora, AEEs, and other officers and officials participated in the block diwas programme.

JKTPO organizes workshop at Pulwama

KT News Desk

PULWAMA, OCTOBER 29: The Jammu and Kashmir Trade Promotion Organization (JKTPO) organized Export Awareness cum E-Commerce onboarding drive organized in collaboration with the District Administration Pulwama, ODOP Team, DPIIT, ECGE, APEDA and GeM.

The objective of the workshop was to empower local producers, MSMEs, artisans and SHGs, entrepreneurs by providing them with vital knowledge about export schemes and benefits of digital commerce.

At the outset of the programme, General Manager JKTPO, Shahid Mirza emphasized the pivotal role of JKTPO in organizing the district-level workshop aimed at promoting ODOP sellers and their facilitation on e-commerce platforms.

Pertinent to mention here, that Pulwama district, is renowned worldwide for its high-quality Kashmiri saffron, walnuts, honey, and handicrafts, which have been identified under the One District One Product (ODOP) and District as Export Hub (DEH) initiatives for focused export promotion.

The event aimed to connect

local producers and artisans with national and international markets through digital platforms and targeted capacity-building sessions, fostering greater visibility and market access for Pulwama's signature products.

Expert agencies shared valuable knowledge on export schemes and procedures for exporting the products, documentation required therein, and global market opportunities.

Further, more than 100 MSMEs, farmers and entrepreneurs attended the workshop, witnessed enthusiastic participation and actively engaged in discussions and showed a keen interest for onboarding their products on the Government e-Marketplace (GeM) platform.

This initiative is part of JKTPO's ongoing efforts to promote exports from all districts of Jammu & Kashmir under the District as Export Hub Scheme and the ODOP initiative.

Expert-led sessions covered a wide range of topics including the benefits of exports, branding local products for international markets, export financing options and credit risk insurance schemes to safeguard exporters.

RDD&PR organises 3-Day Training on OSR to Empower Panchayats

KT News Desk

SRINAGAR, OCTOBER 29: The Department of Rural Development and Panchayati Raj (RD&PR), Jammu & Kashmir, successfully conducted a 3-day training cum workshop focused on Own Source Revenue (OSR).

The program was designed to equip Panchayat Account Assistants of the department and other functionaries with the essential knowledge and skills to unlock the financial potential of Halqa Panchayats.

The workshop delved deep into the critical importance of OSR, framing it as the lifeblood for ensuring the autonomy, sustainable development, and effective service delivery of Panchayats. A core component of the training was a detailed exposition of the legal framework provided by the Jammu & Kashmir Panchayati Raj Act, 1989.

Director Panchayati Raj, J&K, Sham Lal, emphasized the transformative objective of the initiative. "This training is a cornerstone of our mission to build financially self-reliant and Atma-Nirbhar Panchayats," he stated.

He said by empowering our grassroots functionaries with the knowledge to augment and strategically utilize their own



revenue, we are fundamentally strengthening the third tier of governance and accelerating local development tailored to community needs.

Thematic experts from the State Panchayat Resource Centre (SPRC), District Panchayat Resource Centres (DPRC), and the School of Excellence for Panchayati Raj (SoEPR) guided participants through the specific provisions, including Sections 13 to 23, which detail the properties, taxation powers, and fund management mechanisms available to Halqa Panchayats.

Participants received hands-on training in the practical aspects of OSR management. This included procedures for levying taxes and fees, maintaining meticulous books of records, and

the preparation of a separate, Gram Sabha-approved annual budget for OSR funds.

The curriculum also covered the stringent guidelines for incurring expenditure from OSR, emphasizing financial prudence, transparency, and the prohibition of using these funds for private assets or donations.

To inspire innovative thinking, the workshop showcased best practices and successful case studies from other Indian states, such as the remarkable OSR generation model of Mukundapur Patna Gram Panchayat in Odisha.

These examples highlighted diverse revenue streams, from waste-to-wealth initiatives and eco-tourism to leasing Panchayat assets and imposing user charges for local services.

CS reviews welfare measures taken for J&K's migrant populations

KT News Desk

Srinagar, Oct 29: Chief Secretary Atal Dulloo on Wednesday reviewed the progress of key milestones for welfare of the migrant population of J&K in a high-level meeting of the Department of Disaster Management, Relief, Rehabilitation & Reconstruction (DMRR&R) here.

The meeting besides ACS, PWD and Principal Secretary DMRR&R was attended by Commissioner Secretary, FCS&CA; Commissioner Secretary, GAD; Divisional Commissioner, Kashmir; Secretary, IT; Secretary, Law; Development Commissioner (Works); Relief Commissioner; CEO, ERA and other concerned officers.

The meeting reviewed the implementation of the Prime Minister's Development Package (PMDP-2015) and measures for improving service delivery to Kashmiri Migrants, Jammu Migrants, and other Displaced Persons (DPs).

The Chief Secretary reviewed the physical and financial progress of Transit Accommodations under construction across the Kashmir Valley. Expressing concern over earlier delays, he directed the Department to ensure strict adherence to



revised timelines for all ongoing projects.

Against the target of 688 flats for the July-September 2025 quarter, 248 units have been completed. The meeting noted that 881 PM Package employees have been handed possession so far, with additional allotments to be made upon completion of critical allied infrastructure such as boundary walls, internal roads, security pickets, and basic amenities.

To optimize utilization, the Department is examining revised allotment criteria to ensure effective use of around 1,600 un-allotted flats at select transit sites. New projects are also being initiated, including a proposed migrant

housing cluster at Village Dhar Dharchon, Jammu, where feasibility studies are underway.

A major infrastructure milestone in the shape of construction of the Community Hall at Mini Township Jagti, Jammu is progressing steadily and is expected to be completed by March 31, 2026.

The meeting finalized measures to enhance the welfare ecosystem for registered migrants. This includes integration of approximately 48,000 migrant ration cards with the National Food Security Act (NFSA) database through the SMART PDS Portal, operational since August 22, 2025. Over 4,500 cards have already been integrated, with special camps being organized to

expedite the process.

For comprehensive enrollment under Ayushman Bharat Sehat Scheme, the Relief Organization has launched a Pan-India outreach initiative. A successful camp held in the Delhi NCR region (October 12-19) registered more than 400 new families, while further camps are planned in Mumbai, Pune, Bengaluru, and Chandigarh beginning October 24, 2025.

A Technical Appraisal Committee under the General Administration Department (GAD) has been constituted to vet the DPR for a new Integrated Online Services Portal. The platform will digitize migrant and DP records while offering end-to-end online services through

the Relief Organisation.

Further, a feedback mechanism has been added to the RRCM Portal for migrants to record remarks on property grievance reports submitted by District Magistrates. The Divisional Commissioner, Kashmir, will conduct random verification of at least 50 grievances per district per month to ensure authenticity.

In a governance reform measure, powers for issuing EWS, RBA, and Domicile Registration Certificates have been delegated to ensure prompt service delivery under the J&K Public Service Guarantee Act, 2011.

The employment component of PMDP remains a major priority, with 5,880 appointments (98%) completed against the sanctioned strength of 6,000 posts. The remaining vacancies are under active follow-up with the J&K Services Selection Board (JKSSB) and concerned departments for early advertisement and filling up.

Reaffirming the Government's commitment, the Chief Secretary directed all stakeholders to maintain focus on timely completion, transparent implementation, and sustained welfare delivery for all affected internally displaced communities under DMRR&R's purview.

Trains to resume operations in Jammu Div in sixth phase



KT News Desk

Jammu, Oct 29: Due to continuous rain and waterlogging in the Jammu Division of Northern Railway over the past few days, many trains had to be cancelled and some had to be terminated before their destination. However, divisional officials are periodically reviewing various sections and ensuring train safety, and trains are being re-instated from time to time. In this regard, some trains are going to resume operations in the sixth phase from Jammu Division.

Details are as follows:

1. Train No. 19028 (Jammu Tawi - Bandra Terminus) This train will resume operations from 03.11.2025.

2. Train No. 15656 (Shri Mata Vaishno Devi Katra - Kamakhya) This train is being re-operated from 05.11.2025.

3. Train No. 14610 (Shri Mata Vaishno Devi Katra - Yoganagari Rishikesh) This train is being re-operated from 01.11.25.

4. Train No. 19804 (Shri Mata Vaishno Devi Katra - Kota) This train is being re-operated from 02.11.2025.

Speaking on the resumption of these trains, Senior Divisional Commercial Manager, Mr. Uchit Singh, stated, "These trains are being reinstated after ensuring the safety and continuity of the railway tracks. These trains are being operated in the sixth phase, having previously resumed five phases of trains. Train operations in the division are gradually being normalized going forward. To avoid any inconvenience, passengers are advised to check the train schedules on the Northern Railway website or the relevant helpline numbers."

Srinagar-Katra Vande Bharat Express to stop at Reasi Station

KT News Desk

Jammu, Oct 29: In a significant milestone for the people of Reasi district, the Srinagar-Katra Vande Bharat Express stopped for the first time at Reasi Railway Station on Wednesday, marking a new chapter in rail connectivity in the Valley.

On this special occasion, the train was flagged off by the Honorable MLA, Reasi, Mr. Kuldeep Raj Dubey, during a ceremony. DDC Chairman Reasi, Mr. Saraf Singh Nag, Senior Divisional Commercial Manager, Uchit Singh, and other senior railway officials were present on the occasion, and an enthusiastic crowd of over 500 local residents gathered to witness this historic moment.

Starting tomorrow, the Srinagar-Katra Vande Bharat



Express, train number 26401/26402, will have a two-minute stop at Reasi railway station.

The train will depart from Katra railway station at 08:10 am and arrive at Reasi railway station at 08:28 am. It will then continue its journey towards Srinagar. Similarly, train number

26402 will return to Reasi railway station at 16:34 pm.

This semi-high-speed Vande Bharat Express had only one intermediate stop - Banihal - between Katra and Srinagar.

Sr. DCM, Jammu Division, Mr. Uchit Singh, said, "The introduction of the stop at Reasi is a direct result of persistent public

demand and aims to enhance travel convenience for passengers from Reasi and surrounding areas."

The Katra-Srinagar Vande Bharat Express, inaugurated by the Honorable Prime Minister, Mr. Narendra Modi, on June 6, 2025, has marked a milestone in the history of Indian Railways. It has become the first rail service to connect the Kashmir Valley with the Jammu region via the world's highest railway bridge - the Chenab Bridge.

Since its inception, the train has received immense praise for its speed, comfort, and reliability. Adding Reasi as a stop-over will further strengthen the region's connectivity, benefiting pilgrims visiting the Mata Vaishno Devi shrine and tourists visiting the Chenab Bridge and surrounding tourist destinations.

Exporters raise issues related to quality control orders, banks with commerce ministry

PTI

New Delhi, Oct 29: Exporters on Wednesday flagged issues such as quality control orders (QCOs) and banks during a meeting with Commerce and Industry Minister Piyush Goyal here, industry officials said.

The issues were raised during a meeting convened by the commerce ministry with representatives of export promotion councils. Goyal chaired the meeting.

"We have raised issues such as QCOs, and some bank-related matters," an exporter said, adding that certain exporters suggested that QCOs should be imposed on final products and not on inputs.

Free trade agreements being signed and negotiated by India



also figured in the deliberations, they added.

The meeting was important as India's exports to the US, its largest trading partner, dipped about 12 per cent to USD 5.46 billion last month, due to the imposition of a steep 50 per cent tariff on Indian goods entering America, from August 27.

High US import duties are impacting exports from labour-intensive sectors such as textiles, marine, and leather.

Cumulatively, during April-September this year, exports increased 3.02 per cent to USD 220.12 billion, while imports rose 4.53 per cent to USD 375.11 billion, leaving a trade deficit of USD 154.99 billion.

CONTD. FROM FRONT PAGE

HM Shah attacks

Shah also listed actions he associated with his party's agenda, including the abrogation of Article 370, the construction of the Ram Temple, and launch of schemes for the poor.

"This work done by the Modi government is the identity of the BJP," he said. He asked the crowd, "Is Kashmir part of India or not? And should Article 370 have been revoked or not?" (KNO)

CM Omar empowers

of mobile water tankers and individual household connectivity projects. In the education sector, the purchase of school vans and buses, both three and four-wheelers, has been made permissible.

In the health sector, the purchase of wheelchairs, tricycles, and both manual and motorized electric scooters will now be allowed under the revised guidelines.

SPECIAL PROVISIONS FOR CALAMITY RELIEF

Referring to the devastating floods that recently hit parts of the region, CM Omar said a one-time relaxation for MLAs to utilize up to Rs. 50 lakh from their CDF allocation for the rehabilitation of calamity-affected families. The relaxation will apply to the current financial year and 2026-27.

Additionally, MLAs from non-affected areas will be able to recommend works worth up to Rs. 10 lakh in disaster-hit constituencies or contribute to the Chief Minister's Relief Fund, with specific directions for use in the affected areas.

REMOVAL OF SPENDING RESTRICTION AND INTRODUCTION OF NEW CATEGORIES

The Chief Minister said the provision requiring MLAs to spend 80% of their CDF allocation within a financial year has been scrapped. "We have removed this provision. Now, we have not kept this 80% requirement for MLAs," he said.

He noted that while the CDF framework will continue to draw from the Member of Parliament Local Area Development Scheme (MPLADS), certain improvements have been introduced. Temporary sheds for people affected by natural calamities like earthquakes, floods, and droughts will now be allowed under the CDF.

Grants of up to Rs. 3 lakh will be permitted for old age homes, shelters, and orphanages

for purchasing bedding, utensils, books, and uniforms. Youth clubs and sports organizations can now receive similar grants for buying sports equipment through government channels.

HOUSING SUPPORT FOR MARGINALIZED GROUPS

The Chief Minister also announced that up to Rs. 20 lakh from the CDF can be directed to assist the economically weaker sections, including drivers and Below Poverty Line (BPL) families, for upgrading their housing units. The funds will follow the model of the Pradhan Mantri Awas Yojana (PMAY) and will be subject to verification and scrutiny.

"These reforms are meant to make the CDF more responsive to the needs of the people and to empower MLAs to deliver targeted support where it is most required," Omar told the House as per news agency KNO.

The revised CDF guidelines are expected to take effect immediately after formal notification by the government. (KNO)

Assembly passes

that the government will not make any discrimination as far as the establishment of the National Law University is concerned. However, he said that "at present, we have a space available in Ompura, Budgam, which is lying vacant. We have an option to come up with the varsity there as well."

Earlier, Bhat brought the resolution in the House to seek establishment of Jammu and Kashmir National Law University. MLA Sonawari Hilal Akbar Lone moved an amendment proposing that the varsity be established in his constituency. However, later he withdrew his proposal.

MLA Bandipora's resolution was passed through a voice vote in the House. (KNO)

BJP to approach

Budgam, where the by-election process is underway.

According to news agency-Kashmir News Observer (KNO) correspondent, speaking to reporters outside the Assembly in Srinagar, Sharma said that the Chief Minister's announcement on the floor of the House regarding the commencement of classes for the National Law University at Ompura, Budgam, amounted to a violation of election guidelines.

"On the floor of the House, Omar Abdullah

Sahib gave assurance to open the classes of the National Law University in Budgam, which is against the Model Code of Conduct," Sharma said. "For this mistake, he should resign on moral grounds."

He added that the Bharatiya Janata Party would formally approach the Election Commission of India (ECI), seeking action against the Chief Minister. "If the Chief Minister does not step down, the BJP will file a complaint with the Election Commission and demand strict action," Sharma said.

The BJP leader questioned the Chief Minister's authority to make such an announcement during the enforcement of the MCC. "What right does he have to make such decisions when the Model Code of Conduct is in place? The Chief Minister cannot ignore the directions of the Election Commission of India," Sharma said.

He alleged that the Chief Minister had previously made statements challenging institutions and has now gone a step further by announcing policy decisions during the MCC period. "If he believes in morality, he should resign. Otherwise, we will ask the Election Commission to act," Sharma said. (KNO)

'17.22 lakh kanals

by the Forest Department, while proceedings against habitual land grabbers are being initiated with the help of police and civil administration," the reply stated.

As per the Forest Department's report, 242 encroachments were removed and 55 hectares of forest land were retrieved this year.

The reply further revealed that in the Rajouri district, four illegal mutations on state land were reported and cancelled, with the land escheated to the State. Two revenue officials - Mohd Aijaz (Patwari) and Farooq Ahmad (Patwari) - were penalised with the stoppage of two annual increments and the deduction of one month's salary. (KNO)

Rs 6.49 cr spent

on Court Road spread over 19 kanals and another 15 kanals of land at Tapai Road that remains under litigation. In Haryana, 1251 kanals and 4 marlas of land at Sirsa are also under dispute. The government also owns a property at Sector 17-A, Chandigarh, which is being developed as a guest house and several properties in Mumbai, including land and a duplex flat at Napeen Sea Road and a state guest house in Navi Mumbai.

According to the data, Rs 6.49 crore

expenditure was incurred to improve the condition of these assets, many of which required extensive repair work. However, the government clarified that no funds have been utilized so far during the ongoing financial year 2025-26 for the same purpose.

Allotment procedures for J&K's guest houses outside the UT, the government said are handled transparently and in a non-discriminatory manner by the Manager (In-charge) and the Additional Resident Commissioner as per prescribed guidelines. (KNO)

Examining to introduce

operational life and is currently non-functional.

"A new CT scan machine is being procured and installed through JKMSCL. Reportedly, a purchase order on a turnkey basis has already been placed by JKMSCL, and the supply is awaited. Similarly, the existing CT scan machine at SMGS Hospital has also outlived its useful lifespan, and a new machine is being procured and installed through JKMSCL," she said.

Ittoo said that at the CD Hospital, the installed CT scan machine has become obsolete and outdated. The medical staff has submitted a requisition for the procurement and installation of a new CT scan machine, which is also being processed through JKMSCL, she added.

On the administrative front, the Health Minister said the proposal for the implementation of a 3-Tier Faculty Structure (Phase-II) in GMC/Super Speciality Hospital Srinagar and Jammu has been taken up with the Finance Department to seek their approval. However, the Finance Department has raised several observations, and responses to these have been sought from the Principals of GMC Srinagar and Jammu, she informed, adding that the matter is currently under examination.

Ittoo said the available medical and paramedical staff are being distributed and rationalised fairly across various rural and remote health institutions, in accordance with sanctioned strength.

To strengthen overall health services, including those in peripheral and rural areas, the government has mobilised medical and paramedical staff as per IPHC (Integrated Primary Healthcare) norms to ensure better healthcare delivery in these regions, the minister added. (KNO)

'Sep floods caused

will be credited directly into farmers' bank accounts through the Direct Benefit Transfer (DBT) system under the Pradhan Mantri Fasal Bima Yojana (PMFBY) guidelines. (KNO)

BJP's Budgam

with the Election Commission of India and I am confident that action will be taken."

The complaint, submitted before the Chief Election Commissioner in New Delhi, pertains to a statement made by Omar Abdullah during the proceedings of the Jammu and Kashmir Legislative Assembly earlier today, in which he announced the commencement of temporary classes for a proposed National Law University at Ompura in Budgam.

According to Mohsin, the announcement, made from the floor of the Assembly, is being widely circulated on media and social platforms and appears to be an attempt to influence voters by projecting developmental benefits in the constituency ahead of the polls. (KNO)

Sikh delegation discusses

discussed with the Lieutenant Governor the preparations for the Nagar Kirtan scheduled to commence from Gurdwara Mattan Sahib on November 15, 2025, as a part of the observance of 350th Martyrdom Day of Guru Tegh Bahadur Ji. They also discussed the promotion of Punjabi language in the UT of Jammu & Kashmir.

Mahant Rohit Shastri, President, Shri Kailash Jyotish and Vedic Sansthan Trust, along with the Trustee R.K. Chhibber, also called on Lieutenant Governor Manoj Sinha.

They projected various issues pertaining to the promotion of Sanskrit language, recognition of Shri Mata Vaishno Devi Gurukul as "Adarsh Sanskrit Mahavidyalaya" (Model Sanskrit College) and establishment of "Shri Mata Vaishno Devi Divyang University".

Taking several

flood mitigation and river management for the Tawi River," it said.

On the removal of encroachments, the department said that it keeps a "regular watch" on illegal constructions over nullahs and other water channels, and anti-encroachment drives are being conducted in coordination with the Revenue Department and District Administration under the J&K Water Resources (Regulation and Management) Act, 2010. (KNO)

Modi ‘tough as hell’, says Donald Trump

US President once again claims credit for ending Indo-Pak conflict

PTI

Tokyo/Seoul, Oct 29: On the one hand, he praised Prime Minister Narendra Modi as the “nicest looking guy”, a “killer” and “tough as hell”. But in the same breath, Donald Trump once again waded into India-Pakistan conflict by claiming he stopped their recent military hostilities.

A few hours earlier, the US president also claimed that “seven brand new” planes were shot down in the May 7-10 Operation Sindoor.

“Prime Minister Modi is the nicest looking guy ... he looks like you’d like to have your father like... he’s a killer... he’s tough as hell,” Trump said while speaking at the APEC (Asia-Pacific Economic Cooperation) CEO Summit in Gyeongju, South Korea. He landed in South Korea Wednesday morning from Japan as part of three-nation tour of Asia.

While emphasising that he has a “great relationship” with Modi, Trump reiterated that he used trade to resolve the war between India and Pakistan. “I called Prime Minister Modi. I said, we can’t make a trade deal with you... (He said) No, no, we must make a trade... I said, No, we can’t. You are starting a war with



Pakistan. We’re not going to do it,” Trump said.

He also praised Pakistan’s army chief Field Marshal Asim Munir, calling him “a great fighter” and “a great guy.”

“Then I called Pakistan. I said, we’re not going to do trade with you because you’re fighting with India and you know, two nuclear nations. And they said, no, no, no, you should let us fight. They both said that,” he added.

Trump claimed that the leaders of both India and Pakistan called him after two days and stopped fighting.

“After literally two days, they called up, they said, we understand, and they stopped fighting. How is that? Isn’t that amazing? Now, you think Biden would have done that?” Trump said.

However, hours earlier in Tokyo, Trump had said that he managed to get the war stopped in 24 hours. The US president is known to make inconsistent comments.

In Tokyo, while speaking at a reception and dinner with business leaders on Tuesday, Trump said: “Seven planes were shot down, seven brand

new, beautiful planes were shot down, and they were going at it ... two big nuclear powers.” He added that he told Modi — “a very nice man, a very good man, and the Field Marshal over in Pakistan, I said, ‘Look, we’re not going to do any trade if you’re going to be fighting,’” Trump said.

Trump said that India and Pakistan argued that war has nothing to do with trade with the US.

“(They said) one thing has nothing to do with the other. I said this, it has a lot to do with the other ...two nuclear

powers...we get that nuclear dust all over the place. All of you are affected, right? And we said, No, we’re not doing any deals if you’re going to fight. And within about 24 hours, that was the end of that. It was amazing, actually,” the US President said.

Since May 10, when Trump announced on social media that India and Pakistan had agreed to a “full and immediate” ceasefire after a “long night” of talks mediated by Washington, he has repeated his claim dozens of times that he “helped settle” the conflict between India and Pakistan.

India has consistently maintained that the understanding on cessation of hostilities with Pakistan was reached following direct talks between the Directors General of Military Operations (DGMOs) of the two militaries.

India launched Operation Sindoor on May 7, targeting terror infrastructure in Pakistan and Pakistan-occupied Kashmir in retaliation for the April 22 Pahalgam attack that killed 26 civilians.

India and Pakistan reached an understanding on May 10 to end the conflict after four days of intense cross-border drone and missile strikes.

Centre plans Rs 1 trillion bailout for debt-ridden power discoms

Pushes for privatisation



REUTERS

New Delhi, Oct 29: India is considering a bailout exceeding 1 trillion rupees (\$12 billion) for debt-laden state-run power distribution companies.

To receive the bailout funds, the states will be required to privatise their electric utilities and transfer managerial control or keep control but list them on a stock exchange, according to three government officials and a document outlining the plan prepared by the Indian Ministry of Power.

The plan marks Prime Minister Narendra Modi’s toughest reform push yet to overhaul the chronically inefficient state-run electricity distribution companies, seen as the weakest link in India’s energy chain. The Power Ministry and the Ministry of Finance are discussing the final details of the bailout, with an announcement expected in the February budget, said two of the government sources. The ministries did not immediately respond to Reuters’ requests for comments. Under the proposal, at least 20 per cent of the state’s total power consumption must be met by private companies and the states must assume part of the retailer’s debt, according to the Power Ministry presentation. To do so

the states can choose to privatise their distribution operations for access to loans to pay off existing debt under two options.

First, the states can create a new distribution company, divest 51 per cent of the equity, which will enable them to access a 50-year interest-free loan for the privatised company’s debt, along with access to low-interest federal loans for five years, the presentation showed.

The second option would let states privatise up to 26 per cent of the equity of an existing state-owned power distribution company in exchange for access to low-interest loans from the federal government for five years, it showed.

Alternatively, states that do not decide to transfer managerial control through privatisation must list their utilities on a recognised stock exchange within three years.

States that choose to list would receive low-interest loans from the federal government for infrastructure management, the presentation showed.

Debt and losses The state power retailers have accumulated losses of 7.08 trillion rupees (\$80.6 billion) and outstanding debt of 7.42 trillion rupees (\$84.4 billion) as of March 2024, the document

showed.

Despite three federal bailouts worth billions of dollars over two decades, state-run power distributors remain financially strained, unable to recover costs due to deeply subsidised tariffs.

Private companies such as Adani Power, Reliance Power, Tata Power, CESC and Torrent Power are expected to benefit from the reforms as they are likely to gain stakes in the state companies.

Past efforts to privatise India’s state-run power distribution firms have faced resistance from employees and opposition parties, which has stalled reforms. “Privatisation is much needed to improve both financial and operational metrics of many power distribution companies. However, this move could face some resistance and will require strong political will,” said Debabrata Ghosh, Head of India, Aurora Energy.

Only a handful of distribution zones — including national capital Delhi and industrial states like Maharashtra and Gujarat — are privatised.

The government is working on amending the law in the next parliament session to allow private firms to use existing state-run networks.

Markets gain as Sensex rises 368 points, Nifty above 26,050 on Fed cut optimism



PTI

Mumbai, Oct 29: Stock market benchmark indices Sensex and Nifty settled in the positive territory on Wednesday, tracking a rally in global peers, amid hopes of a rate cut by the US Federal Reserve and fresh foreign fund inflows.

The 30-share BSE Sensex climbed 368.97 points or 0.44 per cent to settle at 84,997.13. During the day, it jumped 477.67 points or 0.56 per cent to 85,105.83.

The 50-share NSE Nifty went up by 117.70 points or 0.45 per cent to 26,053.90.

From the Sensex firms, Adani Ports, NTPC, Power Grid, HCL Tech, Tata Steel, Sun Pharma, Trent and Asian Paints were among the major gainers.

However, Bharat Electronics, Eternal, Mahindra & Mahindra and Maruti were among the laggards.

In Asian markets, South Korea’s Kospi, Japan’s Nikkei

225 index and Shanghai’s SSE Composite index settled higher.

Markets in Europe were trading mostly higher. US markets ended in positive territory on Tuesday.

“The domestic market ended on a strong note, supported by positive cues from Asian markets and improved clarity on global trade dynamics. Optimism over potential progress in India-US trade talks further lifted sentiment.

“The upcoming Fed decision remains a key event for global markets; although a 25-bps rate cut is widely anticipated, investors will closely track its commentary for further rate cuts, which will guide the future market trajectory,” Vinod Nair, Head of Research, Geojit Investments Limited, said.

Foreign Institutional Investors (FIIs) bought equities worth Rs 10,339.80 crore on Tuesday, according to exchange data.

Gold rebounds Rs 2,600 to Rs 1,24,400/10g on strong global cues

PTI

New Delhi, Oct 29: Gold prices on Wednesday rebounded by Rs 2,600 to Rs 1,24,400 per 10 grams in the national capital, snapping a two-session losing streak, amid a fresh wave of safe-haven buying ahead of the policy outcome by the US Federal Reserve.

Gold of 99.5 per cent purity appreciated by Rs 2,600 to Rs 1,23,800 per 10 grams (inclusive of all taxes) from the previous close of Rs 1,21,200 per 10 grams, according to the All India Sarafa Association.

The precious metal of 99.9 per cent purity had settled at Rs 1,21,800 per 10 grams on Tuesday.

“Gold prices rebounded on Wednesday, reclaiming the psychological level of USD 4,000 per ounce ahead of the highly anticipated FOMC (Federal Open Market Committee) policy meeting outcome,” Saumil Gandhi, Senior Analyst - Commodities at HDFC Securities, said.

Silver also witnessed a sharp rebound as prices surged by Rs 6,700 to Rs 1,51,700 per kilogram (inclusive of all taxes). The white metal had ended at Rs 1,45,000 per kg on Tuesday, as per the association.

Gandhi said bargain buying and a renewed



demand for safe-haven assets, following rising geopolitical concerns in the Middle East region.

In the international markets, spot gold climbed by USD 77.26, or 1.95 per cent, to USD 4,029.53 per ounce, ending a three-day losing streak. “Spot gold is currently trading around at USD 4,020 per ounce as the metal tries to recover from its Tuesday’s low of USD 3,886 ahead of the FOMC monetary policy decision due tonight.”

“The Fed is widely expected to cut rates by 25 basis points as it has turned its focus on the weakening job market,” Praveen Singh, Head of Commodities and Currencies at Mirae Asset Sharekhan, said.

The metal is still not out of the woods, though a Fed rate cut will limit the downside, he added.

Meanwhile, the dollar index rose 0.15 per cent to 98.82 ahead of the Fed outcome, while optimism over signs of easing US-China trade tensions may cap further upside in safe-haven demand, analysts said.

Spot silver rose by 2.85 per cent to USD 48.40 per ounce in the overseas markets. Persistent geopolitical risks also remain after the US Senate again failed to clear a Republican-backed bill to end the government shutdown.

The White House cancelled a planned meeting between US President Donald Trump and Russian President Vladimir Putin after fresh sanctions were imposed on Moscow’s top oil companies, which might continue to support the precious metal, according to experts.

Delhi HC refuses to entertain PIL seeking appointment of non-Muslims, non-Sikhs as minority panel chief

PTI

New Delhi, Oct 29: The Delhi High Court on Wednesday refused to entertain a plea seeking the appointment of members of minority communities other than Muslims and Sikhs as chairperson of the National Commission for Minorities (NCM).

A bench of Chief Justice DK Upadhyay and Justice Tushar Rao Gedela granted the petitioner opportunity to approach the government with his plea.

The bench observed that the NCM Act mandates inclusion of members from minority communities in the commission, but does not require the appointment of individuals from any specific community as chairperson.

“Section 3 of the act only provided that the commission shall consist of a

chairperson, vice chairperson, and five members. The act does not provide that the commission shall comprise all the members belonging to minority communities. The only provision is that five members, including the chairperson, shall be among the minority communities. The provision does not provide that the members or the chairperson shall be from a particular minority community,” the bench said.

The bench directed the authorities concerned to consider the representation if it was made by the petitioner on the issue.

The petition claimed that out of the 16 chairpersons appointed so far, 14 have been Muslims and two Sikhs.

It claimed that there has been no representation of the members of other minority communities, such as Christians, Buddhists, Zoroastrians, and Jains.

Stroke is no longer old age problem

Doctor reveals how stress along with these habits raise your risk

TOI HEALTH

New Delhi, Oct 29: This World Stroke Day, I’d like to highlight a conversation that is increasingly taking place in my clinic. Most people’s perception of a stroke is an older individual and maybe someone with a long history of high blood pressure or diabetes. But I am noticing a disturbing trend, which is younger patients aged in their 30s and 40s, who are increasingly coming to the emergency department with a “brain attack.”

What has changed? Our traditional risk factors of smoking, unhealthy diet, and high blood pressure remain relevant and remain bad for us. Now they are being perilously augmented by one of three probable contemporary trigger factors: chronic stress, more screen time, and a very sedentary lifestyle.

The Brain is in “Always On” High Alert Mode: Stress is Meant to Be a Physical Threat

In a world full of impossible deadlines, money worries and constant notifications, most of the world exists in the “fight or flight” state. This is not only a psychological sensation, but a physiological occurrence.

Chronic stress drenches your body with hormones such as cortisol that leads to increased blood pressure, inflammation, and even destruction of the lining of your blood vessels.

Consider it to be a high-pressure steady gear of wear and tear on your internal pipes. With time, all these damages may create blockages or ruptures of the vessels supplying your brain. This is the definition of a stroke.

The Screen Chain: Screens Cause Sitting

Second is screen time. From the moment you wake up and reach for your phone, to the 8-10 hours on your work computer, and then later in the evening you watch a whole season of some new series, it all occurs on



glowing rectangles.

The primary risk of too much time on screens is not just the blue light; it mostly binds us to a chair. Which leads us to trigger #3: a sedentary lifestyle. Our bodies did not design to be sitting around. After being seated for hours, blood tends to pool. When you sit, there is the added risk for blood clots, gaining

weight, and metabolic dysfunction such as high cholesterol and Type 2 diabetes, all of which are superhighways to a stroke.

Your Wake-Up Call: Act B.E. F.A.S.T.

First, it is essential that all should be aware of the warning signs of a stroke. Time is brain! It is minutes only! It is what can determine recovery or a permanent disability. Recall the acronym B.E. F.A.S.T.:

Balance: Loss of balance or coordination?
Eyes: Double or blurred vision?
Face: Is the face drooping on one side?
Arms: Can you lift both arms or does one fall?
Speech: Is speech slurred? Does it feel unusual?

Time: It is time to call emergency services now!

Small Steps with Big Effects for Restoring Your Health

The solution isn’t quitting your job and living in the woods. The solution is having a few

modifications that are thoughtful and intentional as part of your contemporary life.

Move More: Take a 5 minute walking break for each hour of sitting. Take the stairs. Do some simple stretches at your workspace.

Manage Stress: Experiment with some brief, even just 2 minutes of, mindfulness practices. Deep breathing exercises can reduce the body’s stress response pretty fast.

Digital Detox: Set a firm, “no screen” time at least 1 hour prior to bed. This will enhance your sleep, which is very important for vascular health.

Know Your Numbers: This is non-negotiable. Comfortable regular check-ups on our blood pressure, blood sugar and cholesterol.

On this World Stroke Day, we acknowledge that our daily habits are medicine. Or, slow poison. You choose.

Authored by: Dr. Aparna Gupta, Neurologist, Indian Spinal Injuries Center

Trump, Xi to meet in S Korea; talks to focus on US-China strategic, long-term issues: Beijing

AP

Beijing, Oct 29: US President Donald Trump and his Chinese counterpart Xi Jinping will meet on Thursday in South Korea and exchange views on strategic and long-term bilateral issues, the Chinese foreign ministry announced on Wednesday.

The two leaders will meet on the sidelines of the Asia-Pacific Economic Cooperation (APEC) summit in Busan.

As agreed between China and the US, President Xi will meet with President Trump to exchange views on bilateral relations and issues of mutual interest, a Chinese foreign ministry spokesperson Gou Jiakun told a media briefing here.

"We are willing to work with the US side to promote this meeting to yield positive results, provide new guidance and to inject new momentum for the stable development of China-US relations," Gou said.

He added that head-of-state diplomacy plays an irreplaceable strategic



guiding role in China-US relations, which are currently bogged down over Trump's massive trade tariffs against Chinese exports and Beijing's retaliatory actions.

At the meeting, the two heads of state will have in-depth discussions on strategic and long-term issues concerning China-US relations, as well as major issues of mutual concern.

This is their first meeting after Trump's second term in office and comes in the backdrop of a massive trade war

between the world's top two economies.

High on the agenda is the formalisation of an agreement for the sale of China's top social media app TikTok to designated American firms, as well as the resumption of rare-earth metals exports, the much-needed key component of dual-use technologies needed for the manufacturing of various items, from mobile phones to defence equipment, blocked by China.

For its part, Beijing wants Washington to lift the

restrictions on the exports of semiconductor chips needed for the development and expansion of AI-related technology in China.

Xi and Trump spoke over the phone recently and finalised the contours of a trade deal to normalise trade ties.

Speaking to reporters aboard Air Force One on Wednesday morning, Trump said he expected to discuss with Xi fentanyl flows into the US to address the drug menace and American farm exports to China.

Trump's remarks followed a Wall Street Journal report on Tuesday suggesting that Washington might reduce the 20 per cent fentanyl-related tariffs on Chinese exports by half in exchange for Beijing's crackdown on the export of chemicals used to produce fentanyl.

"I expect to be lowering that because I believe that they're gonna help us with the fentanyl situation," Trump said on Wednesday, the Hong Kong-based South China

Morning Post reported.

"They're gonna be doing what they could do." Answering media questions regarding fentanyl, Guo said Beijing had provided help in this regard with positive results and was "open to continuing cooperation".

"The US should take concrete actions to create the necessary conditions for cooperation," added Guo, calling China's stance on the issue consistent and clear.

When asked about a possible one-year pause in Beijing's rare earth export controls and whether it could lead to further concessions, Trump said: "We haven't talked about the timing yet, but we're gonna work out something." Trump voiced optimism about reaching a "great deal" with China in his talks with Xi as he spoke to business executives on the sidelines of the APEC summit.

Trump said he believed a deal would benefit both the US and China and be "something very exciting for everybody".

Reduced US military presence in Europe an 'adjustment': NATO

AFP

Brussel, Oct 29: NATO said Wednesday it had been informed in advance of US plans to reduce some of its troops deployed on the alliance's eastern flank, describing the move as an "adjustment" and nothing "unusual."

Washington's commitment to the alliance remained "clear" and its presence in Europe sizeable, a NATO official told AFP. "Even with this adjustment, the US force posture in Europe remains larger than it has been for many years, with many more US forces on the continent than before 2022," the official said.

The US has been expected to announce drawdowns in Europe following a review of its military deployments worldwide — but no move has been officially communicated yet.

Romania's defense ministry however previewed the scale-down



Wednesday, saying Washington was to halt the rotation of a brigade that had elements in several NATO countries, including Bulgaria, Romania, Slovakia and Hungary.

The prospect of a US pullout is fraying the nerves of allies, especially given fears that Russia could look to attack a NATO country within the next few years if the war in Ukraine dies down.

But NATO swiftly downplayed the significance of the planned US reduction in personnel.

"The US commitment to NATO is clear," the official said.

"NATO has robust defense plans in place and we are working to ensure we maintain the right forces and capabilities to deter potential aggression and provide for our collective defense."

Rohit Sharma becomes No. 1 ranked ODI batter for first time



PTI

Dubai, Oct 29: Former India skipper Rohit Sharma on Wednesday (October 29, 2025) claimed the top spot in the ICC Men's ODI batter rankings for the first time in his distinguished career.

The 38-year-old Rohit created history as he rose two spots on the back of his unbeaten century (121 not out) in the third and final ODI between India and Australia in Sydney, where he led his side to an emphatic nine-wicket triumph in style. The experienced

right-hander was in a damaging mood alongside fellow India legend Virat Kohli (74 not out) as he smashed 13 fours and three massive sixes on his way to scoring his 33rd ODI century for his country.

Rohit's efforts see him overtake Afghanistan dasher Ibrahim Zadran and India teammate Shubman Gill and claim the top ranking for batters in ODI cricket for the very first time, having always held a spot inside the top 10 for the majority of the last decade.

India condemns 'blinkered' UN report, calls for inclusive political dialogue in Myanmar

PTI

United Nations, Oct 29: India has strongly condemned what it described as a "blinkered analysis" made against it in a United Nations report on Myanmar's human rights situation, even as it reiterated its call for an immediate cessation of violence and inclusive political dialogue in the neighbouring country.

Delivering India's statement during the Interactive Dialogue on the human rights situation in Myanmar at the Third Committee of the UN General Assembly on Tuesday, Lok Sabha MP Dilip Saikia said New Delhi continues to support all initiatives aimed at fostering trust and advancing a "Myanmar-owned and Myanmar-led path" toward peace, stability, and democracy. "We

reiterate our consistent position calling for an immediate cessation of violence, release of political prisoners, unhindered delivery of humanitarian assistance and inclusive political dialogue," he said.

The UN's Third Committee, which deals with human rights and humanitarian issues, was debating the worsening situation in Myanmar following the 2021 military coup and ongoing violence between the junta and resistance forces.

Saikia, who is part of a multi-party delegation led by BJP MP Daggubati Purandeswari to represent India at the 80th United Nations General Assembly, said India has "consistently emphasised a people-centric approach" in its engagement with Myanmar.

Strongly criticising



the remarks made by the UN Special Rapporteur against India in its report on Myanmar's human rights situation, he said, "I express serious objections to the baseless and biased observation in the report regarding my country."

Saikia said the claim linking the April 2025 terrorist attack in Pahalgam with displaced persons from Myanmar has absolutely no factual bearing. "My country rejects such prejudice and blinkered

"alarming level of radicalisation" among some displaced persons, leading to "pressure and impact on the law and order situation".

Urging the UN expert not to rely on "unverified and skewed media reports whose sole purpose appears to be maligning" India, Mr. Saikia underscored that the country is home to over 200 million Muslims, which is about 10% of the world's Muslim population, living in harmony with people of all faiths.

Citing recent examples, the BJP MP from Darang-Udalguri in Assam, noted that following the March 2025 earthquake, India promptly launched Operation Brahma, dispatching over 1,000 metric tonnes of relief materials and deploying medical teams as the first responder.

Israel def min warns Hamas leadership will have no immunity

AFP

Jerusalem, Oct 29: Israeli Defense Minister Israel Katz warned Hamas leaders on Wednesday that they would have no immunity after a wave of Israeli air strikes on Gaza that followed an attack on its troops.

"There will be no immunity for anyone in the leadership of the terrorist organization Hamas — neither for those in suits nor for those hiding in tunnels," Katz said, referring to several Hamas political leaders residing in Doha.

"Whoever raises a hand against an (Israeli) soldier, his hand will be severed. The (Israeli military) has been instructed to act decisively against every Hamas target and will continue to do so."

Qatar has played a key mediating role in indirect talks between Israel and Hamas since the outbreak of the war in October 2023, and is among the guarantors of the fragile peace deal, along with Egypt, the United States and Türkiye.

On September 9, Israel attacked Hamas negotiators in Doha, triggering widespread condemnation and drawing a rebuke from US President Donald Trump.

Gen Bipin Rawat Memorial Kashmir Women's Premier League Professional League kicks off



KT NEWS DESK

Srinagar, Oct 29: In a remarkable celebration of women empowerment and the spirit of sportsmanship, the Gen Bipin Rawat Memorial Kashmir Women's Premier League (KWPL) commenced on Wednesday and will continue till November 06, 2025, in Baramulla.

The tournament, dedicated to the memory of India's first Chief of Defence Staff, Late Gen Bipin Rawat, aims to inspire the women of Kashmir to pursue excellence in sports and

leadership. The event features 16 teams — comprising 08 professional teams from various districts of Kashmir and 08 amateur teams from local schools and colleges — who will compete in a series of exciting matches culminating in the grand finale on 06 November 2025.

The league is being organized with the support of the Indian Army, Baramulla Cricket Forum and district administration, showcasing the collective effort towards peace and progress in the Valley.

The initiative

underlines the growing participation of Kashmiri women in mainstream sporting activities and highlights how the region continues to embrace unity, resilience and empowerment through sports.

Beyond the competition, the KWPL seeks to foster camaraderie, confidence and opportunity for young women athletes, encouraging them to dream big and represent Kashmir at the state and national level.

Speaking about the event, Mr Abdul Khaliq Wani, Chairman, Baramulla Cricket Forum stated,

"The Gen Bipin Rawat Memorial KWPL is a tribute to the late General's vision of a confident and empowered youth in Kashmir. It reflects the growing sense of aspiration and pride among the people of the Valley. Baramulla Cricket forum welcomes all teams, JKCA officials and spectators to Baramulla. Such events provide vital platform for young women players to come out and showcase their talent. I congratulate the Dagger Division, Indian Army & all contributors for organising such a remarkable tournament in Baramulla."

Thursdays, 30th October

JOLLY LLB 3 (UA16+)
HINDI - 02:40 PM

THAMMA (UA16+)
HINDI - 11:30 AM, 03:30 PM, 06:40 PM

KANTARA A LEGEND: CHAPTER 1 (UA16+)
HINDI - 05:00 PM

EK DEEWANE KI DEEWANIYAT (A)
HINDI - 11:00 AM, 12:30 PM, 02:00 PM, 06:00 PM

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