

Centre declares Delhi Red Fort blast as 'heinous terror incident', passes resolution

PM Modi chairs key meet, condemns 'dastardly' act, meets injured at Delhi hospital

J&K Police hand over probe to SIA under overall supervision of CID

Police find another car linked to Delhi blast accused Dr Umar in Haryana

DNA sample of Dr Umar's mother collected, sent to AIIMS for further probe

Ahmad Taimur

Srinagar, Nov 12: A high-level meeting of the Cabinet Committee on Security, chaired by PM Modi on Wednesday over the Red Fort blast that killed 9 people and injured 20 others, stated that the explosion was "a heinous terror incident, perpetrated by anti-national forces".

According to details available with news agency—Kashmir News Observer (KNO), the high-level meeting was also attended by Home Minister Amit Shah and Defence Minister Rajnath Singh, among others.

The Union Cabinet, which met at PM Modi's residence in Lok Kalyan Marg in New Delhi, expressed profound grief over the loss of lives in the terrorist incident involving a car explosion near the Red Fort



in Delhi on Monday evening. The cabinet, while condemning the incident, also passed a resolution.

The resolution states that

the country has witnessed a heinous terror incident, perpetrated by anti-national forces, through a car explosion near the Red Fort. The

explosion resulted in multiple fatalities, and caused injuries to several others.

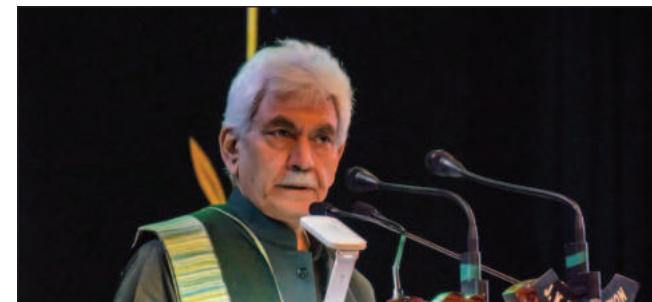
It states that the Cabinet pays solemn respects to the

victims of this senseless act of violence and conveys its heartfelt condolences to the bereaved families. "The Cabinet prays for the speedy recovery of all those injured, and appreciates the prompt efforts of the medical personnel and emergency responders, who have been providing care and support to the victims".

The Cabinet unequivocally condemns this dastardly and cowardly act that has led to the loss of innocent lives. It reiterates India's unwavering commitment to a policy of zero tolerance towards terrorism in all its forms and manifestations.

It states that the Cabinet notes with appreciation the timely and coordinated response of the authorities, security agencies, and citizens who acted with courage and compassion in | [More on P6](#)

Showcase J&K's journey of peace: LG Sinha urges filmmakers



■ Says sacrifices, collective effort pulled region out of turmoil

■ Asks people to remain united against terrorism

Rehan Qayoom Mir

Srinagar, Nov 12: Asserting that Jammu and Kashmir has emerged from decades of turmoil through years of sacrifice and collective effort, Lieutenant Governor Manoj Sinha on Wednesday urged people to stand united against terrorism and called on filmmakers to showcase the region's journey of peace and transformation to the world.

Addressing the gathering after inaugurating the International Film Festival at

Tagore Hall here, LG Sinha, according to the news agency—Kashmir News Observer (KNO) said, "Before I begin, I bow in tribute to the innocent civilians who were martyred in the Lal Qila blast. Terrorists not only kill innocent people but also destroy the dreams and aspirations of our youth."

He said Jammu and Kashmir has reached a peaceful atmosphere after five to six years of persistent efforts and sacrifices made by the Army, Police and other security forces. "The peace we see today is the result of their dedication and sacrifice. It is now our collective duty to preserve it. We must not let the enemies of peace derail this progress but instead move forward shoulder-to-shoulder with our forces to defeat those with evil intentions," he said.

LG Sinha said that terrorism must be rooted out completely along with | [More on P6](#)

Edu Min directs CEOs to streamline textbook, curriculum issues

Issues strict instructions to curb textbook costs; FFRC violation

KNO Desk

Srinagar, Nov 12: Minister for Education, Social Welfare, Health and Medical Education, Sakeena Itoo Wednesday ordered the Director of School Education to issue a detailed order regarding curriculum and textbooks.

The minister according to the news agency—Kashmir News Observer (KNO) said that the



directives shall be followed by all schools and asked the CEO to implement it in letter and spirit.

Minister Itoo said this in a meeting that was held on Wednesday wherein she assessed the issues related to fee fixation and regulation of Private Schools | [More on P6](#)

Sgr records season's coldest night at minus 1.6°C

MeT predicts dry weather, says slight improvement likely after Nov 17

KNO Correspondent

Srinagar, Nov 12: The winter chill has intensified across the valley with Srinagar, the summer capital of Jammu and Kashmir, recording the coldest night of the season at minus 1.6 degrees Celsius.

As per the news agency—Kashmir News Observer (KNO), details shared by the Meteorological (MeT) Department reveal that Pahalgam, was the coldest in valley, where the mercury settled at minus 3.8 degrees Celsius.

Qazigund, a gateway of Kashmir, recorded a low of minus 1.5 degrees Celsius while the mercury settled at minus 2.0 degrees Celsius in Kupwara.

As per the details, Gulmarg, a famous ski resort, has recorded a minimum temperature of minus 1.0 degrees Celsius.

Kokernag, however, recorded a night temperature of 0.8 degrees Celsius.

Unlike the minimum temperature, the day temperature continued to settle above normal except in Gulmarg, where the mercury settled at 8.4 degrees | [More on P6](#)

DELHI BLAST

J&K Police heighten security; launch crackdowns on Jel

'Over 800 locations searched, 500 questioned'

Sajid Raina

Srinagar/Jammu, Nov 12: Following the Delhi car blast, Jammu & Kashmir Police have stepped up security measures and appealed to the public to remain vigilant, with all districts placed on heightened alert and field units directed to increase surveillance and checking across sensitive areas.

According to the news agency - Kashmir News Observer (KNO), the J&K Police, apart from maintaining constant alert, held multiple meetings with locals,

shopkeepers, and traders, urging them to immediately report any suspicious activity to the police.

In Jammu, police officials held meetings with traders, transporters, and residents in several areas, urging them to report any suspicious movement or unattended objects. "We have reached out to business owners and shopkeepers to strengthen community surveillance. Cooperation from citizens is essential to maintain security," a police official said.

Authorities have requested residents and traders to install CCTV cameras, preferably high-resolution ones, to support the city's security network. Continuous patrolling and | [More on P6](#)

Share info about terrorist activities: LG Sinha to people

» Says terrorism 'greatest enemy', creates hatred, weakens bonds

» Pays tributes to victims of Red Fort terror attack

Raja Syed Rather

Awantipora, Nov 12: Describing terrorism as the "greatest enemy of the people," Lieutenant Governor Manoj Sinha on Wednesday called on the citizens to cooperate with security forces and share information about terrorist activities.

Addressing the Valedictory session of Foundation Day Celebrations of Islamic University of Science & Technology (IUST) here in South Kashmir, LG Sinha, according to the news agency—Kashmir News Observer (KNO) said, "Terrorism



remains the biggest threat to peace, progress, and the very fabric of society."

He said that terrorism has for decades fuelled hatred and division among communities, weakening social bonds and inflicting immense suffering. "Terrorism creates hatred among the people; it also weakens the bonds among

them," he said.

Paying tributes to the victims of the November 10 Red Fort terror attack in New Delhi, the LG said that the menace of terrorism over the past three decades has ruined countless young lives. "The terrorists and their ecosystem have been the biggest enemies of | [More on P6](#)

DGP orders attachment of Mian Qayoom's immovable property

KNO Correspondent

Srinagar, Nov 12 (KNO): Director General of Police (DGP) Nalin Prabhat on Wednesday ordered the attachment of the immovable property of former president of High Court Bar Association (HCBA), Advocate Mian Abdul Qayoom, in Srinagar in connection with a 2009 case related to an anti-India seminar.

In a post on X, Jammu and Kashmir Police, as per news agency—Kashmir News Observer (KNO), said: "Nalin Prabhat, DGP, orders the attachment of the property of Pakistani agent and terrorist, Mian Qayoom."

Authorities have ordered the attachment of a



double-storeyed residential house belonging to Mian Qayoom at Bulbul Bagh, Barzulla in Srinagar under provisions of the Unlawful Activities (Prevention) Act (UAPA).

According to the order issued by the Jammu and Kashmir Police Headquarters, the property comprising 2 kanals, 1 marla, and 90 square feet of land, registered under mutation | [More on P6](#)

Police tighten social media watch across valley, one booked

Issue strict advisories against anti-national, communal, inflammatory online posts

Sajid Raina

Srinagar, Nov 12: Jammu & Kashmir Police on Wednesday intensified efforts to curb the misuse of social media platforms for spreading hate, misinformation, and divisive content.

Police units across several districts issued separate advisories warning users against posting or sharing anti-national, communal, or inflammatory material online.

In Bandipora, police advised citizens to exercise restraint and responsibility while using social media and to avoid engaging with

content that promotes communal or divisive narratives.

According to the news agency - Kashmir News Observer (KNO), the advisory stated that strict legal action would be taken against individuals spreading hate or misinformation and warned against falling prey to accounts operated from across the border aimed at disturbing peace and public order.

Similarly, Ganderbal Police issued a strong advisory cautioning against posting or sharing inflammatory or anti-national content, particularly related to the recent Red Fort blast. Police said some users | [More on P6](#)

Steady rise in HIV cases in J&K: 117 patients registered in three months

Doctors call for regular testing, safe practices, awareness to curb infection spread

Jahangeer Ganaie

Srinagar, Nov 12: The HIV cases in Jammu and Kashmir are showing a steady increase, with 117 positive patients registered for care from April to June 2025.

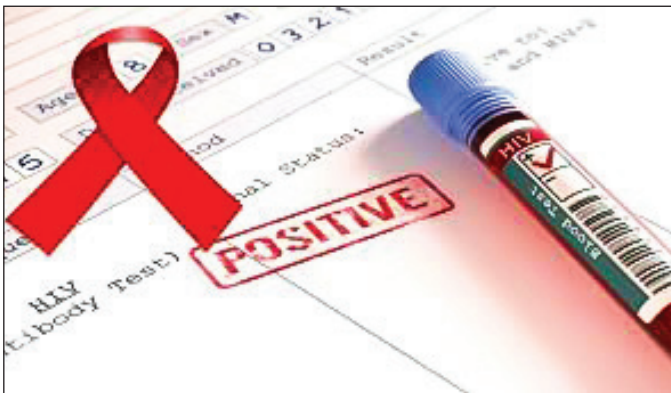
As per the details available with the news agency - Kashmir News Observer (KNO), from April to June 2025, 117 HIV-positive individuals, including 80 males, 34 females, and three minors, were registered for HIV care.

This information was disclosed through a Right to Information (RTI) file obtained by RTI activist MM Shuja and

accessed by KNO.

According to the data, 361 new cases were registered in 2019-20, with 17 deaths in the same year. In 2020-21, 206 cases were registered and 12 people died; in 2021-22, 272 cases were registered with 19 deaths; in 2022-23, 374 cases with 21 deaths; in 2023-24, 338 cases with 14 deaths; and in 2024-25, 403 cases with 16 deaths.

Meanwhile, health experts in Jammu and Kashmir have urged people to adopt preventive measures and spread awareness to protect themselves and others from Human Immunodeficiency



Virus (HIV), which continues to be a serious public health concern.

Doctors said that despite advancements in treatment and

increased awareness, new cases are still being reported due to a lack of education about safe practices and preventive steps. They said prevention remains the most effective way to combat HIV.

Dr Showkat Ahmad, a senior physician at GMC Srinagar, said, "HIV is preventable if people remain aware and follow basic precautions. Unprotected sexual contact, use of unsterilized syringes, and transfusion of un-screened blood are major routes of transmission. People must be cautious and responsible."

He added that the availability of Antiretroviral Therapy

(ART) has improved the quality of life for those living with HIV, but preventing the infection remains crucial. "Early diagnosis through regular testing can help control the spread and enable timely treatment," he said.

Doctors highlighted the importance of using disposable syringes, ensuring blood safety before transfusion, and promoting safe sexual practices. They said there should be no stigma attached to people living with HIV, as social discrimination often prevents individuals from seeking timely medical help.

Dr Mariya Jan, a health

educator, said, "Awareness at the grassroots level, particularly among youth, is vital. Schools, colleges, and community organisations should participate in educational campaigns so that people understand how the virus spreads and how to stay safe."

Health authorities have urged people to avail of free HIV testing and counselling facilities available at government hospitals and Integrated Counselling and Testing Centres (ICTCs) across the Union Territory.

Regular testing, safe behaviour, and compassion towards affected | [More on P6](#)

Take apt action against schools for violating norms: Sakeena

Reviews functioning of SED in Kashmir

KT NEWS DESK

SRINAGAR, NOVEMBER 12: Minister for Education Social Welfare, Health and Medical Education, Sakeena Itoo Wednesday chaired a review meeting at Civil Secretariat here to assess the performance and functioning of the School Education Department across Kashmir division Kashmir division.

The meeting was attended by Director School Education Kashmir, Naseer Ahmad Wani; Joint Directors of School Education department (SED), Chief Education Officers of all districts of Kashmir division and other concerned officers of SED.

During the meeting, the Minister held detailed assessment on key operational areas of school education sector like academic performance of schools, infrastructure development, teacher deployment, timely distribution of school textbooks and other materials, besides issues related unregulated selling of school textbooks by private schools through various agencies on exorbitant rates was also discussed in detail.

Addressing the officers in the meeting, Sakeena Itoo emphasized on the importance of ensuring that all schools across the region receive textbooks and other learning materials before the commencement of academic session. "Timely availability of books and supplies is crucial to maintaining the academic calendar and ensuring that no student is left behind," the Minister said.

She directed officials to streamline the distribution process through improved coordination between the divisional and district education offices, adding that transparency and accountability must be maintained at every level.

While reviewing other issues related to the School Education



sector, the Minister issued strict instructions to CEOs to check unregulated selling of school textbooks by private schools through various agencies at exorbitant rates. "Conduct routine checks on schools as well as book shops and take stringent action against schools and book shops involved in selling textbooks at exorbitant rates," the Education Minister stated.

She also instructed the Director School Education to issue a detailed order regarding curriculum/textbooks to be followed by schools and make each CEO implement that order in letter and spirit. She asked the CEOs to take appropriate action against schools violating this order.

The Minister also called for timely processing of GP funds and directed the CEOs to submit detailed report outlining the number of cases submitted and pending with each CEO.

Regarding coaching centres, the Minister directed the CEOs to conduct regular checks on coaching centres and ensure that they are following safety

protocols. She also asked them to take action against unregulated coaching centres.

Highlighting the role of teachers in shaping the future of students, the Minister called for regular capacity-building and training programs to enhance teaching standards. She also stressed the need to strengthen monitoring mechanisms to ensure punctuality, performance, and effective classroom engagement.

The Minister further urged the department to ensure that all pending administrative and academic issues are resolved in a time-bound manner. She assured that the government is committed to improving the quality of education and creating an enabling environment for students and teachers alike.

During the meeting, Director School Education Kashmir as well as CEOs briefed the Minister about the academic progress as well as progress on infrastructure development and other related aspects.

CS reviews performance of Cooperative deptt

KT NEWS DESK

JAMMU, NOVEMBER 12: Chief Secretary, Atal Dulloo Wednesday chaired a high-level meeting to review the performance of the Cooperative Department and assess the progress achieved in promoting cooperative activities and financial reforms across J&K.

The meeting was attended by Principal Secretary, Finance; Commissioner Secretary, Cooperatives; Regional Director, RBI; Managing Director, J&K Bank; Director General, Budget; Registrar, Cooperative Societies; representatives from NABARD and other banks, besides senior officers of the department.

At the outset, the Chief Secretary emphasized the vital role of cooperative institutions in rural development and directed for transforming Cooperative Societies into Common Service Centres (CSCs) to widen their service base. He called for modelling these societies on sound business lines, enabling them to diversify into various rural business activities such as the sale of seeds, seedlings, cattle and poultry feed, and fisheries supplies.

He further directed the department to explore collaboration with the Ayush Department for vending popular wellness products and securing vending machines for installation at high-footfall locations. He stressed on enhancing credit linkage for cooperative entities and strengthening their financial base through sustainable business operations.

While reviewing the financial status of cooperative banks and



the performance of Super Bazaars, the Chief Secretary asked J&K Bank to extend advisory support in matters related to Non-Performing Assets (NPAs) and other financial issues to help Cooperative Banks address them in legally sound and professionally managed ways.

He also instructed the department to constitute a panel of retired bankers of high integrity, in consultation with RBI, to assist in the appointment of Managing Directors and professional management bodies, aimed at placing Cooperative Banks on modern, transparent, and performance-driven lines.

Commissioner Secretary, Cooperatives, Babila Rakwal, informed that the UT's cooperative sector is witnessing a major transformation with the adoption of the Multi-Purpose Primary Agricultural Credit Societies (M-PACS) model and a range of reforms for growth and financial stability. She apprised that all 537 PACS have adopted common byelaws to function as M-PACS, allowing diversification into allied sectors such as dairy, fisheries, and horticulture. The computerization of

PACS is also progressing rapidly, she added, with all 537 PACS having completed their Dynamic Day-End process, thus functioning as e-PACS. Each PACS is availing a 40-year term loan facility of Rs63,000 for hardware and software upgrades under the digital transformation initiative.

Highlighting the integration of cooperatives with citizen services, it was revealed that 515 PACS are functioning as Common Service Centres (CSCs), generating a monthly transaction value of Rs3.10 lakh, while 154 PACS have been upgraded as Pradhan Mantri Kisan Samman Nidhi Kendras (PMKSKs) to facilitate agricultural services. It was further given out that under the White Revolution 2.0, the cooperative sector has achieved remarkable expansion, forming 2,232 Dairy Cooperative Societies (DCSS), of which 1,692 have been strengthened, benefiting over 1.06 lakh women members. The initiative has resulted in an impressive milk procurement of 3 Lakh Litres Per Day (LLPD) through new and strengthened DCSS.

Additionally, M-PACS are operating medical stores functioning

as Pradhan Mantri Jan Aushadhi Kendras (PMJAKS) contributing to affordable healthcare delivery across the far off areas in the UT. So far, 52 drug licenses and 50 stores have been operationalized, with a monthly transaction value of Rs8.78 lakh.

The J&K State Cooperative Bank has adopted several modern banking practices, including migration to Finacle 10, automation of loan schemes, and promotion of financial literacy among stakeholders.

Meanwhile, the Super Bazar chain has demonstrated encouraging progress, clearing Rs4 Cr in GST dues (FY 2020-21) and settling Rs28 lakh in gratuity and CPF dues of former employees. Presently, 16 PACS have been enrolled as new Super Bazar outlets, with renewed focus on capacity building, marketing push, and expansion into high-demand urban markets.

The Chief Secretary further directed for sustained momentum towards professionalization, digital empowerment, and grassroots financial inclusion through the cooperative movement in Jammu and Kashmir.

Dy CM calls for prompt service delivery

KT NEWS DESK

JAMMU, NOVEMBER 12: Deputy Chief Minister, Surinder Choudhary Wednesday reiterated the government's commitment to ensuring prompt service delivery and speedy redressal of public grievances to strengthen governance at the grassroots level.

During an extensive public outreach session held at Civil Secretariat here, Deputy Chief Minister met several public delegations from Jammu as well as Srinagar, who

apprised him of various issues concerning their respective areas. The deputations raised matters related to overall upgradation of civic and infrastructural facilities in their respective areas.

Giving a patient hearing to all delegations, the Deputy Chief Minister assured them that their genuine concerns would be addressed in a time-bound and result-oriented manner. He directed the concerned Departments to take immediate and impactful measures to ensure effective resolution of issues affecting

public welfare. The Deputy Chief Minister emphasized that responsive governance and prompt service delivery remain top priorities of the present government. He said that consistent engagement with the public and timely follow-up of grievances are essential for maintaining transparency and accountability in the system.

He further stated that the Government is committed to providing equitable development across all regions and ensuring that the benefits of various schemes and projects reach every section of society.

DC Sgr reviews progress of Mission Yuva, Udyam Jagriti 4.0

KT NEWS DESK

SRINAGAR, NOVEMBER 12: Deputy Commissioner (DC) Srinagar, Akshay Labroo Wednesday chaired a review meeting here at Meeting Hall of the DC Office to assess the overall progress of Mission Yuva and various other related initiatives being implemented in the district.

The meeting was attended by Additional District Development Commissioner Srinagar, Rifat Aftab Qureshi; Additional Deputy Commissioner, Mir Imtiyaz UI Aziz; Chief Planning Officer, Fayaz Ahmad Dar; SDM West, Assistant Commissioner Revenue, senior Officers of J&K Bank, Mission Youth, NRLM, and representatives from various educational institutions.

During the meeting, the Deputy Commissioner took a detailed review of the number of cases sanctioned and disbursed under Mission Yuva



by the J&K Bank. He laid emphasis on expediting both sanctions and disbursements to ensure timely financial assistance to the beneficiaries.

The DC directed the Bank Officials, particularly the Zonal and Cluster Heads, to further accelerate the

number of sanctioned and disbursed cases. He stressed the importance of close coordination between departments and financial institutions for effective implementation of the programme.

While reviewing the implementation of Udyam Jagriti 4.0, the DC instructed the Colleges of the district to increase student coverage under the initiative so that more youth are sensitized about entrepreneurship and self-employment avenues. Similar directions were passed to NRLM officials to enhance coverage of Self-Help Groups (SHGs) under the Udyam Jagriti campaign.

The DC further instructed all concerned departments to track the progress of beneficiaries whose cases have been disbursed by Banks and ensure that all necessary handholding of the young entrepreneurs towards timely completion of their projects.

KASHMIR THUNDER

IS AVAILABLE AT ALL LEADING STALLS

GOVERNMENT OF JAMMU AND KASHMIR, OFFICE OF THE DEPUTY DIRECTOR LAW ENFORCEMENT, KASHMIR

Message for Farmers

All the orchardists/farming community of the valley are advised not to Purchase/ use the below mentioned batch No of pesticide product in their fields, which has been declared as Misbranded by the Quality Control Laboratory Lalmandi Srinagar. The details of Misbranded Pesticide products are as under:-

S.No	Name of the Product	Active Ingredient	Batch No	Date of Manufacture	Date of expiry	Manufactured/ Marketed by
1	Flash	Quinalphos 25% EC	HNFL-210	08.09.2025	07.09.2027	Indofil Industries
2	Flash	Quinalphos 25% EC	HNFL-206	02.04.2025	01.04.2027	Indofil Industries

All the Enforcement Officers/ Inspectors are directed to seize stocks of the above said pesticide product under Batch No:HNFL-210 and HNFL-206 proceed further as per the provisions of Insecticides Act-1968 and Rules made there under.

DIPK-8031/25
DATED: 12-11-2025

Sd/-
Deputy Director Law Enforcement
Kashmir

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION AWANTIPORA.

NOTICE INVITING E-TENDER

NIT No:120/EEA/R&B of 2025-26/6603-13Z Dated:11-11-2025

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

S. No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/ Doc. (In Rupees)	Earnest money (In Rupees)	Time of completion	M.H of Account	Class of Contractor	Project Authority
1	2	3	4	5	6	7	8	9
1.	Construction of VAS/Block Office at Wuyan Pulwama.	63.36	1600/-	2% of Adv cost	180 days	UT Capex Budget 2025-26 (Sheep Husbandary)	AAY Class Only having MoU with an Electrical Contractor/Agency / Firm	DSHK

Position of AAA: Accorded vide order No: 46-DSHK/Plan of 2025 Dated: 04-07-2025

Position of funds: Committed

Position of TS: Sanctioned vide No: 182-SE/PS of 2025-26 Dated: 01-11-2025.

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

1	Date of Issue of Tender Notice	11-11-2025
2	Period of downloading of bidding documents	11-11-2025
3	Bid submission Start Date	12-11-2025
4	Bid Submission End Date	24-11-2025 4:00 PM
5	Date & time of opening of Bids (Online)	25-11-2025 12:00 PM

1. Every participating contractor to mandatorily disclose the bank account number which is linked with their GSTIN at the time of bid submission. No payments shall be released by the Government Department/Agency to any other bank account except the one linked with the GST registered number of the successful bidder. (As per circular No. 01(ADM) FD of 2025 Dated 08-07-2025 of J&K Finance Department)

(The participating contractor may disclose his Bank Account as per the format, devised as Annexure- A of the NIT and submit/upload the same accordingly at the time of submission of the bid.)

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

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

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

5. The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer R&B Division Awantipora (tender receiving authority).

6. The earnest money/ Bid security in favour of unsuccessful bidder shall be released only after submission of original Treasury Challan.

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

8. The earnest money shall be forfeited, If:-

i. Any bidder/ tenderer withdraw his bid/ tender during the period of bid validity or make any modifications in the terms and conditions of the bid.

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

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

9. Instruction to bidders regarding e-tendering process.

i. Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" option on website www.jktenders.gov.in to familiarize themselves with the bid submission process.

ii. To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per information Technology Act-2000. Bidders can get digital certificate from any approved Vendor.

iii. The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in physical form.

iv. Bids will be opened online as per time schedule mentioned in Para-1.

v. Bidders must ensure to upload scanned copy of all necessary documents with the bid. Note:-Scan all the documents on 100 dpi with black and white option.

No: 120/EEA/R&B / 2025-26/6603-13
Dated: 11-11-2025

Sd/-
Draftsman

Sd/-
Tech. Officer

DIPK-8029/25
DATED: 12-11-2025

Sd/-
Executive Engineer
R&B Division Awantipora.

8 lakh Holland tulip bulbs being imported

REHAN QAYOOM MIR

Srinagar, Nov 12: While the soil temperature has plum-meted, the preparations for Tulip garden, located on the foothills of Zabarwan Range, here, are in full swing with the officials claiming that the first lot of bulbs is expected to reach from Holland this week.

Imran Ahmad, Assistant Floriculture Officer said that the process of sowing bulbs, already available with the de-partment, has been started at the garden.

“Two lots of the Tulip bulbs are



expected to reach from Holland. The first lot of bulbs will be arriving this week only while the second lot will reach by next month,” Ah-mad informed. “We get new varieties every year. 8 lakh bulbs will be im-por-ted from Holland this year as well,” Ahmad said, add-ing that addi-tional 3 lakh bulbs are available with the de-partment. “We are expecting a good Tulip show this year as well with the color variety of 25-30,” he said.

Pertinently, Asia's largest Tulip Garden this year, has set a new record by wel-coming over 8,55,125 lakh visitors during

the season.

A total of 8,55,125 tourists visited the Indira Gandhi Me-morial Tulip Garden from March 26 to April 24 2025, sur-pass-ing all previous records.

Notably, the Garden was closed for the public on April 24, 2025, which remained open for a 30-day period previous season.

The record-breaking footfall includes locals, national and international tourists who came to witness the mesmeriz-ing bloom of over 1.7 million tulips of differ-ent varieties—(KNO)

Mehbooba seeks fair probe into Delhi blast

REHAN QAYOOM MIR

Srinagar, Nov 12: Peoples Democratic Party (PDP) Presi-dent and former Chief Minister Mehbooba Mufti on Wednes-day urged the Delhi government to conduct a fair and transparent inves-tigation into the recent Delhi car blast, warning that any proven involvement of Kashmiri doctors would be “fatal and deeply unfortunate” for the region.

Addressing a gathering of party workers at PDP head-quarters in Srinagar, Mehbooba condemned the attack and called for justice to be pursued without bias.

“There are no words to condemn the Red Fort blast. If re-ports about the involvement of Kashmiri doctors turn out to be true, it will be devastating for our people. Doctors are the cream of our society and such incidents will only harm Kashmir's image,” she said.

She also cautioned authorities against harassing the fami-lies of those being questioned. “The government should punish those involved, but don't drag innocent family members into it. A crime has not yet been proven, yet parents and siblings are being taken for



questioning. This is not justice,” Meh-booba said.

Calling for restraint and transparency, the PDP chief said, “The blast occurred in Delhi, but raids are being conduct-ed in Kashmir. I request the Delhi government to ensure that this investigation does not turn into a campaign of persecution.”

Reiterating her party's long-held position, she added, “The PDP has always stood for peaceful resolution and fair-ness. Whether in alliance with Congress or BJP, our stand has remained consistent peace, dialogue and justice are the only way forward.”—(KNO)

‘World Pneumonia Day’

Medical experts highlight pneumonia threat for immunocompromised

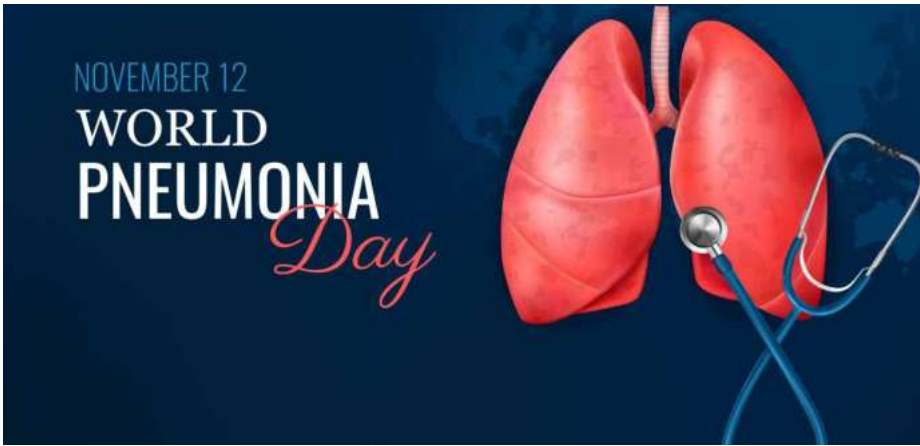
JAHANGEER GANAIE

Srinagar, Nov 12: Immuno-compromised individuals, in-cluding those with weak-ened immune systems due to underlying health con-ditions, medical treatments, or age, are more vulnerable to pneumonia, doctors said on Wednesday.

“Pneumonia is one of the most common and serious res-piratory infections that inflames the air sacs in one or both lungs. It can be caused by bacteria, viruses, or fungi,” Dr Naveed Nazir Shah, a noted pulmonologist and Head of the Department at Chest Dis-eases (CD) Hospital Srinagar, explained.

He said pneumonia con-tinues to be the leading infectious cause of death in children under five years of age globally and also poses a serious threat to older adults and im-munocompromised individuals.

“The good news is that pneumonia is large-ly preventa-ble,” Dr Shah added. “Vaccination plays a crucial role — particu-larly PCV (Pneumococcal Conjugate Vaccine), Hib, influenza, and COVID-19



vaccines. Maintaining good nu-trition, exclusive breast-feeding in infants, practising hand hygiene, and reduc-ing indoor air pollution are equally vi-tal.”

Another pulmonologist, Dr Javid Ahmad, said that im-munocompromised indi-viduals are at higher risk due to weakened immune systems and greater sus-ceptibility to opportunistic infections. “People with conditions like HIV, cancer, or those using immunosup-pressant drugs must be extra cautious,” he said. “They are strongly ad-vised to receive all recommended vaccines

against pneu-monia-causing pathogens.”

Dr Javid further said that antibiotics are prescribed only for bacterial infections or in certain high-risk viral cases. “Most viral pneumonia cases require only sympto-matic treatment or antivirals, not antibiotics,” he clarified.

According to doctors, early medical intervention can make a crucial differ-ence. “Persistent cough, high fever, chest pain, and short-ness of breath should never be ig-nored,” they advised. “Timely evaluation by health-care professionals can prevent complications and save lives.”

Doctors recommended several preventive meas-ures, in-cluding vaccination against pneumonia-causing patho-gens, good hygiene such as regular hand wash-ing, healthy nutrition and exclusive breastfeeding for infants, avoiding exposure to cold air in early morning and evening hours, wearing adequate clothing, especial-ly covering the mouth and nose, and managing chronic conditions while main-tain-ing a healthy lifestyle.

They also cautioned that COVID-19 and flu can mim-ic pneumonia symptoms, and tests are necessary to

differen-tiate between viral and bacterial infections.

According to experts, modern medical tools have im-proved pneumo-nia management. They said rapid diag-nostic tests like biomarkers, molecular diag-nostics, and point-of-care testing have helped identify the cause of pneumonia more accurately. This ensures tar-geted thera-py and reduces unnecessary antibiotic use, they said.

World Pneumonia Day is observed every year on No-venber 12 to raise awareness about pneu-monia, a pre-ventable yet deadly disease that remains a leading cause of mortality across age groups world-wide. Established in 2009 by the Global Coalition Against Child Pneumonia, the day emphasises global action to prevent and treat pneu-monia through awareness, vaccination, and im-proved healthcare access.

This year's theme, “Child Survival”, focuses on pro-protecting children - the most vulnerable victims of this disease - and ensuring that no child dies from a prevent-able infec-tion—(KNO)

JKPSC 10+2 lecturer aspirants allege 'paper leak'

JKPSC Chairman invites complaints from aspirants

KNO CORRESPONDENT

Srinagar, Nov 12 (KNO): Aspirants of lectur-er 10+2 post (English) who recently appeared in Jammu and Kashmir Public Service Commis-sion (JKPSC) objec-tive type test Wednesday al-leged that the paper was 'partially leaked' days before the examination was held.

One of the aspir-ants informed the news agency—Kashmir News Observer (KNO) “Many a questions that they at-tempted in the exam were already shared in a mock test held by some local academy on November-06.”

The aspirants further

alleged that they came to know through news reports that the ques-tions of the paper were shared 3 days before the JKPSC exam. They further alleged that the question paper was extreme-ly lengthy and were not able to attempt at least 70 or 80 percent of it. “The paper was 40 pages long and was diffi-cult to attempt in just two hours of time.”

Another aspirant said, “As the question paper carries negative mark-ing, we had to attempt limited questions and the majority of time during the exams got wasted in understanding the lengthy paper.”

JKPSC Chairman Arun

Kumar Choudhary told KNO that “If the aspir-ants have any issues, they can come to the of-fice of JKPSC and submit their complaints.” About the leaking of the question paper Choud-hary said, “If the aspirants have evidence and proof, they can come to us or they can lodge a complaint with police.”

He also said, “Many a things are being shared on social media but there shall be proper evidence for us to take ac-tion against any complaint.”

Meanwhile, the aspir-ants have requested the Lieutenant Governor Manoj Sinha and Chief Minister Omar Abdul-lah to intervene and investi-gate the matter—(KNO)

Rana reviews tribal welfare schemes implementation

KT NEWS DESK

Jammu, Nov 12: Minister for Tribal Affairs, Jal Shakti, Forest, Ecology and Environment, Javed Ahmed Rana Wednesday chaired a high-level meeting at the Civil Secretariat here to re-view implementation of Tribal Welfare schemes across Jammu and Kashmir.

The meeting was attended by Chief Secretary Atal Dulloo; Secretary Tribal Affairs, Prasanna Ramaswamy G; District Development Commissioners of Jammu Division, Director Tribal Affairs, J&K and other senior officers.

During the review, the Minister took a detailed appraisal of both physical and financial progress achieved under various schemes, assessed outcomes against the set objectives, and examined time-lines for completion to ensure effective delivery of welfare initiatives for tribal communities.

The schemes discussed in meeting included UT Capex Budget, Special Central Assistance to Tribal Sub-Scheme (SCA to TSS), Pradhan Mantri Adi Adarsh Gram Yojana (PMAAGY), Dharti Abha Janjati-ya Gram Utkarsh Abhiyan (DA-JGUA), and Pradhan Mantri Van Dhan Yojana (PMVDY).

Emphasizing the need for efficient utilization of resources, the Minister directed all officers to ensure strict compliance with quality standards and timelines. He underscored that

governance must be outcome-orient-ed, stressing the importance of regular monitoring, seamless execution, and timely completion of projects to deliver tangible benefits on the ground. “The original objectives of these flagship programmes must be realized in their true spirit to ensure maximum benefit to the tribal population,” the Minister asserted.

He reiterated that the Omar Abdul-lah-led government is committed to socio-economic upliftment of tribal communities through sustained im-plementation of welfare schemes and policy interventions.

Highlighting the importance of knowledge-based and innovative approaches in tribal development, Rana called for greater collaboration between the Tribal Research Institute (TRI) and IIT Jammu in the fields of research, documentation, and pres-ervation of the historical and cultural heritage of tribal communities. Such partnerships, he noted, would help build an authentic repository of tribal knowledge and foster innovation in developmental planning.

The Minister also emphasized the need to involve local poets, artists, and cultural practitioners in initiatives pro-moting tribal art, culture, and languages, adding that community participation is essential for ensuring sustainable and meaningful outcomes.

JMC seizes 500 kg of substandard meat

YOGESH

Jammu, Nov 12: The Jammu Municipal Corporation (JMC) has launched a major drive against vendors selling substand-ard and unhygienic meat in the city, following similar action in the Kashmir Valley.

Nearly 500 kilograms of substandard frozen meat were seized and destroyed, and fines amounting to Rs 50,000 were imposed on the offenders.

The campaign was carried out by JMC's veterinary wing under the super-vision of Municipal Commissioner Dr. Devesh Yadav and led by Municipal Vet-erinary Officer Dr. Jaswant Singh. Surprise inspections were conducted across vari-ous localities of Jammu city.

During the operation, around 500 kg of unfit meat was seized from several vendors found violating food safety and hygiene norms. The seized meat was destroyed on the spot as per safety protocols to ensure it did not reach the market.

Several shop owners were served notices for lacking valid licenses, failing to maintain hygiene, and selling un-stamped meat. Apart from the collective fine of Rs 50,000, a separate penalty of ₹7,000 was imposed on shops found selling unhygienic or unverified meat in violation of the Municipal Corporation Act, 2000.

Dr. Jaswant Singh told KNO over phone that the corpora-tion's focus remains on ensuring the sale of safe and clean meat to consumers. “Strict action will continue against those engaged in illegal slaughtering and against vendors operating without a No Objection Certificate from the corpora-tion or registration from the Food Safety Depart-ment,” he said.

The JMC has appealed to all meat ven-dors to comply with hygiene, storage, and licensing regulations. Citizens have been urged to report violations to the corporation for prompt action.

Officials told KNO that similar drives will continue across Jammu to curb the sale of unsafe meat and ensure public health standards are maintained—(KNO)

MLA decries poor state of educational institutions

WARIS FAYAZ

Sopore, Nov 12: Member of Leg-islative Assembly (MLA) Sopore, Irshad Rasool Kar Wednesday expressed concern over the deter-iorating infrastructure and slow pace of development in Sopore's educational institutions, urging immediate utilisation of allocat-ed funds to upgrade facilities and bridge academic gaps.

Speaking to reporters on the side-lines of an event, MLA Kar said that several colleges established after Sopore Degree College in 1951 have now evolved into cluster univer-sities, while Sopore continues to struggle with poor infrastructure and limited academic resources.

“The colleges which were estab-lished after Sopore one have become cluster universities, while the infrastructure here is old and in shambles. The faculty strength and

range of courses available are also far from satisfactory. In terms of the education system, Sopore is lagging far behind,” Kar said.

The MLA revealed that the gov-ernment has allocated over Rs 10 crore for Sopore's two colleges this year. He noted that only the science block work has started, while a few development activities are under-way at the Boys Degree College. He pressed for faster spending of the sanctioned funds to ensure better progress in the next fiscal year.

Responding to questions about his plan for improving primary and secondary education, Kar said that upgradation processes across the education and health sectors are currently paused. “Once these are reopened, I will take up the mat-ter with experts to ensure proper enhancement of facilities at Girls Higher Secondary, Boys Higher Sec-ondary and both colleges,” he said.

The MLA criticized the political approach in establishing education-al institutions, saying that it led to scattered resource allocation. “Edu-cational setups have been created based on political considerations. This has weakened the overall edu-cation system as resources meant for strengthening existing institutions were divided. As a result, students are now compelled to move outside Jammu and Kashmir for better aca-demic opportunities,” Kar added.

Addressing reports of staff short-ages in local schools, Kar denied any major issues at the high school level but acknowledged that higher sec-ondary schools face some vacancies. He assured that these posts will be filled soon to maintain academic continuity.

MLA, however, reiterated his commitment to improving the standard of education in Sopore constituency—(KNO)

Two-day national conference begins at GDCW Sopore

KNO

Sopore, Nov 12: A two-day national conference on Frontiers in Basic Sciences: Advancing Climate Resilience, Drug Discovery and Epigenetic Medicine began on Wednesday at the Gov-ernment Degree College for Women Sopore.

The event brought together researchers, sci-entists and students to discuss new directions in climate science, bio-medical research and epigenetics.

The inaugural ses-sion was graced by MLA Sopore Irshad Rasool Kar as chief guest, while ADC Sopore Shabir Ahmad

Raina, SSP Sopore Iftikhar Talib, Principal Amar Singh College Prof. Aijaz Hakak and Prof. Maryam Sarwat from Amity Uni-versity Noida were among the guests of honour.

In her address, Prin-cipal of the college Prof. Subeena Chilloo high-lighted the importance of academic collaboration and praised the Organiz-ing Secretary, Dr. Jaffar Bhat, for his efforts. Prof. Aijaz Hakak stressed on the urgent need to pro-tect water bodies and the environment, calling for the revival of the tra-ditional ethos of An Posh Tel Yel Van Posh.

Similarly, Dr. Jaffar Bhat outlined the themes of the

two-day event and linked basic science to applied research. Prof. Maryam Sarwat appreciated the conference's focus on knowledge sharing and collaboration.

Meanwhile, ADC Sopore Shabir Ahmad Raina com-mended the college for prioritizing climate resil-ience, calling it a critical issue. The event also saw the inauguration of the college newsletter by Dr. Khalid Bashir and his team, followed by the launch of the RFID-based library facility, which drew praise from visiting dignitaries.

S S P S o p o r e lauded the college for pro-moting scientific dialogue

at a community level, while MLA Irshad Rasool Kar assured support for developing the col-lege auditorium. A vote of thanks was present-ed by Dr. Syed Murtaza Geelani, who expressed gratitude to all dignitaries and contributors.

Later, an awareness programme under Mission Yuva Udhay Jagriti 4.0 was held in the audi-torium. Coordinator Dr. Aadil Mohi Ud Din encour-aged students to pursue entrepreneurship and self-employment oppor-tunities through the Mission Yuva app and Skill Learning Hub, urging youth to move beyond dependence on government jobs—(KNO)

EDITORIAL

Education Is The Antidote To Substance Abuse

The landmark Edu-Youth Meet in Srinagar, bringing together over 20,000 students to address substance abuse, represents a crucial and welcome shift in strategy. For too long, the drug menace has been treated primarily as a law-and-order problem. This gathering, spearheaded by the Higher Education and Youth Services departments, rightly recognises that the most potent weapon against addiction is not enforcement alone, but education, emotional resilience, and a profound sense of purpose among the youth. The involvement of a global

spiritual leader like Sri Sri Ravi Shankar underscores the importance of addressing the inner vacuum that often leads to substance abuse. His emphasis on mindfulness, meditation, and breathing techniques is not merely spiritual advice but a practical public health intervention. When he calls for a reimagining of education as a path of “love, happiness, and creativity”, he highlights a fundamental truth: a curriculum that only builds professional skills but neglects emotional and ethical fortitude is incomplete and even dangerous. The proposal to establish Art of Living

centres in universities, focusing on anxiety management, is a timely and necessary step. However, for this inspiring vision to translate into tangible results, it must be backed by sustained, systemic action. The government’s commitment to integrating these programmes is commendable, but it must now ensure they are woven into the very fabric of the academic calendar, not treated as occasional events. Teacher training is paramount; educators must be equipped to become mentors in emotional well-being. The student-led initiatives like the proposed SKY Clubs

can create powerful peer-to-peer networks of support, making the fight against drugs a collective, youth-driven movement. The battle against substance abuse will be won not just in police stations and rehabilitation centres, but in classrooms, campuses, and the hearts of young people. By championing an education that nurtures the mind, body, and spirit, the government and civil society are building the most effective long-term defence against this scourge. This holistic approach offers the hope of a generation that is not just drug-free but truly empowered and fulfilled.

Water At The Heart Of Climate Resilience

UN climate summits like the annual Conference of the Parties (COPs) have historically laid predominant emphasis on reducing carbon emissions, increasing the capacities for renewable energy, and establishing finance mechanisms

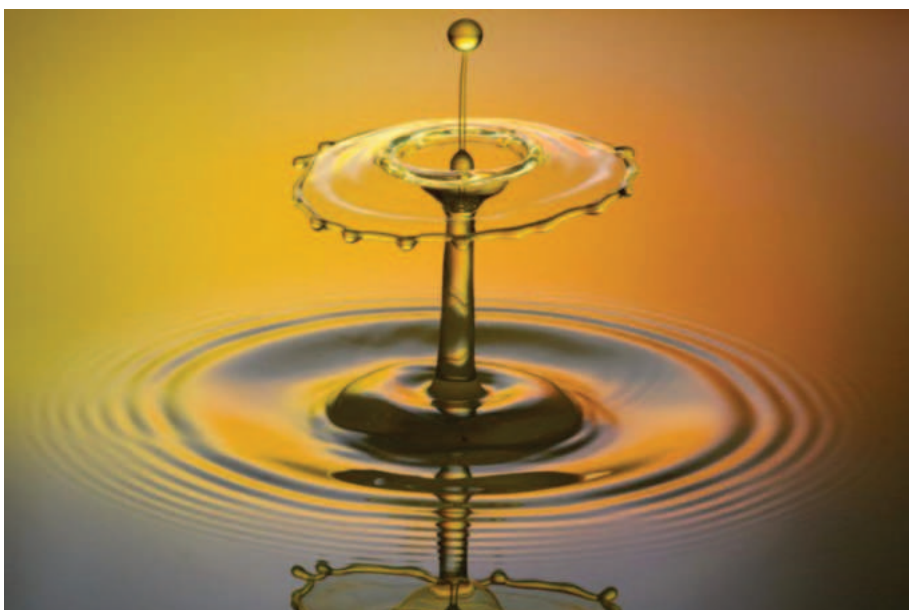
Girija K Bharat and Syamal Kumar Sarkar

UN climate summits like the annual Conference of the Parties (COPs) have historically laid predominant emphasis on reducing carbon emissions, increasing the capacities for renewable energy, and establishing finance mechanisms. But in recent years, there is growing recognition that climate change is experienced primarily through water. This increased acknowledgement of water as a primary issue was seen during the COP 28 in Dubai, United Arab Emirates, which highlighted water as a significant cross-cutting issue. During COP 28, over 50 countries signed the Dubai Water Declaration, endorsing the integration of water and climate policies.

By incorporating water resilience into the official Action Agenda, COP 30 further leverages and consolidates this momentum. The focus on water has grown stronger as the world gets ready for COP 30, the 2025 United Nations Climate Change Conference that will be held in Belém, Brazil. The nexus between water, energy, food, ecosystems, human health, and climate change highlights the fact that water is part of both the climate crisis and the solutions. The critical importance of the water sector is evident and unmistakable. Fundamentally, the efforts to adapt to and mitigate climate change are linked with the hydrological cycle, which is being disrupted by rising temperatures, deforestation, and pollution.

To systematically address water resilience across various geographic, sectoral, and political scales, we need to implement integrated water resource management (IWRM). Climate security without water security is unattainable for any nation and therefore warrants concerted efforts to tackle both issues cohesively. The official COP 30 Action Agenda delineates six major thematic pillars that will help the world accelerate the global response to climate change. The thematic pillars of the COP 30 Action Agenda are designed to create a framework that supports stakeholder mobilisation and accelerates the implementation of agreements reached from the first Global Stocktake (GST-1). They are as follows:

1. Transitioning Energy, Industry and Transport
2. Stewarding Forests, Oceans and



3. Biodiversity
3. Transforming Agriculture and Food Systems
4. Building Resilience for Cities, Infrastructure and Water

Fostering Human and Social Development—Including Financing, Technology and Capacity-Building. The thematic focus on Building Resilience for Cities, Infrastructure and Water acknowledges that the management of water resources, from river basins to urban drainage systems, is crucial for adaptation, biodiversity preservation, and sustainable development. Additionally, water is essential for agriculture, the developing bioeconomy, and the resilience of infrastructure. By taking a cohesive and comprehensive approach, we will potentially transcend the perception of water as a mere victim of climate change but rather see it as a catalyst for change and the cornerstone of a fair transition. Resilience thinking is increasingly becoming a fundamental tenet of the management, funding, and governance of water. This human aspect emphasises the need for water to remain a key component of climate action. It establishes a connection between global goals and the realities encountered by

communities and ecosystems. This element serves as a reminder to decision-makers that resilience ultimately manifests in lives and livelihoods. Even though problems with water quantity, such as droughts and floods, are often in the news, water pollution is an equally urgent but under-represented dimension of the climate crisis. It is anticipated that COP 30’s agenda will integrate pollution within the broader framework of adaptation, linking water quality, public health, and climate resilience. The discussions may focus on: Pollution-driven carbon and methane emissions from degraded water bodies. Nature-based solutions (wetlands, mangroves) for filtering and storing water. International financing for pollution control and wastewater management. While there have been several discourses on flood and drought mitigation, a lot needs to be done on the aspect of water pollution control, especially chemical and micropollutant contamination, which impacts public health the most. In this context, it is crucial to identify solutions and formulate strategies and action plans for tackling both point and non-point sources of pollution, including contaminants of emerging concern (CECs) that encompass a range of substances from pharmaceuticals and personal care products to industrial

chemicals. The next level of systems thinking needs to include these pollutants, which are being found more often in surface and groundwater as well as other parts of the environment, but are not properly controlled, creating complicated risks for human health and the environment. International collaboration can drive knowledge and technology transfer, as in the case of the India-Norway Cooperation Project on Capacity Building for Reducing Plastic and Chemical Pollution in India (INOPOL), which focuses on land-based plastic pollution and Persistent Organic Pollutants (POPs) impacting the marine ecosystem. The fact that COP 30 takes place in Brazil, which holds the majority of the Amazonian rainforests, gives it both symbolic and practical significance. This region is characterised by the critical role of water in sustaining life while simultaneously facing challenges such as floods, droughts, and pollution, which illustrate the pressures of a changing climate. The Amazon rainforest highlights the critical nexus between forests, rainfall, and river systems. Brazil intends to leverage COP 30 to demonstrate Amazon stewardship as a global model for water and climate, integrating indigenous knowledge, scientific advancements, and low-carbon development within the largest watershed on the planet. COP 30 presents an unparalleled opportunity to incorporate water security and water quality into climate finance, planning, and governance frameworks. As negotiators gather in Belém, the message is clear: “There is no climate resilience without water resilience.” COP 30 presents an opportunity to transition from acknowledgement to tangible outcomes, moving beyond symbolic pledges to quantifiable, enduring transformations. As Retno L.P. Marsudi, UN Special Envoy on Water, aptly put it, “There’s no need to reinvent the wheel, only to get the wheels moving.” The goals of the Paris Agreement will remain unattainable without resilient water systems. Water drives mitigation, underpins adaptation, and sustains resilience. There can be no green energy transition, food security, or sustainable cities without it. Belém must become the pivotal moment when the world overcomes fragmentation and achieves integration across sectors, including water pollution control and climate resilience, to function as a unified system. Only then can water move from the margins

of the climate agenda to its foundation, the system through which every commitment must flow. Climate High-Level Champions are appointed for each COP Presidency to mobilise action beyond governments, linking negotiations with businesses, cities, and civil society to accelerate real-world implementation. The speakers at World Water Week 2025 in Stockholm, Sweden, emphasised that inclusion and justice are central to credibility. Indigenous leaders, in particular, called for their knowledge to guide decision-making on water and climate. By the time of the next Global Stocktake in 2028, the goal is for water (pollution control and mitigation) to be fully integrated into national adaptation plans and nationally determined contributions (NDCs). Ensuring that this understanding translates into concrete commitments, from pollution control to monitoring of CECs and watershed restoration, will determine whether COP 30 becomes a true “watershed moment” in global climate diplomacy. There are several action points for India, such as to strengthen water governance through coordinated reforms at both central and state levels, ensuring effective policy alignment and implementation. River-basin management authorities should be empowered to integrate water quantity, quality, and pollution control under one framework. Expanding circular-water use in industries, nature-based wastewater treatment, and rural water-quality surveillance can improve resilience. The Government of India’s flagship programmes, such as the Jal Jeevan Mission, Swachh Bharat Mission, AMRUT, Per Drop More Crop, etc., should embed climate adaptation and pollution mitigation targets. Coordination councils that connect central and state authorities, partnerships that link science and policy, and specialised financing mechanisms are essential for enhancing innovation and ensuring accountability. Integrating these measures into national and state climate frameworks will establish India as a regional authority in sustainable water resilience.

The writers are, respectively, Managing Director, Mu Gamma Consultants (MGC), and Distinguished Fellow and Senior Advisor, Natural Resource & Climate, The Energy and Resources Institute (TERI).
Source: The Statesman

Click, Learn, Repeat: A Guide For Pollution-Induced Online Classes For School Children

Neelima Kamrah

The Delhi government has directed schools to conduct classes in hybrid mode for students up to Class 5, allowing parents the option to switch to online learning, in view of the worsening air quality in the national capital. The move comes after the Centre enforced Stage III restrictions of the Graded Response Action Plan (GRAP) on Tuesday, following a sharp rise in pollution levels across Delhi-NCR.

It’s a double whammy for parents—keeping kids healthy indoors while making sure their learning doesn’t skip a beat. But don’t worry, with a little planning and some solid teamwork between parents and schools, kids can stay safe, sharp, and spirited even when the air outside is a foggy mess and classes have gone digital. Here’s how parents can turn this challenge into a win.

Make a little learning corner

A small, peaceful space at home can do wonders for focus. Pick a quiet, well-lit corner that’s just for study time. Keep essentials — books, pencils, and a water bottle — close by so your child doesn’t need

to move around constantly. A clean table, some fresh air, and even a small plant can make the space feel calm and welcoming.

Sharing devices without the drama

Many families juggle online classes with limited devices. Setting a simple schedule helps avoid confusion; decide who uses what, and when. Schools are usually happy to share recorded lessons or offline worksheets, so don’t hesitate to ask. If possible, use phones for lighter tasks like quizzes or reading to free up laptops for live sessions.

Bring back routine and rhythm

When outdoor play is restricted, structure becomes the anchor of the day. Keep regular wake-up and meal times, mix study hours with short breaks, and add screen-free fun; maybe doodling, puzzles, or music. A familiar rhythm helps children feel grounded and reduces restlessness.

Stay involved, not hovering

Children thrive on encouragement, not constant supervision. Ask gentle, open-ended questions



like, “What did you enjoy learning today?” instead of checking every task. Praise effort, not perfection; this builds confidence and independence, even in an online setup.

Keep tech hassles away

A few quick checks can prevent mid-class meltdowns. Make sure

devices and apps are updated, passwords are stored safely, and internet connections are stable. Teach kids simple fixes, like refreshing the page or reconnecting to Wi-Fi, so they can handle small issues themselves.

Maintaining health

Care for the body and mind, with

limited outdoor play, movement is still essential. Turn up some music for a mini dance session, do a short yoga stretch, or walk around indoors. Keep kids hydrated and offer nourishing snacks; fruits, nuts, and warm turmeric milk are seasonal heroes. Watch for signs of stress or fatigue, and make time for chats, cuddles, or deep breathing to reset their mood.

Keep the air (and home) cleaner

During high-smog hours, keep windows closed and open them briefly at noon for fresh air. Wipe surfaces often and use a damp mop to reduce dust. If you have a purifier, keep it running in the study or bedroom. And when children need to step out, make sure they wear N95 masks, especially those with asthma or allergies.

School-parent communication

Stay Connected with the School. Communication makes everything easier. Keep an eye on school messages and updates, and let teachers know about any tech issues or health concerns. Regular feedback helps schools adjust lessons, and collaboration ensures children continue learning smoothly.

With a proactive mindset, a dash of creativity, and strong collaboration with educators, families can transform their homes into vibrant learning spaces.

Kamrah is the principal of KIIT World School, Gurugram

Source: The Indian Express

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

Sustainability key to transform J&K's apple sector: Javid Dar

Addresses 5th Edition of CII J&K Apple Conclave 2025

KT NEWS DESK

SRINAGAR, NOVEMBER 12: Minister for Agricultural Production, Rural Development & Panchayati Raj, Cooperative and Election Departments, Javid Ahmad Dar addressed the 5th Edition of CII J&K Apple Conclave 2025 here Wednesday.

In his address, Minister Dar emphasized on the importance of innovation, sustainability and inclusivity in transforming Jammu and Kashmir's apple sector. He highlighted the government's pilot initiatives aimed at strengthening the apple industry, including the infusion of advanced technology, establishment of robust market linkages and promotion of sustainable agricultural practices.

"Through strategic interventions, we are committed to creating a more resilient



and globally competitive apple economy in Jammu and Kashmir. Our goal is not just to enhance productivity, but also to ensure that the benefits of this transformation reach every farmer and stakeholder in the apple value chain," said Minister Dar.

The Minister further underscored that sustainability will be at the core of the government's approach, ensuring that the region's apple industry thrives while maintaining ecological balance. He also stressed on the critical role of innovation and technology in streamlining operations and

improving market access for local apple producers.

The CII J&K Apple Conclave 2025 brought together industry experts, farmers, and stakeholders to discuss the future of the apple sector in Jammu and Kashmir and explore new avenues for growth and collaboration.

Among others Vice Chancellor SKUAST-K, Director Agriculture Kashmir, Director Horticulture Planning and Marketing, representatives of Confederation of Indian Industry and other senior officers were also present on the occasion.

Need to prevent damage to natural vegetation: Rana Orders action against illegal units operating in forest areas

KT News Desk

JAMMU, NOVEMBER 12: Minister for Forests, Ecology & Environment, Javed Ahmed Rana today directed senior functionaries of the department to initiate stringent action against all illegally operating Stone Crusher Units, Hot Mix Plants and Batching Plants within the Jammu Forest Division.

The Minister issued these directions while chairing a high-level review meeting at Civil Secretariat, convened to assess the functioning and compliance status of such industrial units operating in and around forest areas.

During the meeting, Rana emphasized that no illegal or environmentally non-compliant activity would be tolerated, instructing officers to take action under all relevant legal provisions against any units found violating forest or environmental regulations.

He stressed that these directions must translate into visible on-ground outcomes, directing the field functionaries to adopt a proactive, result-oriented approach.

The Minister further directed officials to undertake a comprehensive verification of



pollution control measures being implemented by each operational unit.

He underscored the need to minimize ecological impact through strict adherence to environmental protection norms and sustainable operational practices.

Rana called for the submission of detailed inspection and monitoring reports from all forest circles, highlighting that regular field inspections and timely reporting are essential for effective enforcement.

Expressing concern over reports of unauthorized excavation,

land levelling, residue deposition and waste dumping within forest areas, the Minister instructed the department to take immediate corrective measures.

He emphasized the need to prevent damage to natural vegetation and ensure complete compliance with forest and environmental protection laws.

The Minister also underscored the importance of institutional coordination and synergy among the Forest Territorial Wing, Pollution Control Board and Forest Protection Wing. He added that a robust inter-departmental

coordination framework is crucial for effective monitoring, prompt response, and efficient enforcement against environmental violations.

Reiterating Omar Abdullah Government's commitment to sustainable and responsible development, Rana stated that industrial operations must conform to the principles of ecological preservation and prudent resource utilization.

He assured that the Forest Department will continue to strengthen monitoring mechanisms to safeguard the region's rich environmental heritage.

DC Anantnag holds block Diwas at Verinag

KT News Desk

ANANTNAG NOVEMBER 12: To address the grievances and concerns of the local community especially related to the ensuing winter season, the Deputy Commissioner (DC) Anantnag, SF Hamid, presided over the Block Diwas Wednesday at Koot Verinag.

The event witnessed participation by DDC Shahabad, SDM Dooru, ACD, Tehsildar, BMO and ZEO Verinag, other concerned officers from various departments, members of civil society, ex PRI members and the local public of the area.

During the program, the DC gave a patient hearing to the residents who raised issues pertaining to road connectivity,

healthcare services, rationalisation of teachers, advance distribution of ration for winter months, expediting JJM works, desilting of Irrigation canals, commissioning of Receiving Station, availability of men & machinery for snow clearance, construction of infrastructure for schools, among others.

Addressing the gathering, the DC reaffirmed the district administration's commitment to the time-bound resolution of all genuine grievances, assuring that issues would be taken up with the concerned departments for effective redressal. He issued on spot directions to the concerned officers to ensure prompt and efficient resolution of genuine concerns raised by the public.

DC Shopian flags off anti-tobacco awareness rally

KT News Desk

SHOPIAN, NOVEMBER 12: Deputy Commissioner (DC) Shopian, Shishir Gupta Wednesday flagged off an Anti-Tobacco awareness rally from the Mini Secretariat, Shopian, marking the beginning of a 60-day Youth Campaign against tobacco use.

The rally, organized under the National Tobacco Control Programme (NTCP) by the Health Department Shopian, aims to sensitize the youth and general public about the ill effects of tobacco consumption and to promote a tobacco-free society.

Speaking on the occasion,

the DC emphasized the need for collective efforts to eradicate tobacco use from society. He highlighted that such awareness drives play a crucial role in shaping a healthy and responsible young generation.

The DC further urged educational institutions, health workers and NGOs to actively contribute towards spreading awareness in rural as well as urban areas and to ensure strict implementation of anti-tobacco laws. The campaign will continue for two months with multiple activities including seminars, workshops and community outreach programmes across different blocks of Shopian district.

CS reviews CiTAG's initiatives

Calls for developing robust innovation ecosystem

KT News Desk

JAMMU, NOVEMBER 12: Chief Secretary, Atal Dulloo Wednesday chaired a meeting to review the performance and ongoing initiatives of the Centre for Innovation, Technology and Governance (CiTAG), J&K, aimed at fostering innovation, enhancing public service delivery, and strengthening capacity building across government departments.

The meeting was attended by Additional Chief Secretary, Planning; Additional Chief Secretary, Agriculture Production and Power Development Departments; Principal Secretary, Culture; Commissioner Secretary, General Administration Department; Director, IIM; Managing Director, JPDCL; Director, Industries & Commerce; CEO, ERA; CEO, CiTAG, besides other senior officers.

During the meeting, the Chief Secretary reviewed the key projects and knowledge initiatives being steered by CiTAG to strengthen governance processes through innovative and data-driven interventions. He emphasized that CiTAG should act as a catalyst in transforming administrative systems through capacity enhancement, technology integration, and policy innovation.

The Chief Secretary directed the expediting of Public-Private Partnership (PPP) initiatives identified by CiTAG, including the outsourcing of Hotel Ashok Jammu, Hotel Ashok Gulmarg, and the International Yoga Centre at



Mantalai, to unlock their full potential through professional management and sustainable operational models.

He further reviewed various knowledge and policy outputs being developed under CiTAG's guidance, such as the Skill Gap Study, PPP Policy Framework, Policy for Attracting Foreign Direct Investments (FDIs), Road Safety and Urban Mobility Plans, Promotion of Start-ups, and Replication of Best Practices across departments.

Dulloo stressed on the need to build a vibrant innovation ecosystem across J&K, particularly in schools, colleges, universities, and skill development institutions to nurture creativity, entrepreneurship, and problem-solving capabilities among youth.

The Director, IIM, while highlighting the progress of collaborative projects, emphasized the importance of timely delivery and institutional ownership for sustainable outcomes.

The CEO CiTAG took this occasion to inform about the certain knowledge outputs taken out for J&K's Development. He elaborated that the first phase

focuses on key strategic deliverables across several categories, laying the groundwork for sustained growth and development of J&K.

He divulged that the growth drivers initiatives, scheduled for completion between December 2025 and March 2026, include essential studies on employment skill gaps, agricultural development (doubling farmers' income), attracting FDIs, and creating entrepreneurial ecosystems. Additionally, critical work on urban mobility plans and export promotion is underway, the meeting was apprised.

Moreover the Vision 2047 and Data-driven Decision Making categories will see the implementation of Block chain/AI in governance, digitization of data, strengthening fiscal position, and rationalization of assets by March 2026. Submissions for developing PPP policies and formulating conducive policies for attracting FDIs have already been submitted and are under review, marking immediate progress in enhancing J&K's economic and administrative landscape.

Satish holds meeting with Western Bus Union

KT News Desk

SRINAGAR, NOVEMBER 12: In a significant step towards addressing the long-pending concerns of the Transport fraternity, Minister for Transport, FCS&CA, Youth Services and Sports, IT, Satish Sharma Wednesday convened a detailed meeting with the representatives of Western Bus Union.

The delegation, led by the President of the Association, apprised the Minister of various operational and administrative challenges being faced by transporters across different routes and districts of the region.

During the deliberations, the Union representatives raised several important issues, including streamlining of permit renewals, rationalization of passenger fare structures, condition of transport infrastructure, welfare of drivers and conductors, and simplification of departmental procedures.

The Minister gave a patient and sympathetic hearing to the concerns and assured the delegation that the government is fully committed to strengthen the transport ecosystem in Jammu and Kashmir through transparent and responsive governance.

Satish Sharma, while emphasizing the critical role of the

transport sector in sustaining public mobility and economic connectivity, said that the government views the transporters as essential partners in the developmental process. He directed the concerned officers of the Transport Department to take immediate action on the issues raised and ensure time-bound redressal of all genuine grievances.

He also instructed the officials to maintain regular coordination with the Union representatives to prevent recurrence of avoidable delays or procedural hurdles.

The Minister reiterated that under the vision of Chief Minister Omar Abdullah, the Transport Department is working to create a more efficient, safe, and citizen-friendly public transport system across Jammu and Kashmir. He underlined the importance of adopting digital systems and modern regulatory practices to improve service delivery and enhance transparency.

The members of the Western Bus Union expressed their gratitude to the Minister for intervention and proactive approach in resolving their concerns. They acknowledged the responsiveness shown by the Government to prioritize the welfare of transporters and commuters alike.

Pulwama admin strengthens action against illegal mining

KT News Desk

PULWAMA, NOVEMBER 12: On the directions of the Deputy Commissioner Pulwama, Dr. Basharat Qayoom, the Geology and Mining Department Pulwama intensified its enforcement drive to curb illegal mining and unauthorized mineral transportation in the district.

During the past two days, enforcement teams headed by District Mineral Officer, Pulwama, Dr. Mohammad Saleem have seized eight vehicles involved in unlawful extraction and movement of minerals, and a penalty of Rs.1.34 lakh has been imposed on the offenders.

To ensure continuous surveillance and strict monitoring at vulnerable locations, the Deputy Commissioner has directed the department to maintain a daily enforcement roster and keep close liaison

with the Revenue and Police Departments for combined and concerted efforts against illegal mining.

Moreover, over 20 ramps connected to the Jhelum and Rambhara rivers have been dismantled over the last three days to prevent illegal extraction and transportation of mineral material.

The department has instructed all tipper and dumper operators to transport minerals strictly against valid e-challans and permits, warning that any violation will attract strict legal action under the relevant mining laws.

The department has also urged the general public to cooperate with the administration and report any illegal mining activities to the concerned authorities, emphasising the collective responsibility to safeguard the district's natural resources.

H&H Deptt unveils DesignNweave

IICT, NIELIT software to promote Kashmir Handicrafts

KT News Desk

SRINAGAR, NOVEMBER 12: In a significant milestone towards integrating modern technology with traditional designs, the Handicrafts and Handloom Department, Kashmir Wednesday unveiled DesignNweave, an indigenous software solution, which is set to revolutionize the digital design process for famed handicrafts and handlooms of Kashmir.

The new software has been developed by the Indian Institute of Carpet Technology (IICT), Srinagar, in collaboration with National Institute of Electronics and Information Technology (NIELIT), Srinagar, under the aegis of the Ministry of Electronics and Information Technology (MeiTY).

The formal handover-takeover ceremony was attended by Director Handicrafts and Handloom, Kashmir, Mussarat Islam, Director IICT, Srinagar, Zubair Ahmad and Director I/C NIELIT, Srinagar, Ashiq Hussain Dar.



In a press statement issued here today, Director Handicrafts and Handloom, Kashmir, congratulated IICT and NIELIT for putting their heads together in making a comprehensive design software which has been specifically tailored for creation and management of carpet and textile designs. "It supports traditional Taleem Design System while providing modern digital tools to facilitate innovation and production efficiency," he added.

Some of the key features of DesignNweave include

simplified navigation, rich library of patterns and motifs, instant preview, smooth data exchange and single-user licence capability.

Director IICT stated that the access of the new software shall also be provided to designers and artisans hailing from remote areas through login/password facility on very nominal charges. "After necessary approval of the competent authority is obtained, IICT shall also provide licensed copy of this software to the desirous persons associated with handicraft and handloom sectors," he added.

Vigilance of civil society, women's movement have kept judiciary accountable: CJI Gavai

PTI

New Delhi, Nov 12: Chief Justice of India B R Gavai on Wednesday said that the vigilance of civil society, the persistence of women's movements and the courage of ordinary citizens have together kept the judiciary accountable to the constitutional promise of equality.

Speaking at the 30th Justice Sunanda Bhandare Memorial Lecture, CJI Gavai said over the past 75 years, India has charted an extraordinary journey in advancing the rights of women and shaping the vision of an inclusive society.

He said that from the



early struggles for recognition and equality to the present era of intersectional and participatory justice, the courts have often stood as guardians of equality and human dignity.

"This evolution has not been

without its challenges. There have been moments when judicial interpretations failed to capture the lived realities of women or fell short of the transformative spirit of the Constitution," CJI Gavai said, adding that the

vigilance of civil society, the persistence of women's movements and the courage of ordinary citizens have together kept the judiciary accountable to the constitutional promise of equality.

The programme was attended by Delhi High Court chief justice D K Upadhyaya and former apex court judge M B Lokur.

CJI Gavai said, therefore, it is important to acknowledge that progress in gender justice has never been the achievement of courts alone and the collective voice of citizens has ensured that regressive precedents were questioned, debated and ultimately corrected through reform, reinterpretation, or

legislative intervention.

"The dialogue between the courts and the people thus remains one of the most vital sources of India's democratic strength, reminding us that the march toward gender equality is not a destination reached but a commitment constantly renewed," he said.

He, however, said that despite the progress, the journey towards genuine gender equality remains far from complete.

"The task before us is not merely to celebrate symbolic achievements or token representations but to ensure that women have a real and equal share in spaces of power,

decision-making and opportunity. Equality must not be confined to numbers or appearances; it must be reflected in the structures, attitudes, and institutions that shape our public and private lives," he underscored.

CJI Gavai, who is set to demit office on November 23, said, "We must continue to dismantle the invisible barriers (social, cultural and economic) that limit women's freedom and participation. The rights guaranteed by our Constitution must reach every woman, not just those in metropolitan cities or privileged contexts, but also those in small towns, villages, and

marginalised communities who continue to live at the edges of justice."

He added that true equality demands that the benefits of law, education and opportunity extend to them in full measure.

"At the same time, achieving gender justice is not the responsibility of women alone. It requires an active reimagining of power by men, especially those who occupy positions of authority in our institutions, workplaces and political systems," he said.

Real progress will come only when men recognise that sharing power is not an act of loss but of liberation of society, the CJI said.

CONTD. FROM FRONT PAGE

Centre declares Delhi

the face of adversity.

The cabinet also directed that the investigation into the incident be pursued with the utmost urgency and professionalism so that the perpetrators, their collaborators, and their sponsors are identified and brought to justice without delay.

Earlier in the day, after returning from Bhutan state visit, PM Modi visited the LNJP hospital in Delhi to inquire about the wellbeing of those who were injured in the blast.

J&K Police Hands Over Probe To State Investigation Agency

Earlier, Delhi Police Special Cell handed over the probe to the National Investigation Agency, under the Unlawful Activities (Prevention) Act, the Explosive Substances Act, and sections of the Bharatiya Nyaya Sanhita related to murder and conspiracy.

A top official told KNO that Jammu and Kashmir Police have also formally handed over the investigation of the module case to State Investigation Agency (SIA) under overall supervision of Criminal Investigation Department CID. Earlier, Srinagar Police was looking into the case, he said.

DNA Sample Of Dr Umar's Mother Collected

Investigators suspect that Dr Umar drove the car in which the explosion took place and to establish the link, authorities today collected the DNA sample of his mother.

An official told KNO that the DNA sample of his mother has been sent to AIIMS forensic laboratory for further investigation and to ascertain whether Dr Umar was inside the car.

Police Trace Another Car Linked To Red Fort Blast

As the ambit of the probe widens, the Delhi police have found an SUV - a red EcoSport car - suspected to be linked to the blast. During investigation it came to fore that this car was also owned by Dr Umar Mohammad, who investigators believe triggered the deadly blast in one of the busiest places in Delhi.

According to details available with KNO, Delhi police earlier today had issued a high alert after a probe revealed that apart from the Hyundai i20, the suspects also had another red car.

All Delhi police stations, police posts, and border checkpoints were alerted to look out for the red EcoSport car. Hours after the alert, the car, bearing registration number DL10CK0458, was intercepted at a farmhouse in Haryana's Khandavali village.

Investigation has revealed that the SUV is registered in the name of Dr Umar Un Nabi, also known as Umar Mohammad, the prime suspect in the Delhi blast case. Dr Umar is believed to have purchased the car on October 29, and on the same day, it was taken out to get the Pollution Under Control certificate. CCTV footage from that day shows three people were in the car.

Dr Umar was part of the terror module busted by Jammu and Kashmir police and Haryana police last week and was working at the Al-Falah Medical College in Haryana's Faridabad. So far, the investigation has revealed that Dr Umar was driving the car that exploded near the Red Fort on Monday evening, killing 9 people and injuring 20 others.

The probe has further revealed that fearing arrest, Dr Umar triggered the blast in panic after his other accomplices, Dr Muzzamil Shakeel, Dr Adil Ahmad and Dr Shaheen were arrested by the Jammu and Kashmir police and Haryana police.

According to investigating agencies, this module was being handled from abroad. Delhi Police and central agencies are now probing the foreign link in the case.

As investigation is ongoing, a total of 15 arrests have been made so far, while several have been detained for questioning in the Red Fort blast case.

Meanwhile, investigation has also revealed that Dr Muzzamil, Dr Shaheen and Dr Umar stayed inside the Al Falah university campus. Dr Muzzamil was staying in the campus for the last 3 years, while Dr Umar was associated with the university for the last 7 years and Dr Shaheena got in touch with them recently, the probe revealed.

It also revealed that another person who works in the HR department of the university is responsible for bringing these doctors from Jammu and Kashmir to Faridabad. He is also being questioned by the Investigators. (KNO)

J&K Police heighten

video monitoring are being conducted at key locations. "People can act as our extended eyes and ears to prevent any incident," the official said.

Security checks have been intensified at the Jammu bus stand, the railway station, and major markets. Quick reaction teams have been deployed, and additional personnel have been stationed at sensitive spots. "The public should not panic but remain watchful. Police are fully

prepared to deal with any situation," a police officer said.

Officials said the outreach has been extended to Samba and Kathua districts, while extra security has been deployed at the Mata Vaishno Devi shrine in Reasi and its base camp at Katra.

Patrolling has also increased along the Jammu-Srinagar National Highway and railway tracks.

Across Kashmir, security forces have launched wide-ranging operations to prevent any potential disturbance.

In a coordinated crackdown on the banned Jamaat-e-Islami (JeI), police conducted extensive raids across multiple locations in Kashmir.

A senior security official said that searches were carried out at the residences and premises of JeI members and their associates as part of efforts to dismantle terror networks and their support structures.

During the operation, police seized incriminating material and digital devices. Several members were also questioned and bound under legal provisions.

In Sopore, police carried out simultaneous searches at more than 25 locations across Sopore, Zaingeer, and Rafiabad areas following credible inputs about activities by JeI-linked individuals to revive organisational activities under different fronts. Incriminating documents, digital gadgets, and printed material were recovered during the operation, and several persons were questioned.

In Kulgam, police launched one of the largest operations in recent months, raiding over 200 premises linked to JeI members and overground workers. Officials said more than 400 cordon and search operations have been conducted in the last four days, leading to the interrogation of around 500 individuals, several of whom have been bound down or detained under preventive laws.

In Pulwama, multiple police teams assisted by other agencies conducted coordinated searches at identified locations. Electronic devices, documents, and printed literature linked to JeI were seized, and several suspects detained, a police spokesperson said.

In Police District Awantipora, the searches were conducted at the houses and premises of JeI members and their associates as part of ongoing efforts to dismantle the terror ecosystem and its support structures. During the operation, incriminating material and digital devices were recovered, while several JeI members were questioned and bound down under the law.

Srinagar Police also carried out extensive raids at 150 locations across the city. The searches targeted residences of associates and overground workers linked with proscribed organisations, as part of ongoing investigations under the Unlawful Activities (Prevention) Act (UAPA).

In Ganderbal, the district-wide counter-terror and anti-separatist operation was conducted simultaneously in several areas with the assistance of other security agencies.

The action followed credible intelligence inputs indicating attempts by JeI-linked elements to revive organisational activities through covert channels and front groups. During the raids, a large quantity of incriminating materials, including documents, digital devices, and printed content having direct links with the banned outfit, were recovered and seized for detailed analysis.

Several suspects have been detained for questioning to ascertain their role in unlawful and subversive activities, the spokesperson said.

In Ganderbal, J&K Police carried out extensive searches at multiple locations across the district targeting individuals and premises linked with the banned organisation Jamaat-e-Islami (JeI), proscribed under the UAPA. All individuals who have remained affiliated with the proscribed group were covered during the operation, the spokesperson added.

Police said these preventive and intelligence-driven operations are aimed at dismantling the terror-separatist ecosystem, disrupting its ideological and logistical networks, and maintaining peace and stability across the region. (KNO)

Share info about

youth in J&K. They destroyed their dreams and aspirations," he said.

LG Sinha, however, expressed optimism that the youth of Jammu and Kashmir are now shaping a new future for themselves through hard work and determination. "Our youth and young professionals are fulfilling their dreams and achieving their aspirations. But our neighboring country and some of their terrorist elements sitting here are trying to disrupt this progress. We must be vigilant against such an ecosystem and work together to foil their efforts," he said.

LG Sinha called on the people to cooperate with security forces and share information about terrorist activities. "During the past five to six years, people have tasted the dividends of peace, and the number of stakeholders in

peace has increased. It is the collective responsibility of all to ensure that peace remains intact and disruptive elements are kept at bay," he said.

Referring to the massive investment in the last 5-6 years in human capital in Jammu and Kashmir, LG Sinha said, "We have created massive infrastructure in 5 years and now young professionals must focus on development strategies to change J&K's fortunes."

The Lieutenant Governor highlighted the transformation of IUST since 2021 and significant milestones achieved by the University in enrolment, startups incubation, sustainability, research and innovation.

"Academic programmes increased from 41 to 90 between 2021 and 2025, offering interdisciplinary and cutting-edge courses like AI, Robotics, Design Your Own Degree, Space Technology, Data Sciences, Apprenticeship based UG level Skill courses," he added.

"Applications in multiple disciplines are up from 3,000 in 2021 to 7,600 in 2025, with increased diversity from across J&K and beyond," the Lieutenant Governor said.

He said that before 2021, external funding of IUST for research was merely Rs. 2 crore annually. In 4 years, more than Rs. 69 crore external funding was achieved for research.

"From a 'zero' start-up in 2021, the University has grown to incubate 93 start-ups in the last four years, hosted over 225 incubatees, and nurtured award-winning innovations in renewable energy, healthcare, and IT. Thirty two patents granted, 77 patents have been published, 33 more filed; additionally, two faculty ranked among top Indian scientists in their field. It is a matter of pride for IUST," he said.

The Lieutenant Governor directed the IUST for research innovation in developing low-cost energy resilient houses. He also asked the University to look into the ways for effective reuse of road and building construction material and promotion of cold-mix technology for more durable roads.

The IUST must also provide innovative solutions for communication technology to reach remote regions without relying on traditional signal towers, he said.

Shantmanu, Additional Chief Secretary, Higher Education Department; Prof. Shakil A. Romshoo, Vice Chancellor, IUST; Prof. Nilofer Khan, Vice Chancellor, University of Kashmir; Prof. M. Ashraf Ganie, Director SKIMS; Prof. A. H. Moon, Dean Academic Affairs; Prof. Abdul Wahid, Registrar, IUST; senior officials, Heads of Departments, faculty members and students were present. (KNO)

DGP orders attachment

No. 338 in the name of Mian Abdul Qayoom, has been attached in connection with FIR No. 157/2009 under Sections 120, 120-B, 121, 153-A RPC and Sections 13, 38, 39 of UAPA at Police Station Shaheed Gunj, Srinagar.

As per official documents accessed by KNO the investigation revealed that on December 31, 2009, PS Shaheed Gunj received information that a seminar was organized at Hotel Jehangir, Srinagar, on the death anniversary of Late Ali Mohammad Jinnah by separatist leaders led by Feroz Ahmad Khan, vice-chairman of the Muslim League.

The seminar, as per police, was attended by Aasia Andarabi, Shahir Ahmad Najar, and Mian Abdul Qayoom, among others, where anti-India speeches were allegedly delivered and slogans raised calling for secession of Jammu and Kashmir from India and establishment of Islamic law in the region.

During subsequent investigation, police said incriminating material was recovered from the residence of Mian Abdul Qayoom, including banned literature, a blank letterhead of Hizbul Mujahideen with seal impression, a press note of Hizbul Mujahideen, and a letter from Syed Salahuddin to former US President Bill Clinton, among other materials.

Based on the collected evidence, authorities said the property falls within the ambit of "proceeds of terrorism" under Section 2(g) of the UAPA, and its attachment was approved under Section 25 of the Act.

The order, signed by DG Police Nalin Prabhat, has been sent to SDPO Shaheed Gunj for implementation, with copies marked to ADG CID, IG Kashmir Zone, SSP Srinagar, and AIG CT/INT for necessary action.

Pertinently, Mian Qayoom was arrested in 2020 in connection with a murder case of Advocate Babar Qadri. He was shot dead by assailants, who disguised as clients on September 24, 2020, at his residence at Zahidpora in Srinagar. (KNO)

Police tighten

had mocked the tragic incident online, terming such behaviour as "inhumane and provocative".

The advisory urged users to report objectionable posts or accounts directly to law enforcement agencies instead of amplifying them and emphasised that any content

threatening public harmony would invite legal consequences.

In Sopore, police appealed to citizens and WhatsApp group administrators to use social media responsibly and warned that any anti-national, communal, or sectarian post, comment, or forward would attract the strictest legal action.

The advisory urged people not to amplify hate or misinformation and to use social media as a tool for connection rather than division.

"It has come to notice that some social media users are posting or reacting insensitively to the recent tragic incident at the Red Fort. Such actions are deeply objectionable and anti-national, aimed at spreading hatred and disturbing public harmony," Kupwara Police said, adding that it urges everyone to avoid posting, sharing, or endorsing any content that is anti-national, communal, or disrespectful in nature.

"The public is advised to report such content or accounts to the concerned platform or law enforcement authorities instead of engaging with or spreading them," the police said, adding that it is closely monitoring online activity.

Police warned that strict legal action will be taken against anyone found involved in creating or promoting such content.

Meanwhile, in Shopian, police registered an FIR after taking cognisance of a viral video circulated through a Facebook page titled "Voice of Humanity". The video reportedly contained a speech promoting separatist sentiments and activities aimed at disturbing public peace.

Officials said a case under FIR No. 109/2025 has been filed at Police Station Zainapora, and investigations are underway to identify those involved in creating and circulating the content. (KNO)

Showcase J&K's

those who aid and abet it. "We must eliminate every single terrorist and also take account of those who support them, so that lasting peace is ensured," the LG said.

The Lieutenant Governor urged filmmakers to project story of a transformed Jammu and Kashmir, which for long lived under the shadow of violence. "Many of you from the film industry are present here. I urge you to tell the story of change - how J&K is emerging from darkness into light."

He said, "Efforts have already begun, but more people must join in to take this message to the youth and to the world."

He also congratulated the organizers for hosting over 750 films from 50 countries, saying the event marks how the festival has grown rapidly in just four years.

"Four years ago, this festival was like a child learning to walk. Today, it is running and I heartily congratulate everyone behind it," LG Sinha said.

He said regional cinema remains the strongest medium to unite India's diverse culture, describing it as a bridge that brings different communities closer.

"If one wishes to see the cultural richness from Srinagar to Sheri Viday Puram, regional cinema reflects it best. It strengthens the spirit of Bharat and connects people through shared heritage," he said.

LG Sinha said the new J&K Film Policy has revitalized the sector post-pandemic, with over 300 films and web series already shot in the region, creating new opportunities for youth and boosting the local economy.

"We have made J&K a filmmaker-friendly destination by removing old barriers and simplifying processes. The message has gone worldwide, Jammu and Kashmir is ready to contribute to India's film industry with full potential," he said.

"India's film industry, now the fifth largest in the world and growing at 7 percent annually, will see J&K play a vital role in its cultural and creative expansion. In the past few years, we have seen new opportunities for youth, fresh energy in our cultural awakening and growing confidence among our artists," LG Sinha said.

Calling cinema a powerful tool beyond entertainment, he said films, documentaries and web series can deliver meaningful social messages and help reshape mindsets. "Cinema can emotionally connect people, spread awareness and reflect the social and cultural transformation happening in J&K," he added.

"I encourage filmmakers to create 'micro web series' focused on the region's transformation so the truth of this change reaches not just India but the entire world," the LG said.

He also cautioned creators to balance entertainment with social responsibility, saying cinema must elevate consciousness rather than harm it. "Sometimes, in the flow of creativity, we cross lines that cause harm. We must ensure cinema always strengthens social and cultural awareness," he said.

The LG also said cinema is one of the best tools to shape the cultural narrative and emotionally connect people with the nation's spirit. "We must remain conscious of our proud history and contribute to making India a developed

and united nation," he said.

Pertinently, the 4th edition of The International Film Festival of Srinagar (TIFFS) received over 100 film entries from 20 countries. An eminent jury panel has shortlisted 20 short films, 6 feature films, and 4 documentaries for screening. The selected feature films represent countries like India, Poland, Russia, and Sri Lanka. Other nations represented in the selections include the USA, France, Germany, Turkey, and Switzerland, among others.

The 3-days of cinematic celebration will showcase cinema that bridges cultures and celebrates storytelling. The vibrant cultural and cinematic festival serves as a powerful symbol of Jammu Kashmir's artistic resurgence, drawing filmmakers and audiences from across the globe and solidifying its standing as a global platform for creative exchange.

Rohit Bhat and Rakesh Roshan Bhat, Festival Directors, TIFFS, Prof. Nazir Ahmad Ganai, Vice Chancellor, SKUAST-Kashmir; Anshul Garg, Divisional Commissioner Kashmir; Rajiv Pandey, DIG CKR; Akshay Labroo, Deputy Commissioner, Srinagar; members of Vomedh group, Avanti Foundation, and Landmark Crafts Limited, prominent artists, film personalities and Cinema lovers attended the inaugural ceremony. (KNO)

Edu Min directs

across Jammu and Kashmir.

During the meeting, the Minister held detailed deliberations on a range of issues concerning fee fixation, regulation, and operational transparency of private educational institutions across Jammu and Kashmir.

The Minister emphasized that education is a social responsibility and reiterated the government's commitment to ensuring that no student is deprived of learning opportunities due to unreasonable fee structures.

She directed the officers to strictly enforce existing guidelines and strengthen monitoring mechanisms to prevent arbitrary fee hikes and other regulatory violations.

Recognizing the vital role of private schools in supplementing the public education system, the minister called for greater transparency in fee disclosure, adherence to approved structures, and timely redressal of grievances from parents and students.

The Minister also stressed the importance of constructive engagement between the government, school managements, and parent associations, advocating for a collaborative approach in shaping a fair and sustainable educational ecosystem across Jammu and Kashmir.

While reviewing other issues, the Minister issued strict instructions to CEOs to check unregulated selling of school textbooks by private schools through various agencies on exorbitant rates.

She directed the CEOs to conduct routine checks on schools as well as book shops and take stringent against schools and book shops involved in selling textbooks on exorbitant rates.

Minister Itoo also instructed the Director School Education to issue a detailed order regarding curriculum, textbooks to be followed by schools and make each CEO to implement that order in letter and spirit. She asked the CEOs to take appropriate action against schools violating this order.

The Minister also directed the CEOs to establish suitable grievance redressal mechanism for dealing with complaints related to fee structure of schools as well as increased textbook prices.

She also directed the officers to develop a fully dynamic website on a government server to enable online applications, fee data submission, and transparent public access to approved fee structures.

She also asked them to develop evidence-based recommendations for periodic fee revision mechanisms to ensure affordability and sustainability in private education.

The meeting was attended by Secretary School Education department, Ram Niwas Sharma, Director School Education Kashmir, Naseer Ahmad Wani; Secretary JKBOSE, Ghulam Hassan Sheikh; Director School Education Jammu, Dr. Naseem Javid; Director Finance School Education department, Administrative Officer Fee Fixation and Regulation Committee (FFRC), and other concerned officers, either in person or through video conferencing. (KNO)

Sgr records season's

Celsius against the normal temperature of 9.2 degrees Celsius.

Meanwhile, Director MeT, Dr Mukhtar Ahmad, told KNO that there is no forecast of any wet spell for the next one week, but the night temperature would remain almost unchanged till November 17.

He said that there is a possibility of a slight improvement in the night temperature after November 17 for two to three days. (KNO)

Steady rise in HIV cases

individuals are key to ending the HIV epidemic, the doctors said. (KNO)

PM Modi meets Red Fort blast survivors at LNJP Hospital



PTI

New Delhi, Nov 12: Prime Minister Narendra Modi visited the LNJP Hospital on Wednesday and met the survivors of the Red Fort blast that happened earlier this week.

There was heavy security deployment in and around the hospital

where the injured are undergoing treatment. Upon landing from Bhutan, the prime minister went straight to the LNJP hospital to meet those injured after the blast, officials said.

He met and interacted with the injured and wished them a speedy recovery, officials said, adding that

he was also briefed by officials and doctors at the hospital.

A powerful explosion ripped through a slow-moving vehicle on Monday near the Red Fort traffic signal, claiming the lives of 12 people.

Union Home Minister Amit Shah visited the hospital to meet the survivors on Monday.

Red Fort blast

Faridabad car dealer detained; police issues directions to second-hand car dealers

PTI

New Delhi, Nov 12: The Special Cell has detained a Faridabad-based car dealer in connection with the Red Fort blast case and has directed all second-hand car dealers across Delhi and adjoining states to verify and share details of recent vehicle sales, officials said on Wednesday.

According to police sources, Amit, owner of Royal Car Plaza in Faridabad's Sector 37, was detained late Monday night with the assistance of the Faridabad Police.

He allegedly facilitated the sale of the Hyundai i20 that was used in Monday's powerful explosion near the Red Fort, which killed 12 people and injured many others.

"Amit is being questioned. The investigation team is tracing the entire chain of ownership of the Hyundai i20 and determining how it reached the suspect's hands. We are verifying who brought the vehicle to his showroom



and through whom Dr Umar Nabi came in contact with him," a source said.

The Special Cell is also examining dealership records, transaction logs and CCTV footage to identify intermediaries who might have been involved in the car's sale and transfer.

Dr Umar Nabi, an assistant professor at Al-Falah University in Haryana's Faridabad, is believed to have been behind the wheel when the blast took place near the historic

Red Fort.

Following the blast, Delhi Police has launched an extensive verification drive involving all used-car dealerships operating within and around the national capital.

A senior police officer said all Deputy Commissioners of Police (DCPs) across the 15 districts in Delhi have been instructed to hold meetings with local car dealers and direct their respective Station House Officers (SHOs) to cross-check sale and purchase

records.

"SHOs have been asked to visit car dealerships in their jurisdictions and verify documentation related to recently sold or transferred vehicles. They have also been tasked with collecting details of buyers, especially those from Delhi, Haryana, Uttar Pradesh, Jammu and Kashmir, and identifying any suspicious transactions," the officer said.

Haryana Police and Uttar Pradesh Police have also

been roped in to conduct parallel verifications in their respective areas adjoining the national capital, sources said.

The objective is to identify any vehicle purchases that may have been made using fake identities or through cash transactions that bypass standard verification procedures.

Meanwhile, a meeting was held with several car dealers in Delhi to strengthen coordination and ensure compliance with vehicle verification norms.

"Dealers were advised to maintain proper sale-purchase records and verify buyer credentials such as Aadhaar, driving licence and address proofs before handing over any vehicle. They were also encouraged to immediately report any suspicious buyers or transactions to the police," said the police officer.

The Special Cell is expected to question more people linked to the transaction chain as the probe into the Red Fort blast widens.

'Job market is showing clear signs of revival with 11 pc hiring intent for 2026'

PTI

New Delhi, Nov 12: After a year of muted single-digit growth, hiring intent has returned to double digits at 11 per cent, up from 9.75 per cent last year, supported by formalisation and regional expansion, says a report.

According to the India Decoding Jobs 2026 Report, launched by digital recruitment platform Taggd in collaboration with the Confederation of Indian Industry (CII), sectors such as BFSI, manufacturing, and infrastructure are set to drive hiring momentum.

"This resurgence marks a shift from recovery to reinvention, powered by digital acceleration, formalisation, and regional expansion," Devashish Sharma, Co-Founder and CEO, Taggd, said.

This edition of the report captures insights from nearly 300+ talent leaders across 21 industries, offering a data-backed view of



India's job and talent story.

As per the report, AI is transforming how organisations hire, with 60 per cent of recruiters using it for resume screening and 45 per cent for interview automation. As a result, AI-related skills are now as critical in recruitment as they are across other industries.

Employers are scouting candidates skilled in technologies such as GenAI,

cloud computing, and cybersecurity, alongside digital and data specialists, AI/ML engineers, solutions architects, and sustainability specialists, the report added. As per the report, the year 2026 is emerging as the year of experienced professionals, with companies increasingly prioritising mid- and senior-level talent for those with 6-15+ years of

experience.

Tier II cities accounted for 32 per cent of projected jobs in 2026, as organisations, especially GCCs, tap into new regional talent hubs for both cost efficiency and emerging skill sets.

Female hiring is projected at 30 per cent in FY 2026-2027, consistent with 2025 levels but lower than 36 per cent in 2024, as per the report.

Shoe hurl at CJI: Delhi HC deprecates incident, says appropriate measures needed

PTI

New Delhi, Nov 12: The Delhi High Court on Wednesday deprecated the hurling of a shoe by a lawyer at Chief Justice of India B R Gavai and said appropriate measures need to be taken to prevent such incidents in future.

Observing that the incident has hurt not only members of the Bar but everybody, a bench of Chief Justice Devendra Kumar Upadhyaya and Justice Tushar Rao Gedela said it shares the concerns of the petitioner, perhaps with more intensity.

"We share your concern, perhaps with more intensity. It has hurt not only members of the Bar but everybody.

"It is not the question of an individual. Such incidents should not only be deprecated but appropriate measures need to be taken," the bench said. The high court's observations came while hearing a public interest litigation (PIL) seeking guidelines to take down videos of the shoe-hurling incident being



circulated on social media.

Petitioner Tejaswi Mohan said the video was still being circulated on social media and they were also seeking directions to ensure that if such incidents happen in future, the identity of the culprit person should be hidden so that they do not get publicity.

Additional Solicitor General (ASG) Chetan Sharma, appearing for the Centre, informed the court about the pendency of a petition filed by the Supreme Court Bar Association (SCBA) before

the apex court in which they have prayed for contempt action against the lawyer who threw the shoe at the CJI in the open court.

Sharma said while he shared the petitioner's concerns, it would be appropriate for Mohan to approach the Supreme Court in the pending proceedings.

The ASG also referred to a newspaper report saying that besides issuance of guidelines, the top court might also consider passing a John Doe order to prevent such incidents. To this, the

bench said, "As per the news report, the Supreme Court has also said that it will consider passing a John Doe order and issue guidelines to prevent such incidents. And if you intervene there, you may always press for issuance of an order or directions to the Ministry of Information and Broadcasting or the government agencies to frame some guidelines or protocols..."

"You may apprise the Supreme Court of this matter being filed and seek intervention there. Otherwise, we will entertain."

The bench said it was only thinking because of the duplicity of proceedings. The court kept the petition pending before it and asked the petitioner to seek intervention in the pending case before the Supreme Court.

"We can see the Supreme Court intends to enlarge the scope of the matter. Just to avoid duplicity of proceedings... we would be happy to issue directions as prayed," the chief justice said.

Dharmendra discharged from hospital, family opts for home treatment

PTI

Mumbai, Nov 12: Veteran actor Dharmendra was discharged from the Breach Candy hospital in south Mumbai on Wednesday morning after the family decided to take him home for treatment, doctor treating him told PTI.

The 89-year-old actor was discharged from the hospital days after he was admitted there for some tests, which were not disclosed by the family and hospital authorities.

"Dharmendra ji was discharged from the hospital around 7:30 am. He will be treated at home as the family has decided to give him home treatment," Dr Pratit Samdani of Breach Candy hospital, under whom the actor was admitted, told PTI.

When asked about the actor's health, Samdani said all he can confirm is that Dharmendra has been discharged from the hospital. An ambulance was seen leaving the hospital for Dharmendra's elder son Sunny Deol's residence in suburban Juhu.

On Tuesday, several media outlets reported about Dharmendra's death but the family refuted it and urged for privacy.

"The media seems to be in over-drive and spreading false news. My father is stable and recovering. We request everyone to give our family privacy. Thank you for the prayers for papa's speedy recovery," daughter Esha wrote on Instagram on Tuesday.

Dharmendra's wife, actor-politician



Salman Khan were seen visiting the veteran actor at the hospital.

Dharmendra, one of the most celebrated matinee idols, is known for films like Sholay, Dharam Veer, Chupke Chupke, Mera Gaon Mera Desh, and Dream Girl. Dharmendra was last seen on screen in Teri Baaton Mein Aisa Uljha Jiya (2024) with Shahid Kapoor and Kriti Sanon. He will soon star in Sriram Raghavan's Ikkis with Agastya Nanda. The war drama is based on the life of the youngest recipient of the Param Vir Chakra, Arun Khetarpal.

Sensex rallies over 770 pts, Nifty tops 25,900 mark on global cues, US-India trade optimism

PTI

Mumbai, Nov 12: Equity benchmark index Sensex jumped over 770 points while Nifty was trading above the 25,900 level in afternoon trade on Wednesday driven by a flurry of buying by investors across sectors amid a rally in Asian markets.

Besides, traders said optimism over an impending India-US trade deal and progress towards ending a prolonged US government shutdown bolstered investor sentiment.

The 30-share BSE Sensex benchmark zoomed 773.64 points, or 0.92 per cent, to 84,644.96 at 13:20 hours in afternoon trade. On the similar lines, the NSE Nifty rallied by 231.8 points, or 0.90 per cent to 25,926.75.

Buying in blue-chip counters such as Reliance Industries, Infosys and Bharti Airtel further supported the indices, they added.

From the Sensex pack, Tech Mahindra, Tata Consultancy Services, Reliance Industries, Adani Ports, Titan, Eternal, HCL Technologies, Infosys, Bajaj Finserv, Trent, Bharti Airtel, Sun Pharmaceuticals, Bajaj Finance, PowerGrid, State Bank of India and Asian Paints were among the gainers.

On the other hand, newly-listed Tata Motors Commercial Vehicles, Tata Steel, Bharat Electronics Ltd, Tata Motors Passenger Vehicles, Hindustan Unilever and Kotak Mahindra Bank were among the laggards.

Market experts said that investor sentiment was further buoyed after Bihar exit polls indicated a likely victory for the incumbent NDA alliance. In Asian markets, South Korea's Kospi, Japan's Nikkei 225 benchmark ended higher while Shanghai's SSE Composite Index closed lower. Hong Kong's Hang Seng is trading in the positive zone. The US markets closed largely higher on Tuesday. Brent crude, the global oil benchmark, fell 0.37 per cent to USD 64.92 per barrel.

Foreign Institutional Investors (FII) offloaded equities worth Rs 803.22 crore on Tuesday while Domestic Institutional Investors bought stocks worth Rs 2,188.47 crore, according to the exchange data.

What should be ideal heart rate & what is its link with cardiovascular health?

TOI HEALTH

New Delhi, Nov 12: The heart beats around 100,000 times a day, yet most people rarely think about how fast, or how efficiently it's working, according to study published in the US. Heart rate isn't just a number flashing on a smartwatch; it's one of the body's most honest indicators of how well the heart and circulatory system are functioning. A rate that's too high or too low can hint at stress, fatigue, thyroid issues, or even early signs of cardiovascular disease. Understanding what qualifies as an "ideal" heart rate and how it connects to heart health can help catch problems early and even prevent them altogether.

Understanding what heart rate really means

Heart rate is the number of times the heart beats per minute (bpm). It is one of the easiest indicators of cardiovascular health. Every beat pumps blood and oxygen through the body, so the rhythm, pace, and consistency of those beats matter deeply.

According to the American Heart Association (AHA), a normal resting heart rate for adults ranges between 60 and 100 bpm. In athletes or people who exercise regularly, the resting heart rate can dip as low as 40-50 bpm, showing strong cardiovascular efficiency.

Dr LK Jha, Associate Director & head of unit II, Cardiology, Asian Hospital said, "It is considered that a healthy grown-up person should have a normal resting heart rate of between 60 and 100 beats per minute. Nevertheless, the majority of cardiologists believe that a resting level of 60 70 bpm is an optimal heart rate and cardiovascular fitness. A decreased resting heart rate is usually a sign of a well and

good cardiovascular system that can pump blood out with fewer beats with a high resting rate that remains constant, usually, is a sign of internal stress on the cardiovascular system or an inefficient heart."

Why the ideal range isn't the same for everyone

While 60-100 bpm is considered "normal," this range can't be read in isolation. Factors like age, fitness level, stress, thyroid activity, sleep quality, and even medication play roles in shaping individual heart rhythms.

For example, a 25-year-old who works out regularly and has a resting heart rate of 58 bpm is likely in great shape. But if a 60-year-old sedentary person records the same rate and feels dizzy or tired, that could signal bradycardia, or an abnormally slow heart rate. Similarly, a resting heart rate constantly above 90 bpm may suggest tachycardia, linked to dehydration, anxiety, or underlying heart conditions.

How resting heart rate reflects cardiovascular health

Think of resting heart rate as a mirror that reflects how efficiently the cardiovascular system performs. A lower rate usually means the heart pumps more blood with each beat, requiring less effort.

When the heart beats too fast over time, it increases oxygen demand, stiffens the arteries, and can lead to hypertension. On the other hand, a rate too low can limit oxygen delivery to the brain and organs, leading to fatigue, dizziness, or even fainting.

What affects your heart rate beyond exercise

While fitness has a direct effect, heart rate also fluctuates with emotions, caffeine, hormones, and hydration. Chronic stress, for instance, releases adrenaline and cortisol, keeping the heart rate

elevated even at rest. Over time, this can contribute to high blood pressure and arterial damage.

Practices like deep breathing, yoga, mindfulness, and adequate sleep slow down the body's stress response and, in turn, stabilise the heart rate.

How to check and track our heart rate right

Checking the pulse regularly, either manually or using a smartwatch, can help catch early warning signs. Measure it first thing in the morning before getting out of bed. Count beats for 30 seconds and double the number to get bpm.

Keeping a record over weeks provides better insight than a single reading. A gradual increase might signal stress, poor sleep, dehydration, or the early stages of an illness, while a steady drop often shows improved cardiovascular conditioning.

When to see a doctor about our heart rate

A resting heart rate consistently below 50 bpm (if not an athlete) or above 100 bpm without a clear reason should not be ignored. These patterns could indicate arrhythmias, thyroid issues, or early heart disease. It's also important to seek help if irregular heartbeats are accompanied by chest pain, breathlessness, or fatigue.

Regular heart rate monitoring, along with blood pressure checks and cholesterol screening, gives a clearer picture of heart health than any single test can.

Disclaimer

This article is for informational purposes only and should not replace medical advice. Anyone experiencing abnormal or persistent changes in heart rate should consult a certified healthcare provider.

When Riyadh turned into ‘mini-India’: Celebrating Indian culture & Saudi friendship

PTI

Riyadh, Nov 12: Evoking a sense of homecoming for the Indian diaspora and offering Saudi natives an immersive window to experience India's vibrant culture and heritage, the recently concluded India Week at Riyadh Season was a cultural mosaic bringing India's spirit to life in the heart of the Saudi Arabia capital.

From colourful cultural performances and traditional crafts to diverse regional cuisines and artistic showcases, the Al-Suwaiddi Park here transformed into a lively "mini-India" from November 2-10 as the second edition of 'Global Harmony' initiative -- an effort by Saudi Arabia's Ministry of Media and the General Entertainment Authority (GEA) -- offered visitors a living tapestry of India's colours, sounds, and flavours.

It was anything but an ordinary day in the park, as the event burst to life with performances by singer Kanika Kapoor and rapper MC Stan, alongside a colourful parade of traditional Indian folk dances that drew huge crowds and enthusiastic participation.

Be it performers grooving to the energetic beats of bhangra, the colourful Rajasthani folk dance, or the



festive flair of Gujarati garba, the celebration brought the spirit of India to life for homesick Indian expatriates and Saudis alike, offering a glimpse into the country's rich cultural heartbeat beyond its beloved Bollywood scene. It was a true "homecoming" for 33-year-old Manali Ramteke, who moved from India to Riyadh six months ago to join her tech husband. Getting to enjoy authentic desi vegetarian dishes was a rare delight -- one she had been longing for over the past few months.

"Every part and corner is designed to reflect India, giving an overwhelming sense of connection. We enjoyed the dances and concerts, and the beautifully presented food

-- especially the vegetarian options -- made me really happy. We'd been missing India, and this feels like a homecoming, a true mini-India experience," she added, as her visibly delighted husband nodded in agreement.

It wasn't only the Indian expats -- numbering over 2.7 million and forming one of the largest communities in Saudi Arabia -- who took part. Saudi locals also turned out in large numbers, spending the day with their families, enjoying the entertainment, and experiencing a taste of India's culture.

"I really enjoy the culture and diversity here, and it's great to learn about other cultures that exist. What

surprised me most is seeing so many people from different regions come together. It's been very enjoyable for me and my family. This is my first time attending, and I hope to come every year," said Hussain Salim, a local, who enjoyed the Indian upbeat music particularly.

The festival, highlighting 14 cultures represented by residents in Saudi Arabia, kicked off with India Week, as it did last year.

According to the organisers, the nearly "60 per cent" rise in attendance speaks for itself.

"It is all about uplifting the local experience, the expat experience, giving them the feel of home away from home... I always start with India first -- for its vibrant colors, rich spices, lively music, entertainment, and the incredible diversity between the South, North, East, and West. Each region is unique, and the food is absolutely tasty.

"I could spend an entire month just explaining the culture and showing the world what India is all about. As far as attendance goes, it has definitely gone up. We're seeing many local Indians, as well as a strong turnout from Saudis and other Arabs, which is fantastic," said Saray Shaaban, consultant with GEA, Saudi Arabia.

The event was also attended by

India's Tourism Minister, Gajendra Singh Shekhawat, who congratulated the host country's government for this initiative, which helps the Indian diaspora connect with their roots, overcome feelings of loneliness, and foster a sense of unity with everyone.

Besides the dance and musical performances, the event also featured a full-fledged 'Indian Bazaar', offering everything from desi trinkets and ornaments to traditional attire and much more.

Tojje Jose, a woman in her 30s from Kerala now living in Riyadh, was seen embracing her love for fashion by modelling in her free time for 'Libsi Hindi', a Riyadh-based Indian clothing brand.

Draped in elegant saree and other traditional Indian attire, she's been turning heads and earning heartfelt compliments of 'Masha Allah' from the natives.

"The Saudi government is keen on ensuring that its people have the chance to explore different cultures and heritages. As an Indian, I feel incredibly proud to be a part of this initiative.

"When you talk about Indian culture, the first thing that comes to mind is our beautiful traditional attire -- and that's exactly what

we're helping showcase with 'Libsi Hindi'. There's a huge turnout from the Saudi public, and people are genuinely excited. The most interesting part? They absolutely love our outfits!" she added.

Indian artisans, skilled in making bangles and pottery, were a major attraction at the event, as intrigued Saudis and locals watched, while curious adults and children tried their hand at pottery.

For instance, Ram Dev from Beawar, Rajasthan, relished the admiration and respect he received in a distant land, enjoying both interacting with the crowd and teaching them the art of pottery, as well as selling his creations.

"People are buying my pottery and also learning to make it themselves. Seeing their excitement makes me very happy and motivates me. They are curious about how we create it, eager to understand the techniques, and enthusiastic to try it themselves," he added.

The Global Harmony initiative has now extended beyond 'India Week' to celebrate other cultures represented by residents in the Kingdom, including those from the Philippines, Bangladesh, Indonesia, Egypt, Yemen, Jordan, Uganda and Ethiopia.

U.S. has to bring in talent from around the world: Trump on H-1B visa

PTI

New York, Nov 12: U.S. President Donald Trump appeared to defend the H-1B visa programme, saying America has to bring in talent from around the world as it does not have "certain talents" in the country.

"I agree but you also do have to bring in talent," Mr. Trump said, responding to a question in an interview with Laura Ingraham on Fox News on whether the H-1B visa issue will not be a big priority for his administration and if one wants to raise wages for American workers, the country cannot be flooded with hundreds of thousands of foreign workers.

When Ms. Ingraham noted that "we have plenty of talent", Mr. Trump said, "No, you don't, no you don't. You don't have certain talents. And people have to learn." "You can't take people off an unemployment line, and say, 'I'm going to put you into a factory, we're going to make missiles'," Mr. Trump added.

"In Georgia, they raided because they wanted illegal immigrants. They had people



from South Korea that made batteries all their lives. You know, making batteries (is) very complicated. It's not an easy thing, and very dangerous. A lot of explosions, lot of problems," he said. "They had, like 500-600 people, early stages to make batteries and to teach people how to do it. Well, they wanted them to get out of the country. You're going to need that...I mean, I know you and I disagree on this.

"You can't just say a country is coming in, going to invest USD 10 billion to build a plant and going to take people off an unemployment line who haven't worked in five years, and they're going to start making missiles. It doesn't work that way," the President said.

The Trump administration has launched a massive crackdown to check abuse in the H-1B visa programme which is used by companies, particularly technology companies, to employ foreign workers in the U.S.

Indian professionals, including technology workers and physicians, are among the largest cohort of H-1B visa holders.

In September this year, Mr. Trump issued a Proclamation titled "Restriction on Entry of Certain Nonimmigrant Workers" as an important initial step to reform the H-1B non-immigrant visa programme.

Under the Proclamation, certain H-1B petitions filed after September 21, 2025 must be

accompanied by an additional USD 100,000 payment as a condition of eligibility.

Last week, the Trump administration launched about 175 investigations into H-1B visa abuse, including lapses such as low wages, work sites that didn't exist and the practice of "benching" employees.

"As part of our mission to protect American jobs, we've launched 175 investigations into H-1B abuse," the US Department of Labour had said in a post on X.

It added that under the leadership of President Trump and Labour Secretary Lori Chavez-DeRemer, the agency will continue taking action to put American workers first.

Ms. Chavez-DeRemer said in a post on X that the Labour Department "is using every resource at our disposal to put a stop to H-1B abuse and protect American jobs. Under the leadership of @POTUS, we'll continue to invest in our workforce and ensure high-skilled job opportunities go to American Workers FIRST!"

UN food agencies warn of 16 hunger hotspots

4 of top 6 are Middle East countries

AFP

Rome, Nov 12: Two UN food agencies warned Wednesday that millions more people around the globe could face famine, with funding shortfalls worsening already dire conditions.

The joint report from the Food and Agriculture Organization and the World Food Programme said conflict and violence were driving acute food insecurity in the majority of the countries identified at risk.

The Rome-based agencies listed Haiti, Mali, Palestine, South Sudan, Sudan and Yemen as the worst, "where populations face an imminent risk of catastrophic hunger." Also classified as a "very high concern" were Afghanistan, the Democratic Republic of the Congo, Myanmar, Nigeria, Somalia and Syria, with Burkina Faso, Chad, Kenya and the situation of the Rohingya refugees in Bangladesh also making the list.

"We are on the brink of a completely preventable hunger



catastrophe that threatens widespread starvation in multiple countries," said WFP Executive Director Cindy McCain, warning that a failure to act "will only drive further instability, migration, and conflict."

Funding for humanitarian relief was falling "dangerously short," the report said, pointing to only \$10.5 billion received out of a required \$29 billion to help

those at risk. WFP said that due to funding cuts, it had reduced assistance for refugees and displaced people while suspending school feeding programs in some countries.

FAO warned that efforts to protect agricultural livelihoods were threatened "which are essential for stabilising food production and preventing recurring crises."

Countering Bumrah before spinners come into play will be key for SA: Graeme Smith

PTI

Mumbai, Nov 12: South Africa will have to find a way to deal with the lethal opening spells of India's lead pacer Jasprit Bumrah before the spinners come into play in the two-Test series beginning on Friday, said Graeme Smith on Wednesday.

Smith said neither team would want to lose wickets to pacers before spin comes into play. "I think it's never at the forefront of people's conversation when you play cricket in the subcontinent but I think the South African team will definitely be preparing for how they're going to handle spin," SA20 league commissioner Smith told the media here.

"But getting off to a solid



start, having a top three that can lay a platform for you, there's nothing worse than if you go two or three down and then the spinners come on and you're against the game already. "So countering Bumrah up front is going to be the big thing, and Rabada as well for India. They're world-class bowlers with world-class Test

records," he said.

Smith said it will be a challenge in particular for Rabada to set the tone for the team with the new ball. "This is a big challenge for KG... coming to the subcontinent. He's definitely the leader of the attack and how he can set the tone with that new ball is going to be important for Temba (Bavuma) and the team," he said.

IND vs SA, 1st Test

South Africa head coach confident of making history in India

PTI

Kolkata, Nov 12: South Africa's head coach Shukri Conrad is backing his spin trio of Keshav Maharaj, Senuran Muthusamy and Simon Harmer to match their seasoned counterparts from India and "make history of our own" in the upcoming Test series, which he likened to their World Test Championship (WTC) final against Australia.

After the series opener at Eden Gardens from Friday,



Guwahati will host its first-ever Test from November 22, and the South African spinners will look to carry the good form they displayed in Pakistan recently, to India. "Having good

spinners in your team, does that add spice to the overall contest? Yes, I think it gives us a lot of confidence," Conrad said during a press conference on Wednesday.

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