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# Tashmir Old Clark Control of the Con



concern of news agency
Kashmir News Observer (KNO)

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## **End of terrorism in J&K** within reach: LG Sinha

Asks people to choke its ecosystem, intensify collective fight against menace | inflicted immense damage to region

Says Pak-sponsored terrorists, sympathizers

**Yogesh** 

Jammu, Nov 14: Asserting that the end of the terrorism in Jammu and Kashmir is within reach if its ecosystem is fully choked, Lieutenant Governor Manoj Sinha on Friday urged the people to come forward and intensify the collective fight against the menace.

Speaking at the valedictory function of first phase of celebrations marking the 150th year of the national song 'Vande Mataram' at MA Stadium here, LG Sinha, according to the news agency—Kashmir News Observer (KNO) said, "I am of the firm belief that when terrorists and their sympathizers stop getting oxygen, that will be the last nail in their coffin- and that day is not far."

"My fervent appeal to all is to come forward and put in an effort to make J&K completely terror-free," he added.

LG Sinha said, "Pakistansponsored terrorists and



elements linked to the terror ecosystem have inflicted immense damage on Jammu and Kashmir over the last three decades. They killed innocents, spilled the blood of our people. The common man will have to

stand up against such elements so that they are eliminated from the system.

Expressing concern over continued attempts to mislead the youth, the LG said a handful of individuals I More on P6

# Ruling NC faces shocking defeat in Budgam bypolls, BJP retains Nagrota

- PDP ends NC's 47-year reign in Shia-majority constituency
- Devyani carries forward father's legacy
- Despite CM's last-minute push, NC fails to counter Ruhullah factor in Budgam
- NOTA, rebel candidates fail to make dent in BJP's Jammu stronghold
- PM Modi congratulates Devyani, BJP supporters for Nagrota win

Sajid Raina/Yogesh

Srinagar, Nov 14: The National Conference suffered a historic defeat in its Budgam stronghold on Friday, ending a 47year winning streak, while the Bharatiya Janata Party comfort-ably retained the Nagrota seat in Jammu.

In Budgam, the People's Democratic Party candidate Agha Syed Muntazir secured

21,576 votes, defeating NC's Agha Syed Mehmood who polled 17,098 votes, a margin of 4,478 votes that marks the first time the party has lost this Shia-majority constitu-ency since 1977. The victory The "None of the Above"

Assembly to four seats. According to details available with news agency—Kashmir News Observer (KNO), independent candidate Jibran Dar secured 7,152 votes, placing him third in the Budgam by-poll. independent, Nazir Another

raises PDP's strength in the J&K

Ahmad Khan, finished with 3,089 votes, while yet another independent, Muntazir Mohi-ud-Din, obtained 3.030 votes.

(NOTA) option in the Budgam contest recorded 544 votes, a measurable but minor protest vote in what had traditionally been a one-party seat.

Meanwhile, in Nagrota, BJP candidate Devyani Rana won by a massive margin of 24,647 votes, polling 42,350 votes against her nearest rival Harsh Dev Singh of Jammu

Srinagar, Nov 14: In a result that has sent ripples through

Kashmir's political establish-

ment, the National Conference

(NC) on Friday lost the Budgam

Assembly seat for the first time

in nearly half a century, a stunning break in a constituency

long treated as the party's saf-

Peoples Democratic Party's

Aga Syed Muntazar Mehdi se-

est ideological home.

Sajid Raina

'Ruhullah's absence, Para's push'

A bastion falls: NC loses

**Budgam after 47 years** 

and Kashmir National Panthers Party who secured 17,703 votes. National Conference candidate Shamim Begum finished third with 10,872 votes.

The Budgam constituency had been a reliable NC bastion since 1977, when Ghulam Hussain Geelani began the party's domination. The only exception was in 1972 when the NĈ boycotted polls across J&K.

The bypoll was necessitated after Chief Minister Omar Abdullah vacated the seat following his parallel victory from Ganderbal in last year's as-sembly polls. Before Abdullah, the seat had been represented for three consecutive terms by Srinagar MP Agha Ruhullah Mehdi from 2002 to 2014.

In the final 72 hours of campaigning, CM Omar deployed the full strength of the government and party machinery, with cabinet ministers, MLAs and senior leaders concentrating their efforts across Budgam. However, the late push failed to counter the Ruhullah factor.

The PDP, sensing an opportunity, mounted a well-organised campaign. | More on P6

The 4,478-vote margin, ana-

lysts told the news agency—

Kashmir News Observer (KNO),

is less a number and more a

verdict on internal rifts, shift-

ing loyalties, and a quiet rebel-

own Shia belt.

lion brewing within the NC's

For the NC, Budgam has nev-

er been an ordinary constitu-

ency. From Ghulam Hussain

Geelani's victories in 1977,

1983, 1987 and 1996, to Aga

Ruhullah's sweep of the 2000s,

the seat has functioned as

#### Ruhullah 'committed political suicide' to send me a message through Budgam, says CM Omar

Concedes defeat, says party to analyse poll performance **Yogesh** 

Jammu, Nov 14: Conceding defeat in the Budgam and Nagrota Assembly segments, National Conference (NC) Vice President and Jammu and Kashmir Chief Minister Omar Abdullah on Friday said the party will analyse the results in both constituencies to take necessary steps for the future. He further said the party's Member of Parliament (MP), Aga Syed Ruhullah Mehdi, had "committed political suicide" to "send me a message" through the

Budgam by-elections. According to the news agency–Kashmir News Observer (KNO), the by-election results declared today saw the Peoples Democratic Party (PDP)



candidate Aga Syed Muntazir Mehdi triumph over the NC's Aga Syed Mehmood by a margin of 4,478 votes. Mehdi secured 21,576 votes, ending the NC's decades-long dominance in the Shia-majority seat, which has been a party stronghold since 1962—barring a single loss to Congress in 1972.

Similarly, in Jammu, Bharatiya Janata Party (BJP) candidate Devyani Rana clinched the Nagrota Assembly constituency

#### PDP wins Budgam constituency for first time Aga Muntazir defeats NC's Aga Mehmood by over 4,400 votes

Naveed Ul Haq Ganaiee

Budgam, Nov 14: In a landmark political shift, the Peoples Democratic Party (PDP) has won the Budgam Assembly Constituency for the first time in history, breaking the decades-long dominance of National Conference (NC) in

the central Kashmir seat. According to the figures available with the news agency-Kashmir Observer (KNO), PDP's Aga Syed Muntazir Mehdi secured 21,576 votes, while NC's Aga Syed Mahmood Al-Mosavi bagged 17,098 votes, giving the PDP a winning margin of

4,478 votes. The victory marks a significant breakthrough for the party, which had never won Budgam in any previous assembly election.

The by-election was necesafter Chief Minister Omar Abdullah, who won both Ganderbal and Budgam seats last year, chose to retain Ganderbal,

leaving Budgam vacant. Despite Budgam being an NC stronghold, historically held by the Aga family, the party's campaign appeared visibly weaker this time.

Senior NC leader and MP

Aga Syed Ruhulla Mehdi, who holds substantial influence in the constituency, did not campaign for the party candidate.

Political observers say this contributed to a split in NC's traditional vote base, benefit-

ing the PDP. For the PDP, the victory marks a crucial political milestone. Until now, the party had only three members in the Jammu & Kashmir Legislative Assembly. With this win, the PDP will now have four MLAs, strengthen-

ing its position in the House. The seat | More on P6

#### cured 21,576 votes, defeating NC's Aga Syed Mehmood, who both a family turf and a party polled 17,098, ending a 47-year bastion, uninterrupted even winning streak that survived in the most turbulent phases insurgency, boycotts, political of Kashmir's politics. But this election marked the first time the NC went | More on P6

## Nagrota, Budgam results verdict against 'family politics': LoP Sharma

**Raja Syed Rather** 

Jammu, Nov 14: Leader of Opposition in Jammu and Kashmir Legislative Assembly, Sunil Sharma on Friday said that the election results in Nagrota and Budgam clearly reflect the public's verdict against "nepotism, corruption and family-driven politics" in Iammu and Kashmir.

reporters, Speaking to Sharma, as per the news agency-Kashmir News Observer (KNO), said the victory of Devyani Rana in Nagrota was "inevitable" as the people voted to fulfill the dreams of the late Devender Singh Rana.



"Nagrota's result was definite. The people had already decided to elect Devyani Rana to bring peace to the soul of Swargi Devender Singh Rana and carry forward his vision. What is astonishing is the massive margin with which a young leader entering politics for the first time has been blessed," he said. | More on P6

## **DGP** conducts hybrid security review



**KT News Desk** 

Srinagar, Nov 14: Director General of Police (DGP), Nalin Prabhat, conducted a hybrid security review with BSF, CRPF and

agencies on Friday. All formations briefed him on the ongoing non-kinetic and kinetic operations, a police spokesperson said in a state-

ment issued here. | More on P6

#### 'Beginning of party's revival': PDP

Naveed Ul Haq Ganaiee

Srinagar, Nov 14: Peoples Democratic Party leader Iltija Mufti on Friday said the party's historic win in the Budgam Assembly by-election marks the beginning of PDP's revival. She added that the result reflects not only a political shift but also the people's disappointment with the National Conference's leadership.

Her remarks came after PDP candidate Aga Sved Muntazir Mehdi won the Budgam seat by a margin of 4,478 votes, | More on P6

# CM vows to make Jammu Tawi Golf Course national golfing destination

**KT News Desk** 

Jammu, Nov 14: Chief Minister Omar Abdullah on Friday reiterated his government's resolve to position Jammu Tawi Golf Course (JTGC), Sidhra, as a premier national destination for golfers. He made these remarks while addressing a felicitation ceremony organized for paragliders upon the completion of their training course at

Speaking on the occasion, the Chief Minister said that while tournaments are being held in Srinagar, Pahalgam and Gulmarg, Jammu's golfing



potential has not been promoted to the extent it deserves.

"Jammu's golf course is exceptionally beautiful and of high quality. We will work harder to promote it, host more tournaments, and ensure that JTGC emerges | More on P6

#### **Govt committed** to strengthening residential infrastructure: CM

**KT News Desk** 

Jammu, Nov 14: Chief Minister Omar Abdullah on Friday inaugurated a newly constructed block of residential flats at Muthi, marking a major step towards strengthening the Government's housing infrastructure for its employees. He formally opened the facility by cutting the | More on P6

## **Delhi blast: NMC deregisters** 4 doctors, including 3 Kashmiris

All State Medical Councils directed to enforce directive

Sajid Raina

New Delhi, Nov 14: The National Medical Commission (NMC) on Friday removed four doctors from the Indian Medical Register (IMR) and National Medical Register (NMR) with immediate effect following their involvement in a case registered under the Unlawful Activities (Prevention) Act (UAPA).

According to the details available with the news agency-Kashmir News Observer (KNO) the action comes amid an ongoing investigation into the November 10 car explosion near Delhi's Red Fort that killed 13 people and injured over 20.

The doctors removed include Dr. Muzaffar Ahmad (Reg. No. 14680/2017), Dr. Adeel Ahmad Rather (Reg. No. 15892/2019), Dr. Muzamil Shakeel (Reg. No. 15130/2018), and Dr. Shaheen Saeed (Reg. No. 45961/2022).

The Jammu & Kashmir Medical Council had already cancelled the registrations of Dr. Ahmad, Dr. Rather, and Dr. Shakeel based on evidence shared by investigating agencies.

Dr. Saeed, registered with the Uttar Pradesh Medical Council, was removed through a separate NMC order.

The removal follows FIR No. 162/2025, lodged at Nowgam Police Station in Srinagar on October 19, under multiple sections of the UAPA, including provisions relating to unlawful activities, terrorist acts, raising funds, recruitment, and

harbouring.
The NMC said the conduct of the doctors was "prima facie inconsistent with the standards

## **CS launches Single** Window System for RRs

## New platform to ensure transparency, uniformity

KT NEWS DESK

JAMMU, NOVEMBER 14: In a significant step toward strengthening administrative efficiency and transparency in government functioning, Chief Secretary Atal Dulloo Friday formally launched the Single Window System for Recruitment Rules (RRs)

The launch, attended by senior Administrative Secretaries and Heads of Departments, marks a major governance reform aimed at streamlining the formulation, amendment, and timely approval of Recruitment Rules across all departments in J&K.

Speaking on the occasion, the Chief Secretary described the initiative as a unique and transformative measure designed to bring uniformity, efficiency, and enhanced monitoring to the entire process of Recruitment Rules management. He emphasized that the new system will not only simplify departmental workflows but also ensure that each stage is tracked and completed within defined timelines.

The Chief Secretary underscored the need for capacity building and targeted training of Nodal Officers and other departmental staff to enable effective functioning of the new system. He also called for expediting its integration with the e-Office network, enabling



seamless digital processing, enhanced visibility, and improved inter-departmental coordination.

The Chief Secretary further stressed the importance of ensuring that all existing Recruitment Rules for every cadre are hosted on the portal to facilitate transparency and ease of access. ommending the ARI & Trainings Department and BISAG-N for developing the platform in a time-bound manner, he urged them to initiate work on a similar digital system for conducting Departmental Promotion Committees (DPCs), with integrated hosting of employee seniority lists to ensure timely promotions

and prevent administrative delays.

Speaking at the launch,

Commissioner Secretary, ARI & Trainings Department, Shabnam-Kamili, highlighted that the newly launched Single Window System will significantly streamline the entire Recruitment Rules lifecycle by making each stage digitally traceable.

She said the platform brings clarity, accountability, and standardization into recruitment-related decision-making and is expected to substantially reduce delays, minimize litigation, and ensure timely career progression for employees across all cadres. The initiative, she added, is fully aligned with the Government's vision of leveraging technology to advance administrative reforms.

During the event, it was revealed that the new portal will feature integration with e-Office, supported by fixed timelines for each stage of processing, with a maximum cap of 30 days to ensure time-bound outcomes. To promote uniformity and ease of use, standardized formats will be adopted across all departments.

In addition, a robust capacity building programme is being formulated to train designated Nodal Officers in every department, ensuring the successful and effective rollout of the system across all the Departments in the UT government.

## DC Sgr hands over Reefer Van to HADP beneficiary

SRINAGAR, NOVEMBER 14: Deputy Commissioner (DC) Srinagar, Akshay Labroo Friday handed over the key of Reefer Van to a beneficiary under the Holistic Agriculture Development Programme (HADP) during a programme organized by Horticulture Planning & Marketing at Parimpora Fruit Mandi.

The event was attended by Chief Planning Officer, Fayaz Ahmad Dar; SDM West, Irfan Bahadur; Tehsildar Shalteng, Area Marketing Officer(H-P&M), stakeholders from Parimpora Fruit Mandi and other concerned.

While presiding over the programme, the DC handed over the Refrigerated Truck (Reefer Van) to the district beneficiary to facilitate the efficient transportation of fruits and vegetables across the Srinagar catchment area. On the occasion, the DC also flagged off the Reefer Van carrying fresh fruit produce to Coimbatore.

The DC congratulated the beneficiary and appreciated the department for the initiative, encouraging unemployed youth to take advantage of various livelihood and employment-generation schemes for economic upliftment.

It is pertinent to mention that under HADP, the government provides a 75% subsidy





on each reefer unit costing Rs 25 lakh under the component Strengthening of Agricultural Marketing, Project 4, aimed at augmenting logistics support for the fruit industry.

The Reefer Truck, with a capacity of 9 metric tonnes, is a recent intervention under post-harvest management initiatives. Equipped with an in-built

controlled atmosphere system, it enables long-distance transportation of fruits and vegetables while preserving freshness and quality.
The services of these for

Controlled Atmosphere (CA) trucks is steadily increasing in the local cold-chain sector, as these vehicles significantly enhance the shelf life and profitability of fruit produce.

#### DC Kupwara reviews progress of Mission Yuva

DLIC approves 170 applications KT NEWS DESK

KUPWARA, NOVEMBER 14: In a significant boost to youth entrepreneurship in the region, the District Level Implementation Committee (DLIC) Kupwara, chaired by Deputy Commissioner Kupwara, Shrikant Suse Friday approved 170 applications under the Mission YUVA.

This initiative aims to empower young entrepreneurs by providing them with financial assistance and capacity-building support to start and sustain their esses, thereby fostering economic growth and employment opportunities.

During the meeting, the Committee conducted a thorough review and scrutiny of applications submitted by young aspirants. After detailed deliberations, the Committee approved 170 eligible cases for financial support and mentorship, paving the way for these budding entrepreneurs to turn their business ideas into reality.

The Deputy Commissioner emphasized the pivotal role of Mission YUVA in unlocking the potential of local youth and enabling them to build sustainable livelihoods.

He directed the concerned departments to intensify awareness campaigns and outreach programs to encourage more eligible youth as well as SHGs as part of Udyam Jagruti 4.0.

The Deputy Commissioner also reviewed the performance of bank branches in disbursement of sanctioned cases as well as sanctioning and directed to expedite the process.

The meeting was attended by Additional District Development Commissioner Kupwara and other members and representatives of DLIC.

**NOTICE** 

It is to inform that I want

to transfer PDD connec-

tion bearing consumer ld: 0203040004560 and Installa-

tion no: 27092 from the name

of Muhammad Asif Markand

S/o Mohd Amin R/o PHM

**Saraf Kadal Srinagar to Fancy** 

Azad W/o Azad Ahmad R/o

PHM Saraf Kadal Srinagar.

Anybody having objection in

this regard may contact PDD

Office Division-III Shreen

Bagh Within seven (07) days,

after that no objection will be

entertained.

#### 150 years of 'Vande Mataram'

## **DIPR Bandipora holds** commemoration prog

KT NEWS DESK

BANDIPORA, NOVEMBER 14: Department of Information and Public Relations (DIPR) Bandipora on Friday organised Exhibition-cum-Cultural Programme at the Auditorium Hall of N.M. Higher Secondary School, Kaloosa, to commemorate 150 years of national pride 'Vande Mataram'.

The event marked the culmination of the first phase of the ongoing celebrations.

The programme was graced by Senior Superintendent of Police Bandinora Aiaz Ahmad Zargari Additional Deputy Commissioner Bandipora, Zaffar Husson Shawl; ACR Bandipora, Shabir Ahmad Wani; DPO ICDS Bandipora, Yaar Ali Khan; CMO Bandipora, DyCEO along with officials from various departments, teachers, staff and a large gathering of students.

Dignitaries, including SSP Bandipora, ADC Bandipora, DPO Bandipora and DIO Bandipora, visited the exhibition stalls set up outside the Auditorium Hall. The displays showcased the historical evolution, legacy and national significance of Vande Mataram, offering insights into its role in India's freedom movement. The visitors expressed appreciation for the well-curated exhibits and the deeper understanding they provided.

Addressing the gathering, SSP Bandipora, said the event offered a meaningful opportunity to come together and honour a historic milestone. He said that

Children's Day

Vande Mataram inspired a deep cultural and patriotic awakening that strengthened the national movement. He encouraged students and participants to uphold the values of unity, integrity and national pride.

In his address, Additional Deputy Commissioner Bandipora, Zaffar Husson Shawl, congratulated all participants for their enthusiastic involvement. He emphasised that despite the country's linguistic diversity, people across India recite Vande Mataram with equal love and devotion. He added that the national song gives citizens a strong sense of pride and unity, reflecting the shared spirit that binds the nation together.

Speaking on the occasion, Deputy CEO, highlighted the timeless relevance of the national song, noting that Vande Mataram embodies the spirit of unity, sacrifice and national consciousness, values that continue to inspire generations.

In his remarks, District Information Officer Bandipora expressed gratitude to all departments, schools, cultural units and dignitaries for ensuring the smooth conduct of the event. He urged everyone to continue nurturing the ideals of unity, harmony and collective progress.

The programme featured cultural performances by the Cultural Unit of DIPR, patriotic songs, speeches and the rendition of Vande Mataram, creating an atmosphere filled with patri-

#### **GOVERNMENT OF JAMMU & KASHMIR**

#### OFFICE OF THE EXECUTIVE ENGINEER **MECHANICAL AND HOSPITAL DIVISION ANANTNAG MECHANICAL AND HOSPITAL ENGINEERING DEPARTMENT, KASHMIR**

e-mail: xenmhd-ang@ik.gov.in GIST of short-term e-NIT No. MHDA/TS/65 of 2024-25 Dated: 13-11-2025.

For and on behalf of the Lt. Governor, J&K UT Short Term e-tenders are invited from registered firms (registered with J&K UT)/ State/Central Governments having experience in executing mechanical works, for the below mentioned work

	S.no	Name of Work	Estimated Cost. (in rupees)	Cost of Tender documents (in rupees)	Contract period (in days)	Earnest Money (in rupees.)
		1	2	3	4	5
	11	Repairs and Maintenance of Central Heating Sys-				
		tem at SDH Pampore for the year 2025-26.	179300	200	120	3600
	2	Repairs and Maintenance of Central Heating Sys-				
		tem at CHC Rajpora for the year 2025-26.	158900	200	120	3200
	3	Repairs and Maintenance of Central Heating Sys-				
		tem at CHC Kokernag for the year 2025-26.	237400	200	120	4800
	4	Repairs and Maintenance of Central Heating Sys-				
		tem at EH Qazigund for the year 2025-26.	189700	200	120	3800

Position of Administrative Approval: Accorded by Director Health Services Kashmir vide Order No. 100/DHSK of 2025 Dated: 11-11-2025.

Position of Technical Sanction: Accorded

Position of Funds: Available with intending Department as per AA.

1. Downloading of Bids: The Tender document Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the Govt. website www.jktenders.gov.in from 13-11-2025 (15:00 Hrs.)

n of Bids: The bidders shall deposit their bids in electronic format on the above website from 13-11-2025 (16:00 Hrs.) to 19-11-2025 (14:00 Hrs.) in two covers.

Opening of Bids: The bid uploaded on the Web Site up to due date and time will be opened on 20-11-2025 (14:00 Hrs.) in Office of the undersigned.

**Executive Engineer** 

No: MHDA/TS-343/3067-68 Dated: 13-11-2025

DIPK-8124/25 DATED: 14-11-2025

## **DLSA Shopian** celebrates National

KT NEWS DESK

SHOPIAN, NOVEMBER 14: As part of the calendar of activities, District Legal Services Authority (DLSA) Shopian under the aegis of Jammu and Kashmir Legal Services Authority today celebrated National Children's Day at Rainbow International Educational Institute Shopian. The event was organized under the guidance of Chairman DLSA Shopian, Mehmood Ahmad Chowdhary and Secretary DLSA Shopian, Mudasar Farooq.

National Children Day is celebrated annually on November 14

in commemoration of the birth anniversary of the first Prime Minister of India Pandit Jawaharlal Nehru. The programme aimed to make the day special for underprivileged children and to provide them with a platform to enjoy their childhood.

Deputy Chief LADC. Shahnawaz Ahmad Raina and Assistant LADC, Saheefa Sidiq highlighted the importance of Child Rights and Legal Framework provided for the protection and wellbeing of Children.

The programme was attended by Deputy Chief LADC, Assistant

## **GOVERNMENT OF JAMMU & KASHMIR** DIRECTORATE OF HEALTH SERVICES, KASHMIR

ENITNO: DHSK/PUR/Gas/01 of 2025-26

DATED:10.11.2025

Subject: Abbreviated notice inviting-tenders for refilling of commercial LPG (Liquefied Petroleum Gas) at DIRECTORATE OF HEALTH SERVICES KASHMIR on annual rate contract basis.

For and on behalf of Lt. Governor of Union Territory of J&K through the Director Health Services Kashmir-tenders are invited under two bid system (Technical bid and Financial bid) from the Oil Companies/their authorized and registered dealers with sound financial background for supply/refilling of commercial LPG Cylinder (Liquefied Petroleum Gas) to DIRECTORATE OF HEALTH SERVICES

The detailed tender document containing tentative quantity and other terms and conditions, is available on www.iktenders.gov.in and complete bidding process will be online on said e-tender portal.

S.No.	Activity Description	Schedule	
1	Tender fee in the shape of Treasury receipt (Non Refundable) favoring Chief Accounts Officer DIRECTORATE OF HEATH SERVICES KASHMIR.	Rs. 200/-	
2	Earnest Money Deposit (EMD) in the shape of CDR/FDR (pledged to Chief Accounts Officer Directorate of Health Services Kashmir)	Rs. 10,000/-	

The tender notice is also available on DIRECTORATE OF HEALTH SERVICES KASHMIR website www.dhskashmir.org for reference

**Critical Dates:** 

The tender document consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the Govt. website www.jktenders.gov.in from 12.11.2025 (09:00 am) to 17.11.2025 (02:00pm).

The bidders shall deposit their bids in electronic format on the above website from 12.11.2025 (09:00 am) to 17.11.2025 (02:00 pm) and the same shall be opened online on 17.11.2025 (03:00 pm) in the office of the CAO, DHSK, Bemina Srinagar.

> Sd/-**Director Health Services, Kashmir**

Dated: 10-11-2025 DIPK-8097/25 DATED: 14-11-2025 No: DHSK/PUR/2025-26/REFILLING/1888-90

LADC, DLSA Staff, PLV's and a

large number of students.

Delhi Blast....

**Pulwama** 

Dr Umar's house

demolished in

## **Budgam By-Poll**

## A win born from neglect: Aga Muntazir

**NAVEED UL HAQ GANAIEE** 

Srinagar, Nov 14: Newly elected legislator from Budgam, Aga Syed Muntazir Mehdi on Friday said his victory in Budgam by-election is the outcome of "50 years of hard work" and reflects the people's response to the "neglect" they faced in 2024.

Speaking to reporters after securing a decisive win for the Peoples Democratic Party (PDP), Mehdi said the mandate carries a message that political change in Jammu & Kashmir would begin from Budgam. "This is a result of our hard work of 50 years. The way people of Budgam were neglected in 2024, today the people of Budgam have given a befitting reply," he said. Mehdi added that the by-election result would have wider political implications across the Union Territory. "If we want to bring about a change in the lives of the people of J&K, it will start with Budgam," he said.

He also said the verdict sends a ference to fulfil the promises it the seat—(KNO)



clear signal to the National Conference (NC), which had held the constituency for decades. "Today's verdict will force the National Conmade to the people of J&K," Mehdi said. PDP's win marks the party's first-ever victory in Budgam, ending the NC's long-standing control over

### **Celebrations erupt** as PDP defeats NC

NAVEED UL HAQ GANAIEE

Srinagar, Nov 14: Thousands of people poured into the streets of Budgam on Friday to celebrate the Peoples Democratic Party's (PDP) historic victory in the Assembly bye-election, the party's first-ever win in the constituency. The celebrations continued late into the evening as the workers and supporters gathered at multiple locations across the district. Top PDP leaders including party president Mehbooba Mufti, MLA Kupwara Fayaz Ahmad, MLA Pulwama Waheed-ur-Rehman Parra and Iltija Mufti, joined the celebrations amid massive crowds and sloganeering.

During the celebrations, slogans in support of Aga

Syed Ruhullah Mehdi as well as Imran Raza Ansari were heard from sections of the gathering, reflecting the emotional and political undercurrents attached to the constituency's long-standing electoral

history. Locals described the victory as a people-driven mandate rather than just a party triumph. Many participants said the outcome represented "the win of common people," adding that Budgam had delivered a clear message through the ballot.

The celebrations marked a significant moment for the PDP as the party secured the seat with a decisive margin of 4,478 votes, breaking the National Conference's decades-long stronghold over the constituency—(KNO)

accused, Dr Umar Mohammad, in south Kashmir's Pulwama district, officials said on Friday.
An official said that the house was demolished at around 2:30 am with

an Improvised Explosive

Device (IED) in Koil village of Pulwama. The action

Srinagar, Nov 14: Security forces have demolished

the house of Delhi car blast

#### comes after Dr Umar emerged as the prime accused in the Delhi car blast that killed 9 people and injured 20 others near the Red Fort on Monday.

On Thursday, the DNA test of Umar Mohammad also confirmed that he drove the blast car near the Red Fort. His DNA sample matched 100 percent with his mother and brother, who were earlier detained by security forces—(KNO)

#### **Karra blames 'Govt** misconduct' for defeat



SAJID RAINA

Srinagar, Nov 14: Hours after BJP and PDP won the Jam-mu and Kashmir Assembly bypolls on Friday, Jammu and Kashmir Pradesh Congress Committee (JKPCC) Presi-dent, Tariq Hameed Karra Friday said the outcome in Budgam reflected public anger over "broken promises" and "government miscon-duct." Karra said there was nothing unexpected about the Nagrota result, noting that the seat was already held by the BIP.

"There is no surprising result in that," he said.

However, he described the Budgam outcome as a signal of shifting public sentiment. "The change that has come in people in Budgam is a matter that needs to be looked in-to," he said, adding that voters appeared to be responding to the circumstances in

which the seat fell vacant. The Budgam seat fell vacant after Chief Minister Omar Abdullah, who had won two seats, retained Ganderbal post 2024 Assembly elections.

Karra said voters remembered Abdullah's promise that he would retain the seat where he secured a larger lead. "Their lead was more from Badgam, so people expressed their anger,' he said. Karra also said that people were reacting to what he de-scribed as misconduct by the administration. "People are angry about that too,"

In Budgam, PDP's Aga Syed Muntazir Mehdi efeated National Conference's Aga Syed Mehmood Al-Mosavi by 4,478 votes, securing 21,576 votes against Al-Mosavi's 17,098. Voter turnout was around 50%.

In Nagrota, BJP's Devyani Rana won the bypoll with 42,183 votes, defeating her nearest rival by 24,647 votes. The seat became vacant after the death of BJP MLA Devender Singh Rana, her father, in 2024. Turnout in the constituency was over 75%-(KNO)

## Win proves people back PDP's vision: Mehbooba

**NAVEED UL HAQ GANAIEE** 

Budgam, Nov 14: Peoples Democratic Party (PDP) Presi-dent, Mehbooba Mufti on Friday expressed gratitude to the voters in Budgam, terming the triumph of the party candidate, Aga Muntazir Mehdi a strong endorsement of the party's vision for Jammu and Kashmir.

While talking with reporters in Budgam, Mehbooba said she had come personally to thank the people and the Congress unit in Budgam for their support.

"The people of Budgam sidelined the government and its 50 MLAs and decided to give a chance to the PDP. Congress extended full support to us and to Aga Muntazir Sahib. I pray to Allah to give us the strength to serve the people of Budgam and fulfil the trust they have placed in Muntazir Mehdi Sahib," she said.

She expressed confidence in the newly elected repre-sentative, describing him as educated, accessible and ded-icated. "Aga Muntazir Mehdi is an educated man. His doors will always be open for the people of Budgam and he will serve them with full honesty and com-

mitment," she added. Calling it a day of joy for the party, Mehbooba, however, said the celebrations were overshadowed by the recent Red Fort car blast in Delhi, in which several people lost

She said the entire nation was mourning and large-scale



raids were being conducted, particularly in Kashmir, cre-ating fear among residents. "We are not against action be-ing taken against those involved in the blast. But targeting their friends, relatives, mothers, fathers, brothers and sis-ters is unacceptable. Blowing up the residence of the ac-cused, where his elderly parents live, who have no con-nection with the case, is against the law." she said. Mehbooba stressed that

while strict action is neces. sary, it must follow due legal process. "Amit Shah had said the law will take its own course. We also want strict action but it must be according to the law. Creating fear and car-rying out crackdowns on innocent families is unjust and should not happen," she said.

She added that many families across the Valley were in panic due to the ongoing raids, urging authorities to en-sure that investigations do not violate constitutional rights—(KNO)

#### 'LoP Sharma's forecast proves true'



KNO

Srinagar, Nov 14: In his speeches in Budgam, Leader of Opposition (LoP) Sunil Sharma repeatedly predicted the loss of National Conference in the seat, which has been its bastion. His political forecast proved correct on Friday af-ter NC lost the poll battle.

Sharma, who catapulted to centre stage in J&K politics af-ter outmaneuvering the National Conference in the Rajya Sabha polls, predicted that NC would bite the dust in the

poll battle of Budgam. "On November 14, NC will lose in Budgam. Take it in writing that NC's arrogance, its betrayal and falsehood will be decimated. I can say with authority that NC will lose," Sharma said while thumping the desk during a ral-ly in Ompora, Budgam. Sharma, who has a better knack and understanding of Kashmir politics, was up to the mark as NC lost the seat.

During the campaign Sharma proved effective than Kashmir-based political parties in neutralising the impact of Omar Abdullah's allegations that non-NC parties have an understanding with BJP.

To corner his rivals, CM Omar repeatedly accused them of having an understanding with BJP and of their past al-liances with it. In an apparent retaliation, Sharma accused the Chief Minister of trying to form an alliance with BJP, a claim rebutted by Omar.

The central theme of Sharma's campaign was to counter the BJP-tag narrative created by National Conference- an ammunition the party has used successfully to bury its political opponents in Kashmir since 2019. Sharma seemed to have been successful in neutralising the NC narrative during the election—(KNO)

## Anantnag's Amir Bhat tops world in **Para Shooting**



■he 31-year-old shooter has created history, becoming the first Indian to reach World No. 1 in the P3 Mixed 25m Pistol SH1 category. He won two medals at the prestigious World Shooting Para Sport (WSPS) World Cup 2025, held at Al Ain, UAE, from October 25 to November 2.

#### **UMAISAR GULL GANIE**

Anantnag, Nov 14: Jam-

mu and Kashmir's Para Olympian, Amir Ahmad Bhat, a Junior Commissioned Officer (JCO) in the Indian Army from south Kashmir's Anantnag district, has secured the World No. 1 rank in the P3 – Mixed 25m Pistol SH1 category, according to the latest World Shooting Para Sport Official Rankings 2025 released by the International Paralympic Committee.

Born in 1994, Bhat achieved 721.55 points, placing him at the top of the global list and ahead of shooters from Korea, China, the USA, and other leading nations.

The 31-year-old shooter has created history, becoming the first Indian to reach World No. 1 in the P3 Mixed 25m Pistol SH1 category. He won two medals at the prestigious World Shooting Para Sport (WSPS) World Cup 2025, held at Al Ain, UAE, from October 25 to November 2.

Displaying remarkable composure, accuracy, and determination, Subedar Amir clinched the Gold Medal in the 25m Sport Pistol Mixed Individual event and the Bronze Medal in the 10m Standard Pistol Mixed Individual category.

In a post on X, the Indian Army Sports and Adventure Wing posts,

" WORLD NO 1..Subedar Amir Ahmad Bhat of #IndianArmy becomes the FIRST para pistol shooter of India to reach World No 1 in P 3 Mixed 25m Pistol SH1 category, marking a milestone in India's para shooting legacy and strengthening the nation's medal prospects for

upcoming global events." Amir said he feels proud of the achievement but considers it only a stepping stone. "Feeling happy to become World Rank 1. The goal is gold in the Olympics," he said with confidence.

Amir, who competed in two international events this season, secured an impressive five medals, including three gold.

He credited years of perseverance and the unwavering support of the Indian Army for shaping his journey. "My coaches, sports authorities, and the Army have always stood by me. Without their support, this milestone would not have been possible," he said.

Expressing deep gratitude to his family, Amir said their constant encouragement kept him going through every challenge. 'Whatever I am today is because they never let me give up," he said, adding that he is now fully focused on upcoming international competitions as he prepares for the Paralympics—(KNO)

## **CBK cracks land fraud**

KNO

Srinagar, Nov 14: The Economic Offences Wing (Crime Branch Kashmir) has filed a chargesheet against two ac-cused persons for swindling lakhs of amount in land

"The Economic Offences Wing (Crime Branch Kashmir) has filed a chargesheet in a case FIR No. 30/2023 under Sections 420 and 120-B IPC before the Court of Judicial Magistrate 1st Class, Kangan, against two accused persons namely Abdul Hamid Dar, son of Abdul Ahad Dar, resi-dent of Ariguripora Shadi Gund, Tehsil Kangan, and Ab-dul Qayoom Sheikh, son of Mohammad Sultan Sheikh, resident of Chak Akhal Guri Mohallah, Kangan," a spokesman said in a statement.

"The case was originated from a written complaint alleg-ing that the accused Abdul Hamid Dar, S/o Abdul Ahad Dar, R/o Ariguripora Shadi Gund, Tehsil Kangan, and Abdul Qayoom Sheikh, S/o Mohammad Sultan Sheikh, R/o Chak Akhal Guri Mohallah, Kangan fraudulently sold 04 kannals & 16 Marlas of land situated at Kachnam-bal, near Baba Nagri Road, Kangan to the complainants for a consideration amount of

Rs. 27,00000/- The accused persons also received additional sums of Rs. 96000/-for obtaining a No Objection Certificate (NOC), Rs. 52000/-for "Intikhab" (extract of record), and Rs. 100000/- to-wards the preparation of legal documents. After receiving the full payment and handing over possession of the said land, the accused refused to provide the revenue docu-ments," the statement reads.

Accordingly, the spokesman said a probe was ordered at Police Station Economic Offences Wing (Crime Branch Kashmir), and investigation revealed that the accused persons, posing as land brokers, had sold land that did not belong to them, thereby cheating the complainants and misappropriating their money.

'Subsequently, a formal case was registered, and after thorough investigation and corroboration of evidence, the chargesheet was filed before the competent court for judicial determination," it added.

Meanwhile, the Crime Branch Kashmir reiterated its commitment to act firmly against economic offenders and advises the public to exercise due caution while entering into land or property transactions—(KNO)

## '10% J&K people suffer from diabetes'

**JAHANGEER GANAIE** 

Srinagar, Nov 14: Doctors on Friday said that around 10 per cent of people in Jammu and Kashmir are suffering from diabetes, and approximately 15 per cent are in the pre-diabetes stage, with the number increasing each day.

Doctors said that almost one in ten persons in J&K has di-abetes-like conditions, while more than 15 in 100 people are in the pre-diabetes stage.

Dr Saleem Iqbal said the world is shrinking into a global village and that we have more facilities available at our fingertips. "Eventually, the simplicity of life has been lost in this progress," he remarked.

He added, "The progress is important, but we must un-derstand that it shouldn't be in such a way that the dele-terious effects outweigh the benefits of that

Regarding dietary habits, Dr Iqbal said, "Once we start



consuming ultra-processed foods, high-calorie foods, and sugary drinks, it leads to an increase in diabetes, especial-ly in developing countries like India.'

All patients must understand that exercise and a balanced diet are essential, the doctor said. "We need to teach youngsters the importance of complete health, and that will only be possible once we ourselves take up the chal-lenge of remaining fit and healthy," he added.

The Kashmir & Ladakh Report (July 2023 - January 2024) of the ICMR INDIAB study, conducted under the leader-ship of Prof M. Ashraf Ganie, reports on the prevalence of diabetes, prediabetes, obesity, hypertension, and dyslipidemia in a representative sample of adults from both urban and rural areas of the union territory. The study aims to identi-

fy region-wise and state-wise dif-ferences in these NCDs using robust sampling and diag-nostic methods, thereby helping to assess the current sta-tus of the epidemic and its likely future trajectory.

According to the report, 7.8 per cent of the population has diabetes, of whom 5.4 per cent are aware of their condi-tion, while 2.4 per cent are unaware. The study also indi-cates that 10.5 per cent of people are in the prediabetes stage, 30 per cent are hypertensive, and 57.6 per cent are obese–(KNO)



**EDII**SATURDAY | 15.11.2025

EDITORIAL-

## **Education Minister's Directives Must Move From Rhetoric To Reality**

ducation Minister's decisive directives on regulating private school fees and textbook prices represent a parents from educational exploitation. Her recognition that 'education is a social responsibility" must now translate into immediate, rigorous enforcement to ensure these words don't remain merely rhetorical. The comprehensive review of private school regulation marks a significant step toward restoring education's fundamental purpose as a social service rather than a commercial enterprise. The rampant commercialisation of education has made quality learning increasingly inaccessible to middle and low-income

families. Arbitrary fee hikes, forced purchase of overpriced textbooks from designated sellers, and hidden charges have turned fundamental education into a profit-driven industry. The minister's instructions to establish transparent fee structures, create dynamic websites for public monitoring, and crack down on illegal textbook sales address precisely these systemic abuses that have burdened parents for years. Her emphasis on evidence-based fee revision mechanisms demonstrates a nuanced understanding that regulation must balance affordability with institutional sustainability. However, the real test lies in implementation. Past directives have often been diluted by lax enforcement and powerful school management lobbies. Chief Education Officers must now demonstrate zero tolerance toward violations, conducting regular, surprise inspections and imposing meaningful penalties on erring institutions. The proposed grievance redressal mechanism must be accessible, responsive, and empowered to deliver swift justice to affected parents. The directive for routine checks on both schools and bookshops needs to be implemented through a systematic inspection regime with clear accountability measures. The government must ensure its own house is in order as timely distribution of textbooks in government schools, efficient processing of GP funds, and quality teacher training are essential

to provide credible alternatives to private education. The minister's comprehensive approach of combining regulatory strictness with constructive engagement with school managements offers a balanced path forward. But without consistent follow-through and accountability for implementing officers, these welcome directives risk becoming another set of forgotten guidelines. Our children's future is too precious to be held hostage by commercial interests. The administration must prove its commitment by making these regulations non-negotiable and ensuring that every child in Jammu and Kashmir has access to quality education without their family facing financial exploitation.

# Role Of Parents, Guardians, And Teachers In Shaping Children's Aims And Dreams

The importance of support from parents, teachers, and communities in helping children turn dreams into reality



Altaf Hussain Haji

"Children aim with hearts so wide, Eyes aglow with stars inside.

They dream of castles in the sky, Of soaring wings and learning to fly. They aim to touch the moon and sun, To heal

the world, to laugh and run. Their dreams are seeds of future days, Planted

deep in hopeful ways. Let them aim, let them believe, In every dream they dare conceive.

For in their dreams, the world is new-Bright with promise, pure and true.'

he poem "Children Aim and Dream" is a celebration of the boundless imagination, hope, and ambition that children naturally possess.

Parents, guardians, and teachers play a pivotal role in shaping children's aims and dreams by offering emotional support, guidance, and opportunities for growth. Their combined influence helps children build confidence, values, and a clear sense of

Every Child, Every Dream: Shaping The

Every child carries within them a spark of potential - dreams that can one day shape the world. When we nurture their aims and aspirations, we are not merely guiding individual lives; we are transforming society itself. A child who dreams of becoming a doctor, a teacher, an engineer, or an artist may one day contribute to the health, knowledge, innovation, and culture of the nation.

When children are encouraged to pursue their goals with education, love, and support, their dreams take root and blossom. Each fulfilled dream becomes a step toward a brighter, more compassionate, and progressive world. By valuing and empowering a child's ambitions, we honour not only their



individual potential but also the future of humanity. Indeed, when every child's ambition is supported and every dream is respected, the world itself is transformed.

Role Of Parents In Shaping Aims And Dreams

The support of parents is essential for achieving life's aims and dreams - especially in today's age of information and technology, where guidance and encouragement are more important than ever. My father, a simple policeman, demonstrated profound dedication to our education. He supported both me and my sister, ensuring we had access to opportunities that would help us pursue our dreams. His unwavering belief in the power of education laid the foundation for our success

Equally important was my mother, a housewife with no formal education. Her care, emotional support, and constant presence gave us the strength to stay focused and grounded. Though she did not hold formal degrees, her wisdom, love, and guidance were invaluable in shaping our character and

Supporting our parents has been instrumental in my journey to a higher position in the civil services. This experience reaffirmed a timeless truth: just as children owe gratitude and care to their parents, it is equally the duty of every parent to nurture their children wholeheartedly. Providing unwavering support-especially in their education-empowers children to pursue their goals, fulfil their dreams, and unlock their true potential. Role Of Guardians And Teachers In Shaping

Guidance and mentorship are the backbone of a student's journey toward achieving their aims and dreams. The guardians and teachers are not just an instructor of

Students' Aims And Dreams

subjects - they are a guide, a motivator, and often the first person to recognise a student's potential. When students are supported with the right direction, encouragement, and resources, they can rise to great heights - even on national and international

However, in the context of Jammu and Kashmir, many students with strong aims and bright dreams have faced a different reality. Despite their talent and determination, they often lack the institutional support, mentorship, and exposure needed to compete at the national level. Unfortunately, in many cases, teachers and academic guides have not played a proactive or positive role in nurturing these aspirations.

This lack of support has led to a gap between potential and performance. Students with the ability to excel in UPSC, NEET, IIT-JEE, and other national-level exams often fall behind - not because they lack intelligence or ambition, but because they lack direction, encouragement, and access to quality

What Needs To Change For Students Guardians and teachers must evolve into mentors who inspire students to dream big and guide them step-by-step.

Career counselling and competitive exam awareness should be integrated into school

Workshops, mock tests, and exposure visits can help students understand nationallevel expectations.

Parents and communities must also be involved in encouraging education beyond lo-

It is time for the education system in Jammu and Kashmir to reimagine the role of parents, teachers, and guardians. With the right support, students can not only appear for national-level exams - they can excel. The dreams of youth are not limited by geography, only by the support they receive. o dream should be lost due to a guidance.

Aim, Dream, And Purpose Children's Day: A Celebration Of Potential

A person's dream inspires the heart, while

their aim strengthens the will to turn that dream into reality. Together, they shape one's journey toward success, fulfilment and service to humanity. When guided by intention, hard work, and faith, a child's aims and dreams can lead not only to personal growth but also to the betterment of society.

Both aim and dream can be understood through the lens of intention (nivyah), purpose, and divine guidance. In Islam, niyyah holds great importance - it is the foundation of every action. The Prophet Muhammad (SAW) said: "Actions are judged by intentions, and every person will be rewarded according to what he intended." (Sahih al-Bukhari & Sahih Muslim).

Children's Day: A Celebration of Potential In India, Children's Day is celebrated on November 14 to mark the birth anniversary of Pandit Jawaharlal Nehru, lovingly called "Chacha Nehru" for his affection toward children. The day highlights the importance of recognising children's rights, education, and welfare. Schools and communities organise programs, cultural events, and discussions to emphasise the significance of nurturing young minds.

The theme for Children's Day India 2025 is 'For Every Child, Every Right", stressing access to education, health, and protection in a safe, nurturing environment. Meanwhile, World Children's Day 2025 is observed on November 20 with the theme "Investing in our children is investing in our future", emphasising that children's inclusion and well-being are the foundation for a transformed world.

The journey of a child toward their dreams is shaped by the hands that guide them. Parents, guardians, and teachers must work in harmony to create an environment where dreams are not just imagined but pursued with courage and clarity. Their collective influence can turn a child's potential into

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## 3 Strategies To Improve Your Response Inhibition



Catherine J. Mutti-Driscoll

istakes, whether spoken or promised, are universal. The feeling of "putting our foot in our mouth" arises from a key executive function that our brain controls: stopping ourselves. However, the knowledge that response inhibition is an executive function skill is not universal. Executive function skills are brain-based skills that help us get things done (or not). Many of us who are neurodivergent have an uneven executive function profile; some executive functions are significant strengths, while others pose substantial challenges

This blog post outlines key strategies that can enhance this month's crucial executive function skill of response inhibition, a vital component of focus and concentration. Response inhibition is the skill of pausing before acting to make choices that are in line with your goals and values. For many of us, this is not as easy as

Response inhibition is a challenge for many people, particularly those with neurodiversity, and this ability may vary based on our physical state at the time. We may struggle to control our reactions when stressed, busy, or tired. Signs that this skill may be tricky for

your brain can include: Saying whatever comes to mind with-

out being able to pause first. Making choices without considering the

Difficulty making choices that have a delayed reward for your future rather than the present self.

It's crucial to understand that our ability to inhibit our responses in a given moment is not a moral failure; it is our brain doing its best but needing some compassion in the moments when we slip up. If this is an area of challenge for you (or even if you just want to improve), take heart. Some helpful strategies can assist you.

3 Helpful Strategies to Try 1. Spend some time reflecting on values so that you can use them to guide your

Controlling responses is easier when you know what is essential to you. Lacking clarity regarding your values and priorities hinders choice, preventing alignment.

Collect a list of values, and get out your pens and flashcards. Here are some terms that neurodivergent individuals often find

meaningful that you can feel free to use in your process if you like: Authenticity Freedom / Autonomy / Understanding / Acceptance / Creativity / Justice / Equity Compassion / Empathy / Curiosity Learning / Integrity / Self-Expression / Connection / Belonging / Growth / Healing / Peace / Calm / Purpose / Meaning Kindness / Balance / Rest / Courage Playfulness / Joy / Empowerment / Agency / Respect / Dignity / Self-Compassion / Resilience / Advocacy / Making a Difference Diversity / Uniqueness, Creativity

in Movement / Art / Clarity / Insight Mindfulness / Presence / Community / Personal Growth / Learning / Joyful Energy / Vitality / Fairness / Integrity in Action. Sort the terms into categories: "most

"important," and "not important.' Narrow the list down to the 10 most important terms. Feel free to combine terms

and define them in your own way. Now, narrow your list down to the five most critical key terms. Again, feel free to

combine terms and define them in your Now, brainstorm actions that move you

toward your values and those that take you away from them. You can add to these lists as you practice reflecting on whether you are living your values each day. As you practice this over time, it will be easier to remember what's important and identify

what behaviors you think connect to your values, or don't.

Try to remember to have self-compassion as you try this out and make mistakes along the way. Just engaging in this reflection is progress, even if you don't consistently enact your values perfectly.

2. Focus on changing your environment to make your new behavior easier. Instead of relying on a finite supply of willpower, try to change your environment to encourage the behavior you want

For example, if you want to play the guitar rather than scroll through your phone, consider placing it in a convenient spot where you won't miss it. Set a reminder to practice on the wallpaper on your phone to help you

catch yourself before you start scrolling. If your goal is to curb impulse buys, consider enacting a rule to put items in your cart and wait 24 hours before making a purchase. Place a Post-It note (or other vi-

sual reminder) in a key location. 3. Establish clear, manageable goals for progress in this area.

According to the Smart But Scattered for Adults workbook (Dawson & Guare, 2012), a goal focused on improving response inhibition should be:

Defined: Instead of "I'll stop all impulsivity," focus on a narrow area, like "I will manage impulsive people-pleasing related to saying yes to family social events.'

Well-planned out: Consider developing a simple plan or script to help guide you through your approach when the situation you want to change arises. For example, it allows me to remind myself to check in with a family member before scheduling an event on their behalf.

Rewarding: Be sure to reward yourself after you're done. You might record an immediate verbal "cheer" you can play when you meet a goal, dance to a favorite song, or give yourself some guilt-free spending money.

Values-based: Connecting to your values will make you more motivated, so ensure your small, defined goal aligns with one of your larger, overall values.

Response inhibition does not require perfect execution. By clarifying your values, setting up your environment for success, and creating small, defined goals, you can build up this critical executive function.

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Catherine J. Mutti-Driscoll, Ph.D., is the author of The ADHD Workbook for Teen Girls and a director with the Hallowell Todaro ADHD Center.

Source: Psychology Today

**World Diabetes Day** 

# Identify high risk patients for medical assistance: Garg

## Div Com, Dir SKIMS flag-off Walkathon

**KT News Desk** 

SRINAGAR, NOVEMBER 14: To mark World Diabetes Day, a Walkathon aimed at raising awareness about diabetes and promoting healthy living was jointly flagged off Friday by Divisional Commissioner Kashmir, Anshul Garg, and Director SKIMS & EOSG, Prof. M. Ashraf Ganie at the iconic Clock Tower (Ghanta Ghar), Srinagar.

Senior faculty members of SKIMS including Prof. Nisar Ahmad Bhat, HOD Pediatric Surgery & Associate Dean Student Welfare and Prof. Abrar Ahad Wani H.O.D Emergency Medicine were also present on the occasion.

Speaking on the occasion, ivisional Commissioner Divisional Kashmir lauded the initiative of SKIMS and stated that such initiatives play a crucial role in early prevention of the disease. He said public participation in awareness programs like these



is essential to curb the rising tide of diabetes in our region.

He emphasized on extensive awareness regarding causes leading to diabetes among the people. He urged Dir SKIMS to identify high risk patients and extend them medical assistance. Highlighting the importance of

the day. Director SKIMS said that a significant proportion of the local population is affected by dia-

sustained public awareness. Prof. Ashraf emphasized the need for early prevention, noting that uncontrolled diabetes can lead to serious complications if

betes, underscoring the need for

need to adopt a healthy lifestyle,' he stressed, adding that diabetes prevalence is higher in urban populations compared to rural communities. He urged the public to embrace active living and healthy dietary habits.

He appreciated the efforts of the Organising Committee, headed by Prof. Riyaz Misgar and Dr. Aijaz, for conducting a well-coordinated and impactful awareness program.

Following the Walkathon, a Screening Camp was organized at Joggers Park, Rajbagh, where experts from SKIMS screened around 300 individuals.

Notably, 20 participants in a age group of 40- 45 years were newly diagnosed with diabetes, reflecting an upward trend in the burden of the disease. The diagnosed individuals were advised to follow up at the Department of Endocrinology, SKIMS for further evaluation and management.

During the event, the general public was counseled and educational pamphlets on diabetes prevention, early detection, and lifestyle modification was pro-

## J&K KVIB organizes awareness prog

**KT News Desk** 

SRINAGAR, NOVEMBER 14: The Jammu & Kashmir Khadi and Village Industries Board (J&K KVIB), District Office Srinagar Friday successfully organized an Awareness Camp-cum-Interaction Programme at Panzinara, Srinagar.

The event was attended by Director JKRSETI, Assistant Manager KVIB, from Lead District Manager Srinagar, Cluster Head J&K Bank Srinagar, various rural Bank Branch Heads, representatives from various Halgas of Block Qamarwari and officers from other line departments.

The programme was aimed at creating awareness among rural unemployed educated youth, aspiring entrepreneurs, artisans with a special focus on the rural population of Panzinara area.

The event featured informative sessions and discussions on self-employment opportunities and various schemes viz. PMEGP & JKREGP implemented by the Board.

Speaking on the event, District Officer KVIB Srinagar highlighted the employment opportunities in khadi and village industries sector, financial assistance schemes (PMEGP/JKREGP) and employment generation programs offered by J&K KVIB, Technical training and skill development initiatives, marketing support and linkages for



JA K KHADI AND VILLAGE INDUSTRIES BOARD

rural entrepreneurs.

The interactive session enabled direct dialogue between KVIB officials and local participants, addressing queries related to loan applications, project formulation, and accessing government support schemes.

On-spot in the programme, many applications from the participants under various activities under JKREGP scheme were received and it was assured to them that the same shall be processed/sponsored as early as possible after prior approval from the DTFC.

It was informed that the J&K

KVIB, during the year 2024-25 under PMEGP scheme, 322 cases were disbursed involving Margin Money of Rs 507.90 lakh generating employment to 1932 persons and under JKREGP scheme 12 rural cases stand disbursed involving Margin Money of Rs 28 lakh thereby creating employment to 96 rural persons.

The initiative received an enthusiastic response from

gaged in discussions about entrepreneurship opportunities and government support mechanisms.

The awareness camp represents J&K KVIB's continued commitment to empowering rural entrepreneurship and fostering sustainable economic development in the block. By focusing on traditional industries alongside other village industries, the Board aims to strengthen local economies while preserving indigenous skills and practices.

The programme marks another significant step in the Board's ongoing efforts to bridge the gap between government schemes and grassroots beneficiaries, ensuring that rural communities have access to the resources and knowledge necessary for economic self-reliance.

The camp concluded with distribution of informative material, booklets and registration procedure to the participants.

#### **SWD** organises awareness event for students



**KT News Desk** 

BHADERWAH, **NOVEMBER** The Social Welfare Department, Tehsil Office Bhaderwah in collaboration with Child Line, organised a awareness comprehensive programme for students under the Nasha Mukt Bharat Abhiyan (NMBA) here on

The event, coinciding with Children's Day was held at Saraswati Memorial High School. The initiative aimed to educate young students about the growing threat of substance abuse and promote a healthier, safer community.

The programme witnessed active participation from students, faculty members, staff of the TSWO office and representatives from Child Line Bhaderwah.

Resource persons delivered informative talks highlighting

the harmful physical, psychological and social effects of drug addiction. They also discussed preventive measures, early signs of substance abuse and the importance of seeking timely support.

Speakers emphasised that combating drug abuse is a collective responsibility, urging students, teachers, parents and community members to work together to build a drugstudents to become ambassadors of awareness and spread the message within their families and neighbourhood.

The event concluded with a solemn pledge with the participants reaffirming commitment to support the mission of Nasha Mukt Bharat Abhiyan. Awareness materials were also distributed, and students were motivated to lead a disciplined, positive and addictionfree lifestyle.

# Samba wraps up "Vande Mataram" Phase I celebrations

**KT News Desk** 

**NOVEMBER** The district administration Samba Friday organised the Culmination Event of Phase-I of the 150th anniversary celebration of National Song "Vande Mataram" here in the Conference Hall, District Administrative Complex, Nandani Hills. The event was graced by

Deputy Commissioner, Ayushi Sudan along with Additional Development District Commissioner, Champa Devi Thakur. The programme commenced with the screening of a short documentary, highlighting the 150-year journey of Vande Mataram, its historical significance and its role in India's freedom movement. A video presentation followed, showcasing the weeklong activities organised in the district as part of the celebrations.

Mass singing of Vande Mataram,



presentation on patriotic themes by artists from the Saraswati group and a Nukkad Natak by local artists, depicting the evolution and importance of Vande Mataram during the freedom struggle enthralled the audience.

The Deputy Commissioner appreciated the active participation of students, officials

and cultural groups in the

series of events organised as part of the celebration. Assistant Commissioner

Revenue, Ajay Bharti; GM DIC, Gurpreet Singh, district officers and heads of ments were also present.

Later, the Chief Guest felicitated the students who performed exceptionally in the week-long activities.

#### **World Diabetes Day 2025** celebrated at DH

**KT News Desk** 

**NOVEMBER** District Hospital Kulgam Friday observed World Diabetes Day 2025 under the global theme "Diabetes and Well-Being." The programme was orga-

nized under the supervision of Medical Superintendent, District Hospital Kulgam, Dr. Syed Masood.

The event aimed to raise awareness about diabetes, promote early detection, and encourage healthier life-style practices within the community.

Key activities during the programme included free health check-ups such as blood sugar testing, blood pressure monitoring, and BMI assessments.

Health talks and educational sessions were also held to inform participants about diabetes symptoms, risk factors, prevention, and effective management. Additionally, awareness campaigns were conducted to educate the public about diabetes as a silent



yet serious disease.

Dr. Syed Masood appreciated the active participation of both staff and the public, emphasizing the importance of regular health screenings and community education in addressing the growing burden of diabetes.

The event concluded with a commitment to intensify diabetes awareness, promote preventive healthcare, and strengthen diabetes care services across the district.

### 3-day special training concludes at DES

**KT News Desk** 

IAMMU. NOVEMBER 14: The Directorate of Economics & Statistics (DES), Jammu & Kashmir in collaboration with the Enterprise Survey Division (EnSD) of the Ministry of Programme Statistics Implementation (MoSPI) Kolkata and the Regional Directorate of Evaluation & Statistics, Jammu, successfully conducted a three-day Special Training Programme on Annual Survey of Industries (ASI) – Data Handling from to 14th November, 2025 here at Directorate of Economics and Statistics.

The primary objective of the training was to enhance the technical capability of officers and staff of the Planning, Development & Monitoring Department in effectively managing ASI data to ensure accuracy, consistency and analytical rigor in statistical

The programme also sought to enhance participants' understanding of the critical role that ASI data plays in evidence-based decision-making and policy formulation.

The resource persons for the event were Director, Dr. A.K.

Deputy Director, Ankita Mondal and Senior Statistical Officer, Rajarshri Bhowmick- all from the Enterprise Survey Division (EnSD), IS Wing, MoSPI, Kolkata.

They presented live demonstrations on ASI data handling using detailed presentations and ASI Schedules, offering participants practical, handson exposure to the process. Earlier, the programme

was inaugurated by Director General. Economics Statistics, J&K, Satvir Kour Sudan, who underscored the pivotal role of ASI data in estimating the contribution of the industrial sector to the State Gross Domestic Product (SGDP). She emphasized that robust and reliable ASI data forms the backbone of evidence-based policy making and plays a vital role in steering sustainable economic development across the region.

Regional Director (E&S) Jammu, Ashu Gupta encouraged the participants to make the sessions interactive and engaging. She highlighted the importance of collaborative learning and the real-time application of tools and techniques demonstrated during the programme.

## DC Reasi approves 371

Mission YÛVA cases

**KT News Desk** 

NOVEMBER Deputy Commissioner Reasi, Nidhi Malik Friday presided over a meeting of District Implementation Level Committee (DLIC) on the Mission YUVA scheme.

The meeting commenced with an extensive discussion on applications submitted through the Skill and Business Development Unit (SBDU). After detailed scrutiny and evaluation, the Committee approved 371 cases for financial assistance and institutional support under the programme.

Speaking at the meeting, Nidhi Malik underlined the significance of Mission YUVA in enhancing skill

development, encouraging entrepreneurship, and generating self-employment avenues for the district's youth. She further stressed the importance of strong post-approval guidance and continuous monitoring to ensure long-term sustainability of the supported ventures.

Deputy Commissioner also called for better inter-departmental coordination to widen the scheme's reach and impact. Directions were issued to banks for speedy processing and timely disbursement of approved cases.

The meeting was attended by AD Employment, Sachin Sharma, LDM Reasi, representatives from banks and other concerned Departments.

#### KDAC-2025

## Over 200 athletes participate at Nutnussa

**KT News Desk** 

Kupwara, Nov 14: The District Kupwara Athletics Association, under the aegis of the Jammu and Kashmir Amateur Athletic Association and in collaboration with the Jammu and Kashmir Sports Council, successfully organized the Kupwara district Athletics Meet 2025 on 5th and 6th November 2025. The two-day event witnessed

enthusiastic participation from over 200 athletes representing various areas of the district, showcasing their talent, discipline, and sportsmanship.
The Chief Guest for the

event was Shameema Begum, Headmaster of Government B.H.S, Nutnussa, whose inspiring presence and motivational words encouraged all participants.



event was made possible through the efforts of the following key members: Manzoor President, District Kupwara Athletics Association, Mohammad Aamir – General Secretary & Event In-charge and Shahid Rashid - Treasurer, District Kupwara Athletics Association.

District Kupwara Athletics Association expresses heartfelt gratitude to all athletes, coaches, officials, and volunteers whose cooperation and dedication ensured the smooth and successful conduct of the championship. Together, under the guidance of the J&K Amateur Athletic Association and the J&K Sports Council, we remain committed to promoting athletics and nurturing young talent across the Kupwara district.

## **DDC Poonch reviews progress under District Capex Budget**

**KT News Desk** 

**POONCH NOVEMBER** Development 14: District Commissioner Poonch Ashok Kumar Sharma Friday chaired a comprehensive review meeting to assess the progress of works under the District Capex Budget, as well as the Centrally Sponsored Schemes (CSS) and UT Sector schemes. The meeting was held in the Conference Hall of Dakbungalow and attended by district and sectoral officers from all key departments.

The DDC conducted



detailed sector-wise review of ongoing and upcoming developmental projects across the district. The progress of major initiatives such as the Parnai Power Project, solar panel installations, major PWD works. PMGSY and NABARD road projects, blacktopping works, irrigation and flood control measures, tendering status and various road and bridge works was thoroughly examined.

The status of projects

being executed by Jal Shakti, Horticulture, Agriculture, ICDS, Education, Health and Social Welfare were also reviewed. Officers presented detailed briefings on the current status of both construction and nonconstruction activities.

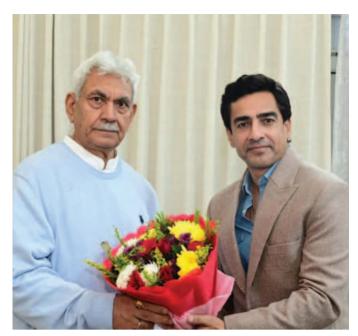
Emphasizing the need for timely execution, the DDC directed the departments and executing agencies to expedite the pace of work and ensure completion within the stipulated timeline. He highlighted the importance of achieving physical and financial targets

and called for optimal utilization of funds across all schemes to strengthen developmental outcomes in the district.

DDC urged the officers to work with dedication and maintain close coordination to address bottlenecks and accelerate progress across all sectors.

The meeting was attended by PO ICDS, Khalid Hussain Wafa; SE PWD. Kewal Kumar: CPO. Mohammad Iqbal Zargar; ACP, Rakesh Sharma; ACD, Shakeel Ahmed, besides executive engineers and other district and sectoral officers.

# BCCI President, others call on LG Sinha



**KT News Desk** 

Jammu, Nov 14: Mithun Manhas, President, The Board of Control for Cricket in India (BCCI) called on Lieutenant Governor Manoj Sinha on Friday.

A delegation of All J&K Christian Sabha led by its President Ashu Peter Mattoo called on Lieutenant Governor Manoi Sinha.

Subsequently, Diksha Kaluria

and Riya Kaluria, Trustees of General Zorawar Singh Memorial Education and Charitable Trust; a delegation of Nirbhay Bharat Foundation headed by its Chairman, Tarun Uppal, and Prof B.L Zutshi, President, Hindu Education Society called on the Lieutenant Governor.

Raman Bhalla, former Minister and Working President J&K Pradesh Congress Committee also called on Lieutenant Governor Manoj Sinha.

#### CS calls for 100% saturation of PM Fasal Bima Yojana for eligible farmers across J&K

**KT News Desk** 

14: Chief Nov Jammu, Secretary, Atal Dulloo, on Friday chaired a meeting to review the implementation, reach, and impact of the Pradhan Mantri Fasal Bima Yojana (PMFBY) in Jammu and Kashmir, calling upon all banks and financial institutions to ensure complete saturation of the scheme for eligible Kisan Credit Card (KCC) holders ahead of the upcoming Rabi season.

The meeting was attended by Additional Chief Secretary, Agriculture Production Department (APD), Shailendra Kumar, Heads of Departments of the Agriculture Production Department, the Convenor, UTLBC, while all Deputy Commissioners participated through video conferencing.

Emphasizing the need to utilize the window available till 31st December, the Chief Secretary directed banks to register as many farmers as possible under PMFBY for the Rabi 2025 season. He underscored that the scheme serves as a vital safeguard for farmers against crop loss arising from adverse weather conditions and natural calamities.

The saturation of PMFBY is crucial for securing the livelihoods of vulnerable farming



communities across the Union Territory, he said, stressing the need for proactive mobilization by banks and field agencies.

He further instructed the Agriculture Production Department to submit insurance claims promptly to banks to ensure swift and timely settlement for affected farmers. Chief Secretary, Dulloo

Chief Secretary, Dulloo directed all Deputy Commissioners to monitor progress at the district level and remove bottlenecks to ensure maximum enrollment of eligible farmers. The DCs shared district-specific insights, highlighting both challenges and opportunities in expanding coverage under PMFBY.

Speaking during the meeting, ACS APD Shailendra Kumar emphasized the need for assigning daily enrollment targets to bank branches over the next 45 days to ensure full coverage before the Rabi

season begins.

He instructed banks to focus equally on all crop categories, rather than prioritizing only cash crops. He also directed them not to delay processing of claims over concerns regarding the UT's share, assuring that the requisite UT contribution would be released prior to claim disbursals.

The meeting was informed that cumulatively 11.5 lakh farmers have been enrolled under PMFBY across J&K, while for Kharif 2025, a total of 72,356 claims worth Rs 40.28 Cr have been received. Overall, 2.01 lakh farmers, covering 75,732 hectares, were registered under the scheme for the Kharif season. In addition, out of 4,35,313 eligible KCC account holders, 1,68,421 farmers were brought under PMFBY for crop insurance coverage during this crop season.

#### Multipurpose stall started at Shaheed Captain Tushar Mahajan Railway Station in Udhampur

**KT News Desk** 

Jammu, Nov 14: Following the formation of the Jammu Division of Northern Railway, under the leadership of Uchit Singhal, Senior Divisional Commercial Manager, multipurpose stalls are being allotted through e-auction at various railway stations. The aim is to provide better and varied facilities to passengers traveling through the station.

On Friday, November 14, 2025, a multipurpose stall was inaugurated at Shaheed Captain Tushar Mahajan Railway Station (Udhampur). This multipurpose stall will cater to various passenger needs, ranging from food items to other essential items such as hygienic and fresh snacks, water bottles, juices, newspapers, magazines, and other essential items. This multipurpose stall is a significant initiative for passenger amenities at the station, providing passengers with a variety of useful items at one place.

Speaking about the multipurpose stall at Shaheed Captain Tushar Mahajan (Udhampur) Railway Station, Senior Divisional Commercial Manager, Uchit Singhal, said, "This multipurpose stall is an



important part of the ongoing efforts to modernize the railway station and enhance passenger amenities, making it world-class."

He further stated that the multipurpose stall at the station has been allotted for five years through e-auction, with a rent of approximately 16,52,000 for five years.

16,52,000 for five years. This represents a significant increase in railway revenue, and new multipurpose stalls will be opened at other stations in the division in the future."

#### CONTD. FROM PAGE 3

#### **End of terrorism**

are still trying to radicalise youngsters. "It is important to identify such elements and isolate them. Citizens have to play an active role in safeguarding peace and strengthening J&K's transformative journey," he added.

The Lieutenant Governor said: "The going has never been as good for Jammu Kashmir in the past as it has been since 2019. Region's economy has grown at an impressive pace since 2021 and rapid growth in infrastructure since 2019 is unprecedented in J&K's history."

"Our effort for industrialization is showing impressive growth. We have taken bold decisions taking Jammu Kashmir into a brighter future and ensuring far greater prosperity for our people," the Lieutenant Governor said.

He congratulated the people for their historic participation in the 150th year celebration of 'Vande Mataram'. "I am proud to announce that Jammu Kashmir has secured 1st rank nationally in the overall participation in week-long celebrations marking 150th year of national song. Today, more than 20,000 students and citizens participated in showing a strong indication of national pride," the Lieutenant Governor said.

LG Sinha paid homage to Bankim Chandra Chattopadhyay and highlighted his contribution in the freedom struggle and inspiring the society.

"Bankim Chandra Chattopadhyay had strengthened the bond between Maa Bharti and her sons and inspired people to secure independence," LG Sinha said, adding, "Every Indian heart has an inner song and that is Vande Mataram. During the freedom struggle when Vande Mataram was sung by someone, other hearts were humming it back. Thus, a strong bond was created which should inspire the young generation today to serve Maa Bharti," the Lieutenant Governor said.

He observed that every section of the society should spread the ideas and ideals of Bankim Chandra which shaped our freedom struggle and use its spirit to take the UT of Jammu Kashmir forward into the future. "We must show the courage, wisdom and strong conviction that Bankim Chandra would have expected of us in building a peaceful and prosperous J&K UT," he said.

He called upon every citizen to dedicate themselves to nation-building, shedding the vestiges of colonial past and embrace the spirit of brotherhood and equality.

"The overwhelming participation of citizens in programmes like 'Har Ghar Tiranga' and 'Vande Mataram' in Jammu Kashmir is a sign that the UT is shedding its past and moving towards a bright future, however, this transformation is causing great pain to some people.

Er. Gulam Ali Khatana and Sat Sharma, Members of Parliament, Rajya Sabha; Bharat Bhushan, Chairman, District Development Council Jammu; Members of Legislative Assembly; Nalin Prabhat, DGP; Administrative secretaries; senior officials, prominent citizens, students, and people from different walks of life attended the valedictory function.

life attended the valedictory function.

Pertinently, the valedictory function of the first phase of celebrations witnessed a massive gathering with more than 20,000 students and citizens participating in the mass singing of 'Vande Mataram' on the occasion. The second phase will start from 9th January 2026. The celebration was organised by the Department of Culture. (KNO)

#### Ruling NC faces

Party president Mehbooba Mufti led from the front, supported by MLAs Waheed Para, Mohammad Fayaz and Mohammad Rafiq Naik. Their ground mobilisation, combined with Muntazir's family influence as the son of prominent cleric and former separatist Agha Syed Hassan, helped overturn NC's long-standing

Muntazir, a law graduate from Amity University, New Delhi, had contested the 2023-24 assembly polls as well, losing to CM Omar by over 18,000 votes. This time, the political calculus worked in his favor.

In Nagrota, the BJP's victory was comprehensive. Devyani Rana, daughter of late BJP leader Devinder Singh Rana, secured a commanding win in the bypoll triggered by her father's demise in October last year.

The voter turnout stood at an impressive 75.08%, slightly lower than the 77.66% recorded in the 2024 Assembly elections. The Congress opted not to field a candidate, while a BJP rebel, Anil Sharma, managed only 842 votes.

Other contenders included Bodh Raj (Apni Party) with 392 votes, Joginder Singh (AAP) with 359 votes, and independents Gulzar Hussain (331 votes) and Shah Mohammad (288 votes). A total of 349 votes were cast for NOTA.

Interacting with the media after her victory, Devyani Rana said that the victory belongs to her father's legacy. "I am humbled by the faith the people have shown in the BJP and in our family's commitment to Nagrota. I pledge to work tirelessly to fulfill their aspirations and honor my father's legacy."

Meanwhile, PM Modi hailed the twin BJP victories in Nagrota and Odisha's Nuapada. "I thank the people of Nagrota in Jammu and Kashmir as well as Nuapada in Odisha for blessing the BJP with spectacular victories in the by-polls. Congratulations to the newly elected MLAs Devyani Rana Ji and Jay Dholakia Ji. Wishing them the very best in serving the people." (KNO)

#### **A bastion falls:**

into Budgam without the campaign muscle of Aga Syed Ruhullah, its most influential Shia leader and now a Lok Sabha MP.

Ruhullah, who had fiercely campaigned for Omar Abdullah in the 2024 assembly battle, later distanced himself from his own party, accusing it of drifting away from the commitments made before the Assembly polls. His refusal to join the campaign for NC candidate Aga Mehmood created what one analyst called "a silence louder than speeches."

If Ruhullah's withdrawal deflated NC's traditional machinery, PDP's Waheed Para supplied the counterweight and, as analysts agree, the momentum. Para's long, persistent street-level mobilisation from neighbourhood clusters to Shia mohallas built a network of micro-engagements that reshaped voter behaviour in a constituency that rarely shifts. His presence was constant, granular, and highly visible.

"Para's campaign didn't just reach voters, it sat with them," a senior political observer said. "Against NC's absence of star power, it turned into a Parra-mount push."

Though the result appeared dramatic, political watchers say the ground had been softening for a year. Discontent over local issues, a growing youth pushback, and the perception of an ageing political order had begun to erode the NC's cushion. (KNO)

#### Nagrota, Budgam

Reacting to allegations from rival leaders regarding misuse of money and influence, Sharma said such claims only show their "lack of trust" in the public mandate.

On the Budgam by-poll, Sharma termed it a "historic rejection of the Abdullah family." "This is the defeat of the Abdullah family and

"This is the defeat of the Abdullah family and Omar Abdullah. I have not seen such public anger against any former Chief Minister in such a short time. People are fed up with corruption, nepotism, deceit and broken promises," he said.

Sharma said he had predicted the NC's defeat earlier, sensing the discontent among youth, women and the elderly. "I said 15 days ago that they would lose on the 14th. People have rejected family dictatorship," he added.

Responding to questions about the BJP's performance in Budgam, Sharma said the party has made significant inroads. "We did not contest in 2024, but this time we fielded Agha

Mohsin. We are ahead of many regional parties," he said.

On whether the BJP would open its account in Kashmir in upcoming elections, Sharma said the party has emerged as a strong alternative. "The people of Kashmir now see the BJP as an option. Just as they rejected the PDP and are rejecting the Abdullah family today, we believe they will choose the BJP in the future," he said.

Commenting on internal issues within the National Conference and the so-called "Aunty government," Sharma said the public verdict is clear. "The war against nepotism has begun in J&K. The prepaid-meter policy and misgovernance have been rejected in Budgam. This result is the answer," he added. (KNO)

#### PDP wins Budgam

has historically remained out of the PDP's

In 2024, Omar Abdullah (NC) defeated PDP's Muntazir Mehdi by 18,485 votes; in 2014, 2008 and 2002, NC's Aga Syed Ruhullah Mehdi won consecutively and in 1996, NC's Syed Gh. Hussain Geelani won the seat.

With a strong margin and a historic breakthrough, PDP's victory in Budgam is being seen as a sign of shifting political winds in central Kashmir.

The party leadership is expected to capitalise on this momentum as it prepares for the next political cycle. (KNO)

#### Beginning of party's

breaking the decades-long dominance of the NC in the constituency.

Speaking to the news agency—Kashmir News Observer (KNO), Iltija said the verdict was a people-driven mandate. "This is not just the victory of the PDP but of the people of Budgam. They have made the right choice. They voted for the same party for 30 years, and last year, when they elected Omar Abdullah and made him the Chief Minister, they saw him break every promise he made," she said. "The people of Budgam have given a befitting reply to the U-turn taken by the CM. It is a consensus on his failure and a clear indication that the people

were not happy with him."

Mufti said the victory was hard-earned despite the PDP being in the opposition. "We were in the opposition with just three MLAs, while the NC had all its MLAs and full government machinery campaigning here. Despite that, PDP won — and this marks the start of the party's revival from Budgam," she said.

According to her, PDP's grassroots engagement played a key role. "Our leaders worked hard, remained connected with people on the ground, and this result is the outcome of that sustained effort," she said.

Responding to CM Omar Abdullah's recent remarks urging people to vote for those in government for development, Iltija said voters had rejected that argument. "Our three MLAs achieved more in one year than many others. If his logic held true, he would have won this seat — but he didn't," she added.

PDP's win in Budgam is the party's first-ever victory in the constituency and raises its tally in the Jammu & Kashmir Legislative Assembly from three to four. (KNO)

#### **Ruhullah 'committed**

by-election, securing 42,350 votes. NC candidate Shamim Begum, a sitting District Development Council member, trailed in third place with just 10,872 votes.

Speaking to media persons about the "Ruhullah factor" in Budgam, Omar said there was certainly an impact. "But as we say, 'You cut off your nose to spite your face.' Similarly, Ruhullah has committed political suicide to send me a message through Budgam. Ruhullah has done whatever he had to do, but politically, he has committed suicide, as the man who has emerged victorious will never allow him to contest again from Budgam. I can contest from there again, but whether Ruhullah will contest

or not is for him to decide," he said.

Abdullah added that whatever happened has happened, and now the party will do whatever it has to do.

About the Budgam results, the Chief Minister said, "We fought the election to win, but in Budgam, the people had a different opinion. We wanted development for Budgam and a close relationship with the government. The party will now analyse the results and think about the loopholes and areas where we need to focus."

He added, "If there is a need to change things within the organisation or in government functioning, we will do that. Although the results have been declared today, we won't act in haste. But I urge the party president Dr Farooq Abdullah to call a Working Committee meeting to discuss the defeat in Nagrota and Budgam."

Replying to a query, Omar said that when he sees the Bihar results, his own defeat doesn't hurt him as much. "I knew the contest in Budgam would be tough. The people there don't cast their votes based on development; rather, a large group of voters cast their votes in favour of a particular person," he said.

About the dismantling of a house in Pulwama today, the CM said if such measures could stop terrorism, they would have stopped it earlier. "Many houses have been dismantled since the Pahalgam attack, but has terrorism stopped? I fear such actions will only increase anger. However, such decisions are not in our hands. Those with authority should reconsider whether this will help stop terrorism," he said.

Omar said he himself served as Chief Minister for six years, and security was his responsibility. "Every year, militancy-related attacks were reduced. But we never felt the need

#### to dismantle houses," he said. (KNO) **CM vows to make**

as a national golfing destination," he said. He assured the people of Jammu that the government is making concerted efforts to secure the region economically and elevate its standing on the national tourism map.

"Our commitment to Jammu is unwavering. Whether it is Jammu city, its surrounding areas, or the remotest parts of Jammu province, our endeavour is to ensure not just security but prosperity. We have taken several steps already, and many more are in the pipeline," he said.

The Chief Minister emphasized that Jammu possesses immense tourism diversity—heritage tourism, pilgrimage tourism, border tourism and adventure tourism—all of which require suctained promotion

quire sustained promotion.

"There is a need to bring more people here, develop facilities further and unlock the full tourism potential of this region," he added.

Referring to the development of the golf course, he said, "I don't know what first inspired us to establish a golf course here—but Jammu deserves it. People here love golf as much as anywhere else, and this facility must be strengthened and promoted."

He also appreciated the introduction of new initiatives such as the enhanced tourist bus services. "The bus inaugurated today, linked to border tourism, is a special addition. We have always maintained that Jammu's tourism must be nurtured across all fronts," he noted.

Earlier, the Chief Minister laid the foundation stone for a state-of-the-art Indoor Swimming Pool at JTGC, Sidhra—marking a major addition to sports infrastructure in the region. He also flagged off the Jammu Gedi Bus Service, an innovative transport initiative aimed at improving connectivity to major tourist destinations such as Surinsar-Mansar and Suchetgarh.

Deputy Chief Minister Surinder Choudhary, Minister for Transport Satish Sharma, Advisor to the Chief Minister Nasir Aslam Wani, MLA Jammu East Yudhvir Sethi, Additional Chief Secretary to the CM Dheeraj Gupta, Director Tourism Jammu Vikas Gupta, and other senior officials were present during the event.

The Chief Minister congratulated the paragliders on completing their course and encouraged them to serve as ambassadors of Jammu's adventure tourism potential.

#### **Govt committed**

ceremonial ribbon.

Deputy Chief Minister Surinder Kumar Choudhary, Advisor to the Chief Minister Nasir Aslam Wani, Additional Chief Secretary to the CM Dheeraj Gupta, Director General Estates Tariq Hussain Ganai, Deputy Director Estates Jammu Dr. Vikas Sharma, and other senior officers were present on the occasion.

The new block at Muthi comprises 28 one-room residential flats built as a Ground + 6 floors structure. Each compact unit includes a bedroom, lobby/living area, kitchen, and washroom—designed to efficiently meet the residential needs of employees while ensuring cost-effectiveness and optimal space utilization.

The Chief Minister inspected various flats, appreciated their aesthetics, and expressed satisfaction over the space management evident in the construction. He hoped that the project would help in addressing the accommodation requirements of government employees.

During the briefing, DG Estates Tariq Hussain Ganai informed the Chief Minister that the project has been executed with a strong focus on functional design, structural safety, and affordability. He added that the department is undertaking a comprehensive plan to modernize old residential colonies in a phased manner.

DD Estates Jammu Dr. Vikas Sharma briefed the Chief Minister on the layout, amenities, and ongoing supervision mechanisms put in place to ensure quality control and timely completion of upcoming housing units.

Speaking on the occasion, the Chief Minister reaffirmed the government's commitment to strengthening residential infrastructure and ensuring access to safe, secure, and well-planned housing for employees.

"Our aim is to bridge the gap in government accommodation by creating modern, sleek and employee-friendly residential spaces across Jammu and Kashmir," he said.

The Chief Minister later inspected the ongoing construction of 56 two-room residential flats—28 each at Ahata Amar Singh and Sarwal. These Ground + 6 floor structures include two bedrooms, a lobby/living area, kitchen, and two washrooms, designed to meet the needs of employees with families. The projects are scheduled for completion in December 2025.

He directed the officers to ensure optimal use of available land, maintain high aesthetic standards quality in construction and phase out old and unsafe quarters to make way for new and improved residential facilities.

new and improved residential facilities.

The Chief Minister observed that the combined 84 residential units coming up at Muthi, Ahata Amar Singh, and Sarwal will substantially reduce the shortage of government accommodation. He emphasized that these initiatives aim to close the existing housing gap, provide employees with modern and better living environment, and promote fair and equitable allocation of residential facilities across different

employee categories.

He appreciated the Estates Department for expediting construction across multiple locations and underscored the need to continue upgrading public infrastructure for the welfare

#### of government employees. **Delhi blast: NMC deregisters**

propriety, integrity and public trust" required under the Indian Medical Council (Professional Conduct, Etiquette and Ethics) Regulations, 2002.

The order states that the four individuals "shall cease to practice medicine or hold any medical appointment till further orders". All State Medical Councils have been instructed to enforce the directive. (KNO)

## Bihar results people's stamp of approval on NDA govt's service: Amit Shah

New Delhi, Nov 14: Union Home Minister Amit Shah on Friday said the overwhelming mandate for the NDA in Bihar is the people's stamp of approval on its work for development, women's safety, good governance and the welfare of the poor.

Thunder

In a series of posts on X, Shah said that in the last 11 years, Prime Minister Narendra Modi has worked wholeheartedly for Bihar and Chief Minister Nitish Kumar has worked to pull the state out of the darkness of 'jungle raj'.

The NDA was set to sweep the Bihar assembly polls, surging ahead with 202 out of the total 243 seats, with the BJP emerging as the single largest party with nearly 95 per cent strike rate. The Mahagathbandhan, which



includes the RJD, the Congress and three Left parties, reached the 35-seat mark when this report was filed. "A heartfelt salute to the people of 'Bihar Bhumi', the protectors of knowledge, hard work and democracy," Shah said.

He said this overwhelming mandate given to the NDA by the people of Bihar is their stamp of approval on the NDA's resolute service towards development, women's safety, good governance, and the welfare of the poor

"Every single vote cast by the people of Bihar is a symbol of trust in the Modi government's policy against infiltrators who threaten India's security and resources, and against those who support them. The public has given a strong answer to those who protect infiltrators for the sake of vote-bank politics," he said.

The home minister said the people of Bihar have indicated the mood of the entire country that purification of the voter list is essential and there is no room for politics against it. "This is why the Congress, under the leadership of Rahul Gandhi, has today been relegated to the bottom rung in Bihar," he said.

Terming the poll results as a "victory of every Bihari" who believes in a "developed Bihar", Shah said those who practice 'jungle raj' and politics of appeasement will not get an opportunity to

He said the people now give their mandate solely on the basis of "politics of

performance".
"I congratulate Shri @ narendramodi Ji, Shri @ NitishKumar Ji, and all the leaders and workers of the NDA. At the same time, I salute all the workers of @BJP4Bihar, from the booth level to the state level, who actualised this result through their tireless efforts," Shah said.

He also assured the people of Bihar, "especially our mothers and sisters", that the NDA government, under the leadership of Modi, will fulfil the mandate given to it.

## Nitish thanks Bihar's people for 'landslide' victory for NDA

Patna, Nov 14: Bihar Chief Minister and JD(U) supre-mo Nitish Kumar on Friday thanked people of the state for giving a "landslide" vic-tory for the ruling NDA in

the assembly polls.

The ruling alliance was set to achieve a thumping majority in the elections by "demonstrating complete unity". In a post on X on Friday, Kumar wrote, "People of the state have expressed their confidence in our government by giving us a landslide mandate in the polls. For this, I bow to all the esteemed voters of the state, and express my heartfelt gratitude and thanks".

He also expressed gratitude to Prime Minister Narendra Modi for his continuous support to the NDA government in the state.



The NDA alliance is set to achieve a massive majority in this election by demonstrating complete unity. For this, thanks and gratitude are also due to all the partners of the NDA alliance - Chirag Paswan Ji, Jitan Ram Manjhi

and Upendra Kushwaha Ji. With the support of all of you, Bihar will progress even further and will be included in the category of the most developed states in the country", he wrote on the social media platform.

## Tharoor says he was not invited to Bihar campaign, calls for review of Congress defeat

PTI

Thiruvananthapuram, Nov 14: Congress leader and Thiruvananthapuram MP Shashi Tharoor on Friday said he was not invited to campaign in the Bihar election, while noting that the Congress would examine the reasons for

Speaking to reporters in the wake of the Bihar poll outcome, Tharoor said the party has a responsibility to study in detail the causes behind the setback.

"Remember, we were not the senior partner in the alliance and the RJD also has to look carefully at its own performance," he said.

According to him, in a mandate like Bihar's, it is important to examine the totality of the party's performance.

He noted that elections are about a number of factors. "There is, of course, the popular mood. There are questions about the organisation's strengths and weaknesses. There is a question of messaging. These are issues that will have to be looked at," he said.

Tharoor said the results would be analysed thoroughly. "I was not there and I was not invited to campaign in Bihar. So I can't say much



who were there will certainly study the outcome," he added.

Meanwhile, Tharoor drew sharp criticism from senior Congress leader MM Hassan for his recent article against Dynasty politics in the party.

In another event, senior Congress leader M M Hassan criticised Tharoor and said that the MP entered politics with the support of the Nehru family and gained all his positions and fame because of them.

'I have also voted for Tharoor. He has not shed a drop of sweat for society or the country," Hassan said He said that while Tharoor from personal experience. Those could criticise the Nehru family, traded "dynasty for meritocracy".

but not as a member of the Congress Working Committee.

Hassan accused Tharoor of using the same "family politics" arguments employed by the BJP to target Rahul Gandhi.

"Before doing that, he should respectfully step away from the Congress Working Committee,"

In a recent article for international media organisation Project Syndicate, the Thiruvananthapuram MP pointed out that Tharoor said dynastic politics across the political spectrum poses a "grave threat" to Indian democracy and asserted that it is high time India

#### **Apple's China iPhone** sales jumped 22% in month after iPhone 17 launch



New Delhi, Nov 14: Sales of iPhones in China rose 22% from year-earlier levels in the first month after the iPhone 17 series launched, even as the broader market softened, a private survey showed on Friday.

The new lineup drove most of Apple's smartphone sales in China in the period from the September 19 launch, with the 17 series accounting for nearly four-fifths of units sold to consumers, according to the data from research firm Counterpoint.

Sales of iPhones in China were down 5% during the first month after the iPhone 16 line launched in September 2024.

The iPhone 17 launch drew hundreds of people to Apple's Beijing flagship on release day - a sign of continued enthusiasm for the brand, despite intensifying competition from Xiaomi and Huawei. China's smartphone market remained weak amid subdued consumer demand with third-quarter sales down 2.7% year on year, Counterpoint said.

## Gold plunges Rs 1,500 to Rs 1,29,400/10g amid global uncertainty over Fed rate cut

New Delhi, Nov 14: Gold prices plunged by Rs 1,500 to Rs 1,29,400 per 10 grams in the national capital on Friday track-ing weak global trends after comments from Federal Reserve officials indicated that the absence of fresh economic data could delay further rate cuts.

The precious metal of 99.5 per cent purity declined by Rs 1,500 to Rs 1,28,800 per 10 grams (inclusive of all taxes) from Thursday's closing of Rs

1,30,300 per 10 grams, according to the All India Sarafa Association. In the local bullion market, gold of 99.9 per cent purity had finished at Rs 1,30,900 per 10 grams

in the previous market

session.
"Gold softened at the end of the week as uncertainty regarding the

Federal Reserve's next rate cut increased," Saumil Gandhi, Senior Analyst - Commodities at HDFC Securi-

He noted that more Fed officials have turned cautious due to a lack of fresh economic data as government agencies delay since October 1. Silver prices also tumbled by Rs 4,200 to Rs 1,64,800 per kilogram (inclusive of all taxes) on Friday. The white metal had closed at Rs 1,69,000 per kg on Thursday.

In the overseas market, spot gold fell by USD 33.58, or nearly 1 per cent to USD 4,137.88 an ounce while spot silver was trading 0.49 per cent lower at USD 52.03

"Gold prices stayed weak, as com-



ments from Federal Reserve members suggesting that the lack of fresh economic data could delay further rate cuts dampened sentiment in bullion. The dollar index strengthened, adding additional pressure on gold," Jateen Trivedi, VP Research Analyst - Commodity and Currency, LKP Securities, said.

#### Flipkart launches Zero **Commission Model for** products below Rs 1,000



New Delhi, Nov 14: E-commerce Flipkart on Friday introduced a Zero Commission Model for all products priced below Rs 1,000.

The new model also extends to Flipkart's hypervalue platform Shopsy, where zero commission now applies to all products irrespective of price, according to a company statement.

"Under this updated structure, all eligible sellers listing products below Rs 1,000 will not be charged a commission fee. This initiative is aimed at supporting MSMEs, helping them improve customer affordability while managing the cost of doing business more efficiently.

"The zero commission model is now extended to all products on Shopsy, irrespective of price, further solidifying its position as a key enabler for sellers targeting the hypervalue segment and

enhancing affordability for customers," Flipkart said, adding that the move could reduce the cost of doing business by up to 30 per cent for

Senior Vice President and Head of Marketplace at Flipkart, Sakait Chaudhary, said the MSME sector contributes about 30 per cent to India's GDP, and Flipkart aims to support this segment by removing barriers and enabling more regional and emerging brands to confidently enter the digital economy.

For our millions of customers, this Zero commission model will translate into more affordable choices, especially in essential and value-led categories where prices below Rs. 1,000 dominate demand. It reflects our vision of building an inclusive, accessible, and growth-oriented e-commerce ecosystem that supports the ambitions of every seller, he said.

## Only one in three adults with diabetes receive treatment in SE Asia: WHO

New Delhi, Nov 14: WHO South-East Asia Officer-in-Charge Dr Catharina Boehme on Thursday highlighted the need for equitable, age-responsive approaches to diabetes prevention, diagnosis and management across the life course.

On the eve of World Diabetes Day, she said diabetes, a chronic metabolic disease, remains a significant challenge in South-East Asia, with over 279 million adults living with diabetes - one-third of the global burden - and a high number of undiagnosed, untreated, or poorly controlled cases, Boehme said in a statement.

"Only one in three adults with diabetes receives treatment across our region, and less than 15% have their blood glucose levels adequately controlled," she said.

Dr Boehme called upon governments, non-governmental organisations, health professionals and communities in the region to reaffirm their commitment and redouble



burden of diabetes across all life stages.

damage to the heart, kidneys, nerves, and eyes if diagnosed late or managed poorly.

Diabetes Day is being marked with the theme 'Diabetes across life stages,' recognising that every person living with diabetes should have access to integrated care and supportive environments and

efforts to address the

The disease can lead to life-threatening "We highlight the need for equita-

This year, World during pregnancy sup-

policies that promote health, dignity and self-management.

ble, age-responsive approaches to diabetes prevention, diagnosis, and management across the life course," Boehme said.

Children with diabetes need timely and tailored care at home and school to help them grow, learn and thrive. Managing diabetes

ports the health and

support and knowledge to manage their condition and reduce the risk of complications, Boehme said. While type 1 dia-betes, which typically

future of both mother and baby, while older

adults need ongoing

begins in childhood and adolescence, cannot currently be prevented, it can be managed. The risk of type 2 dia-

betes can be reduced by a healthy lifestyle of physical activity, a balanced diet, and avoiding tobacco and alcohol, she explained. Medication and a healthy lifestyle can

also help avoid complications in those already diagnosed with type 2 diabetes, she stated. "Our region has responded to this significant challenge

through collective commitments and actions," Boehme said. In 2023, our Member States adopted the regional resolution 'SEAHEARTS: Accelerating prevention and control of cardiovascular diseases,' to promote

diabetes coverage and

control through the

implementation of the

WHO HEARTS technical

package in primary health care.

In 2024, the endorsement of the 'Colombo Call for Action for strengthening prevention and control of diabetes in WHO SE Asia Region' provided a set of practical and feasible catalytic actions to reduce the risks of diabetes and ensure that all people diagnosed have access to quality treatment and care, she informed.

This includes access to affordable treatment, including the provision of insulin and blood glucose self-monitoring devices through national health coverage benefit packages.

Most Member States now have in place evidence-based drug- and dose-specific management protocols for diabetes and provide at least one hypoglycemic drug at the health facility level, Boehme said.

"I am pleased to note that more than 33 million people with diabetes have been placed on protocol-based management in public health facilities throughout the

#### China cracks down on exports of 'zero mileage' new cars exported as used



Bangkok, Nov 14: China has moved to crack down on exports of "zero mileage" new vehicles being exported as if they are used, a tactic that has allowed some of its automakers to exaggerate their sales data and claim tax rebates and other benefits.

The tighter regulations apply to exports of cars within 180 days of when they are registered. China has become the world's largest exporter of vehicles as its automakers struggle with excess competition in their home market. The "zero mileage" auto exports are thought to distort sales data to make it look as if more of that excess inventory is being sold.

Overseas buyers of such vehicles often are unable to get aftersales services or parts for repairs, damaging the brand image of some Chinese automakers that have been pushing for tighter regulation of exports, the ministry said.

The new rules target falsified registration and export documents and violations of regulations in both China and countries that import the vehicles.

Beginning January 1, automakers will have to provide formal guarantees of after-sales service and information about where such services can be obtained, according to the regulations posted on the Commerce Ministry's website.



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## Iran seizes tanker in Strait of Hormuz, US official says, as tensions remain high in region

Dubai, Nov 14: Iran seized a Marshall Islands-flagged oil tanker as it traveled through the narrow Strait of Hormuz on Friday, a US official said, turning the ship into Iranian territorial waters in the first-such interdiction in months in the strategic waterway.

Iran did not immediately acknowledge the seizure, though it comes as Tehran has been increasingly warning it can strike back after facing a 12-day war in June with Israel that saw the US strike Iranian nuclear sites.

The ship, the Talara, had been traveling from Ajman, United Arab Emirates, onward to Singapore when Iranian forces intercepted it, said the US defense official, who spoke on condition of anonymity to discuss intelligence matters. A US Navy MQ-4C Triton drone had been circling above the area where the Talara was for hours on Friday observing the seizure, flight-tracking data analyzed by The Associated Press showed. A private security firm,



Ambrey, described the assault as involving three small boats approaching the Talara.

The British military's United Kingdom Maritime Trade Operations center separately acknowledged the incident, saying a possible "state activity" forced the Talara to turn into Iranian territorial waters. Cyprus-based Columbia Shipmanagement later said in a statement that it had "lost contact" with the tanker, which was carrying high sulfur gasoil.

The company has "notified the relevant authorities and is working closely with all relevant parties – including maritime security agencies and the vessel owner – to restore contact with the vessel," the firm said. "The

foremost priority." The Navy has blamed Iran for a series of limpet mine attacks on vessels that damaged tankers in 2019, as well as for a fatal drone attack on an Israeli-linked oil tanker that killed two European

safety of the crew remains our

attacks began after US President Donald Trump in his first term in office unilaterally withdrew from Iran's 2015 nuclear deal with world powers. The last major seizure came when Iran took two Greek tankers in May 2022 and held them until November of that year.

Those attacks found themselves subsumed by the Iranian-backed Houthis assaults targeting ships during the Israel-Hamas war in the Gaza Strip, which drastically reduced shipping in the crucial Red Sea

The years of tensions between Iran and the West, coupled with the situation in the Gaza Strip, exploded into a full-scale 12-day war in June.

Iran long has threatened to close off the Strait of Hormuz, the narrow mouth of the Arabian Gulf through which 20 percent of all oil traded passes. The US Navy has long patrolled the Mideast through its Bahrain-based 5th Fleet to keep the waterways

## **Bumrah fifer blows away South** Africa as India dominate day one

Kolkata, Nov 14: Jasprit Bumrah turned a rare four-spinner gamble into his personal stage, producing a mesmerising exhibition of seam, swing and control as India skittled out South Africa for 159 on the opening day of the first Test, here Friday.

On a surface that drew prematch scrutiny for its dry look, prompting India to field four spinners for the first time since 2012, it was India's pace star who made the ball talk the loudest, returning a superb 14-2-27-5, his 16th five-wicket haul in 96 innings.

Bumrah produced a masterclass across little over two sessions, as South Africa crashed from a commanding 57 for no loss in 10 overs to lose all 10 wickets for just 102 runs in the next 45 overs, with their innings lasting just four hours and 13 minutes after opting to bat.

It's South Africa's second-lowest total after a fifty-plus opening stand in men's Tests since their readmission. The lowest is 130 in their second innings in the 2018 Cape Town Test, also against India after a 52-run opening stand.

India ended the day at 37 for one in 20 overs, with a resolute KL Rahul (13 batting from 59 balls) and Washington Sundar (six batting; 38 balls) steady at the crease after Yashasvi Jaiswal (12) dragged Marco Jansen onto his stumps while playing close to his body. The duo looked in no hurry on a pitch offering spice and variable bounce as they cut the deficit to 122 runs in front of a sizeable Eden crowd of 36,000-plus.

As light faded, South Africa



crowded the bat with close-in fielders, hoping for a late breakthrough and used five bowlers. But Rahul and Sundar stayed calm and assured, seeing out the final overs without further damage. South Africa, missing their lead pacer Kagiso Rabada due to a rib injury, had looked primed for a big score after Aiden Markram (31 from 48 balls; 5x4, 1x6) and Ryan Rickelton's (23 off 22b; 4x4) brisk opening

Markram, after 23 dot balls, opened up with a straight drive and a flowing cover drive, later twice punishing Axar Patel and unfurling a deft late cut past backward point.

He also launched Axar for a wristy six over midwicket as the run-rate surged above five an over. At the other end, Rickelton's hit-and-miss 22 off 23 (4x4) added to India's frustration.

But just before the drinks break in the opening session, Bumrah from the Clubhouse end turned the morning on its head with two wickets in five balls across successive overs in his first spell that read 7-4-9-2.

A 140 kmph length ball straightened late to uproot Rickelton's off stump, and minutes later a short-of-length delivery leapt spitefully to take Markram's glove -- the contrast in bounce summing up the pitch's variable nature.

He returned after lunch to trap Tony de Zorzi (24) in front with one that skidded through, before closing out the second session with reverse swing that split open the tail.

Simon Harmer's stumps were sent cartwheeling, and three balls later Keshav Maharaj was pinned plumb in front.

Siraj, Kuldeep tighten noose Having leaked 34 runs from six overs in the first session, Mohammed Siraj (2/47) delivered a sharp twin strike in the second session, removing Kyle Verreynne and Marco Jansen in

#### **US approves first** military sale to Taiwan since Trump's return

Taipei, Nov 14: The United States has approved \$330 million-worth of parts and equipment in its first military sale to Taiwan since US President Donald Trump's return to the White House, the island's foreign ministry said Friday.

While the United States does not recognize Taiwan's claim to statehood, Washington is Taipei's biggest arms supplier and a key deterrent to China potentially launching an attack on the democratic island. Beijing claims Taiwan is part of its territory and has threatened to use force to bring it under its control. China's foreign ministry on Friday expressed anger at the arms sale to Taiwan, saying China will do what is necessary to defend its sovereignty, territorial integrity and security.

"This marks the first time the new Trump administration has announced an arms sale to Taiwan," the foreign ministry said, after the US State Department approved the package.

Taiwan requested "non-standard components, spare and repair parts, consumables and accessories, and repair and return support for F-16, C-130, and Indigenous Defense Fighter (IDF) aircraft," a statement posted on the US Defense Security Cooperation

Taiwanese President Lai Ching-te's government maintains military pressure around the island.

## **Kupwara District Athletics** Meet 2025 held successfully

Over 200 athletes participated in two-day event

**KT NEWS DESK** 

Kupwara, Nov 14: The District Kupwara Athletics Association, under the aegis of the Jammu and Kashmir Amateur Athletic Association and in collaboration with the Jammu and Kashmir Sports Council, successfully organized the Kupwara District Athletics Meet 2025 on November 5 and 6, 2025.

The two-day event witnessed enthusiastic participation from over 200 athletes representing various areas of the district, showcasing their talent, discipline, and sportsmanship. The Chief Guest for the event

was Shameema Begum, Headmaster of Government B.H.S, Nutnussa, whose inspiring presence and motivational words encouraged all participants.

The grand success of the event was made possible through the efforts of the following key members:

Manzoor Ali – President

Aamir - General Secretary & Event In-charge

Shahid Rashid – Treasurer, District Kupwara Athletics Association

The District Kupwara Athletics Association expresses heartfelt gratitude to all athletes, coaches, officials, and volunteers whose cooperation and dedication ensured the smooth and successful con-



duct of the championship. Together, under the guidance of the J&K Amateur Athletic Association and the J&K Sports Council, we remain committed to prowara Athletics Association Mohammad talent across the Kupwara District.

## Protesters block entrance to **COP30 climate talks in Brazil**

Belem, Brazil, Nov 14: About 100 protesters blocked the main entrance to the United Nations climate conference on the edge of the Brazilian Amazon Friday morning.

Brazilian military personnel kept demonstrators from entering the site during negotiations at the COP30 meetings in Belem, but there appeared to be no physical altercations with the protesters.

Protesters wore clothing associated with Indigenous groups and some formed a human chain around the demonstration. It represented the second time in four days that protestors disrupted the climate talks, even though organizers had promoted the conference as empowering and celebrating

Conference participants were rerouted and del-U.N. staff rushed to move metal detectors to the side entrance as hundreds of people formed long,



snaking queues. The protest at the front of the venue began at around 7:30 a.m., with the main entrance blocked by about 30 minutes later. The main entrance eventually reopened.

The United Nations Framework Convention on Climate Change told conference participants "there is no danger" from the peaceful demonstration in front of the venue.

## Explained — How long will Cristiano Ronaldo be suspended for his red card in Ireland vs Portugal?

A one-game ban is mandato-

ry and will be served on Sunday

when group leader Portugal

hosts bottom-placed Arme-

nia. A win will send Ronaldo's

team to the finals in the United

FIFA disciplinary rules

demand a ban of "at least two

matches for serious foul play"

or "at least three matches for

the mandatory sanction must

be served in competition, at

the World Cup — if Portugal

qualifies Sunday as expected

and not in pre-tournament

Ronaldo spun round and

swung his right elbow into

O'Shea's back as they wait-

ed for the ball to be crossed

around the hour mark at Aviva

Stadium, with Ireland holding a

The referee at first showed

Those extra games beyond

violent conduct."

exhibitions.

surprise 2-0 lead.

States, Canada and Mexico.



Dublin, Nov 14: Cristiano Ronaldo likely faces a three-week wait to discover the length of his FIFA ban ahead of the 2026 World Cup.

The Portugal superstar could be suspended for two or three games for the red card he was shown Thursday for striking Ireland defender Dara O'Shea with an elbow during a 2-0 loss

FIFA has taken three weeks after the 2026 World Cup qualifying games to publish a global list of disciplinary verdicts, including red cards and incidents such as crowd disorder.

Now, however, FIFA is under less time pressure to process cases with no World Cup playoff games until March, but there is intense interest in the

Ronaldo outcome. FIFA declined on Friday to er upgraded it to red after a video review at the field-side "I don't think it's an elbow, I think it's a full body," Portugal

coach Roberto Martinez said in Dublin. "Obviously, when he tries to get away from the defender, the action looks worse than what it actually is." "But from where the camera is, it looks like an elbow,"

could be a red card, but for the right reasons." FIFA disciplinary judges must now decide if Ronaldo is guilty of serious foul play or violent

Martinez said. "We accept it. It

conduct. Bans of two and three games for serious foul play were imposed on players who were sent off in last month's World

Cup qualifiers. Qatar defender Tarek Salman got a two-game ban for a serious tackle on a United Arab Emirates opponent. Salman had both feet off the ground and went over the ball, planting his boot into the shin of his

A three-game ban was imposed on Burundi forward Bonfils-Caleb Bimenyimana for injuring Kenya goalkeeper Brian Bwire. Bimenyimana raised his boot just above the turf and struck Bwire's face as they converged on a low cross to the near post.

Ronaldo, who turns 41 in February, is aiming to play at a record sixth World Cup tournament.





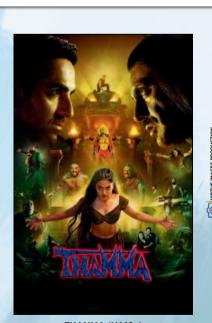
DE DE PYAAR DE 2 (U/A13+) HINDI ATMOS - 12:20 PM, 03:30 PM



DIÉS IRAÉ (A) MALAYALAM WITH ENGLISH SUBTITLES



EK DEEWANE KI DEEWANIYAT (A)



THAMMA (UA16+) HINDI - 06:00 PM

