



## PEACE, PEOPLE AND POSSIBILITIES IN JAMMU & KASHMIR

# Music has replaced sounds of bullets & grenades in J&K, says LG Sinha

School walls once rocked by stones now echo with students' laughter

Pulwama, Shopian thrive as educational, economic hubs

Polo View, Lal Chowk brimming with activities

What couldn't change in 30 years transformed in 5 years

Upholding rule of law is essential

Remnants of terror still speak Pak's language, need to expose them

Rehan Qayoom Mir

Srinagar, Nov 05: Stating that music has replaced the sounds of bullets and grenades in J&K during the past six years, Lieutenant Governor Manoj Sinha on Wednesday urged people to remember and uphold the sacrifices given by the security forces and others to establish peace in the Union Territory.

Delivering a keynote address at 2-day International Symposium on "Peace, People and Possibilities in Jammu & Kashmir Union Territory", LG Sinha, according to the news agency—Kashmir News Observer (KNO) said, "During the past five to six years, a new Jammu and Kashmir has been built where the echoes of violence have been replaced by the sounds of music. The walls of schools are no longer



terrified by the sound of stones — today, they resound with the laughter of students."

Referring to south Kashmir's Pulwama and Shopian districts, once considered sensitive zones, LG Sinha said these towns have now become vibrant hubs of education and opportunity. "Roads that once

stood deserted are witnessing life again, and fields that were once blood-ridden are now flourishing," he said.

Highlighting the visible change in Srinagar city, the LG said, "Polo View and Lal Chowk, which were once deserted, are now brimming with activity. What couldn't change

in 30 years has been transformed within just five to six years — and that was no easy task."

He said Jammu and Kashmir has always been an abode for people of all religions and communities, emphasizing the need to uphold the legacy of unity and brotherhood. "We

must remember the contributions of our ancestors and the sacrifices made by our security forces and common citizens to restore peace in the region," Sinha said.

The LG stressed that peace has returned to J&K after immense sacrifice and effort. "Everyone must follow the rule of law for peace to prevail. Where the rule of law is not established, peace cannot exist, and without peace, development cannot take place," he asserted.

Warning against disruptive elements, LG Sinha said, "Even today, there are some remnants of the terror ecosystem who, by speaking in the language of Pakistan, seek to disturb peace. We must identify and expose such elements, ensuring that they have no space in our society."

He referred to the

spontaneous protests by locals against terrorists following the April 22 Pahalgam terror attack as a strong message of collective rejection of violence. "This is a new Jammu and Kashmir where people stand united against terrorism," he said.

He urged every citizen to work together and honour the peace secured by countless sacrifices of soldiers, police, and civilians.

Calling for mutual empathy as a foundation for peace, LG Sinha said, "Sympathy and understanding towards each other are prerequisites for lasting peace."

He credited Prime Minister Narendra Modi for playing a vital role in restoring peace and stability in the Union Territory.

"Under the visionary leadership of Prime Minister Modi,

Jammu and Kashmir is moving towards a future defined by harmony, growth, and opportunity," the LG said.

Praising the international symposium, LG Sinha said that the theme of "Peace, People and Possibilities" has been chosen with deep thought and reflects a strong and forward-looking vision.

He said the "voice of the Dal Lake and the whisper of the Chinar trees will together influence peace," adding that peace means the ability of individuals to live freely, with dignity, and in harmony with themselves and others.

"True peace," he noted, "is when people can live by their own will, without fear or loss, and where dialogue and mutual respect shape the foundation of society."

He said peace is visible in J&K today — in | [More on P6](#)

## Railways mulling direct Jammu to Srinagar train service

Umaisar Gull Ganie

Srinagar, Nov 05: The Northern Railways has fast-tracked operational and redevelopment works in the Jammu division to enable a direct train service between Jammu and Srinagar — a move that will mark a big milestone in J&K's railway connectivity.

A senior railway official told the news agency — Kashmir News Observer (KNO) that the trains, which currently operate from Katra in Reasi district to Srinagar, are expected to start from Jammu railway station soon. "Work is underway to make the direct service possible. Flash floods earlier slowed down progress and shifted our targets, but the project is now being



pushed aggressively," he said.

According to officials, the major challenges lie on the Jammu-Katra stretch, where work on bridges, tracks, and station redevelopment is in progress.

"At Jammu station, there are two categories of work — civil structure and track-related. The track work is almost complete, while civil | [More on P6](#)



Gulmarg turns into winter wonderland after receiving season's first snowfall on Wednesday, November 05, 2025. Pic: Jahangir Shah (KNO/KT)

## Pahalgam attackers punished; India won't hesitate to strike again if provoked: Rajnath

'Op Sindoor' paused, not called off; any misadventure will face decisive retaliation'

Sajid Raina

Srinagar, Nov 05: Accusing Congress of failing to curb terror in Kashmir for decades, Defence Minister Rajnath Singh on Wednesday said that after the April 22 Pahalgam terror attack, terrorists and their hideouts were crushed in Kashmir and Pakistan where their roots were.

Addressing a rally in Jamui district of Bihar, Singh, according to the news agency—Kashmir News Observer (KNO) said, "Operation Sindoor", launched



after the terror attack is not over but only paused. India will retaliate again if terrorists attempt any further strikes."

The Defence Minister said that the Congress Party failed to act against the terrorists for decades

and allowed them to bleed the country. "In PM Modi's rule terrorists and their masters have been taught a lesson," he said, adding, "What Congress failed to do in Jammu and Kashmir, PM Modi led | [More on P6](#)

## Kashmiriyat another name for Insaniyat, says Raj Babbar

### Urges others to visit 'peaceful' valley

Waris Fayaz

Srinagar, Nov 05: Veteran Bollywood actor and politician Raj Babbar on Wednesday said he never felt Kashmir unsafe. He credited the valley for shaping his film career and urged tourists and filmmakers to visit what he described as "a land of love, peace and warmth".

Babbar, as per the news agency—Kashmir News Observer (KNO), said Kashmir had been central to his acting career. "It is the valley where I truly began. From 1980 to 1996-97, there wasn't a single film which I didn't shoot in Kashmir. Be it Armaan, Aapas Ki Baat or many others,

Kashmir has always been part of my work," he said in Gulmarg.

He described the valley as safe and welcoming. "I never felt Kashmir unsafe or terrorised. People here greet you with smiles and love, and that love has never decreased," he added.

The veteran actor appreciated the local administration and officials, including the CEO of the Gulmarg Development Authority (GDA), for their hospitality. "This is what Kashmiriyat means. Kashmiriyat is another name for Insaniyat," he said.

Urging tourists and filmmakers to visit, Babbar said the atmosphere | [More on P6](#)

## 'Normalcy must precede any pol transition': Bihar Guv on J&K statehood restoration

- Arif Khan terms Kashmir 'Crown of India'
- Says valley deserves lasting peace built on trust

Rehan Qayoom Mir

Srinagar, Nov 05: Bihar Governor Arif Mohammad Khan on Wednesday described Kashmir as the "Crown of India", saying that true progress in the region lies in strong institutions, rule of law and social harmony. He further said that the restoration of Jammu and Kashmir's statehood must follow a stable, peaceful and well-structured roadmap to ensure that the gains of governance and development are not compromised.

Khan said the delay in restoring J&K's statehood was "indeed regrettable". He said Kashmir had faced "difficult times", but insisted that peace and normalcy must precede any political transition.

Speaking to the media after attending an event at the Sher-i-Kashmir International Conference Centre (SKICC), the Bihar Governor, as per the news agency—Kashmir News Observer (KNO), said the desire to restore statehood is shared by both Prime Minister Narendra Modi and the people of India, but such a transition must come through a sustainable and inclusive process.



"It is unfortunate that Kashmir had to endure such painful situations. The Prime Minister and the people of India share a collective hope to see Jammu and Kashmir regain its statehood, but that must come through a structured and sustainable mechanism," he said.

Khan said that statehood to J&K will be meaningful only when backed by institutional stability, economic progress and public confidence. "It is not about haste but about building a strong foundation for the future through collective responsibility, transparent governance and trust between the people and the state," he said.

He said that institutional strength and administrative integrity are crucial for ensuring that peace and development take deep root. "Unless institutional mechanisms are established and strengthened, divisions and the atmosphere of mistrust could persist," he said.

Reflecting on India's post-Partition experience, the Bihar Governor said the country's strength lies in its diversity, but governance must | [More on P6](#)

## PM Modi meets victorious Indian women's cricket team

### Encourages them to inspire youth, promote fitness nationwide

PTI

New Delhi, Nov 05: Prime Minister Narendra Modi on Wednesday met the triumphant Indian women's cricket team at his residence and lauded the players for their "remarkable resilience and comeback" in the World Cup after enduring a tough phase marked by three consecutive defeats.

The Prime Minister also referred to the trolling the players had faced on social media after the early setbacks and praised them for showing exemplary mental strength to bounce back and script history.

Recalling their earlier meeting with Modi after the 2017 World Cup, captain Harmanpreet Kaur



said the team had then come without a trophy hopefully they will achieve success and get to meet him more often.

Vice-captain Smriti Mandhana said the Prime Minister's words were a huge source of

motivation.

The Harmanpreet-led side arrived in the national capital on Tuesday evening for the meeting, two days after scripting a defining moment for Indian women's cricket by winning its

maiden global title — the 50-over World Cup — with a 52-run victory over South Africa in the final in Navi Mumbai.

During the interaction, Player of the Tournament Deepti Sharma told Modi she had been waiting to meet him since 2017, recalling how he had then urged them to keep working hard to achieve their dream.

When the Prime Minister mentioned her "Jai Shri Ram" Instagram bio and the tattoo of Lord Hanuman on her arm, Deepti smiled and said they gave her strength.

Harmanpreet asked Modi how he manages to stay in the present at all times. The Prime Minister replied that it had become a part of his | [More on P6](#)

## Bihar Phase 1 voting today

### 3.75 crore voters to decide fate of 1,314 candidates

PTI

Patna, Nov 05: The stage is set for the crucial first phase of the assembly elections in Bihar on Thursday, as 3.75 crore voters will decide the electoral fate of 1,314 candidates, including top leaders such as INDIA bloc's chief ministerial face Tejashwi Yadav and Deputy CM Samrat Choudhary of the BJP.

Yadav aims at a hat-trick in Raghupur, while his principal challenger Satish Kumar of the BJP had defeated his mother Rabri Devi in 2010 while contesting on a JD(U) symbol.

The seat was expected to witness a high-voltage contest, with Jan Suraaj Party founder Prashant Kishor declaring that



he wanted to take on Yadav on his home turf.

However, Kishor decided not to contest, and his party gave a ticket to a less fancied candidate Chanchal Singh.

In adjoining Mahua, Yadav's estranged elder brother Tej Pratap, who has floated his

own outfit Janshakti Janata Dal, is locked in a multi-cornered contest.

The elder son of RJD president Lalu Prasad seeks to wrest the seat from sitting RJD MLA Mukesh Raushan, though the presence of Sanjay Singh, the Lok Janshakti | [More on P6](#)



# Ensure timely completion of projects: Rana

Reviews progress of developmental works



KT NEWS DESK

RAJOURI, NOVEMBER 05: Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana chaired a comprehensive review meeting in Rajouri Wednesday to assess the progress of ongoing developmental works and status of water supply schemes in the district.

During the meeting, the Minister laid special emphasis on expediting the water supply schemes being executed under Jal Jeevan Mission (JJM), Capex budget and NABARD funding.

He directed the concerned authorities to ensure timely completion of these projects so that every household can be provided with functional tap water connections under

the Har Ghar Jal initiative.

The Minister underscored the importance of accelerating the pace of all developmental works to enhance expenditure efficiency and prevent any lapse of funds.

He called upon the officers to adopt a proactive and coordinated approach to achieve tangible progress on the ground within stipulated timelines.

In the context of environmental governance, the Minister issued firm instructions for strict enforcement against illegal muck dumping and emphasized that all stone crushers must operate strictly in accordance with prescribed environmental standards and parameters.

He reiterated the Omar Abdullah Government's

commitment to ensuring sustainable development that aligns with environmental safeguards.

The Minister appreciated the efforts of district administration and field departments in implementing flagship initiatives and urged them to maintain sustained momentum to deliver timely and quality outcomes that directly benefit the people of Rajouri.

Deputy Commissioner Rajouri, Abhishek Sharma; Chief Engineer Jal Shakti, Hanif Choudhary; ADDC, SE PWD, Executive Engineers of Jal Shakti, PWD, ACD, ACP, Conservator of Forests and Divisional Officer, Pollution Control Board, other senior officers of district administration attended the meeting.

## CM Omar visits bereaved family of Journalist Tariq Bhat



KT NEWS DESK

Srinagar, Nov 05: Jammu and Kashmir Chief Minister Omar Abdullah on Wednesday visited the family of late journalist Tariq Ahmad Bhat in

Chotta Bazaar Srinagar and offered his heartfelt condolences to the bereaved family. Expressing deep sorrow over Bhat's sad demise, the Chief Minister lauded his contributions to journalism and

public discourse in Jammu and Kashmir. He described Bhat as a committed professional whose work earned him wide respect and accolades in and outside Kashmir. The Chief Minister was accompanied by State President of the J&K National Conference Women's Wing and MLA Habba Kadal Shameema Firdous and State Spokesperson Imran Nabi Dar.

On the occasion, CM joined the party's functionaries in offering Fatiha for the departed soul and prayed for peace to the deceased and strength to the bereaved family to bear this irreparable loss.

## DC, SSP Srinagar visit Gurudwara Chhati Padshahi

KT NEWS DESK

SRINAGAR, NOVEMBER 05: On the occasion of Prakash Diwas, marking the 556th birth anniversary of Guru Nanak Dev Ji, the Deputy Commissioner (DC) Srinagar, Akshay Labroo along with Senior Superintendent of Police, Sandeep Chakraborty Wednesday paid visit to Gurudwara Chhati Padshahi in Rainawari area of the District to extended warm greetings on the occasion.

On the occasion, the Deputy Commissioner and SSP accompanied by members of Gurudwara Prabandhak Committee paid obeisance to the Guru Granth Sahib.

The Gurudwara authorities expressed satisfaction over the arrangements and conveyed their gratitude to the Deputy Commissioner in this regard. Addressing the devotees, the Deputy Commissioner highlighted the immense contributions and universal teachings of Guru Nanak Dev Ji. He said that the teachings of the Sikh Gurus promote noble social institutions such as Langar, Sangat, and Kirtan teaching the spirit of equality and selfless service.

While extending warm greetings on the occasion, the DC expressed hope that this event would contribute towards strengthening brotherhood, unity, harmony and would be a harbinger of peace, progress and prosperity.

During the visit, the DC also visited various



compartments of the Gurudwara including Langer and took stock of the facilities being extended to the devotees.

Meanwhile, District Administration Srinagar made all essential arrangements through several line departments at Chattipadshahi Gurudwara to facilitate devotees on the Prakash Diwas. Additional Deputy Commissioner, Mir Imtiyaz Ul Aziz; SDM East, Zubair Ahmad; Zonal SP, Tehsildar Khanyar, CMO, Exen KPDCL, Exen City Roads and other Officers were also present on the occasion.

## Parkash Purab of Guru Nanak Dev Ji celebrated in Poonch

DC, SSP Poonch extend greetings to Sikh community

KT NEWS DESK

POONCH, NOVEMBER 5: The 556th Parkash Purab of Shri Guru Nanak Dev Ji was celebrated with great enthusiasm and religious fervour across Poonch district.

The main function was held at Gurudwara Singh Sabha, Poonch, under the supervision of Shrimaan Mahant Manjeet Singh Ji of Dera Santpura Nangali Sahib. Mahant Sahib Ji extended heartfelt greetings and best wishes to the devotees and urged them to wake up early in the morning, remember the Almighty and lead a life guided by the principles of truth, compassion and humility as taught by Guru Nanak Dev Ji.

The celebrations began with the

completion of Shri Akhand Path Sahib, followed by soulful Gurbani Kirtan rendered by renowned Ragi Jathas including Bhai Balwinder Singh Ladi (Hazuri Ragi Sachkhand Shri Darbar Sahib), Bhai Jitanpal Singh from Kashmir, Bhai Harcharan Singh, Bhai Ranjeet Singh (UP), Bhai Rasmeet Singh, Bhai Bupinder Singh, Bhai Sartaj Singh, Bhai Manjeet Singh Bali and others.

Prominent preachers, including Dr. Harsimranjeet Singh (Professor University of Jammu), specially visited Poonch besides Bhai Ravinder Singh and others, delivered enlightening Gurbani Vichaar and shared insights from the life and teachings of Guru Nanak Dev Ji, the founder of Sikhism, who was born on April 15, 1469, at Talwandi (now Nankana Sahib, Pakistan).

## SKUAST-K organizes training programme

KT NEWS DESK

GANDERBAL, NOVEMBER 5: The Division of Forest Products and Utilization, Faculty of Forestry, Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K), Wednesday organized a one-day training programme on "Promotion and Cultivation of Bamboo in Kashmir." The programme aimed to create awareness among farmers about the economic and ecological potential of bamboo cultivation in the region. The event was graced by Member of Parliament, Mian Altaf Ahmad, as the Chief Guest.

In his address, the

Member of Parliament appreciated the efforts of the Faculty of Forestry, SKUAST-K, for their continuous contribution towards the upliftment of tribal and rural communities through innovative forestry initiatives.

"Bamboo can be a game-changer for the economy of hill farmers. Such programmes bring scientific knowledge to the grass-roots level," he remarked. Dean, Faculty of Forestry, Prof. Arshid Hussain Mughal, highlighted the importance of bamboo as a fast-growing, sustainable resource that supports livelihoods and environmental conservation. He emphasized the university's commitment

to promoting green and income-generating forestry practices across Jammu and Kashmir.

Additional District Development Commissioner (ADDC), Ganderbal, Manzoor Ahmad Bhat, lauded SKUAST-K's outreach initiatives and said that bamboo cultivation aligns with the government's vision for sustainable rural development and employment generation. Head, Division of Forest Products and Utilization, Prof. Parvez Ahmad Sofi, presented the overview of the training programme and discussed various aspects of bamboo propagation, management, and utilization. Divisional Forest Officer (DFO), Ganderbal, Iqbal Rasool Dar,

highlighted the ecological importance of bamboo in soil conservation and biodiversity enhancement. He stressed that bamboo can play a significant role in combating land degradation in Kashmir's hilly terrains. On the occasion, a book titled "Commercial Medicinal Plants of Kashmir Himalayas" authored by Dr. Tahir Mushtaq and Dr. P. A. Sofi, HoD (FPU) was released by the Member of Parliament along with other dignitaries.

The event also witnessed the distribution of agricultural tool kits among 50 progressive farmers, an initiative aimed at supporting their participation in bamboo cultivation and related forestry enterprises.

## JU's School of Biotechnology, JKSTIC host workshop

KT NEWS DESK

JAMMU, NOVEMBER 05: The School of Biotechnology, University of Jammu, in collaboration with the JK Science Technology & Innovation Council (JKSTIC), on Wednesday successfully organized a one-day workshop on "Start-ups and Skill Development: Translational Research from Lab to Market" here, University Campus.

The event brought together scientists, academicians, entrepreneurs to encourage research scholars and students to leverage their scientific research and knowledge into viable startup ventures and market-ready innovations.

The workshop was convened by Director School of Biotechnology, Prof. Sanjana Kaul and Additional Director JKSTIC, Mushtaq Ahmad Bhat.

Assistant Director JKSTIC Shruti Khanna and Associate Professor School of Biotechnology University of Jammu Dr Ritu Mahajan acted as organising secretaries.

The event was inaugurated by Dean Academic Affairs, University of Jammu Prof. J. P. Singh Joorel, who graced the occasion as the Chief Guest.

In his address, Prof. Joorel



highlighted the need to integrate research outcomes with the entrepreneurship initiatives to boost innovation - driven growth in the region. He underscored the importance of workshop and stated that the three key pillars of academic and scientific growth are teaching, research and the extension of research through its transformation into field applications. He

emphasized that the true value of research is realized when ideas are translated into tangible outcomes.

The Guest of Honour, Dean Faculty of Life Sciences, University of Jammu Prof. Yash pal Sharma, delivered an insightful address, encouraging students and researchers to think beyond publications and patents, focusing instead on the real-world applications of their

work and pursuing a visionary, goal-oriented career path.

Prof. Sharma highlighted that India's true strength lies in research across diverse domains such as agriculture, medical sciences and others, noting that the nation currently ranks fourth globally in terms of economy and with persistence and collaboration across disciplines, is poised to reach the third

position soon. Prof. Sharma also noted that the government has been supporting the startups, contributing significantly to the bioeconomy and promoting translational research and concluded by emphasizing that success in these endeavours requires trusted leadership and personal discipline.

Earlier, Prof. Sanjana Kaul, Director School of Biotechnology and Convenor of the workshop, welcomed the dignitaries and the participants. She reaffirmed the vision of Prof. Umesh Rai, Vice Chancellor of the University and thanked him for encouraging conduct of such events in the Campus.

The technical Sessions featured talks by two eminent invited speakers: In the first technical session Dr. Saunabh Saran, Senior Principal Scientist, Fermentation and Microbial Biotechnology Division, Head, IIIM-Technology Business Incubator and OSD Industrial Biotech Parks (UT of J&K) delivered an insightful lecture on "Development of an Entrepreneurial Ecosystem to Support Agri-based Startups in J&K," highlighting successful stories of lab-to-market transition and the pivotal role

of incubators, such as BioNEST, in nurturing biotechnology startups. He discussed the key challenges faced by startups, including the lack of innovation and entrepreneurship, limited investment opportunities, and issues related to the ease of doing business.

Dr. Saran also emphasized the advantages offered by government initiatives. He also highlighted the facilities available at C.S.I.R. IIIM, Jammu for fostering startup culture. The session was chaired by Prof. B. K Bajaj, School of Biotechnology.

The second session followed into an immersive and interactive session by Dr. Khalid Masoodi, Associate Professor/Senior Scientist, Division of Plant Biotechnology, SKUAST-Kashmir, Director Cashmir BioTech Pvt. Ltd, SKIIE, SKUAST Kashmir and also a distinguished alumnus of the School of Biotechnology, JU who shared his entrepreneurial journey and insights into building research - driven biotech enterprises. He spoke about his startup Cashmir BioTech Pvt. Ltd established in September 2022 under the Government of India's Make in India and Self-Reliant India initiatives.

## Postal Ballot Voting begins for Budgam Bye-Election

KT NEWS DESK

BUDGAM, NOVEMBER 5: The process of postal ballot voting begins for 27-AC Budgam at BDO office Budgam, marking an important step in ensuring that all eligible voters, especially employees in essential services who may not be able to attend polling stations on election day for 27-AC budgam, have the opportunity to exercise their democratic rights.

Speaking on the occasion, the District Election Officer (DEO) Budgam Dr.Bilal Mohi-ud-Din Bhat underscored the commitment to ensuring a free and fair voting process for all eligible voters.

The DEO said the postal voting ballot facility at BDO office budgam is well-organized, providing a streamlined process for employees to cast their votes and to strengthen democracy.

"As per the guidelines of ECI, the District administration has worked diligently to assist voters for casting their vote via postal ballot while maintaining the integrity of the postal ballot system", he added.

The initiation of postal ballot voting in Budgam demonstrates inclusive participation of all employees in the electoral process. The postal ballot voting process will continue for three consecutive days, starting from November 5, 2025.

District administration Budgam will maintain their efforts to support voters and ensure that every voice is heard.

Meanwhile, employees from all essential service departments of the District were seen active and enthusiastic in casting their vote for democracy.

## Home Voting begins in Budgam

KT NEWS DESK

BUDGAM, NOVEMBER 5: With the 27-Assembly Constituency Budgam set to go for Bye-Elections on November 11, the Home Voting process commenced Wednesday across the constituency.

The Election Commission of India (ECI) has introduced the facility of home voting to ensure inclusive electoral participation, enabling eligible senior citizens and Persons with Disabilities (PwDs) to cast their votes from the comfort of their homes. The facility is available to voters aged 85 years and above, and PwD electors with 40% or more benchmark disability.

As part of the exercise, dedicated polling teams comprising Presiding Officers, polling officials, and security personnel visited the homes of eligible voters to facilitate the process as per the guidelines issued by the Election Commission of India.

The initiative received widespread appreciation from the beneficiaries, who expressed gratitude towards the Election Commission of India and the District Election Officer for extending such an accessible and citizen-friendly facility.

The voters who availed the facility, expressed happiness over being able to cast their vote from home, and expressed gratitude towards the ECI and District Election Officer Budgam for providing such an empowering facility.

The Home Voting initiative marks a significant step towards ensuring accessibility, dignity, and inclusion in the electoral process, reaffirming the commitment of the Election Commission of India to leave no voter behind.

## Guru Purab celebrated with devotion in Kupwara DC extends greetings to Sikh community

KT NEWS DESK

KUPWARA NOVEMBER 5: Deputy Commissioner Kupwara, Shrikant Suse, accompanied by SSP Handwara, Sahil Sarangal and ACR Kupwara, visited Gurudwara Maidan-e-Chogal, Handwara on the auspicious occasion of Guru Purab, the Prakash Parv of Sri Guru Nanak Dev Ji.

On the occasion, Deputy Commissioner and SSP interacted with the local Sikh community, offering prayers and extended warm wishes to the devotees.



# Fresh snow sparks hope of tourism revival

RAJA SYED RATHER

Ganderbal, Nov 05: The picturesque tourist destination of Sonamarg witnessed a fresh snowfall last evening, covering its meadows and upper reaches in a pristine white blanket, thereby reviving hopes for a strong winter tourism season in the Valley. Officials from the Meteorological (MeT) department had predicted light snowfall over higher reaches of Kashmir, with more spells expected in coming days. Local tourism stakeholders said the early snowfall is a positive sign for the tourism industry, which had seen a slow phase in recent months. Waseem Ahmad, a local tourism associate said "This is November's first snowfall and we are very excited. It's a much-needed boost for tourism. We hope this early snowfall brings back tourists and sets the season on the right track." Bilal



Pic: Jahangir Shah (KNO/KT)

Ahmad, a travel operator from Ganderbal, said inquiries have already begun. "Since the snowfall started, we've been getting calls from tourists who want to visit Sonamarg. People have seen snow pictures on social media and now they want to experience it," he said. Locals dependent on tourism also expressed joy. Gh Hassan, a pony owner, said, "Snow means work for us. Tourists come here for the snow and our livelihood improves. We are hopeful this winter will be better." Irshad, who runs a tea stall near the market, told KNO, "Tourists love Kehwa in winter. This snowfall gives new hope after a slow summer season." The snowfall comes at a crucial time when tourism players are working to restore confidence among travelers after the Pahalgam incident earlier this year, which had raised concerns among the

visitors and affected travel sentiment. "This fresh snowfall is nature's way of saying Kashmir is ready to welcome tourists again," a local hotelier said. Tourists, who were enjoying themselves in Sonamarg, expressed delight at witnessing the snowfall. Ravi Sharma, a visitor from Delhi, said, "We came here for a peaceful holiday, and snowfall made it magical. Kashmir's beauty is unmatched." Another tourist Rubani from Delhi while talking with KNO, said, "We felt a little worried because of the reports from Pahalgam, but the experience here has been safe and beautiful. The snowfall has made our trip unforgettable." Tourism players believe the timely snowfall will draw more travelers in coming weeks. "When snow falls early, life returns to this place, from hotels to ponywalas to tea shops, everyone benefits," said Shah Adil, a shopkeeper in Sonamarg—(KNO)

## Gunfight breaks in Kishtwar

YOGESH

Jammu, Nov 05: A gun battle broke out between the terrorists and security forces on Wednesday in Kishtwar district, officials said.

"In an intelligence-based operation, launched in coordination with the Jammu and Kashmir Police early this morning, alert troops of the White Knight Corps established contact with terrorists in the general area of Chhatru," the White Knight Corps said in a post on X. "The operation is in progress," it said. The forces are battling against at least two to three terrorists, and there was a report of one jawan sustaining a minor injury.

Security forces are continuously monitoring the movement of terrorists in the mountainous district, resulting in multiple encounters in the belt which borders Doda and Udhampur districts.

Kishtwar has seen six encounters in the past seven months as forces continue their hunt for Pakistan-based terrorists hiding in these hills. On September 21, a group



Representation Image

of terrorists was engaged in a gunfight in the Chhatru area.

On September 13, two army men, one of them a junior commissioned officer, were killed and two more injured in an encounter with terrorists in the Naidgram area of Chhatru.

Violent confrontations took place in Dul and Chhatru belts on August 11 and July 2, but the terrorists managed to escape.

On May 22, a soldier and two terrorists were killed in an encounter in the Singapora area of the Chhatru belt. On April 12, three terrorists were killed in an encounter in the Kishtwar area, while the army foiled an infiltration bid by terrorists along the LoC in

the Akhnoor sector.

In a separate operation, security forces launched a search operation following suspicious movement in the border areas of Poonch district, officials said. The operation was launched by the Special Operations Group (SOG), army and the CRPF following reports of movement of suspected persons in the Balakote-Mendhar border areas, they said.

The forces are on high alert and locals have been urged to share any information about suspicious movements in their areas.

On Tuesday, troops recovered a suspicious drone in the Sakhi Maidan border area of Mendhar, they added—(KNO)

## Muftis did more harm than Abdullahs: Bukhari

NAVEED-UL-HAQ

Budgam, Nov 05: Apni Party president Syed Mohammad Altaf Bukhari on Wednesday accused the Mufti family of "causing more harm" than the Sheikh family in Jammu and Kashmir. He appealed to people to choose their leader beyond these families.

Addressing a gathering here, Bukhari targeted the former chief minister and Peoples Democratic Party (PDP) president Mehbooba Mufti. "She (Mehbooba) has lost the power and is in search of it. She will never get the power again until the party gets new leadership," he said. "This (Mufti) family has caused more harm than the Sheikh family here."

He asked, "Are we supposed to remain dependent on families. The people must think beyond these parties." Bukhari said his son and family are not associated with politics. "I am a common man like you," he said.

Reacting to the slogans by the PDP candidate without naming him during the speech, the Apni Party chief said it is shameful that the person calling himself a religious leader has linked the pious 'Kalima' with "something which even non-Muslim can't do".

Meanwhile, in a statement,



Bukhari welcomed the government's decision to begin the process of converting the Rajbagh footbridge over the River Jhelum (near the Silk Factory) into a motorable bridge.

He said that the earlier decision to alter the nature of the project was "foolish, short-sighted, and ill-advised", which reflected a lack of understanding of administrative priorities and public interest on the part of the then chief minister, Mehbooba Mufti. "It should be

investigated why this project, conceived as a motorable bridge, was later altered and converted into merely a footbridge, despite expert opinion favouring its construction as a motorable bridge, although a substantial amount of Rs 12 crore had already been spent to initiate the project in that form," the former minister said. "It should be investigated who benefited from altering this project."

Bukhari said the bridge was originally conceived as a

motorable structure to help decongest traffic in and around the city centre. "I vividly recall how, as the concerned minister and MLA representing the area, I had convinced the then Chief Minister, Mufti (Sayeed) Sahib, to approve its construction for that very purpose. The foundation work was accordingly undertaken with that objective," he said. "Sadly, that vision was derailed. His daughter, Mehbooba Mufti, during her tenure as chief minister, unfortunately altered the nature of the project, converting it into a mere footbridge just to favour some of her acquaintances."

"Displaying her Nadirshahi behaviour, she (Mehbooba) unilaterally decided to downgrade the project, leaving the public disheartened and the area's traffic woes unresolved," the statement said.

Welcoming the present government's decision, the Apni Party president said, "I sincerely appreciate the present government's decision to rectify that misstep and restore the bridge to its original purpose — a fully functional motorable link. This long-awaited development will not only ease traffic congestion but will also fulfil a long-cherished aspiration of the people."—(KNO)

### Guru Parv

## Top officials, Admin visit Gurudwaras

REHAN QAYOOM MIR

Srinagar, Nov 05 (KNO): As devotees celebrated the 556th Prakash Diwas of Guru Nanak Dev Ji, senior officers from the police and civil administration on Wednesday visited Gurudwara Chhati Padshahi in Rainawari to pay obeisance and extend warm greetings to the Sikh community.

Accompanied by members of the Gurudwara Prabandhak Committee, the officials offered prayers at the sanctum and interacted with devotees.

The shrine reverberated with devotional hymns as a large number of people gathered to mark the revered occasion.

Speaking on the occasion, IGP Kashmir V.K. Birdi said he had come to the Guru's sanctum to offer prayers and wish for peace, tranquility and prosperity across the region.

DC Srinagar Akshay Labroo, while extending greetings on behalf of the Srinagar administration, said, "On behalf of the district administration, I extend heartfelt greetings to our Sikh brothers on the auspicious occasion of Guru Nanak Dev Jayanti. We are committed to working closely with the Gurudwara committee to enhance, preserve and promote the spiritual and historical significance of this sacred shrine."

SSP Srinagar Dr. G.V. Sundep Chakravarthy also extended greetings to the Sikh community, stating,



"Srinagar Police extends warm greetings on Guru Nanak Jayanti. Proper security arrangements have been made to ensure the smooth conduct of the celebrations. I am here with my department to join the community in marking this special day."

Meanwhile, Divisional Commissioner Kashmir Anshul Garg also highlighted Guru Nanak Dev Ji's universal teachings of peace, equality and selfless service, saying Guru Nanak Ji taught unity among humankind, selfless service & social justice for the benefit and prosperity of all. "Guru Nanak Dev Ji's message of 'Ik Onkar' — the oneness of all creation — continues to guide us

towards universal love and brotherhood," he said.

Meanwhile, a statement issued in this regard as accessed by KNO, reads: on the occasion of Prakash Diwas, marking the 556th birth anniversary of Guru Nanak Dev Ji, the Deputy Commissioner(DC) Srinagar, Akshay Labroo along with Senior Superintendent of Police, Sandeep Chakraborty Wednesday paid visit to Gurudwara Chhati Padshahi in Rainawari area of the District to extended warm greetings on the occasion.

The statement reads, on the occasion, the Deputy Commissioner and SSP accompanied by members of Gurudwara Prabandhak Committee paid obeisance

to the Guru Granth Sahib. The Gurudwara authorities expressed satisfaction over the arrangements and conveyed their gratitude to the Deputy Commissioner in this regard.

"Addressing the devotees, the Deputy Commissioner highlighted the immense contributions and universal teachings of Guru Nanak Dev Ji. He said that the teachings of the Sikh Gurus promote noble social institutions such as Langar, Sangat, and Kirtan teaching the spirit of equality and selfless service," the statement reads.

It reads, while extending warm greetings on the occasion, the DC expressed hope that this event would contribute towards strengthening brotherhood, unity, harmony and would be a harbinger of peace, progress and prosperity. During the visit, the DC also visited various compartments of the Gurudwara including Langer and took stock of the facilities being extended to the devotees.

"Meanwhile, District Administration Srinagar made all essential arrangements through several line departments at Chatipadshahi Gurudwara to facilitate devotees on the Prakash Diwas. Additional Deputy Commissioner, Mir Imtiyaz Ul Aziz; SDM East, Zubair Ahmad; Zonal SP, Tehsildar Khanyar, CMO, Exen KPDC, Exen City Roads and other Officers were also present on the occasion," the statement reads—(KNO)

## ‘PCOS, PCOD major causes of infertility’

JAHANGEER GANAIE

Srinagar, Nov 05 (KNO): With fertility rates witnessing a steady decline in Jammu and Kashmir, health experts say the current generation is facing a worrying rise in infertility, and conditions like PCOS and PCOD among women are emerging as significant contributors.

Doctors say that besides biological reasons, a major share of the problem is rooted in social and lifestyle changes — delayed marriages, unhealthy diets, lack of physical activity, growing obesity and poor knowledge about contraception.

Dr Rakshanda Akhter, a gynaecologist at DHSK, said multiple social factors are pushing couples, particularly women, into a high-risk infertility zone.

"The most common cause is late marriage. When age advances, the fertility potential naturally declines. We are now seeing women getting married mostly in their late 20s or early 30s — a stage where the ovarian reserve has already declined," she said.

She added that poverty, unemployment, the obsession with government jobs, extravagant wedding culture, and pressure for dowry continue to delay marriages, making late marriage a "socially manufactured trend".

According to her, the peak fertility window in females is between 18 to

25 years— but in today's scenario, most women enter marriage well after this phase. Dr Akhter said that PCOS/PCOD is one of the most common causes of infertility in women.

She explained: "In PCOS (Polycystic Ovarian Syndrome), the ovaries do not release eggs regularly (anovulation or irregular ovulation), hormones become imbalanced (especially excess androgen/ testosterone), follicles in the ovaries do not mature properly, and because ovulation is irregular or absent, pregnancy becomes difficult; that is why PCOS is a leading cause of infertility."

The gynaecologist said PCOS is now one of the commonest hormonal disorders in reproductive-age women here. She said obesity, sedentary lifestyle, junk food, stress and diabetes are all contributing to it. PCOS is directly linked to infertility.

Dr Rakshanda stressed the need for societal-level intervention, which includes early marriage, healthy food habits and weight control as key preventive measures.

Another gynaecologist, Dr Masarat Jan, told KNO that pelvic inflammatory disease (PID) - largely caused by sexually transmitted infections like chlamydia and gonorrhoea - is another leading cause.

She said unsafe abortions and procedures performed at unregistered

places by untrained persons are adding to complications. "Septic abortions cause severe genital tract infections and often lead to permanent infertility. Unfortunately, such cases are rising," she said. "The lack of awareness about contraception and improper use of emergency contraceptives are creating avoidable reproductive health issues."

Doctors said today's youth are facing a completely changed lifestyle — sitting for long hours, no physical exercise, fast food dependency, stress and prolonged job waiting period — all of which are collectively shrinking reproductive health.

Timely marriage, lifestyle modification, regular exercise and proper knowledge of reproductive health must be promoted, they added.

The most common reasons behind PCOS/PCOD include insulin resistance, hormonal imbalance, obesity/ overweight, genetic predisposition, sedentary lifestyle, unhealthy diet, stress and lack of sleep, the doctors said.

According to the National Family Health Survey (NFHS-5 / 2019-21), J&K has the lowest fertility rate in India. The region's fertility rate has further dropped by 0.6 per cent compared to the previous survey period (2015-16). If the trends persist, the region may face serious demographic challenges in the coming decades, they added—(KNO)

## Man killed in Awantipora accident

KNO

Srinagar, Nov 05: An elderly man died on Wednesday after being hit by a vehicle at Awantipora area of South Kashmir's Pulwama district, officials said.

An official said that the man was hit by a Maruti vehicle while crossing the road at Awantipora, resulting in severe head trauma earlier today. He was initially shifted

to Sub District Hospital (SDH) Awantipora and later referred to Srinagar hospital for specialized treatment.

He, however, said that the injured, identified as Ghulam Rasool Chopan (70), son of Abdul Aziz, resident of Padgampora Awantipora, succumbed to his injuries later this evening.

Meanwhile, investigations have been taken up—(KNO)





EDITORIAL

The IHPL Scam Is A Wake-Up Call

More than a financial scam, the unravelling of the Indian Heaven Premier League (IHPL) in Srinagar is a profound betrayal of the trust of aspiring cricketers, sports enthusiasts, and the people of Jammu and Kashmir. That players, including an international umpire, were left stranded in a hotel over unpaid dues, while the organisers allegedly fled, paints a grim picture of exploitation in the guise of sporting promotion. This incident demands not just a police investigation, but systemic accountability to ensure such a fiasco never recurs. The promise of a local T20 league

to unearth new talent had ignited genuine excitement in a region with a deep passion for cricket. For it to collapse in such a disgraceful manner is a crushing blow to the morale of young athletes who dream of showcasing their skills. The authorities must now answer a critical question: how was a Mohali-based society with no proven track record allowed to use a premier public facility like the Bakshi Stadium without robust financial safeguards and due diligence? While the Jammu and Kashmir Sports Council (JKSC) has distanced itself from the organisation of the event, its role

as the facility provider carries a responsibility of oversight. Renting out a public stadium for a high-profile tournament cannot be a mere commercial transaction; it must involve vetting the organisers' credibility and ensuring mechanisms are in place to protect the participants. The swift registration of an FIR is a welcome first step, and the police must now ensure the alleged culprits are apprehended and face the full force of the law. However, legal action alone is not enough. The administration must immediately establish a clear regulatory framework for private sporting events. This

should include mandatory bank guarantees, escrow accounts for player payments, and thorough background checks before any access to public sports infrastructure is granted. The passion for sports in Kashmir is a powerful positive force. It cannot be allowed to be undermined by fraudulent operators. The government must act decisively to restore faith, sending a clear message that the dreams of its youth are not a commodity to be traded and betrayed. Protecting the integrity of sports is essential for nurturing talent and upholding the spirit of the game.

India's Leap In Research And Innovation  
₹1 lakh crore RDI Scheme boosting India's research and development drive

Press Information Bureau

India's research and development (R&D) ecosystem is witnessing rapid transformation, fuelled by a strong national focus on innovation-led growth. Investments in science and technology have increased steadily, supported by clear policy direction, strategic funding, and institutional reforms. This reflects India's ambition to build a self-reliant, knowledge-driven economy that tackles key challenges through research and innovation.

The Government has placed R&D at the heart of its journey towards Viksit Bharat@2047. It recognises that science and technology drive progress in health, energy, digital transformation, and manufacturing. Efforts to deepen public and private participation, strengthen links between academia and industry, and promote emerging technologies have created a dynamic innovation ecosystem. As India marches ahead, research and innovation will remain central to achieving sustainable and inclusive growth.

India's R&D Expenditure and Growth Trends

India's commitment to research and innovation has strengthened steadily over the past decade. The Government's sustained policy focus and institutional reforms have contributed to a consistent rise in R&D spending.

Key Trends and Figures:

India's Gross Expenditure on Research and Development (GERD) has more than doubled in ten years from ₹60,196.75 crore in 2010-11 to ₹1,27,380.96 crore in 2020-21.

Per capita R&D expenditure has also shown consistent growth, increasing from PPP\$ 29.2 in 2007-08 to PPP\$ 42.0 in 2020-21. (PPP refers to Purchasing Power Parity, which adjusts for differences in price levels between countries, allowing more accurate comparison of spending power.)

The Government sector contributes around 64% of total GERD, while the private sector accounts for about 36%.

As per Science and Engineering (S&E) Indicators 2022 by NSF, USA, India awarded 40,813 doctorates in 2018-19, of which 24,474 (60%) were in Science and Technology. India ranks 3rd globally in S&E PhDs, after the USA (41,071) and China (39,768).

The number of patents filed in India increased nearly three times from 24,326 in 2020-21 to 68,176 in 2024-25, highlighting a major surge in domestic innovation.

Research Development and Innovation (RDI) Scheme

Launched on November 3, 2025, the Research Development and Innovation (RDI) Scheme Fund of ₹1 lakh crore marks a landmark step in strengthening India's research and development ecosystem. The scheme aims to build a private sector-driven innovation environment that can accelerate the nation's scientific and technological progress.

ESTIC 2025

The Research, Development and Innovation (RDI) Scheme was launched on 3 November 2025 during the inauguration of the Emerging Science, Technology and Innovation Conclave (ESTIC) 2025.

ESTIC-2025 is currently being held at Bharat Mandapam, New Delhi, from 3 to 5 November 2025. Envisioned as India's premier annual flagship platform for advancing scientific collaboration and innovation, it brings together over 3,000 participants from academia, research institutions, industry, and government, along with Nobel Laureates, leading scientists, innovators, and policymakers.

Centred on the theme "Viksit Bharat 2047 – Pioneering Sustainable Innovation, Technological Advancement and Empowerment," ESTIC features several key components, including plenary talks by Nobel Laureates and global thought leaders, 11 thematic technical sessions, panel discussions, exhibitions showcasing 35+ deep-tech start-ups and sponsors stalls, and poster presentations by young scientists. Together, these components aim to inspire innovation, promote collaboration, and shape India's roadmap for science and technology towards Viksit Bharat@2047.

Recognising the critical role of the private sector in driving innovation and commercialising research, the RDI Scheme provides

long-term financing or refinancing support with extended tenors at low or nil interest rates. The initiative aims to encourage greater private investment in RDI, particularly in sunrise and strategic sectors.

The scheme also addresses existing challenges in funding private research by offering growth and risk capital. It focuses on facilitating innovation, promoting technology adoption, and improving competitiveness across emerging areas.

The key objectives of the RDI Scheme are as follows:

Encourage private sector participation: To scale up research, development, and innovation in sunrise domains and other sectors vital for economic security, strategic purpose, and self-reliance.

Finance transformative projects: To support projects at higher levels of technology readiness for faster translation from concept to market.

Support acquisition of critical technologies: To enable access to technologies of high strategic importance.

Facilitate Deep-Tech Fund of Funds: To strengthen the financing ecosystem for deep technology start-ups and innovation-driven enterprises.

Institutional and Policy Framework for Innovation

India's innovation journey has been guided by a strong institutional framework and forward-looking policy measures. Over the last few years, the Government has undertaken a series of reforms to strengthen scientific research, promote private participation, and create an enabling environment for technology-led growth. These initiatives are aimed at making India a global hub for research, innovation, and entrepreneurship across emerging sectors.

Anusandhan National Research Foundation (ANRF)

The Anusandhan National Research Foundation (ANRF), established through the Anusandhan National Research Foundation Act, 2023 (25 of 2023), came into force on 5 February 2024. It provides high-level strategic direction for research, innovation, and entrepreneurship in science and technology.

The Foundation aims to mobilise funds amounting to ₹50,000 crore during 2023-28 through multiple streams, including the ANRF Fund, Innovation Fund, Science and Engineering Research Fund, and Special Purpose Funds. Of this, ₹14,000 crore will come from the Central Government, while the remaining support is expected from non-governmental sources such as industry and philanthropists. The ANRF is designed to strengthen the link between academia and industry and promote high-impact research that aligns with national priorities.

National Geospatial Policy, 2022

The National Geospatial Policy, notified on 28 December 2022, seeks to position India as a global leader in the geospatial sector by 2035. The policy liberalises access to geospatial data, encouraging its use in governance, business, and research. It promotes the development of geospatial infrastructure, services, and platforms at national and sub-national levels.

A key goal of the policy is to establish a high-resolution topographical survey and mapping system, along with a comprehensive Digital Elevation Model for the entire country by 2030. The policy follows a citizen-centric approach, ensuring that data generated through public funds remains open and accessible to all stakeholders.

Indian Space Policy, 2023

The Indian Space Policy, approved in 2023, provides a unified and forward-looking framework for India's space sector. It builds on the space reforms introduced in 2020, which opened the domain to non-governmental entities for end-to-end participation. The policy aims to enhance space capabilities, promote a flourishing commercial space industry, and foster collaboration between public and private entities. It seeks to ensure socio-economic development, environmental protection, and peaceful exploration of outer space.

A key feature of the policy is the establishment of IN-SPACE, an autonomous government organisation responsible for promoting, guiding, and authorising space activities.

IN-SPACE issues guidelines to ensure ease of doing business and provides a level playing field for all participants in the space ecosystem.

BioE3 Policy, 2024

The BioE3 Policy, approved in August 2024, represents a major reform in India's biotechnology sector. Standing for Biotechnology for Economy, Environment and Employment, the policy seeks to advance innovation-driven research and entrepreneurship in six thematic areas. It encourages the creation of Biomanufacturing and Bio-AI hubs, along with a national Biofoundry network, to accelerate technology development and commercialisation.

The policy promotes the industrialisation of biology to support sustainable and circular economy practices. It addresses key national challenges such as climate change, food security, and public health while building a resilient biomanufacturing ecosystem that enables cutting-edge bio-based innovation.

Atal Innovation Mission (AIM) 2.0

The Atal Innovation Mission, launched in 2016 under NITI Aayog, continues to be the flagship initiative for fostering innovation and entrepreneurship across India. It works to ensure creation of a problem-solving innovative mindset in schools and an ecosystem of entrepreneurship in universities, research institutions, private and MSME sector. The Mission includes setting up of Atal Tinkering Labs in schools and Atal Incubation Centres in universities, institutions and corporate. The Cabinet recently approved the continuation of the mission till March 2028 with a budget allocation of ₹2,750 crore. AIM has taken a holistic approach to nurturing a culture of problem-solving and innovation in schools, universities, research institutions, and industries.

Under AIM 2.0, the mission aims to expand its reach, strengthen existing incubation networks, and deepen its engagement with micro, small and medium enterprises. The initiative aligns with the vision of a developed India by creating an inclusive ecosystem that nurtures young innovators and supports emerging startups.

National Missions Driving Frontier Research

India's pursuit of global leadership in science and technology is being driven by a series of national missions that target emerging and high-impact sectors. These missions are designed to strengthen indigenous R&D capabilities, promote public-private collaboration, and build advanced infrastructure across frontier domains. Each mission contributes to building a self-reliant innovation ecosystem and positions India as a key player in next-generation technologies.

National Quantum Mission (NQM)

Approved by the Union Cabinet on 19 April 2023, the National Quantum Mission represents a bold step in advancing India's presence in quantum technology. Spanning from 2023-24 to 2030-31, with an allocation of ₹6,003.65 crore, the mission seeks to develop quantum computers, secure communication systems, and advanced materials. It focuses on strengthening quantum research infrastructure and promoting collaboration between academia, startups, and industries to ensure that India becomes a global hub for quantum innovation.

National Mission on Interdisciplinary Cyber-Physical Systems (NM-ICPS)

The NM-ICPS, approved by the Cabinet on 6 December 2018, is implemented by the Department of Science and Technology with a total outlay of ₹3,660 crore. The mission supports development in emerging areas such as Artificial Intelligence, Robotics, Internet of Things, and Cybersecurity.

Twenty-five Technology Innovation Hubs have been established in leading academic institutions, each specialising in a core technology domain. The mission also nurtures skilled manpower through targeted human resource programmes, encourages entrepreneurship, and promotes international collaboration to ensure that India keeps pace with global technological shifts.

National Supercomputing Mission (NSM)

Launched in 2015, the National Supercomputing Mission aims to make India self-reliant in high-performance computing. The initiative empowers universities,

research institutions, and government agencies with state-of-the-art supercomputing systems connected through the National Knowledge Network.

Beyond hardware, the mission invests in building a skilled workforce through five dedicated training centres located in Pune, Kharagpur, Chennai, Palakkad, and Goa. These centres train students and researchers in high-performance computing applications, ensuring India's participation in global scientific advancements.

India Semiconductor Mission (ISM)

Established in 2021, the India Semiconductor Mission seeks to build a robust ecosystem for semiconductor and display manufacturing. Backed by a ₹76,000 crore Production Linked Incentive scheme, of which ₹65,000 crore has already been committed, the mission supports investments in chip design, fabrication, and advanced packaging.

India has already approved 10 semiconductor projects across six states, including the first commercial Silicon Carbide fabrication facility in Odisha. With total investments of ₹1.60 lakh crore, ISM positions India as a key link in the global semiconductor supply chain and a major destination for electronics manufacturing.

Deep Ocean Mission (DOM)

The Deep Ocean Mission, launched on 7 September 2021 by the Ministry of Earth Sciences, aims to explore and utilise ocean resources sustainably. With an investment of ₹4,077 crore over five years, the mission integrates multiple sectors under India's Blue Economy vision.

It focuses on developing technologies for deep-sea exploration, resource mapping, and marine biodiversity conservation. Given India's vast coastline of 7,517 kilometres and strategic maritime position, the mission also contributes to global efforts under the UN Decade of Ocean Science for Sustainable Development (2021-2030).

IndiaAI Mission

Approved by the Cabinet in March 2024, with a budget outlay of ₹10,371.92 crore, the IndiaAI Mission embodies the vision of "Making AI in India and Making AI Work for India." It is advancing rapidly, having already increased computing capacity from an initial target of 10,000 GPUs to 38,000 GPUs, ensuring accessible AI infrastructure for startups, researchers, and industries. The mission also focuses on AI innovation, governance frameworks, and skill development, setting the stage for India to emerge as a global leader in artificial intelligence.

Digital Public Infrastructure (DPI): Accelerating India's R&D Vision

India's Digital Public Infrastructure has emerged as a strong enabler of the nation's research and innovation ecosystem. By integrating technology with accessibility, transparency, and efficiency, it supports faster knowledge exchange, data-driven research, and inclusive participation in the digital economy. DPI provides the essential foundation on which scientific, technological, and entrepreneurial progress can thrive.

Build on interoperable platforms and open standards, India's DPI empowers innovators, researchers, and industries to collaborate and build at scale. From seamless financial transactions to secure identity verification and efficient service delivery, these platforms demonstrate how digital governance can drive scientific and economic advancement.

Some key DPIs in India include:

Unified Payments Interface (UPI)

Launched in 2016 by the National Payments Corporation of India, the Unified Payments Interface has transformed digital transactions in the country. It links multiple bank accounts in one app, enabling real-time money transfers and merchant payments. In August 2025, UPI handled more than 20 billion transactions, amounting to ₹24.85 lakh crore. Today, it accounts for 85 per cent of India's digital payments and supports 18 billion transactions every month.

UPI has also expanded globally, becoming operational in seven countries including the UAE, Singapore, Bhutan, Nepal, Sri Lanka, France, and Mauritius. Its entry into France marks India's first step into the European payments landscape, showcasing the scalability and global relevance of Indian digital

Key Takeaways

- ₹1 lakh crore RDI Scheme launched, will boost private-led innovation.
- India's expenditure on R&D rose from ₹60,196 crore in 2010-11 to ₹1.27 lakh crore in 2020-21.
- Central Government contributes 43.7% of total R&D expenditure.

innovation.

Co-WIN Platform

The Co-WIN (COVID Vaccine Intelligence Network) platform showcased India's ability to apply digital tools for large-scale coordination. It managed one of the world's largest vaccination drives, delivering over 220 crore doses. Co-WIN brought transparency, efficiency, and real-time data management to public health. Its success has drawn global interest, with several nations exploring its model for their own health systems.

DigiLocker

Introduced in 2015 under the Digital India programme, DigiLocker enables citizens to access verified digital documents securely. It provides a digital storage space for certificates and official records issued by various departments. As of October 2025, over 60.35 crore users have registered on the platform. DigiLocker has become a trusted tool for digital empowerment, easing documentation for education, employment, and research purposes.

Aadhaar and e-KYC System

The Aadhaar-based e-KYC framework has made authentication easier, faster, and more reliable across sectors. It streamlines verification processes, cuts paperwork, and enhances transparency. As of October 2025, India has generated over 143 crore Aadhaar IDs, providing a secure digital identity to almost every citizen. Aadhaar now forms the backbone of service delivery and digital inclusion, ensuring smooth access to welfare, banking, and innovation-linked platforms.

Direct Benefit Transfer (DBT)

The Direct Benefit Transfer mechanism demonstrates how digital platforms can improve governance efficiency. Supported by Aadhaar authentication, DBT ensures subsidies and welfare payments reach citizens directly, minimising leakages and duplication. Between 2015 and March 2023, it saved the government more than ₹3.48 lakh crore. As of May 2025, cumulative transfers through DBT surpassed ₹43.95 lakh crore, reinforcing transparency and accountability in public service delivery.

Conclusion

India's growing focus on research, development, and innovation reflects its resolve to become a global hub of knowledge and technology. Through bold policy measures, strategic funding, and strong institutional support, the nation is laying a solid foundation for Viksit Bharat@2047. The synergy between initiatives such as ANRF, the RDI Scheme, and key national missions demonstrates a unified vision to advance frontier technologies while strengthening academia-industry collaboration. Digital Public Infrastructure has further amplified India's innovation capacity by making governance and data systems more accessible and efficient. Together, these efforts are transforming India's R&D landscape into one that is inclusive, future-ready, and globally competitive, driving sustainable growth and positioning India as a leading force in science, technology, and innovation.

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# Digital Sovereignty

For over a decade since the era of chargeable Short Message Service (SMS), global platforms have monopolised our private conversations, expanding from text to multimedia messages and even video calls, all for free; Some say there is no free lunch.

Srinivas Madhav

Hearing a petition seeking restoration of a doctor's blocked WhatsApp Messenger account, a Supreme Court Bench comprising Justices Vikram Nath and Sandeep Mehta recently advised her, "There's this indigenous app called Arattai...use that. Make In India!" These judicial remarks, seemingly casual, reflect a deeper concern about India's digital sovereignty. "Arattai," Tamil for "conversation," is a Made-in-India messaging app hosted on Indian servers. It gained popularity following endorsements from senior Cabinet Ministers and has now crossed one crore downloads.

For over a decade since the era of chargeable Short Message Service (SMS), global platforms have monopolised our private conversations, expanding from text to multimedia messages and even video calls, all for free; Some say there is no free lunch. Foreign-hosted apps pose a critical legal issue for Indian users, public servants in particular. When they communicate through these servers, they may risk violating the Public Records Act, 1993. Section 4 explicitly prohibits "taking out of India any public records of the Government," including digital records. Section 9 even prescribes imprisonment of up to five years for such violations. Few have been charged, and the practice remains widespread.

The National Informatics Centre (NIC) launched Sandes as an indigenous alternative, but it has not gained much traction among the general public. At the heart of modern messaging is End-to-End Encryption (E2EE), which ensures a message is encrypted on the sender's device and decrypted only by the recipient, protecting data both in transit and at rest. WhatsApp (about 3 billion Monthly Active Users (MAUs)), Apple's iMessage (1 billion MAUs) and Signal (70 million MAUs) apply E2EE by default.

Snapchat (432 million MAUs) uses E2EE for 1:1 'Snaps' (photos and videos), but not text messages. Telegram's chats are server-encrypted, readable by the platform, except "Secret Chats." X (237 million MAUs), Facebook Messenger (1



billion MAUs), and Instagram DMs (part of Insta's 3 billion MAUs) are rolling out default E2EE. E2EE is like locking a box containing a few rupees with a golden lock; the protection often exceeds the value inside. Even a casual "good morning" message receives military-grade encryption. Championed by privacy advocates as a cornerstone of digital freedom of expression, E2EE has become a double-edged sword. Criminal messages also get this protection, whether it is someone harassing a woman by sharing her intimate image or video without consent, or coordinating extortion. This prevents law enforcement from intercepting communications in real-time or decrypting stored messages, even for serious crimes like digital fraud, terrorism, and sexual exploitation. Technology-Facilitated Gender-Based Violence (TFGBV) has surged.

In April, in Varanasi, a 19-year-old woman was allegedly raped, filmed, and

blackmailed with threats of social media circulation, leading to her gang rape by 22 others. In June, a Kolkata law college student faced similar threats of her assault videos being circulated on social media to coerce her from reporting a sexual assault. Platforms with E2EE react only when a user files a complaint, post-crime. Though WhatsApp's reactive model led to 99.67 lakh accounts being banned in January alone, this approach is not preventative. By contrast, YouTube uses AI and human oversight to proactively detect and remove objectionable content quickly. The Supreme Court had earlier ordered review of obscenity regulations for social media and OTT platforms, in a PIL filed by Uday Mahurkar and others, in April. This raises a crucial question: does absolute, unqualified privacy serve the public interest?

Arattai responds with a balanced encryption middle ground. Voice and video calls

use E2EE, but text messages and media do not. Indian law is evolving to address the challenges. The Information Technology Rules, 2021, require platforms to remove unlawful content swiftly and to trace the "first originator" of such content. Telegram recently agreed to provide user data (IP addresses) in response to legal requests. However, WhatsApp is challenging in the Delhi High Court the "traceability" mandate. Further, the Digital Personal Data Protection Act, 2023, to be enforced soon, grants citizens the "Right to be Forgotten." The Data Protection Board can order erasure of personal data, with fines up to Rs 50 crore for non-compliance. E2EE platforms face a fundamental challenge here, as they cannot erase any specific content. Their only recourse is to block an account, to prevent future sharing. This is now part of a global debate.

The USA's "Tools to Address Known Exploitation by Immobilizing Technological

Deepfakes on Websites and Networks (Take It Down) Act," the UK's Online Safety Act, and the European Union's proposed "Chat Control" law are pushing for similar measures to scan even E2EE content. Platforms often boast about sender privacy but neglect the privacy of the recipient. Read receipts, features like blue checkmarks or "Seen" labels let senders know when their messages have been read. They come at a cost, creating an expectation of immediacy. A culture of instant replies has emerged, creating a constant, low-grade anxiety and an implicit demand to stay perpetually alert. This serves the commercial interests of platforms, which are designed to keep users glued to screens. The typing indicator is a classic example. Snapchat offers no option to disable read receipts. WhatsApp provides a setting to turn them off, but only for 1:1 chats, not for group messages, where senders can always see who has read their messages.

This creates a sense of surveillance, especially in work environments where employees may feel obligated to respond at all hours, undermining work-life balance. Even family members may feel hurt when a message is read but not immediately answered. The slower, more forgiving pace of email and SMS, where same-day or next-day replies were the norm, has now been replaced by an expectation of instant reply.

The right solution is offered by Signal, a non-profit platform. Its read receipts setting, when disabled, applies universally to all chats, 1:1 and group, helping users reclaim some autonomy. It is time for the commercial social media platforms, including Arattai, to rethink read receipts and let users opt out of the guilt and urgency these features quietly impose. Arattai is a step toward building an indigenous communication ecosystem that is both lawful and humane. India's pursuit of digital sovereignty calls for a thoughtful balance between privacy and public safety.

The writer is a transparency and equality advocate and author. The opinions are personal.

Source: The Statesman

# SRK Is More Johnny Depp Than Depp

SRK's impromptu party looked refreshingly 'normal' and as cool as the Birthday Boy himself. King of Kool could be another tag for the man who once declared himself 'the last of the stars'.

Shobhaa De

In the masala mix that makes Mumbai's vibrant life spicier than a jumbo bottle of Sriracha, the last weekend was epic! It presented several unique "moments", but major afsos – there were far too many competing events. Shah Rukh Khan turned 60. No, it was not declared a national holiday, but going by the celebratory mood across the city, it was treated as one. SRK fans had flown in from across the world – the girls from Peru were the sweetest. There they were – Indonesians, Sri Lankans, Nepalese, French – waiting for King Khan to show up, wave, blow kisses, spread his arms. Mannat mania was in overdrive as thousands sang and danced outside Khan's Bandra residence.

But the Bollywood Badshah was not in the bay! He had slipped away to bring in his birthday with a close-knit group of buddies, at his villa in Alibaug. It was an informal midnight celebration. How do we know? Clips were helpfully shared by Farah Khan on Instagram. The impromptu party looked refreshingly "normal" and as cool as the Birthday Boy himself.

SRK has mastered cool like no other ("I am the best. It's not arrogance. It's my belief"). King of Kool could be another tag for the man who once declared himself "the last of the stars." Since every hero with five big hits to his name thinks of himself as a "superstar", SRK deserves an edgier tag. I doubt that Johnny Depp would ever make such a claim. And these days, SRK is more Depp than Depp himself.

Then comes the question of the other two Khans – SRK's colleagues, contemporaries and friends. If he is "the last of the stars", what does that make Salman and Aamir? Or Akshay, Ajay? Amitabh Bachchan at 82? Sidekicks? To make things

simpler, let's just start calling Big B the Emperor. Emperor Bachchan. The others can take their pick from King, Badshah, Prince of Passion, Raja of Raunch, Maharajah of Masti, Sultan of Sleaze. Kyon ki... Shahenshah toh ek hi hai. Aur ek hi rahega. And as SRK promised his besotted fans, he ain't going anywhere! He will still be around doing what he does so spectacularly well – at 70, 80, 90, 100 – winning hearts, breaking hearts, wooing and romancing in his trademark fashion. Inshallah.

PS: The Enrique Iglesias concert was declared a flop.

A wedding and sweet nostalgia

Meanwhile, not too far away from Mannat, one of India's most illustrious and storied business families was all set to celebrate the wedding of the fifth-generation Birla scion. Vedant Birla, firstborn son of Yash and Avanti Birla, wed Tejal Kulkarni ("after rejecting 200 rishtas," gushed a relative), at a glorious ceremony on the lawns of Birla House, the family mansion in the heart of Mumbai.

This was a legacy shaadi at its zaniest best. Part-rave, part-satsang, part-Rishikesh ghats, part-Burning Man. The vibes and textures kept changing, starting with the insane baraats. No horses, elephants, camels... or commandos. Just an amazing DJ on top of an improvised truck, spinning tracks that had the groom's friends grooving like they were in Ibiza, while the father of the groom briefly took over the DJ's console and sportingly braved the unseasonal downpour.

Seated inside the mansion were many sages from different mathas and peeths, clad in saffron robes, waiting to bless the couple as the auspicious time for the varmala



approached. Melodious renditions of favourite chants ("Achutam Keshavam...") filled the air, as the bride made her appearance on the balcony ("like the Pope," commented a guest) and invitees cheered. My eyes were wet. Stop it, De! Must be the raindrops, I told myself. Sentimental fool!

But yes, I had known Vedant's father (Yash) and mother (Avanti) when they were his age. No! Much younger! And we were friends with the groom's grandparents, Ashok and Sunanda Birla. I felt ancient! But nicely ancient, as I hugged Avanti,

recalling the many happy occasions we had stood on these very marble steps with her late in-laws, laughing and chatting while other guests made their way to the garden. Sweet nostalgia.

The rain! Socialites as soggy as the papdi chaat scrambled indoors, clutching hair extensions that had become rat tails. The false eyelashes lay sadly on the wet astro turf.

Well... weddings are designed to generate nostalgia. As I stared at the portraits of Ashok, Sunanda, and Sujata (Yash's sister) hanging on the walls of the magnificent

living room, I smiled at the memory. Ashok and Sunanda would definitely have been on that DJ truck during the baraats, participating enthusiastically in their beloved grandson's "shubh vivaah".

India's cricket queens

Just as the Birla pheras concluded, there were cheers echoing across the carpeted salons of Birla House – our incredible women cricketers had lifted the ICC World Cup at the women's ODI final against South Africa in the presence of 45,000

deliriously happy spectators packing the DY Patil Stadium in Navi Mumbai. The match had attracted fans from all over, and nothing could dampen their enthusiasm – not even that ill-timed downpour.

Personally speaking, I was cheering for the team, yes, but reserving a few extra cheers for Jemimah Rodrigues, our Mumbai Chi Mulgi, who'd scripted history with an unbeaten 127 in the semi-final run chase against Australia. The brave and courageous Bandra girl deserves praise for not just her cricket, but her self-belief – from hockey player to the star player in the national team, young Jemimah had played street cricket as a kid – and look at her now!

She faced prejudice and vile abuse for wearing her Catholic faith on her sleeve. Humiliated and unfairly targeted, she was denied honorary membership in the local Khar gymkhana because of certain unproven charges of religious conversions on the club's premises against her father Ivan. But when her turn came to acknowledge the team's stupendous win, she tearfully thanked Jesus! Good on you, girl! Ignore those bigots. They are nothings and nobodies. Losers, all.

Cricket authorities, let's show these exceptional women more love – give them a pay hike already! They deserve it far more than some of the "boys" in blue, earning fat cheques, and scoring andaas!

Harmanpreet Kaur, Smriti Mandhana, Richa Ghosh... and all you wonder women – India is so proud of you!

These are our asli superstars! Shobhaa De is an author, columnist, social commentator, and opinion-shaper. She has written 20 books. She tweets @DeShobhaa. Views are personal.

Source: The Print



# CJI Gavai: Democracy's wings must work together for citizens' welfare

PTI

New Delhi, Nov 05: All the wings of democracy - executive, judiciary and legislature - exist for the welfare of citizens and none can work in isolation, Chief Justice of India Bhushan Gavai said on Wednesday.

Speaking at the project initiation function of the Maharashtra National Law University's (MNLU) campus in Mumbai, Gavai said the principles of liberty, justice and equality are embodied in our Constitution.

"Judiciary has neither the power of the sword nor the power of words. Unless the executive is on board, it is difficult for the judiciary to provide adequate infrastructure to judiciary as well as legal education," the CJI said.

Gavai said law education is now developing with more practical-oriented training and hence infrastructure plays a very important role.

He refuted criticism that Maharashtra government was found lacking when it comes



to judiciary infrastructure and said the notion was based on incorrect facts.

Gavai lauded the state government and Chief Minister Devendra Fadnavis for always being proactive when it comes to infrastructure for the judiciary.

"The infrastructure provided to judiciary in Maharashtra is one of the best," Gavai said.

Law is an evolving and organic branch, Gavai said. There has been a paradigm shift in legal education, he added.

The infrastructure we are providing today is comparable to the best universities in the world, he said.

"Dr Babasaheb Ambedkar used to say that a lawyer is also a social engineer who brings the promise of social justice into reality," he said.

Fadnavis said there are three national law universities in Maharashtra and Gavai has been very supportive in creation of these universities.

"I am sure that very soon the MNLU will be recognised as an international university," he said.

The Educity educational hub in Navi Mumbai will host 12 of world's best ranking universities, Fadnavis said, adding seven of those will be setting up campuses in two to three years.

# Arif Laigaroo urges DC Sgr to rehabilitate Old Fateh Kadal fire victims

KT News Desk

Srinagar, Nov 05: Peoples Democratic Party (PDP) senior leader, former State Secretary, and Constituency Incharge Habba Kadal Arif Laigaroo has urged the Deputy Commissioner Srinagar and district administration to immediately rehabilitate the fire victims of Old Fateh Kadal, where a devastating midnight blaze damaged several residential houses.

According to the Fire and Emergency Services Department, three residential houses were completely gutted before the fire was brought under control after strenuous efforts. The timely intervention of firefighters prevented the flames from spreading to adjoining structures.

During the operation, firefighter Mohammad Rafiq (LFM-1315) from Shaheed Gunj station sustained injuries and was shifted to hospital for treatment.

Laigaroo expressed concern over the recurring fire incidents in densely populated areas and urged the



authorities to provide immediate relief and compensation to the affected families. He also appealed to the administration to extend financial assistance and compensation to the injured firefighter Mohammad Rafiq in recognition of his service and dedication.

The PDP leader appreciated the prompt action of the Fire and Emergency Services Department and emphasized the need for enhanced fire safety measures in congested localities of Srinagar.

# Sheep Husbandry Dept organises district-level health & awareness camp in Baramulla



KT News Desk

Srinagar, Nov 05: The Sheep Husbandry Department, Baramulla, successfully organised a District Level Health/Awareness Camp at the Sheep Development Block (SDB) Singhpora on Wednesday.

The event, held under the centrally sponsored "Assistance to States for Control of Animal Diseases (ASCAD) programme," attracted a large gathering of progressive sheep breeders committed to enhancing the sheep husbandry sector.

The camp served as a crucial platform for disseminating vital information on animal health and departmental initiatives.

Speaking to the attendees, Dr Khalid Omer, VAS SDB Singhpora, emphasised the critical importance of preventive healthcare for maximising livestock productivity and minimising losses.

Dr Omer detailed essential health protocols, including:

1. Preventive Healthcare: Best practices for dosing, vaccination, and dipping to protect flocks.
2. Disease Management: Discussion on the management of common surgical affections and the prevention and control of infectious diseases in small ruminants.

A significant portion of the

awareness session was dedicated to briefing participants on several departmental and centrally sponsored schemes designed to support the sheep breeding community. Dr Omer encouraged breeders to actively utilise the benefits of these programmes for breed improvement, infrastructure development, and enhanced productivity.

The schemes highlighted included the Integrated Sheep Development Scheme (ISDS), the Holistic Agriculture Development Programme (HADP), the National Livestock Mission (NLM), and the Kisan Credit Card (KCC).

The participating breeders expressed their profound appreciation for the department's proactive initiative. They unanimously described the camp as highly informative and practical and strongly requested that similar programmes be conducted on a regular basis to strengthen the sheep husbandry sector and ensure wider awareness among farmers across the district.

The Sheep Husbandry Department said it is committed to the development and promotion of sheep and goat rearing in the district, focusing on breed improvement, healthcare, and increasing the socio-economic status of breeders through various welfare schemes.

# India-Japan partnership enhances stability in Indo-Pacific: Jaishankar

PTI

New Delhi, Nov 05: The India-Japan partnership enhances the strategic stability in the Indo-Pacific region and contributes to economic growth at the global level, External Affairs Minister S Jaishankar said on Wednesday.

S Jaishankar said maintaining a "free and open" Indo-Pacific is a stronger imperative but also a more complex challenge.

He was speaking at the India-Japan Indo-Pacific Forum organised by the Delhi Policy

Group and the Japan Institute of International Affairs.

"Our partnership that has deepened so much in the last few decades has greater value than ever before. It serves to enhance strategic stability in the Indo-Pacific and contribute to the economic one at a global level," S Jaishankar said.

"Maintaining a free and open Indo-Pacific is a stronger imperative but also a more complex challenge," he noted.

S Jaishankar said Prime Minister Narendra Modi's

recent phone conversation with his Japanese counterpart, Sanae Takaichi, as soon as she assumed office, is testimony to the priority that both sides attach to the relationship.

"Looking ahead, the India-Japan partnership must focus on leveraging our strengths, bolstering our supply chains and investing in artificial intelligence, semiconductors, critical minerals, clean energy and space," he said.

S Jaishankar said as two major democracies and maritime

nations, India and Japan have a larger responsibility towards the Indo-Pacific.

"The Indo-Pacific Oceans' Initiative, where Japan co-leads the maritime trade, transport and connectivity pillar, has the potential to advance our contributions," he said.

S Jaishankar highlighted new initiatives, such as the Next Generation Mobility Partnership, Economic Security Initiative, Joint Crediting Mechanism and Joint Declaration on Clean Hydrogen

and Ammonia and an MoU in the field of mineral resources, as examples of an evolving contemporary agenda.

"People-to-people exchanges are expected to receive a boost with the Action Plan for Human Resource Cooperation and Exchange. As they unfold, we may expect to create a deeper understanding at the societal level," he said.

"Together, all these initiatives reaffirm the strategic and comprehensive nature of our ties," he added.

## CONTD. FROM FRONT PAGE

### Music has replaced

the dignity of ordinary citizens and in their growing opportunities. "The common Kashmiri has become the symbol of this peace - shaping it through hard work, resilience, and collective progress," he said.

The Lieutenant Governor stressed that when people overcome differences and work together, they build the path to unity and prosperity. "Kindness, cooperation, and compassion are the true strengths of our people," he remarked.

He observed that peace, community, and possibility together can transform any land into a garden of hope, and that "the power of unity builds a society where innovation and creativity thrive."

"The convergence of Peace, People and Possibilities ensures that new energy and purpose reach every citizen," he added.

LG Sinha hailed Prime Minister Narendra Modi's vision and leadership for making possible what once seemed impossible in J&K.

Quoting Indian saints and thinkers, he said, "The time has come to rediscover the path and the dream of our forebears - to live in harmony as Yogini Lalleshwari and others envisioned, and to fulfil the national aspirations with dedication."

He invoked Gurudev Rabindranath Tagore's teachings, saying that they must continue to guide our lives and institutions. "Our Risish in the Yajurveda taught that we must see each other with the spirit of friendship. For sustainable peace and progress, people must advance with values, harmony, and brotherhood," he said.

The LG also paid tribute to the sacrifices of JKP personnel, Army, and civilians who laid down their lives for peace. "Their sacrifice must always be remembered, and our efforts for peace must continue," he emphasized.

The Lieutenant Governor called on citizens, innovators, scientists, doctors, police, civil administration, and the armed forces to work together as one unit in the service of the nation.

He said, "We must remain vigilant against challenges to peace and development. Our youth must stay away from radicalization and drugs."

The LG recalled Mahatma Gandhi's words: 'Be the change you wish to see in the world.' He urged everyone to begin that change within themselves, for peace and progress to truly flourish in Jammu & Kashmir.

The Lieutenant Governor reiterated the strong resolve to dismantle terror ecosystem and affirmed the commitment to maintaining peace, justice and equity.

"We are determined for strengthening socio-economic development and to turn the dreams of our youth into reality," he said.

The Lieutenant Governor said the people of Jammu Kashmir are the very heartbeat of peace.

He called upon all sections of society to work as a single, unified force against elements attempting to disrupt peace, and to counter the threats of drug addiction and youth radicalization.

He said everyone must follow rule of law for peace, progress and prosperity.

Dr Darakhshan Andrabi, Chairperson, J&K Waqf Board; Swami Jitendranand Saraswati; Prof Nilofer Khan, Vice Chancellor, University of Kashmir; Prof. Nazir Ahmad Ganai, Vice Chancellor, SKUAST-Kashmir; Prof. (Dr.) Geeta Singh, National President, Vishwagram; heads of educational institutions, senior Officers of Civil & Police Administration, members of Vishwagram, thinkers, academicians and youth in large number were present. (KNO)

### Railways mulling

structures, including new platforms and station facilities, are nearing completion. The progress is being monitored to establish Jammu-Srinagar connectivity at the earliest," the official added.

Speaking to KNO, Uchit Singhal, Senior Divisional Commercial Manager, Jammu Division, said: "At present, the train is operational up to Katra. Once the bottlenecks are cleared and readiness is in place, the direct service to Jammu will begin."

He said that redevelopment and operational processes are moving at a steady pace. "By November, we expect the bottlenecks to be cleared. After that, further decisions will be taken," Singhal said.

The USBRL (Udhampur-Srinagar-Baramulla Rail Link) is regarded as one of India's greatest engineering achievements. It includes the world's highest railway bridge, built over the Chenab River-taller than the Eiffel Tower-and India's first cable-stayed railway bridge at Anji Khad. (KNO)

### 'Normalcy must

ensure equality and justice for all. "Maulana Azad once described the time after Partition as one when different communities coexisted despite differences, but those differences turned into divides. Unless we correct that through governance, such divides will keep reappearing," he said.

He added that normalcy must be established so that the rule of law functions here just as it does elsewhere. It is a collective effort between you and us, he said.

Governor Khan said PM Modi's vision for Jammu and Kashmir is centred on peace, empowerment and inclusion. "The Prime Minister wants Kashmir to have the autonomy to decide for itself, but in a way that ensures long-term stability and confidence," he said.

Describing his emotional connection to the region, he said, "Kashmir is the crown of India. Those who seek true knowledge must walk a few steps towards Kashmir, as it is the cradle of wisdom, intellect and culture."

Khan recalled visiting the valley several times in the past. "There is a special emotion in my heart for Kashmir. In 1984, I remember spending nearly a month here," he added.

Turning to the upcoming Bihar elections, he said all arrangements have been carefully planned to ensure free, fair and transparent polling. "Tomorrow is polling day and

preparations have been finalised. Democracy in our country has become very strong," he said, describing the elections as a "celebration of democracy".

Khan said that in India, power does not lie with lineage but with the people's mandate. "The person who runs the government is chosen through the ballot box. They are not sovereign; the people of this country are sovereign," he remarked.

Citing the journeys of President Droupadi Murmu and Prime Minister Narendra Modi, Khan said their rise from humble beginnings to the nation's highest offices showcases the strength and inclusivity of Indian democracy. "What message does this send to the youth? It shows there are no limits to what anyone can achieve. You must earn the people's trust; after that, the sky is the limit," he said. (KNO)

### Pahalgam attackers

government has done it," he added.

Recalling the Pahalgam terror attack, Singh said, "Some infiltrators entered quietly. They questioned people about their religion and then killed them. What followed needs no explanation. In Operation Sindoor, we dismantled the main hideouts involved both in Kashmir and Pakistan. The operation has not ended; it has only been paused. If such an attempt happens again, we will act decisively."

He said the mission launched after the Pahalgam attack remains only on hold and will resume if necessary.

He said India's image had changed globally. "India is no longer seen as a weak country. India is known as a powerful country now. Our reputation has grown in the international arena," he said.

The Defence Minister said that India never initiates confrontation but will always respond firmly when provoked. "India does not provoke anyone. But if someone challenges us, we will respond in kind," he said at the rally.

He took aim at Congress leader Rahul Gandhi for his remarks on introducing reservation in the armed forces. "What has happened to Rahul ji? He is now talking about reservation in the defence forces. Such statements only disturb peace and order. Our armed forces stand above these divisions," Singh said.

Reacting further to Gandhi's comments, Singh said the army functions with unity that transcends caste or religion. "A soldier has only one duty 'Sainya Dharma'. There is no other identity beyond this. The Army should not be drawn into politics. Whenever India has faced a crisis, our soldiers have stood firm and brought pride to the nation," he said. (KNO)

### Kashmiriyat another

in the valley was peaceful. "There's no terror here. Everyone should come and see the beauty and peace of Kashmir themselves. It is fit for everything, from tourism to film shooting," he said. "No matter where one travels, Kashmir remains the final destination." (KNO)

### PM Modi meets

life and a habit over time.

He also recalled some memorable moments from the team's journey, including Harleen Deol's spectacular catch against England in 2021, about which he had posted on social media.

The Prime Minister fondly referred to Harmanpreet pocketing the ball after the World Cup final. She said she lucky that the ball came to her.

In a lighter vein, Modi also spoke about Amanjot Kaur's juggling catch in the final. While catching, you must have been seeing the ball, but after catching it, you must have been seeing the trophy, he joked.

Kranti Gaud told the Prime Minister that her brother is a big fan of his, to which he extended an open invitation to meet him.

Modi urged the players to promote the Fit India message, especially among girls across the country. He expressed concern over the growing problem of obesity and emphasised the importance of fitness and physical activity.

He also encouraged them to visit their schools and inspire young minds to take up sports.

The players will now disperse to their respective hometowns. Shafali Verma, however, will head to Nagaland to lead the North Zone side in the upcoming Inter-Zonal T20 meet.

India's World Cup triumph marked a watershed moment for women's cricket in the country, bringing to fruition years of toil and near-misses, as Harmanpreet's side overcame formidable South Africa to become only the fourth team to lift the ODI title.

### Bihar Phase 1

Party (Ram Vilas) candidate who represents the NDA, and Independent Ashma Parveen, the runner-up of 2020, has queued the pitch.

Several ministers in the Nitish Kumar government, including Deputy Chief Ministers Samrat Choudhary and Vijay Kumar Sinha, will also have their electoral fates decided in the first phase of polls.

Sinha hopes to retain Lakhisarai for the fourth consecutive term, surmounting the not-so-formidable challenge provided by Amresh Kumar of the Congress and Suraj Kumar of the Jan Suraj Party.

Choudhary, who is enjoying his second consecutive term in the legislative council, is contesting a direct election after about a decade from Tarapur.

His victory is bound to cement his position in a party which he joined less than a decade ago, but where his political stock has risen rapidly.

The former state BJP president faces a stiff challenge from RJD's Arun Kumar Sah, who had lost the seat in 2020 by a thin margin of about 5,000 votes.

Somewhat similar to Choudhary's case is that of Mangal Pandey, a minister and a former state BJP president who is contesting from Siwan, the first instance of his fighting an assembly election.

Pandey, who has been an MLC since 2012, faces a formidable adversary in RJD's Awadh

Bihari Chaudhary, a former assembly Speaker who has been a several-term MLA from the seat.

The neighbouring seat of Raghunathpur is being keenly watched because of Osama Shahab, the 31-year-old son of deceased gangster-turned-politician Mohd Shahabuddin, a several-term MP from Siwan who was known as the "uncrowned king" of the area.

Osama's candidature has been latched onto by the NDA, which cites it as proof that the RJD stood for "return of jungle raj", and BJP leaders like Himanta Biswa Sarma have even pointed out that the name reminded one of slain terrorist Osama Bin Laden.

Other seats and candidates whose performance would be keenly watched are young folk singer Maithili Thakur (BJP-Aliganj) and Bhojpuri superstars Khesari Lal Yadav (RJD-Chhapra) and Ritesh Pandey (Jan Suraj Party - Kargahar).

About a dozen ministers, most of them from the BJP, which has the lion's share in the cabinet by virtue of its superior strength in the assembly, are in the fray.

They are Nitin Nabin (Bankipur), Sanjay Sarangi (Darbhanga), Jibesh Kumar (Jale) and Kedari Prasad Gupta (Kurchani), all of whom will be defending their seats.

Ministers, belonging to Chief Minister Nitish Kumar's JD(U), whose fate will be decided in the first phase, include Shrawan Kumar (Nalanda) and Vijay Kumar Chaudhary (Sarairanjan).

One of the most keenly watched contests will be in Mokama, where JD(U)'s Anant Singh, who is in jail in connection with the killing of a Jan Suraj Party supporter during the election campaign, is locked in a straight battle with RJD's Veena Devi, married to Suraj Bhan, a gangster.

According to the Election Commission, of the 121 seats which go to polls, Digha, which represents the western part of the state capital, has the maximum number of about 4.58 lakh voters, while Barbigha in Sheikhpura district has the lowest of 2.32 lakh voters.

Kurhani and Muzaffarpur have the largest number of 20 constituencies each in the fray, while the reserved constituencies of Bhoirey and Alauli, besides Parbatta, have five candidates each.

Voting will take place at 45,341 polling stations, an overwhelming majority of which (36,733) fall in rural areas.

According to the Election Commission, of the 3.75 crore voters in the 121 constituencies, 10.72 lakh were "new electors".

The number of voters in the age group of 18-19 years, though, was 7.38 lakh.

Total population of these constituencies, as stated by the Election Commission, was 6.60 crore, indicating that nearly three crore people were not in the voters' list, because of being underage or other unspecified reasons.

The assembly elections are being carried out soon after the special intensive revision (SIR) of electoral rolls, which now has 7.24 crore voters across the state, about 60 lakh less than the size before the exercise was undertaken.



# Rahul trying to create anarchy by demanding reservations in defence forces, alleges Rajnath

PTI

Jamui/Banka, Nov 05: Defence Minister Rajnath Singh on Wednesday alleged that Congress leader Rahul Gandhi was "trying to create anarchy" in the country by "demanding reservation in the armed forces".

Singh also took a jibe at Gandhi, the leader of the opposition in the Lok Sabha, over his recent fishing bid during a poll campaign in Bihar, alleging that the Congress leader has "no option left but to jump into a pond".

Addressing a public rally in Bihar's Jamui district, Singh said, "What happened to Rahul ji? He is raising the issue of reservations in the



defence forces. He is simply trying to create anarchy in the country by demanding reservation in the defence forces... our forces are above all these."

The BJP leader also claimed that Rahul Gandhi should know that "running the country is not a game for

children".

The Defence Minister hailed the armed forces for their success in Operation Sindoor, a retaliatory strike following the Pahalgam terror attack that claimed the lives of 26 people in April. "Operation Sindoor has

been halted, not stopped. If terrorists attempt to attack India again, we will retaliate strongly," Singh said.

"India does not provoke anyone, but if anyone provokes us, we will not spare them," he said.

Earlier in the day, addressing another rally in Banka, Mr. Singh said that there was "a clear wave in favour of the NDA" and asserted that the ruling alliance will form the next government in the State with a two-thirds majority.

He accused the RJD of threatening people during its rule in the State.

Singh also alleged that the Congress had "never wanted better roads in border areas". "There is not a single

corruption case against Bihar CM Nitish Kumar. There is a clear wave in favour of the NDA ahead of the first phase of voting. We will form the next government with a two-thirds majority," he said. Singh claimed that the NDA never creates discrimination among people based on caste, creed and religion, and the alliance can only work for 'Vikshit' Bihar.

He also alleged, "RJD leaders used to threaten people and had never worked for Bihar's development."

"We keep telling people. We remain committed to our promises. 'Pran jaye par vachan na jaye'. We do not go back on what we promise, he said.

## Rahul's Haryana vote theft claim 'baseless', attempt to defame country: BJP

PTI

New Delhi, Nov 05: The BJP on Wednesday dismissed Rahul Gandhi's allegation of mass vote theft in the Haryana Assembly Polls as "false and baseless" and accused the

Congress leader of raising questions on the Election Commission to hide his failures and defame the country's democracy.

Rijiju's retort came hours after Gandhi cited electoral list data from Haryana to claim that 25 lakh entries

were "fake" and the victory in the state was "stolen" from his party last year.

Gandhi said he had "100 per cent" proof of the malfeasance he alleged.

Union Minister of Parliamentary Affairs Kiren Rijiju, in a press conference,

accused Gandhi of "playing games" in collusion with "anti-India" forces to defame the country.

He said Gandhi goes abroad during elections, does not meet people on the ground, and cries foul after his party loses. He

derided him as someone who cannot work hard or live among the people.

If there is any irregularity with the voting, then one must flag it with the EC or approach the court. "But he never does it," he said about the Congress leader.

## India to cut direct Russian crude imports from Dec amid US sanctions



PTI

New Delhi, Nov 05: India is set to reduce its direct imports of Russian crude from late November, following new US sanctions on Rosneft and Lukoil, effective November 21.

Indian refiners accounting for more than half of the country's import of Russian crude oil, which is turned into fuels like petrol and diesel in refineries, are expected to comply with the latest sanctions on Moscow's two largest oil exporters, analysts said.

This, according to maritime intelligence firm Kpler, will trigger a sharp decline in Russian arrivals in December, with gradual recovery projected through early 2026 via intermediaries and alternative trading routes.

Top importer Reliance Industries Ltd, which has a long-term supply contract with Rosneft, will stop taking Russian oil. Two other state-controlled refiners have said they are stopping Russian oil imports. Mangalore Refinery and Petrochemicals Ltd and

HPCL-Mittal Energy Ltd, a joint venture of steel tycoon Lakshmi Mittal's Mittal Energy and Hindustan Petroleum Corporation Ltd (HPCL), have announced plans to suspend future imports.

The three accounted for more than half of the 1.8 million barrels of Russian crude oil imported in the first half of 2025.

However, Nayara Energy's Vadinar refinery, partially owned by Rosneft and already under EU sanctions, is likely to maintain its Russian crude intake.

According to Sumit Ritolia, Lead Research Analyst (Refining & Modelling) at Kpler, Russia remained India's top crude supplier in October, followed by Iraq and Saudi Arabia. Russian shipments to India reached 1.6-1.8 million barrels per day (mbd) before the sanctions, with declines observed post-October 21 as refiners avoided potential US OFAC exposure.

Analysts say Russian barrels are unlikely to disappear entirely, but future imports will rely on more complex logistics and trading arrangements.

## Govt to focus on innovation in AI space, regulate when required: IT Secy

PTI

New Delhi, Nov 05: The government's priority currently is to focus on innovation in AI space and it will introduce regulation or legislation when required, IT Secretary S Krishnan said on Wednesday. The secretary said the government wants to leverage AI to make sure that it delivers the maximum benefit for the people of the country.

"If we believe that the priority needs to be for innovation, regulation is not the priority today. There is a lot of play for innovation in the AI space. Having said that, let me again assert that if the need arises for legislation or regulation, the government will not be found wanting," Krishnan said. He was speaking on the occasion of releasing IndiaAI governance guidelines report submitted to the government by a sub-committee under the IndiaAI Mission.

The report recommends principles and strategy that the government should adopt for governing artificial intelligence related matters. Krishnan said the report supports the position taken by the government and there is no need to rush into legislation right now.

"We are focused on human centricity and I am extremely happy to note that these crucial principles are contained in the AI governance guidelines, which have been provided to us. Clearly, in India, I think this report is going to be a key and important contribution, which again underlines the government's emphasis that our focus is primarily on innovation and we want to use this opportunity of

technology," he added.

Krishnan said that while focus on encouraging innovation in AI will continue, the government will take action necessary to protect people from the apparent and obvious harms from the technology.

The sub-committee has recommended seven principles for AI governance, comprising trust, people first approach, innovation over restraint, fairness and equity, accountability, provide disclosures and explanations that can be understood by users and regulators and follow the elements required for safety, resilience and sustainability. The panel chaired by IIT Madras Professor B Ravindran has broadly recommended most of the measures that the government has already been following and fine tuned measures in the context of AI.

The panel has suggested establishment of key governance institutions, development of India specific AI framework, suggest legal amendments, expand access to infrastructure, increase access to AI safety rules as short term measure.

In the medium term, the panel has suggested the government to publish common standards, amend laws and regulations, operationalise AI incidents systems, and pilot regulatory sandboxes, among others.

The panel has recommended that the government should continue ongoing engagements around capacity building, standard setting etc, review and update government framework, draft new laws based on the emerging risks and capabilities.

## Profit from bribe money invested in shares counts as crime proceeds: HC

PTI

New Delhi, Nov 05: The Delhi High Court has held that the profits earned on bribe money after investment in share market would constitute as proceeds of crime and amounts to offence of money laundering.

Appreciation in value does not cleanse or purify the tainted origin, since the augmented value is inextricably and indirectly derived from the original illicit source of bribe, the court said.

The offence of money laundering being continuing in nature is not confined only to the initial act of criminal acquisition but also extends to every process or activity connected with the proceeds, including layering through multiple transactions, integration into the legitimate economy and projection of the acquired wealth as lawful, a bench of Justices Anil Kshetarpal and Harish Vaidyanathan Shankar said in a November 3 judgment.

Giving an example, the bench said if a public servant receives a bribe, which constitutes an offence under the Prevention of



Corruption Act, and thereafter invests the sum in narcotics trade, real estate, preferential shares or any other avenue, the taint of illegality would still continue.

The entire corpus shall be liable to be attached irrespective of the subsequent channels through which it has been routed or the forms it assumes subsequently, it added.

Similarly, if the sum received as bribe is invested in share market, which later increases or goes beyond and above the value of actual

investment owing to market forces or corporate actions, the entire enhanced amount shall constitute as proceeds of crime, it said.

The court passed the judgment while allowing the appeals of the Enforcement Directorate (ED) challenging a single judge order in relation to the case arising from the allocation of Fatehpur Coal Block in favour of M/s Prakash Industries Limited (PIL). A Provisional Attachment Order (PAO) was issued, attaching properties valued at Rs 122.74 crore, on the premise that the undue

financial gains, obtained by PIL, arose from the sale of preferential shares constituted proceeds of crime.

The single judge had held that since the issuance of preferential shares did not form part of either the FIR, chargesheet or ECIR, the ED lacked the power and jurisdiction to issue the PAO.

It is alleged that PIL obtained the allocation of the coal block, through fraudulent means and prior to actual and formal allocation made in favour of the company, it allegedly misrepresented before Bombay Stock Exchange (BSE) that it had already received the allocation.

It was alleged that this misrepresentation made by PIL before BSE purportedly caused an artificial rise in the company's share price, following which shares were sold on a preferential basis, generating alleged proceeds of crime. The division bench set aside the single judge's order, saying it ought not to have interfered in the matter, particularly since an appeal arising from the very same order of the appellate tribunal was already pending adjudication before the high court.

The bench said it was not appropriate for the single judge to interfere with the issuance of the PAO as there was no infraction of the principles of natural justice and that the constitutes only a provisional measure pending adjudication and does not culminate in any final determination of rights.

An allocation letter leading to an exclusive commercial benefit, falls well within the scope of an intangible property and as such constitutes proceeds of crime, it said.

The bench added that the misrepresentation by PIL to obtain such an allocation would be rendered as a criminal activity, resultant generating proceeds of crime under the PMLA.

It said even if no separate predicate offence is registered in relation to the subsequent act of utilisation of property to acquire funds through a legalised transaction, the classification of the illegal gains used by means of a legal transaction emanating from an illegal means adopted for attaining coal block allocation would still be construed as proceeds of crime.

## Having the urge to poop after eating? It may be gastrocolic reflex; what it says about your health

TOI HEALTH

New Delhi, Nov 05: It happens to the best of us! One moment we are enjoying our favourite meal and second, we feel the need to run to the bathroom. For most of us, this might be a normal thing, to immediately poop after having our meal, but for some, this could indicate a serious issue.

This phenomenon is primarily due to something called as gastrocolic reflex, a normal function of our digestive system, designed to digest food properly. Although if this issue of pooping after consuming meals persist, it can be a sign of underlying digestive condition. Let us explore what is going on, and know when to take action.

**What is the Gastrocolic reflex**

After a meal, the stomach, small intestine and colon, all three coordinate together to move the food more

efficiently, so that it is well digested. It so happens, that in the upper stomach, controlled muscular contractions compress food, while the antrum pulverises it into smaller particles less than 5mm, optimising enzymatic digestion. After this, the small intestine starts to mix pancreatic, biliary and intestinal secretions with nutrients to enhance absorption. The colon, then responds to power propulsion and mass movements, moving our fecal matter towards the rectum. This activity, is triggered by ileal content delivery, a part of gastrocolic reflex, explaining why people feel the sudden urge to defecate shortly after eating, as explained in a study published by Science Direct

**When is it completely normal**

For many, the gastrocolic reflex is just a routine part of digestion but one should consider the following scenarios:

After a large or calorie-dense meal,

(especially the one that contains protein or fats), the reflex tends to be stronger.

For children, defecating shortly after is a meal that has been well digested: A study published in PubMed Central, showed that toddlers aged 18-27 months, about 37% had a bowel movement after 15 minutes of their meals and 72% within half an hour.

**When should we worry**

While the reflex is normal in itself, problems can arise when this becomes too strong, and too frequent or often accompanied by other symptoms. According to Cleveland Clinic, these might suggest an underlying digestive disorder:

**A sudden urge to go within minutes of a meal**

If bowel movement accompany symptoms such as : abdominal pain, bloating, diarrhea or constipation.

Sudden onset of such symptoms:

Weight loss, blood in stool, nighttime bowel movements.

Medical conditions such as Irritable bowel syndrome, Inflammatory bowel disease, where the reflex may be exaggerated or dysregulated as pointed out in a research paper published in PubMed central. It also notes that clinically it becomes important when: Diabetes: Nerve damage can alter this reflex

Irritable bowel syndrome: Some patients have overactive GCR (gastrocolic response), colon's movement just after eating.

Dumping syndrome: After stomach surgery, GCR may be exaggerated.

In people with type 1 diabetes mellitus, the reflex may be delayed or diminished contributing to constipation rather than urgency. A study in Aalborg University research found that people who have type 1 diabetes had a delayed time to peak colonic motility after a

meal compared to healthy individuals.

Other reasons to trigger immediate bowel movements

Irritable bowel syndrome (IBS): When the need to poop becomes almost unavoidable, with gas, bloating and cramps, it can be an indication of IBS, a common digestive disorder that affects how the gut works.

**Types of IBS:**

Some occurs with diarrhea Constipation

For some people, it is both.

Note: IBS is not a life-threatening condition, although it can affect the quality of life if not managed well on time.

**Stress and anxiety**

The gut is our second brain; and even in reality the gut and brain are connected. So the sudden feeling of being anxious or having to deal to some sort of stress can cause this as a digestive issue. A study published in PubMed

Central shows that stress can also increase intestinal permeability and thus bowel dysfunction. In the laboratory, short-term stress has been shown to disrupt intestinal balance.

**What can be the solution to this:**

If one finds this urge to be bothersome, but there is no serious issue, then:

Eat smaller and frequent meals: Rather than having a one large-heavy meal, smaller meals reduces the stomach stretch and prevents reflex

Avoid known triggers: Very high fat meals, large portions, caffeine or spicy foods can all amplify the condition of reflex

Eat in a relaxed environment: Stress, hurried meals, or strong emotions when combined with eating, all at once heightens the gut responses.

Hydrate yourself: Regular movement and proper hydration helps with digestion and gut motility.



## A challenge to Trump & invocation of Nehru: NYC Mayor-elect Zohran Mamdani’s fiery victory speech

AP/PTI  
New York: In a fiery victory speech, New York City Mayor-elect Zohran Mamdani challenged US President Donald Trump on immigration, heralded the toppling of “political dynasty” and said his election symbolises “hope” over tyranny and “big money” as he cited former Indian Prime Minister Jawaharlal Nehru to assert that the city has stepped out from the “old into the new.”

Mamdani registered a decisive and historic win at the polls on Tuesday as he defeated Republican nominee Curtis Sliwa and political heavyweight former New York State Governor Andrew Cuomo, who ran as an independent candidate and received Trump’s endorsement only on the eve of the election.

With 91 per cent of votes in, Mamdani garnered 1,036,051 votes (50.4 per cent), a clear lead over Cuomo’s 854,995 votes (41.6 per cent) and Sliwa’s 146,137 votes. With this win, Mamdani, 34 born in Uganda to renowned Indian filmmaker Mira Nair and Columbia University professor Mahmood Mamdani, becomes the first South Asian and Muslim to be elected to sit at the helm of the political seat in the largest city in the US.

“The future is in our hands. My friends, we have toppled a political dynasty,” Mamdani said, delivering a fiery and rousing victory speech to thousands of his supporters at the Brooklyn Paramount, a music venue in Downtown Brooklyn, around midnight.

“New York, tonight you have delivered. A mandate for change. A mandate for a new kind of

politics. A mandate for a city we can afford. And a mandate for a government that delivers exactly that,” he said in his speech that was punctuated by thunderous applause and cheers from his supporters.

Mamdani invoked Nehru, India’s first Prime Minister, as he spoke about ushering in a new era in New York City politics.

“Standing before you, I think of the words of Jawaharlal Nehru: ‘A moment comes, but rarely in history, when we step out from the old to the new, when an age ends, and when the soul of a nation, long suppressed, finds utterance.’ ‘Tonight we have stepped out from the old into the new. So let us speak now, with clarity and conviction that cannot be misunderstood, about what this new age will deliver, and for whom,’ he said.

Mamdani used his victory speech to challenge Trump, who has launched a crackdown on immigration in his second term as President, asserting that New York will be powered by immigrants and after his historic victory, will be “led by an immigrant”.

“Together, we will usher in a generation of change. And if we embrace this brave new course, rather than fleeing from it, we can respond to oligarchy and authoritarianism with the strength it fears, not the appeasement it craves.

“After all, if anyone can show a nation betrayed by Donald Trump how to defeat him, it is the city that gave rise to him. And if there is any way to terrify a despot, it is by dismantling the very conditions that allowed him



to accumulate power,” Mamdani said to thunderous applause.

“This is not only how we stop Trump; it’s how we stop the next one. So, Donald Trump, since I know you’re watching, I have four words for you: Turn the volume up.

“We will hold bad landlords to account because the Donald Trumps of our city have grown far too comfortable taking advantage of their tenants. We will put an end to the culture of corruption that has allowed billionaires like Trump to evade taxation and exploit tax breaks. We will stand alongside unions and expand labour protections because we know, just as Donald Trump does, that when working people have ironclad rights, the bosses who seek to extort them become very small indeed. New York will remain a city of immigrants: a city built by immigrants, powered by immigrants, and, as of tonight, led by an immigrant. So hear me, President Trump, when I say this: To get to any of us, you will have to get through all of us,” he declared.

Mamdani also promised that

New York will be the light in “this moment of political darkness”, and where “we believe in standing up for those we love, whether you are an immigrant, a member of the trans community, one of the many Black women that Donald Trump has fired from a federal job, a single mom still waiting for the cost of groceries to go down, or anyone else with their back against the wall. Your struggle is ours, too.”

“And we will build a City Hall that stands steadfast alongside Jewish New Yorkers and does not waver in the fight against the scourge of antisemitism. Where more than one million Muslims know that they belong — not just in the five boroughs of this city, but in the halls of power. No more will New York be a city where you can traffic in Islamophobia and win an election.”

“I am young, despite my best efforts to grow older. I am Muslim. I am a democratic socialist. And most damning of all, I refuse to apologise for any of this,” he said. In his speech, Mamdani thanked everyday New Yorkers who have been so often forgotten

by the “politics of our city” but who made this movement their own — from “Yemeni bodega owners and Mexican abuelas. Senegalese taxi drivers and Uzbek nurses. Trinidadian line cooks and Ethiopian aunts. Yes, aunts.”

Promising an era of hope for New Yorkers, Mamdani said there were many who thought this day would never come, who feared that “we would be condemned only to a future of less, with every election consigning us simply to more of the same.

“And there are others who see politics today as too cruel for the flame of hope to still burn. New York, we have answered those fears. Tonight we have spoken in a clear voice. Hope is alive. Hope is a decision that tens of thousands of New Yorkers made day after day, volunteer shift after volunteer shift, despite attack ad after attack ad. And while we cast our ballots alone, we chose hope together. Hope over tyranny. Hope over big money and small ideas. Hope over despair. We won because New Yorkers allowed themselves to hope that the impossible could be made possible. And we won because we insisted that no longer would politics be something that is done to us. Now, it is something that we do.” Flanked by his parents and wife, Rama Duwaji, Mamdani’s nearly 25-minute speech ended with the popular Indian film song ‘Dhoom Machale’ from the movie ‘Dhoom’. “To my parents, mama and baba: You have made me into the man I am today. I am so proud to be your son. And to my incredible wife, Rama, hayati: There is no one I would rather have by my side in this moment, and in every moment,” he said.

## Afghanistan earthquake survivors face cold & rain amid rubble



AP

Kabul, Nov 05: Survivors of a powerful earthquake in northern Afghanistan that killed more than 25 people and injured nearly 1,000 were digging through the rubble of their homes Tuesday, trying to salvage what belongings they could after spending the night outside in the bitter cold.

Rain was forecast for the region, further compounding the misery for survivors.

The 6.3 magnitude quake struck just before 1 a.m. local time Monday, with an epicenter 22 kilometers (14 miles) west-southwest of the town of Khulm in Samangan province. By early Tuesday afternoon, the death stood at 27, while another 956 people were injured, Public Health Ministry spokesperson Sharafat Zaman said in a statement. The tremor also damaged historical sites, including Afghanistan’s famed Blue Mosque in the northern city of Mazar-e-Sharif, which

is one of Afghanistan’s most revered religious landmarks, and the Bagh-e-Jahan Nama Palace in Khulm.

The Blue Mosque’s minaret was badly damaged, while some bricks and tiles had fallen from some of the mosque’s walls and cracks appeared in other parts of the centuries-old site, said Mahmoodullah Zarar, Head of Information and Culture of Balkh Province.

“The Holy Shrine is a valuable monument of Islamic values and the history of the Islamic era ... (and) is in dire need of repair and restoration,” he said, adding that information on the damage had been shared with the ministry of art and culture.

Video footage from the mosque, which is a major gathering place during Islamic and cultural festivals, showed structural damage to parts of the mosque, while brickwork and the decorative tiles that adorn its facade had crumbled in several places and laid strewn on the ground.

## US govt shutdown becomes longest in history

AFP

Washington, Nov 05: The US government shutdown became the longest ever Wednesday, topping the 35-day record set during Donald Trump’s first term, as his administration warned of holiday air travel chaos and threatened Americans’ benefits in a bid to force a resolution.

Federal agencies have been grinding to a halt since Congress failed to approve funding past September 30, and the pain has been mounting as welfare programs — including aid that helps millions of Americans afford groceries — hang in limbo.

There were in recent days the first fragile signs of progress in Congress in the search for an off-ramp, although — for now — 1.4 million federal workers, from air traffic controllers to park wardens, remain on enforced leave or working without pay. Hours



before the shutdown record topped at midnight, the Trump administration sounded the alarm over turmoil at airports nationwide if the crisis drags beyond a sixth week, with worsening staff shortages snarling airports and closing down sections of airspace. “So if you bring us to a week from today, Democrats, you will see mass chaos...you will see mass flight delays,” Transportation Secretary Sean Duffy told a news conference in Philadelphia.

“You’ll see mass cancellations, and you may see us close certain parts of the airspace, because we just cannot manage it because we don’t have the air traffic controllers.”

Thanksgiving air travel is expected to set a new record this year, the American Automobile Association (AAA) projected — with 5.8 million people set to fly domestically over the November 27 holiday.

More than 60,000 air traffic controllers and Transportation Security Administration (TSA) officers are working without pay, and the White House has warned that increased absenteeism could mean chaos at check-in lines.

Airport workers calling in sick rather than working without pay — leading to significant delays — was a major factor in Trump bringing an end to the 2019 shutdown.

### AUSTRALIA vs INDIA

## Arshdeep knows we’re trying combinations looking at bigger picture: Morkel

PTI

Carrara, Nov 05: He might have got the rough end of the stick in selection matters but Arshdeep Singh has enough experience to understand that the Indian team management is trying different combinations looking at the bigger picture, bowling coach Morne Morkel said on Wednesday.

Arshdeep was adjudged player-of-the-match on his comeback to the playing eleven in the third T20 International against Australia in Hobart. However, he wasn’t picked in the first



two games and was not the first choice in the Asia Cup in September due to the conditions in Dubai. Notably, Arshdeep is the only Indian bowler with 100 plus T20I wickets.

“Arshdeep is experienced and he knows that we are looking at the bigger picture and

we also needed to look at other combinations and he understands that,” he added.

Morkel, however, conceded that for a bowler of Arshdeep’s calibre, it hasn’t exactly been easy.

“It is not easy. There will always be disappointment in terms of players and selection, but that is something at times that, as a player, is uncontrollable,” Morkel explained.

With India schedule to play only 10 more T20Is, after this series, ahead of the T20 World Cup next year, Morkel and the coaching staff’s

only advice to players is to put their best foot forward in pressure situations

“For us, from our side, we just keep on asking them to work hard and be ready for when they do get the opportunity. There are limited games now leading into the T20 World Cup. So, it is essential for us to see how the players can react in certain situations under pressure; otherwise, it will be unknown to us. So, it is a bit of playing those sort of games and then still having the mindset to win the game of cricket,” said Morkel.

## NZ vs WI, 1st T20I: WI edges NZ despite Santner brilliance

AFP

Auckland, Nov 05: A brilliant bowling performance secured West Indies an unlikely seven-run victory in the first T20 against New Zealand on Wednesday, despite a stunning solo effort from Mitchell Santner.

West Indies, which landed in New Zealand only two days ago, struggled on the Eden Park drop-in wicket that offered some seam and turn to the home bowlers, making 164 for six from its 20 overs.

The visitors then delivered a precise bowling performance to restrict the Black Caps, who needed a brilliant 28-ball 55 from captain Santner to keep the game interesting.

Santner won the toss and elected to field at an initially sun-filled Eden Park.

The Black Caps struck twice in the powerplay, Brandon King and Alick Athanaze falling to Jacob Duffy and Kyle Jamieson respectively to leave West Indies 32 for two after six overs.

Captain Shai Hope looked to anchor the innings for the visitors, cautiously approaching his opening overs before



ramping up the risk as he attacked the straight boundaries.

West Indies was 66 for three halfway through its innings, but then plundered 34 runs in the next three overs as Hope brought up a 38-ball 50.

He fell from the very next ball, a Zak Foulkes delivery staying low and wiping out the leg stump as Hope tried to hoist it over the leg side.

Rovman Powell provided much-needed power for the West Indies, clubbing

two sixes as he brought up a 23-ball 33, but his side meandered towards what appeared an under-par score. But then it was all West Indies.

Tim Robinson opened the batting for New Zealand alongside Devon Conway, who returned to the XI after Tim Seifert broke a finger while batting in domestic cricket on Sunday.

Seamer Matthew Forde was superb for West Indies, taking 1-9 from three powerplay overs. New Zealand struggled to find the

boundary and a double strike by Jayden Seales in the 13th over flipped the game in the visitors’ favour, removing Daryl Mitchell and Michael Bracewell in the space of three balls.

Seales finished with 3-32 from his four overs. A late flurry from Santner gave New Zealand faint hope but, needing 20 from the final over, he fell just short.

The two sides play again at Eden Park on Thursday in the second game of the five-match series.



BAAHUBALI - THE EPIC (UA16+)  
HINDI - 11:15 AM, 02:00 PM



JAWAN - RE RELEASE (U/A)  
HINDI - 02:50 PM



THAMMA (UA16+)  
HINDI - 11:45 AM, 06:30 PM



JOLLY LLB 3 (UA16+)  
HINDI - 06:40 PM



EK DEEWANE KI DEEWANIYAT (A)  
HINDI - 11:00 AM, 03:30 PM, 06:20 PM

*Movies Schedule*  
Thursday, 6<sup>th</sup> November

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