



PM Modi-led govt committed to secure J&K's future: LG Sinha

Reaffirms commitment to eliminate social imbalances, disparities

Says HRDS India to build 530 damaged homes in Ramban, Udhampur

Lays foundation for building new structures for flood victims

KNO Correspondent

Jammu, Nov 29: Reaffirming the government's commitment to eliminate social imbalances and disparities, Lieutenant Governor Manoj Sinha on Saturday said the regime led by Prime Minister Narendra Modi has taken a pledge to secure the future of Jammu Kashmir.

After laying the foundation stone for construction of new homes for families who were affected by recent natural calamities in Ramban and Udhampur, LG Sinha while addressing a gathering, as per the news agency—Kashmir News Observer (KNO) said, "189 completely damaged homes in Ramban and 341 in Udhampur will be constructed at a cost of Rs 18 crore and Rs 34 crore respectively."

"The construction cost of these new three-bedroom



prefabricated Smart Homes for the affected families will be borne by the High-range Rural Development Society (HRDS India)," he added.

The Lieutenant Governor expressed gratitude to HRDS-India for the noble initiative to shape the better future of flood-affected families. He directed

the district administration for inclusion of all the genuine beneficiaries.

"I will personally ensure that every poor affected family has a roof over their heads," the Lieutenant Governor said.

In the first phase, a total of 1,500 homes will be built across the Union Territory

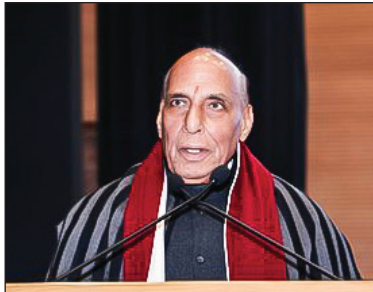
for families affected by recent natural calamities and unprovoked Pakistani shelling during Operation Sindoor. Construction to be completed within six months from the start of the foundation work. Specific techniques will be used to build comfortable, stronger and more resilient pre-fabricated homes.

HRDS-India will provide free life insurance coverage to all family members for the next 15 years. HRDS-India will also provide free health checkups to all family members every year. The houses will include specific facilities like cowsheds. HRDS-India will also cover maintenance for the next 5 years. Massive coverage of beneficiaries who were affected during Operation Sindoor and natural calamity make this initiative historic in scale.

The Lieutenant Governor also commended the district administration, police, army, CAPFs, Disaster Response forces, emergency responders, Shri Mata Vaishno Devi Shrine Board, J&K Bank, civil society members, volunteers and everyone involved in the relief and rescue operations.

He stated after 2019, we have worked with | [More on P6](#)

Operation Sindoor Strikes on PoK terror camps rattled Pak: Rajnath



Sajid Raina

Srinagar, Nov 29: Stating that 'Operation Sindoor' demonstrated effective civil-military coordination, Defence Minister Rajnath Singh on Saturday said that strikes on terror camps in Pakistan and Pakistan occupied Kashmir (PoK) rattled the neighbouring country.

Addressing the valedictory ceremony of the 100th Common Foundation Course at the Lal Bahadur Shastri National Academy of Administration (LBSNAA), Singh, according to the news agency—Kashmir News Observer (KNO) said, "During the Operation Sindoor administrative machinery and the armed forces worked together to communicate critical information and maintain public confidence across the country."

He said the armed forces carried out strikes on terror camps in Pakistan and Pakistan-occupied Kashmir in a balanced and non-escalatory response. "Action rattled the neighbouring country," he added.

The Defence Minister said, "The tension prevailed on borders due to the conduct of the neighbouring country, but the administrative officers ensured accurate communication and execution of mock drills nationwide."

Singh said the episode reflected the importance of coordination between governance and national security and called for strengthening the connect as India pursues the goal of becoming a developed nation by 2047.

He said young civil servants must



Man rows boat across mist-covered Dal Lake on chilly winter morning, as fog drifts softly through air
Pic: Jahangir Shah (KNO/KT)

Art-370 removal completed India's integration project: JP Nadda

Says PM, HM completed Sardar Patel's 'unfinished mission' in Kashmir

Sajid Raina

Srinagar, Nov 29: Bharatiya Janata Party (BJP) national president and Union Minister J P Nadda on Saturday said the decision to scrap Article 370 "completed Sardar Vallabhbhai Patel's vision of a fully integrated India", asserting that the constitutional provision had long remained an impediment to national unity and particularly to the people of Jammu and Kashmir.

As per the news



agency—Kashmir News Observer (KNO), addressing the 'Sardar@150 Unity March' in Vadodra, he said the removal of Article 370 in August 2020 enabled J&K to

be placed "on the same constitutional footing as the rest of the country".

Nadda said Sardar Patel had succeeded in securing the accession of Jammu and Kashmir to India, but the subsequent "political call" taken by independent India's leadership prevented the state from being integrated at par with the rest of the Union.

"Patel had already built the groundwork. The complication came later," he said, adding that the current government | [More on P6](#)

Borders secured, forces alert 24/7: IG BSF

'Pursuing zero infiltration goal'

Sajid Raina

Jammu, Nov 29: Border Security Force (BSF) Inspector General (Jammu Frontier) Shashank Anand on Saturday said the force remains on round-the-clock alert along the Line of Control (LoC) and the International Border (IB) in all weather conditions and is focused on meeting the government's objective of zero infiltration.

Speaking at an event marking the 60th Raising Day of the BSF, Anand, according to the news agency—Kashmir News



Observer (KNO), said that troops deployed across the Jammu division operate in rain, fog, floods and extreme temperatures to secure the border. He said the force's operational approach | [More on P6](#)

J&K power grid in dark, lacks data visibility

'Region dependent on central sector data for monitoring of drawal'

Riyaz Bhat

Srinagar, Nov 29: In view of 'no-availability of real-time telemetry data', authorities have said that the power control rooms in Jammu and Kashmir are unable to monitor and see as to what is happening at their own power stations and substations.

According to the news agency—Kashmir News Observer (KNO), Northern Regional Power Committee (NRPC) while taking up the issues of telemetry in J&K has said, "Reliability and accuracy of Supervisory Control and Data Acquisition (SCADA) data and its associated communication system is essential for monitoring and coordinating operations of a large electricity grid."

"It helps in visualization and management of the critical grid element failure, grid incident in real time and minimizes the possibility of any untoward incidents or disturbances," NRPC said.

The official documents of the committee further said, "Real-Time data availability from Jammu and Kashmir is very poor. There is zero visibility of data in J&K stations at J&K and NRLDC. With poor monitoring of data, it is very difficult to monitor the grid in an efficient manner."

The committee also said that the matter has | [More on P6](#)

After 'Op Sindoor' Pak shifted 72 terror launch pads into depth areas: DIG BSF

Yogesh

Jammu, Nov 29: A top BSF officer on Saturday said that after 'Operation Sindoor' Pakistan shifted 72 terror launch pads into depth areas.

Talking to reporters here DIG Vikram Kunwar, according to the news agency—Kashmir News Observer (KNO) said, "After the BSF destroyed many terror launchpads along the border during Operation Sindoor, Pakistan government shifted all such facilities to the depth areas. About 12 launchpads are working from the depth areas

of Sialkot and Zaffarwal, which are not exactly on the border. Similarly, 60 launchpads are working in the other depth areas away from the border."

The officer said the figures of these launchpads, as well as the terrorists present in them, keep changing.

"They do not sit there permanently. These launchpads are generally active when terrorists have to be pushed (into India)... They are not kept in more than two or three groups," DIG Kunwar said while informing that there are no training camps in the | [More on P6](#)

'Imaandari' not mere ornament to character, it sustains justice, reputation: CJI

PTI

Sonipat, Nov 29: Chief Justice of India Surya Kant on Saturday said 'imaandari' or integrity is not a mere ornament to character but a discipline that sustains both justice and reputation as he called upon the students of law to let integrity be the basic structure of their character.

The CJI was delivering his keynote address during the international convention on 'The Independence of Judiciary: Comparative



perceptive on rights, institutions and citizens' at O P Jindal Global University here.

On this occasion, the

world's largest moot court 'Nyayabhyasa Mandapam' was inaugurated. The International Mooting Academy for Advocacy, Negotiation, Dispute Adjudication, Arbitration and Resolution (IMAANDAAR) was also inaugurated.

Besides Union Law Minister Arjun Ram Meghwal and MP and university's Chancellor Naveen Jindal, several eminent jurists, legal scholars and senior advocates were also present.

CJI Kant began his address by saying, "they say, and I

quote, 'integrity is what you do when no one is watching, and courage is what you do when everyone is.' This timeless adage captures the essence of what we inaugurate today, that is international moot academy for advocacy, negotiation, dispute adjudication, arbitration and resolution, namely, IMAANDAAR, he said. "This is very cleverly crafted acronym which embodies the very ideal that the practice of law and indeed the pursuit of justice must always aspire to 'imaandari' | [More on P6](#)

CS pushes for stronger credit linkage under PM Vishwakarma Scheme

Targets 30,000 linkages by March 2026



KT NEWS DESK

JAMMU, NOVEMBER 29: Chairing a high-level review meeting of PM Vishwakarma Scheme Saturday, Chief Secretary, Atal Dulloo directed the concerned departments and banking institutions to give a major strategic push for improving credit uptake under this scheme here.

He stressed that credit linkage is a significant pillar of the programme and must progress in tandem with training, toolkit distribution, and capacity-building components.

The meeting, as per an official statement, was attended by Commissioner Secretary, Industries & Commerce (I&C), Vikramjit Singh; Secretary, Labour & Employment, Kumar Rajeev Ranjan; Managing Director, J&K Bank; Director, L&E; Directors, I&C Jammu/Kashmir, and senior officers of these Departments.

The Chief Secretary called for focused interventions to bridge the growing gap between sanctioned loans and actual disbursements. He directed banks to streamline procedures, minimize delays, and ensure that sanctioned beneficiaries receive funds quickly so that the scheme's benefits saturate at

the grassroots.

The Chief Secretary directed both departments and banks to raise the Union Territory's disbursement percentage at least to the national average of 70 percent. He emphasized that the renewed push would ensure that artisans, especially those in rural and marginalized communities, receive timely financial assistance to modernize their tools, enhance productivity, and scale up traditional crafts. Reiterating the commitment to saturating all components of the PM Vishwakarma Scheme, he set an ambitious target of achieving 30,000 credit linkages by March 2026.

He further instructed that eligible artisans be integrated under the YUVA Mission to enable them to access enhanced handholding support and increased ticket sizes for entrepreneurship development. Reviewing the progress on skill training, toolkit delivery and artisan onboarding, he underscored the need to accelerate credit linkage as a critical enabler for artisans to upgrade tools, adopt modern practices, and scale their traditional trades.

During the meeting, Commissioner Secretary I&C Vikramjit Singh informed that J&K has secured the top rank among

all Union Territories in registrations under the PM Vishwakarma Scheme, a reflection of strong outreach initiatives across districts.

Sharing the current credit status as of November 28, 2025, he stated that J&K ranks 11th nationally in loan sanctions, with 14,028 cases sanctioned amounting to approximately Rs129.74 Cr, and 9,128 cases disbursed amounting to Rs79.66 Cr.

The Director, I&C Jammu, Arun Manhas further highlighted that a sizeable number of beneficiaries remain hesitant to avail loans even after sanction, owing to barriers faced particularly by rural artisans, including concerns over repayment timelines and limited financial literacy. To overcome these bottlenecks, the Industries & Commerce Department, in collaboration with J&K Bank, has rolled out a targeted intervention plan. This includes district-wise mapping of sanctioned but non-availed beneficiaries with their respective CSCs, organising on-spot loan camps to expedite processing, and conducting intensive awareness and sensitization drives across districts including Jammu, Samba, Kathua, Kupwara, Pulwama and Bandipora. These efforts aim to improve beneficiary confidence and ensure timely access to financial support.

Handicrafts & Handloom Dept launches Table Book on Kashmir's GI Crafts

KT NEWS DESK

SRINAGAR, NOVEMBER 29: In a landmark initiative to celebrate and safeguard Kashmir's rich craft heritage, the Directorate of Handicrafts & Handloom, Kashmir, launched an elegant hard-cover Table Book dedicated to Geographical Indication (GI)-registered crafts and the master artisans who keep them alive. In a press statement issued here on Saturday, a spokesman of the department, emphasized that securing GI status is critical to protecting authenticity, cultural value and economic potential of Kashmir's iconic crafts. "The Craft Table Book beautifully weaves together the stories of these GI-registered treasures and the golden hands of the maestros behind them, serving both as a visual delight and an authoritative reference," he stated.

The initiative forms an integral part of Craft Safari - Kashmir's flagship programme under the UNESCO Creative Cities Network in which Srinagar has been designated a Creative City of Crafts & Folk Art in 2021 and extends the highly appreciated 'Know Your Artisan' series launched under the broader Soulful Kashmir

brand promotion campaign.

Kashmir has presently 15 GI-registered crafts like hand-knotted carpet, Sozni and Kani Shawl, Papier Mache, Walnut Wood Carving, Khatamband, Wagguv, Gabba & Numda and is presently preparing dossiers

for 6 more crafts like copper and silverware, which shall be presented in GI Registry, Chennai, soon. Designed with aesthetic sophistication by Department's Resource Cell team and printed in premium hard-cover format, the Table Book is poised to become a collector's item and an ambassador of Kashmir's craft legacy. "In the coming weeks, complimentary copies will be distributed to all major Government departments, universities, colleges, schools, leading business associations, hoteliers, restaurants, and key stakeholders across J&K and beyond," he said, adding a link for downloading soft copy is also available at <https://dohh.jk.gov.in/pdf/CraftTablebook.pdf> The Directorate extended its deep gratitude to the Jammu & Kashmir Government and all partners who have supported this endeavour to place Kashmir's crafts and craftsmen on the pedestal they truly deserve.



DC Srinagar reviews progress of JKCIIP, HADP projects



KT NEWS DESK

SRINAGAR NOVEMBER 29: Deputy Commissioner (DC) Srinagar, Akshay Labroo on Saturday chaired a meeting here at Conference Hall of the DC Office Complex to review the latest status and progress in implementation of Competitiveness Improvement of Agriculture and Allied Sectors Project (JKCIIP) and ongoing projects under the Holistic Agriculture Development Programme (HADP).

Besides, Additional District Development Commissioner, Rifat Aftab Qureshi and Chief Planning Officer, Fayaz Ahmad Dar, the meeting, as per an official statement, was attended by Chief Horticulture Officer, Chief Animal Husbandry Officer, District Agriculture Officer Assistant Director Fisheries, District Sheep

Husbandry Officer, Sericulture Officer, District Programme Officer NRLM and other concerned. At the outset, the Deputy Commissioner took a latest update of the applications received, processed and approved projects by the agriculture and allied departments under JKCIIP in the district. He also evaluated the achievements related to projects taken up under HADP, along with the progress made in issuing seed, fertilizer and pesticide licenses to Krishi Udhayamis. Additionally, the DC assessed the status of Daksh Kisan enrolment, units established and credit linkage progress under various allied schemes.

On the occasion, the DC directed all departments to expedite application processing, prompt sanctioning of beneficiary cases, beneficiary enrolment, and timely uploading and verification of data on the designated portal.

DC Kulgam chairs NCORD Committee meeting



KT NEWS DESK

KULGAM, NOVEMBER 29: A meeting of the District-Level Narco Coordination Centre (NCORD) Committee was Saturday held at the Mini Secretariat, Kulgam, under the chairmanship of Deputy Commissioner (DC) Kulgam, Athar Aamir Khan to review measures for curbing drug abuse and strengthening enforcement mechanisms in the district. During the meeting, the DC, as per an official statement, reviewed the district's progress on anti-drug measures and law-enforcement action.

The Deputy Commissioner directed all line departments to ensure that no poppy cultivation is allowed anywhere in the district and emphasized the early destruction of wild bunge before it reaches the seeding stage. He further called for rigorous training of resource persons for IEC Campaign Phase-II, enhanced vigil on pharmacies, and regular monitoring of CCTV feeds.

The DC also stressed the need to bring all drug-prone hotspots under CCTV surveillance to strengthen deterrence and support enforcement efforts. The meeting was attended by ASP Kulgam, ACR, Tehsildars and other officers.

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

E- mail: - hakeemmushtaq.75316@jk.gov.in/Tel./ Fax No:- 0194-2411285

NOTICE INVITING e-TENDERS

GIST of Detailed e- NIT No: - 63/JS-PHE/GWDS/Mech. of 2025-26.

For and on behalf of Government of UT - J&K, e-tenders from reputed and resourceful Firms/Companies/drilling agencies/Joint Ventures etc for "registered experienced Contractors of Machine Drilled Hand pump wells" as per details given below The bidding process shall be completed online on www.jktenders.gov.in in two covers viz. Cover 1st consisting of Pre Qualification Criteria, General Terms and Conditions and Technical Specifications and Cover 2nd shall consist of Financial Bid in the prescribed BOQ. (Table-I)

S. No	S. No of AA	Name of work	Est. Cost Rs. in Lacs	Earnest money (EMD)	Cost of Tender Document	Time of completion	Major Head / Programme	Technical Sanction	Tender Call
1	02	Construction of Borewell near Masjid Usman at Dad Check Ward No. 7 at Halmatpora Block Panchayat Halmatpora A District Kupwara.	Rs. 3.383 Lacs	Rs.10,200/-	Rs.3,00/-	10 Days (after identification of site)	Distt. Capex Budget 2025-26 (ADF DDC Grants)	JS-PHE/ GWDS/ Distt. Capex Budget/ 151 of 10/ 2025, Dt: 08-10-2025	2 nd
2	08	Construction of Bore Well at Zaf-ferkhani Block Ramhall in District Kupwara.	Rs. 3.868 Lacs	Rs.11,700/-	Rs.3,00/-	10 Days (after identification of site)	Distt. Capex Budget 2025-26 (Area Dev. Fund PRI Grants)	JS-PHE/ GWDS/ Distt. Capex Budget/ 141 of 09/ 2025, Dt: 26-09-2025	2 nd
3.	01	Construction of Bore Well with allied works at Qazipora Tehsil Chadoora NLO farooq Ahmad Dar S/o Ab. Rashid Dar in District Budgam.	Rs. 4.73 Lacs	Rs.14,200/-	Rs.3,00/-	10 Days (after identification of site)	CDF	JS-PHE/ GWDS/ CDF/ 46 of 11/ 2025, Dt: 25-11-2025	1 st

Note: The above-mentioned works (Refer Table – I) S. No. 01, were earlier advertised vide this office e-NIT No: 47 of 2025-26, Dated: 08-10-2025 and cancellation notice issued vide this office endorsement No: JS-PHE/GWDS/25/Camp./ 13472-83, Dated: 25-11-2025 & S. No. 02, e-NIT No: 45 of 2025-26 Dated: 27-09-2025 and cancellation notice issued vide this office endorsement No: JS-PHE/GWDS/25-26/Camp./13472-83, Dated:25-11-2025.

Position of Funds: - Available:

➤ (For Sl. No. 01): Accord of Administrative Approval issued by the by the District Development Commissioner Kupwara Vide Order No: 241-DDCK of 2025, issued under endorsement No. DDCK/Capex/5904-5905, Dated: 04-10-2025.

➤ (For Sl. No. 02): Accord of Administrative Approval granted by the District Development Commissioner Kupwara Vide Order No: 187-DDCK of 2025, issued under endorsement No. DDCK/KR/2025-26/5259-65,Dated: 16-09-2025.

➤ (For Sl. No. 03): Accord of Administrative Approval granted by the District Development Commissioner Budgam Vide Order No: 156-DDCB of 2025, issued under endorsement No. DDCB/CDF-MLA/Char-i-Sharief/A/2025-26/9326-30,Dated: 22-11-2025.

The Bidding Documents and other details can be downloaded from the website:

<https://www.jktenders.gov.in>

From 27.11.2025 (10:00 AM) to 04.12.2025 (03:00 PM)

The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings (if any), Bill of quantities (B.O.Q), Set of terms, conditions of contract and other details can be seen / downloaded from the website:

<https://www.jktenders.gov.in>

As per Critical Dates/Information scheduled given below

1.	Publishing Date	27-11-2025 (10:00 A.M)														
2.	Period of Downloading of Bids	27-11-2025 (10:00 A.M) upto 04-12-2025 (03:00 P.M)														
3.	Period of Submission of bids	27-11-2025 (10:00 A.M) upto 04-12-2025 (03:00 P.M)														
4.	Date of opening of Tender.	05-12-2025 (01:00 P.M)														
5.	Tender Receiving Authority: Executive Engineer , Jal Shakti (PHE) Ground Water Srinagar Kashmir-190011 Cost of Tender Document : Non-Refundable should be in form of DD /TR/ e-challan/ via online deposited to Account Head 0215 or in the below mentioned account Number in favour of Executive Engineer (Jal Shakti) PHE Ground Water Division Srinagar(at Saddar Treasury Srinagar) (The firm shall specify the name of work for which apply)															
6.	<table><tr><td>Name of Bank</td><td>Jammu & Kashmir Bank</td></tr><tr><td>Name of Branch</td><td>Residency Road, Lal Chowk-190001</td></tr><tr><td>Name of Account</td><td>Executive Engineer PHE Ground Water Division Srinagar.</td></tr><tr><td>Account Type</td><td>Current Accounts Government.</td></tr><tr><td>Account Number</td><td>0005 0405 0004 7709</td></tr><tr><td>IFSC Code</td><td>JAKA0CHINAR</td></tr><tr><td>MICR Code</td><td>190051056</td></tr></table> <p>NOTE: In case the firm/agency/contractor submits/uploaded scanned copy of tender document fee in the shape of of DD /TR/ e-challan/ via online, the hard copies shall have be submitted in the divisional office before opening of cover 2nd (Financial Cover) of e-NIT Bid Validity Period: 180 Days</p>		Name of Bank	Jammu & Kashmir Bank	Name of Branch	Residency Road, Lal Chowk-190001	Name of Account	Executive Engineer PHE Ground Water Division Srinagar.	Account Type	Current Accounts Government.	Account Number	0005 0405 0004 7709	IFSC Code	JAKA0CHINAR	MICR Code	190051056
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Account Type	Current Accounts Government.															
Account Number	0005 0405 0004 7709															
IFSC Code	JAKA0CHINAR															
MICR Code	190051056															
7.	The bids can be downloaded or uploaded on www.jktenders.gov.in															
8.																

Bids must be accompanied by bid security viz: Earnest Money in shape of CDR/FDR and (The date of CDR/FDR etc must not be prior to 03 months from the date of issuance of this e-NIT and Treasury Receipt (mentioning therein the NIT No., S.No. of work and Advertised Cost as per the NIT) as cost of Tender Document under Account Head 0215 to be pledged in favour of the Executive Engineer Ground Water Division Srinagar (as specified in the table (I) (Page 1st). Bid security will have to be in any one of the forms as specified in the bidding documents and shall be valid for 180 Days after opening of bid. Bids will be opened in the Office of the Executive Engineer Jal Shakti (PHE) Ground Water Division Srinagar (H.Q. Baghi-Ali-Mardan, Nowshara Srinagar) on 04-12-2025 (01:00 PM) If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.

Sd/

Executive Engineer
Jal Shakti (PHE) Deptt.
Ground Water Division, Srinagar.

No: -JS-PHE/GWDS/25-26/Camp/11167-78
Dated: - 03-11-2025

DIPK-8530/25
DATED: 29-11-2025

GOVERNMENT OF JAMMU & KASHMIR (U T)

OFFICE OF THE EXECUTIVE ENGINEER MACHINERY DIVISION KASHMIR, MECHANICAL & HOSPITAL ENGINEERING DEPARTMENT, KASHMIR.

| Fax No: 0194-2497093 | website: www.medkashmir.org |

CORRIGENDUM 01 FOR DATE EXTENSION

Name of work: - Painting work on exterior surface of the office building , removal of debris and other allied works at Snow clearance control room Budgam of Machinery Division Kashmir

Reference: -This office e-NIT No.: - MDSK/TS /2025-26/65 Date:19-11-2025

(Tender ID: 2025_PWDJK_295668_1)

Due to no response, the critical dates of the above referred e-NIT is extended as under: -

S.No.	Description	Previous Dates	New Dates.
01.	Last date of downloading/ submission of bids	28-11-2025 upto 06:55PM	09-12-2025 upto 09:00AM
02.	Date of opening of bids online	29-11-2025 at 02:00 PM	09-12-2025 at 02:00 PM

All other terms, conditions and specifications as stipulated in the e-NIT shall remain unchanged.

Sd/

Executive Engineer
Machinery Division, Kashmir.

No: MDSK/TS/4140-43 Date: 29-11-2025.

DIPK-8544/25
DATED: 29-11-2025

CS chairs 17th J&K UTLBC meeting



KT NEWS DESK

Jammu, Nov 29: J&K Chief Secretary Atal Dulloo Saturday chaired the 17th meeting of the UT-Level Bankers' Committee (UTLBC) in Jammu to review the performance of Banks and Financial Institutions in providing credit and other banking services during the first quarter and first half of the current financial year 2025-26.

He said that despite the ups and downs caused by the Pahalgam terror attack followed by cross-border tensions and floods that engulfed the J&K UT, lending to the priority sector has remained satisfactory. Agriculture, he stated, is a major opportunity, and the banking

sector needs to provide appropriate credit to the sector for the economic upliftment of J&K.

He urged banks to come forward and provide hassle-free loans under schemes like the Holistic Agriculture Development Programme (HADP), PM Vishwakarma, Mission YUVA, and Homestays, which have been designed to create self-employment opportunities for the youth. He added that there is also a need to improve the CD Ratio of J&K and push credit to Self-Help Groups.

The meeting was attended by MD & CEO J&K Bank (Convenor J&K UTLBC) Amitava Chatterjee; Additional Chief Secretary, Agriculture Production Department,

Shailendra Kumar; Principal Secretary, Finance, Santosh D. Vaidya; Commissioner Secretary, Industries & Commerce Vikramjit Singh; Executive Director J&K Bank, Sudhir Gupta, besides Secretaries to the Government, Heads of Departments, and senior officials from the UT Government, RBI, NABARD, Banking Institutions, Insurance Companies, BSNL, and Lead District Managers.

The Chief Secretary stressed upon the banks to improve lending under the Priority Sector with special emphasis on segments like Agriculture, Housing, Education, and Social Infrastructure, which he said are important for the overall growth of the UT. He

directed banks, especially private sector banks, to improve outreach in unbanked and under-banked pockets of J&K so that banking facilities are made accessible to the people. He further directed banks to improve enrolment under Social Security Schemes like Pradhan Mantri Jeevan Jyoti Bima Yojana, Pradhan Mantri Suraksha Bima Yojana, and Atal Pension Yojana, besides ensuring timely settlement of claims under these schemes.

Earlier, in his welcome address, Convenor UTLBC and MD & CEO J&K Bank, Amitava Chatterjee, expressed optimism over the banking sector's role in meeting the developmental aspirations of the Union Territory. "The banking

sector plays a pivotal role in driving economic transformation, and we remain steadfast in our mission to strengthen financial empowerment, promote entrepreneurship, and enhance access to credit across all segments of society," he said, assuring full cooperation from J&K Bank and other member banks in implementing employment- and enterprise-focused initiatives.

On the occasion, General Manager (J&K UTLBC) Ashutosh Sareen presented the progress report of banks for the review period, highlighting key performance indicators, including total credit disbursed, number of beneficiaries covered, and the percentage achievement of the Annual Credit Plan (ACP) in financial and physical terms. Performance under key schemes like Mission YUVA, PMEGP, PMFME, HADP, KCC, SHG-Bank Linkage, Financial Inclusion, and Social Security Schemes was also reviewed.

The house was informed that banks in J&K have disbursed credit of Rs 43,017 Crore to 10.07 lakh beneficiaries during the first half of the current financial year 2025-26.

The event concluded with a formal vote of thanks by the General Manager, J&K UTLBC, who appreciated the contribution of all stakeholders and emphasized prompt implementation of decisions to facilitate inclusive and sustainable economic development in Jammu & Kashmir.

Cabinet expansion likely in January-2026



KNO

Srinagar, Nov 29: The ruling National Conference-led government is likely to go for a cabinet reshuffle and expansion in January 2026, sources disclosed.

Sources said that Chief Minister Omar Abdullah dropped broad hints of a cabinet expansion/reshuffle during the two-day Central Working Committee meeting held in Srinagar on November 27 and 28. "During the meeting, the CM told party colleagues that the party president will assess the performance of the council of ministers over the next one-and-a-half months and then accordingly decide whom to retain and whom to drop," sources said. During the CWC meeting, several MLAs pushed for an expansion of the cabinet.

They argued that a larger council of ministers would help improve the visibility and outreach of the government.

Currently, three cabinet slots are vacant in Jammu and Kashmir, as the maximum strength of the council of ministers is capped at 10 percent of the total number of members in the Legislative Assembly. In the 90-member House, the maximum limit of the council of ministers is restricted to nine. At present, the council comprises six members - the Chief Minister and five cabinet ministers.

Even if five nominated seats are taken into account, the strength of the council of ministers cannot exceed nine, as 0.5 is treated as no increase, while fractions above 0.5 are rounded up to one-(KNO)

Garg lays out plan for improved urban mobility

REHAN QAYOUM MIR

Srinagar, Nov 29: Divisional Commissioner Kashmir, Anshul Garg, on Saturday reviewed the city's traffic management measures and laid out a comprehensive plan for improved urban mobility.

According to the details, the Divisional Commissioner visited over five key traffic hotspots across Srinagar city to seek feedback on ensuring practical, commuter-friendly solutions under the Smart City project to tackle persistent traffic congestion.

"Our focus is on collective planning to make traffic movement smoother, efficient and better organized," Divisional Commissioner Garg said. He said, "A multidisciplinary committee has been constituted to formulate an integrated traffic strategy, bringing together key departments including Srinagar Smart City Ltd, Srinagar Municipal Corporation, Srinagar Development Authority, Police, SSP Traffic, R&B, Transport Department, and other stakeholder agencies."

The Divisional Commissioner stressed on the need for community participation. "It is not just about infrastructure but involvement of local residents, street vendors, shopkeepers, business associations and transporters



to ensure that the plan works effectively on the ground," he added.

The Divisional Commissioner also highlighted several ongoing initiatives under the Srinagar Smart City project, including the Integrated Traffic Management System (ITMS), installation of modern traffic lights, creation of organized parking spaces, development of multi-level parking facilities and improvement of road junctions and rotaries for smoother vehicular flow.

He also shared, nearly 350 designated bus stops have been finalized across the city to regulate public transport and reduce roadside chaos. "Buses will soon be required to halt only at these specific points, improving discipline and easing congestion," Div Com Garg said.

The Divisional

Commissioner inspected critical junctions including Jahangir Chowk, Sangarmal, Rajouri Kadal and Jama Masjid Nowhatta.

He also issued on-the-spot directions for corrective measures and infrastructure modifications, including: Jahangir Chowk road realignment to streamline traffic near Rambagh Flyover and optimum utilization of space under the flyover for vehicular movement.

Exchange Junction, MA Road development of a roundabout and closure of unnecessary median cuts. Sangarmal Junction road widening and improvements to bus stop aesthetics and durability. Rajouri Kadal deployment of traffic personnel and streamlining of crossroad traffic.

About the, Jama Masjid Nowhatta, the feasibility

assessment for development of a parking facility in coordination with stakeholders.

The instructions issued by the Divisional Commissioner included the completion of traffic light installation at all junctions by December 10, full functionality of ITMS cameras by December 30 and implementation of colour-coded vehicle zoning for eastern and western corridors to ensure mini buses operate within permitted routes. E-bus charging stations at Zoonimar, Hazratbal and Batamaloo are also slated for early completion.

The Divisional Commissioner also directed PWD officials to remove road bottlenecks and initiate rehabilitation of shopkeepers and families affected by land acquisition for road widening projects.

RTO Kashmir was also asked to identify and regulate illegally operating maxi-cab stands, while black spots and unsafe median cuts across the city will be addressed in consultation with stakeholders.

"Srinagar's growing traffic load requires both immediate interventions and long-term planning. We are working towards a coordinated, data-driven approach that not only decongests the city but also makes it more commuter-friendly and sustainable," he said-(KNO)

Land gift chain reaction aids Journalist Pampore businessman to reward the helper with prized land worth Rs 1 crore

KNO

Srinagar, Nov 29: Moved by the act of generosity of Kuldeep Sharma, who offered five marlas of land to Arfaz Daing- a Jammu-based journalist whose house was demolished by the Jammu Development Authority (JDA) on Thursday- a Kashmiri businessman has come forward with an even bigger offer as a reciprocation of Sharma's gesture.

The 46-year-old businessman, who does not want to be named, has offered a prized piece of land valued at around Rs one crore to Sharma as recognition of his philanthropic gesture. "I was moved by his gesture. At a time when people are fighting in the name of caste, creed, colour, and religion, Kuldeep Sharma has proved that humanity is alive," said the businessman, who hails from Pampore town in South Kashmir.

The businessman said he has already spoken to Sharma about his offer. "I spoke to him over the phone in the morning, and the moment I made the offer, he broke down in tears," he recalled. "He told me he is not a rich man, yet he would do everything in his capacity to help Arfaz rebuild his home." He added



that he is planning to visit Sharma's house in the coming days to formally offer him the land. "Not just land, I am ready to give my blood to Sharma. I cannot believe such humans exist on this earth. He rose above religious lines to help a Muslim man," the businessman said emotionally.

Moved by viral images of Arfaz's elderly parents pleading with authorities and his young children watching helplessly, Kuldeep Raj Sharma had offered five marlas of his land to Arfaz on Friday for rebuilding the house razed to debris

by the JDA.

"They demolished his home on three marlas of land, so I gifted him five marlas. If they demolish this one too, I will give him ten marlas. Even if I have to beg, I will rebuild his home. He is my brother, not a stranger," Sharma was quoted as saying.

The demolition of Arfaz Daing's house has become a major issue in Jammu and Kashmir, with Chief Minister Omar Abdullah claiming that the demolition drive was carried out without the approval of the elected government-(KNO)

Saffron growers issue catastrophic warning Seek supply of quality corms

JAHANGEER GANAIE

Srinagar, Nov 29: Kashmir's iconic saffron industry is on the brink of collapse, with growers warning that the next season's production could plummet to a catastrophic 5% unless the government intervenes immediately. The growers said that consecutive dry spells during the crucial autumn, summer and even winter months have severely affected corm health, putting the next season's production at grave risk.

Farmers from several saffron-growing belts of Pulwama and other areas have urged the government to ensure the availability of certified, disease-free, high-yield corms well before planting begins next year.

Without timely intervention, the growers warned that the Valley could witness further low production in the coming year, as autumn this year has remained dry again.

They said the prolonged absence of rain over the last few years in autumn and summer has caused a rapid decline in soil moisture, directly impacting corm quality. Many farmers said the corms lifted this year were unusually small, lightweight and less productive.

"We are extremely worried. If the government does not supply quality corms before the next sowing season, production may not even reach 5% next year and will be even lower in the coming year," said Abdul Gani, a grower from Lethpora.

"Last year we somehow managed, but this year the condition of corms is the worst and production we have

seen in decades, and immediate steps won't be taken, it will dip further," he added.

Another farmer, Shakeela Bano from Chandhara, said her family has already reduced the area under saffron due to continuous losses. "The dry autumns have destroyed our corms. Unless the authorities step in, many families like ours will be forced to abandon saffron farming altogether," she said.

Farmers revealed that due to shrinking returns and rising input costs, saffron fields are slowly being converted into land for other crops.

"You can already spot mustard and other crops replacing saffron in many areas. Some people are even planting apple trees," said Ghulam Rasool, a grower from Dusoo. He added, "If saffron is to survive, growers must feel secure. Nobody will continue with a crop that brings loss year after year."

The growers have demanded that the Agriculture and Horticulture departments begin an early procurement and distribution process of high-quality corms to help revive

the crop.

"We only want the government to step in at the right time," said Mohammad Yousuf, a farmer from Samboora. "A single season of quality corms can change everything. But delay will push farmers out of this traditional and precious crop."

Farmers said that saffron is not only a source of livelihood but a cultural identity of Kashmir, and allowing the crop to decline further would have long-term consequences for the region-(KNO)



FPF Kashmir condoles demise of Tariq Mahmood's son

KT NEWS DESK

Srinagar, Nov 29: The Forest Protection Force (FPF) Kashmir expresses deep sorrow on the untimely and tragic demise of the son of Shri Tariq Mahmood, In-Charge Assistant Director, FPF Headquarters, Jammu, who left for his heavenly abode on 28-11-2025.

To mourn this irreparable loss, a condolence meeting was convened today at the FPF Headquarters Complex, Bemina, Srinagar. The gathering was attended by officers and officials from the Directorate Office as well as the office of the Joint Director, FPF Kashmir.

During the condolence meet, heartfelt sympathy and solidarity were extended to the bereaved family. Special prayers were offered for eternal peace to the departed soul and for strength and patience to the family during this difficult time. The participants expressed profound grief over the passing of the young soul, describing the loss as deeply painful and irreparable for the entire Forest Protection Force fraternity.

The Forest Protection Force Kashmir stands united with Shri Tariq Mahmood and his family in this moment of immense grief.

Girl saved from self-immolation by bystanders

REHAN QAYOUM MIR

Srinagar, Nov 29: A young girl made a self-immolation bid at Pratap Park here on Saturday.

According to the details, the girl, in an apparent act of self-harm, poured an inflammable substance on herself before setting herself ablaze.

The onlookers were astonished as the shocking incident unfolded.

However, a few bystanders rushed to the spot and managed to douse the flames using available means before police personnel and emergency responders reached the scene.

Later, the girl, who sustained multiple burn injuries, was immediately moved to SMHS Hospital

Srinagar for urgent medical attention. Soon after the incident, a team of police officers reached the spot.

"Police personnel collected the samples and evidence from the site, including partially burnt material, to ascertain the exact sequence of events," said an official.

He added, preliminary investigations suggest the girl allegedly set herself ablaze using a flammable liquid. "We have taken cognizance of the matter and further investigation is underway to determine the circumstances that led to this act," the officer said adding that it looks like the girl was mentally unsound-(KNO)

8.2% GDP: India's Growth Story Strengthens

Robust GDP growth, steady inflation, strong production, and rising exports support India's growth narrative

Press Information Bureau

India's economic ascent continues to capture global attention. Already the world's fourth largest economy, the nation is charting a confident course toward becoming the third largest by 2030, with GDP projected at USD 7.3 trillion. The current growth phase reflects the strength of decisive policymaking, structural reforms, and India's deepening global integration.

With growth accelerating, India has once again outpaced global peers, reinforcing its position as the fastest-growing major economy. The surge is supported by resilient domestic demand, moderating inflation, and higher labour force participation. A revival in domestic investment and strong investor sentiment signals a stable and broad-based economy. As reforms gather pace and consumption remains optimistic, India's economic outlook continues to upbeat, signalling sustained momentum and growth across sectors.

Key Economic Indicators: Steady Growth of India

Robust GDP Growth

Gross Domestic Product (GDP) is one of the primary indicators of overall economic performance which reflects the rate at which the country is expanding. As per the latest data, the real GDP of India, adjusted for inflation, is estimated to grow by 8.2% in Q2 of FY 2025-26 against the growth rate of 5.6% during Q2 of FY 2024-25. The GDP in Q1 of FY 2025-26 grew at 7.8% against the growth rate of 6.5% during Q1 of FY 2024-25. Nominal GDP has witnessed a growth rate of 8.7% in Q2 of FY 2025-26. Each sector of the economy is playing a pivotal role in the growth of the country. Primary sector experienced the year-on-year Real GVA growth rate of 3.1% in Q2 FY 2025-26. Similarly, the Secondary (8.1%) and Tertiary Sector (9.2%) have boosted the Real GDP growth rate in Q2 of FY 2025-26.

Half Yearly Growth of FY26

Real GDP in H1 (April-September 2025-26) registered a growth rate of 8% in comparison of 6.1% growth rate witnessed in H1 of FY25.

Primary sector (2.9%) experienced a moderate growth, whereas secondary (7.6%) and tertiary sector (9.3%) exhibited sustained expansion.

Inflation Shows Stability

India's inflation trajectory in October 2025 reflects a remarkable softening, underscoring the economy's robust fundamentals and effective price management measures. Headline inflation, measured by the Consumer Price Index (CPI) eased to 0.25% over the previous year, marking the lowest level recorded in the current CPI series. The inflation remains well within the tolerance band of RBI. The moderation in inflation is consistent with the RBI's decision to maintain the repo rate at 5.50% with a neutral stance, reflecting confidence in price stability and growth prospects.

Indicators

In October 2025, India's inflation landscape showed a significant cooling trend compared to the previous month. The headline Consumer Price Index (CPI) fell sharply to 0.25%, down from 1.44% in September.

This disinflation was driven largely by a continued and steep decline in food prices. The Consumer Food Price Index (CFPI) deepened its negative trajectory, falling to -5.02% in October from -2.33% in September.

A rural-urban breakdown reveals that rural inflation entered deflationary territory in October, registering -0.25%, a notable drop from the positive 1.07% recorded in September. Meanwhile, urban inflation also decreased substantially, halving to 0.88% from 1.83% the previous month.

The decline was primarily driven by a sharp moderation in food inflation (CFPI), which registered at (-)5.02% over October, 2024, supported by easing prices of oils and fats, vegetables, fruits, egg, cereals and products. The trend also reflects the positive impact of recent decline in GST rates.

Rural inflation stood at (-)0.25%, while urban inflation stood at 0.88%, indicating a multi-dimensional moderation across regions. The sustained moderation in inflation reinforces purchasing power, supports real consumption growth, and provides monetary policy space to nurture investment and output expansion. Overall, the easing inflationary



environment strengthens the foundation for sustained, inclusive, and stable economic growth in the coming quarters.

India's wholesale price index (WPI) based inflation also eased to (-) 1.21% in October 2025 over October 2024, reflecting a decline in prices of key items including food articles, crude petroleum and natural gas, electricity, mineral oils, and basic metal manufacturing etc. The year-on-year inflation rate for the WPI Food Index fell further to (-) 5.04% in October 2025, down from -1.99% in September 2025. This continued reduction in wholesale inflation indicates strengthening purchasing power of businesses, and advancing market sentiments.

Growing Index of Industrial Production (IIP)

IIP measures growth in manufacturing, mining, and electricity, reflecting the strength of industrial activity. India's IIP registered a robust growth of 4.0 % year on year in September 2025, driven primarily by a 4.8 % expansion in the manufacturing sector. A rising IIP signals robust production, higher employment, and stronger investment momentum, reinforcing the economy's overall growth trajectory.

Top three positive contributors responsible for the strong performance are from the Manufacturing Sector. The performance underlines the strength of India's industrial base and its capacity to contribute meaningfully to the broader growth agenda.

Manufacture of Basic Metals (growth of 12.3 %), Manufacture of Electrical Equipment (growth of 28.7 %), and Manufacture of motor vehicles, trailers and semi-trailers (14.6%)

From a Use-based classification perspective, several categories posted commendable growth. The top three contributors are: Infrastructure & Construction Goods expanded by 10.5 %, Consumer Durables by 10.2 %, and Intermediate Goods by 5.3 % in September 2025. Such diversified growth across primary goods, capital goods, intermediate goods and consumer durables segments signal both strong investment activity and resilient consumption demand. In combination with manufacturing gains, these patterns reflect a well-balanced industrial upturn that strengthens the foundation for sustained, inclusive economic expansion.

Government Interventions Boost the Manufacturing Sector

Manufacturing sector has increasingly emerged as a central pillar of the nation's growth model, not just meeting domestic demand but also strengthening India's position in global value chains. The flagship initiatives have attributed to the growth story of the sector.

The Production Linked Incentive (PLI) Scheme, launched in 2020, covers 14 strategic sectors, boosting domestic manufacturing through incentives tied to incremental sales and aligning with national goals like Atmanirbhar Bharat and a USD 7.3-trillion economy by 2030.

With an approved outlay of 1.97 lakh crore and 800+ applications, it has attracted investments of over 1.76 lakh crore, driving growth in output, exports, and jobs. It shows strong industry confidence and robust adoption.

Other initiatives like Skill India, Make in India, National Manufacturing Mission, GST Reforms are aimed at accelerating capacity building and strengthening the Indian manufacturing ecosystem.

Robust Employment Growth

A strong labour force is vital for economic growth as it drives production, innovation, and consumption across sectors. The fuel of the economy, the labour market continues to show encouraging signs of resilience in October, 2025. The overall Labour Force Participation Rate (LFPR) in CWS (currently weekly status) for persons of age 15 years and above reached 55.4% in October 2025, recording a 6-month high level from 54.2% in June 2025. Other labour market indicators like worker participation rate (52.5%, rising since June 2025), female participation (34.2%, highest since May 2025) and unemployment rate (unchanged at 5.2% since September 2025) also witnessed an improvement. Additionally, the Employee's Provident Fund Organization (EPFO) recorded addition of 21.04 Lakh Net Members during July 2025, growth of 5.55 % in net payroll additions compared to July 2024. This increase in new subscribers showcase growing employment opportunities, increased awareness of employee benefits, and EPFO's successful outreach programs.

Indicators

Based on the latest employment indicators for September and October 2025, the labour market showed relative stability with minor improvements in several areas.

The Worker Population Ratio (WPR) saw a slight increase from 52.4% in September to 52.5% in October. Similarly, the Female Labour Force Participation Rate rose marginally from 34.1% to 34.2% over the same period.

In rural areas, labour force participation improved from 57.4% to 57.8%. However, urban labour force participation experienced a slight decline from 50.9% to 50.5%.

The overall Unemployment Rate remained unchanged at 5.2% during both months.

Naukri JobSpeak Index

The Naukri JobSpeak index is a key indicator of white collar hiring in India. The index recorded a 10.1% year-on-year rise in September 2025, reflecting strong white-collar hiring momentum. The growth is led by a 61% surge in Artificial Intelligence (AI) and Machine Learning (ML) roles.

Fresher hiring rose by 15%, indicating expanding early-career opportunities and growing demand for new-age skills in India's evolving job market.

Demand in non-IT sectors like insurance, hospitality, and real estate also increased.

The enhanced employment trends show rising incomes, stronger job security, and improving job quality, reflecting the positive impact of economic growth and policy measures. Together, they signal more inclusive employment gains that enhance productivity and support sustainable economic expansion.

Government Initiatives Enhance Labour Market Outcomes

Under Pradhan Mantri Kaushal Vikas Yojana (PMKVY), over 27 lakhs candidates have been trained nationwide (as on 17 November, 2025). NAVYA (Nurturing Aspirations through Vocational Training for Young Adolescent Girls) equip adolescent girls with industry-relevant skills for enhancing employability across emerging sectors. Programs such as Pradhan Mantri Mudra Yojana (PMMY) under which 4,91,406 crore has been sanctioned till March 2025, Stand-Up India under which 62,790 crore has been sanctioned till June 2025, and Start-Up India under which there are 200,235 DPIIT recognised Startups (as on 18 November, 2025) support entrepreneurs, expands startup ecosystem and create job opportunities for the labour force. Skill India Mission is committed to the mantra of promoting multiple skill-related programs from information technology programs to personality development to international levels beyond the borders of the country. The 17th Rozgar Mela was also held at 40 locations across the country in which more than 51,000 appointment letters were distributed to the newly selected youth on 24th October, 2025. Together, these programs strengthen skills, foster entrepreneurship, and contribute to a more capable and resilient workforce driving inclusive economic growth.

Trade Performance Improves

India's trade sector remained robust in April-October 2025, reflecting strong global demand and steady improvements across key export categories. Both merchandise and services exports recorded healthy growth, reinforcing the economy's resilience amid global uncertainties.

India's external sector continued to show strength in April-October 2025, with cumulative exports (merchandise and services) rising by 4.84% to USD 491.80 billion, compared to USD 469.11 billion a year earlier.

Merchandise exports grew by 0.63% to USD 254.25 billion, supported by strong demand from key markets such as Spain (40.74%), China (24.77%), Hong Kong (20.7%), USA (10.15%), and UAE (5.88%), despite global trade disruptions. The growth was supported by robust performance in:

Marine Products (16.18%)
Meat, dairy & poultry products (23.97%)
Other cereals (25.52%),
Cashew (28.32%),

Electronic Goods (37.82%)

Services exports remained a major pillar of resilience, expanding by 9.75% to an estimated USD 237.55 billion in April-October 2025 from USD 216.45 Billion in April-October 2024, underscoring India's growing global competitiveness in computer services and business services. Overall, the export sector continues to reinforce India's economic stability and growth outlook.

Government's Support in Expanding Trade

The Government, along with the RBI, strengthen the trade ecosystem of India by releasing numerous schemes and relief measures. Key measures include extension in the time period for realisation and repatriation of full export value of goods/software/services exported from India from nine months to fifteen months from the date of export from India. Increase in the time period for shipment of goods from one year to three years from the date of receipt of advance payment or as per agreement, whichever is later.

The Cabinet has also approved the Credit Guarantee Scheme for Exporters for providing 100% credit guarantee coverage by National Credit Guarantee Trustee Company Limited (NCGTC) to Member Lending Institutions (MLIs) for extending additional credit facilities upto Rs.20,000 crore to eligible exporters, including MSMEs. The scheme is aimed at enhancing global competitiveness and support diversification into new and emerging markets. Export Promotion Mission will provide a comprehensive, flexible, and digitally driven framework for export promotion, backed by total outlay of 25,060 for FY 2025-26 to FY 2030-31.

Policies such as Foreign Trade Policy 2023 complement initiatives like RoDTEP reimbursements, Districts as Export Hubs, and infrastructure support through Trade Infrastructure for Export Scheme, enabling market diversification, improved compliance, and smoother logistics. Supporting the trade, Special Economic Zones are also boosting jobs, investment, and exports. Collectively, these steps are helping exporters manage global uncertainties while

expanding India's trade potential.

Success of GST 2.0

The Government launched comprehensive GST (Goods & Services Tax) reforms, introducing rate rationalisation with a simplified two-slab structure of 5% and 18%. The reform features sweeping rate reductions across key sectors, focusing on common man goods, labour intensive industries, agriculture, and healthcare, which serve as vital drivers of the economy.

Gross GST collections for October 2025 stood at 1.96 lakh crore, marking a 4.6% increase over 1.87 lakh crore recorded in the same month last year. The uptick in revenue, coinciding with the onset of rate rationalisation, underscores resilient consumption trends during the festive season.

The reduction in GST rates has lowered the cost of goods and services, boosting household savings and consumption, while expanding the tax base. At the same time, a broader tax base is aiding stable revenue trends, contributing to a more balanced and sustainable growth environment.

India's Growth Projections

India's growth outlook continues to strengthen, with major global and domestic institutions upgrading their projections in recognition of the economy's resilience and expanding domestic demand. The RBI has revised its FY 2025-26 GDP forecast upward from 6.5% to 6.8%, reflecting robust momentum across sectors. International agencies echo this optimism too.

The World Bank projects 6.5% growth in 2026, citing strong consumption and the positive effects of GST reforms;

Moody's expects India to remain a growing G20 economy through 2026 with growth rate of 6.4% and 6.5% in 2027;

The IMF has boosted its projections to 6.6% for 2025 and 6.2% for 2026.

The OECD has raised growth forecasts to 6.7% for 2025 and 6.2% for 2026.

The S&P anticipate that India's GDP will grow by 6.5% in fiscal year 2026 and 6.7% in 2027.

Together, these revisions highlight broad international confidence in India's economic fundamentals and its ability to sustain strong, domestically driven growth despite evolving global challenges.

Conclusion

India's economy is progressing on a stable and resilient growth path, supported by structural reforms, digital transformation, and a strong focus on inclusive development. With international organisations' confidence in the growth trajectory of India and stable macroeconomic indicators, the economy is well positioned to sustain its economic momentum. With the RBI's continuous monitoring of inflation and recent policy measures—such as streamlined tax structures, labour-centric reforms, and trade-promotion initiatives—the government's governance efforts are helping ease compliance, reduce costs, and support broader participation across sectors. Together, these developments indicate steady progress towards a more productive, competitive, and people-centric economy, aligned with long-term sustainable growth.

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J&K Judicial Academy holds workshop on Family Court matters

KT News Desk

JAMMU, NOVEMBER 29: Under the patronage of Justice Arun Palli, Chief Justice, High Court of Jammu & Kashmir and Ladakh (Patron-in-Chief, J&K Judicial Academy), guidance of Chairperson and members of Governing Committee for J&K Judicial Academy, the Jammu & Kashmir Judicial Academy Saturday organised a one day workshop on "Family Court Matters, including provisions under the Hindu Adoption and Maintenance Act, Guardian and Wards Act, Resolution of Disputes, Execution of Orders and Protection of Women from Domestic Violence Act, 2005" at Janipur, Jammu.

The workshop, as per an official statement, was inaugurated by Justice Mohammad Yousuf Wani, Judge, High Court of J&K and Ladakh and Member, Governing Committee, J&K Judicial Academy. In his inaugural address, Justice Wani noted that the growing complexity of family disputes has increased the judiciary's responsibility to deliver timely, sensitive and legally sound interventions. He stressed the need for judicial officers and practitioners to stay updated with the evolving laws and to adopt a humanistic approach in matters of matrimonial conflict, child custody, and domestic violence.

Justice Wani highlighted that the Family Courts legislation aims not only to adjudicate disputes but to help reunite families. He observed that



matrimonial conflicts often develop into serious human rights concerns affecting the emotional and psychological well-being of all family members, especially children. He emphasized that Family Courts must prioritise reconciliation, enabling parties to rebuild trust and relationships. He further noted that the judges handling family matters often act as mediators and counsellors, guiding parties toward amicable settlement.

Referring to the reconciliation-driven mandate of the Family Courts Act, He stressed that meaningful efforts at settlement should precede adjudication, as this approach strengthens family bonds and promotes social harmony.

The programme commenced with the welcome address by Naseer Ahmad, Director, J&K Judicial Academy. He highlighted the significance of continuous judicial education in

improving the administration of justice, particularly in matters relating to families, children and vulnerable groups. He emphasized the need for strengthening the adjudicatory skills and sensitisation towards litigants appearing before Family Courts. He discussed that the Family courts require more than legal knowledge, they demand patience, balance, empathy and sound judicial discretion. He added that a judge in these matters must maintain firmness with compassion, sensitivity with objectivity, and speed with fairness. These are not cases to be treated routinely; each case represents a family in distress.

In the first session, Bala Jyoti, Former Senior District & Sessions Judge (Super Time Scale), delivered an insightful session on Family Court matters. She emphasised that marriage is a foundational social institution and should not be treated

as irretrievably broken merely because spouses live separately, as reiterated in recent Supreme Court rulings.

Highlighting the reconciliation-oriented mandate of the Family Courts Act, she stressed that courts must first make sincere efforts to assist parties toward settlement before proceeding with adjudication. She discussed dissolution of marriage, mutual consent and contested divorce, restitution of conjugal rights under Section 9 of the Hindu Marriage Act and key features of the Special Marriage Act. She also referred to landmark judgments such as Shilpa Sailesh v. Varun Sreenivasan on irretrievable breakdown of marriage.

The second session of the day was conducted by Mandeep Reen, Advocate, High Court of J&K and Ladakh. She deliberated on the Guardian and Wards Act, protection of children's rights and

the execution of orders in guardianship matters. She emphasized the growing importance of child-centric jurisprudence, stressing that the welfare of the minor must remain the paramount consideration in every custody or guardianship determination.

Mandeep Reen highlighted the responsibility of courts to ensure not just the legal protection, but also the emotional, educational and holistic development of children involved in family disputes, and underscored the need for sensitivity and timely enforcement of orders to safeguard the best interests of the child.

In the concluding session, M.S. Parihar, Former District & Sessions Judge delivered an insightful talk on the Protection of Women from Domestic Violence Act, 2005, focusing on its purpose, scope and practical implementation. He elaborated on the crucial roles played by the Protection Officers, Magistrates, service providers, police authorities and support agencies in ensuring timely assistance, protection and relief to victims of domestic violence.

Parihar emphasised the need for coordinated institutional response, sensitivity in handling complaints and effective enforcement of protection orders to safeguard the rights and dignity of women facing domestic abuse.

The session concluded with an interactive discussion, where the participants shared practical difficulties with the Learned Resource Persons and explored solutions.

DC Kathua reviews District Capex Plan



KT News Desk

KATHUA, NOVEMBER 29: Deputy Commissioner Kathua Rajesh Sharma Saturday chaired a comprehensive review meeting to assess the progress of works under the current financial year District Capex Budget plan.

The DC, as per an official statement, held a detailed sector-wise review of the pace of execution under PRI, BDC, DDC, APDP and ABDP components, covering key sectors such as Health, Education, RDD, PHE, PDD and PWD. He also assessed the status of ongoing works carried forward from the previous fiscal, directing officers to fast-track pending projects.

Emphasising the need to remove bottlenecks at the earliest, the DC instructed field officers to visit sites personally in case of any hindrances, coordinate with stakeholders and ensure smooth progress on ground. He noted that proactive intervention at field level is essential for

meeting developmental targets.

The DC laid special focus on accelerating works in hilly and remote areas, stating that these regions will soon become snowbound and therefore require swift execution to avoid seasonal delays. He urged departments to mobilise adequate manpower and resources to complete works within the available working window.

The DC called upon all executing departments to adhere strictly to project timelines and ensure creation of durable, quality assets across the district. He underlined that delays in execution will not be entertained, reiterating that any unutilised funds are liable for cut after 31st December 2025, making timely completion critical.

Among others, ADDC Surinder Mohan Sharma, CPO Ranjit Thakur, ACD Akhil Sadotra, district and sectoral officers from all executing agencies and concerned departments were also present.

DC Budgam chairs Block Diwas at Pakherpora

KT News Desk

BUDGAM, NOVEMBER 29: A Mega Block Diwas programme was Saturday held at Government Higher Secondary School Pakherpora, where the Deputy Commissioner (DC) Budgam, Dr. Bilal Mohi-ud-Din Bhat, presided over a public grievances redressal camp aimed at ensuring doorstep delivery of services and direct interaction with local communities of Block Pakherpora.

The event, as per a statement, witnessed active participation of residents, senior citizens, youth delegations and representatives from several adjoining villages.

A number of delegations from Futlipora, Tilsara, Kanidajan, Malpora, Charipora, Shankerpora and other neighbouring areas met the DC and submitted their demands, concerns and developmental requirements pertaining to their respective villages. The public raised several pressing issues requiring administrative attention and intervention from the departments concerned.

Among the major demands projected by the locals included fencing of the primary school, upgradation of the Family and Welfare Centre, dredging and clearing of irrigation canals, improvement

and widening of roads, development of a playground for youth, creation of a dedicated parking facility at Pakherpora Ziyarat Sharif, and construction of a water reservoir for Charipora village to address drinking water scarcity.

After patiently hearing the delegations, the DC on-the-spot redressed several public grievances and assured that all other genuine and pending demands will be taken up promptly for early resolution.

The DC emphasised that speedy disposal of public matters remains a top priority for the district administration, and every department has been instructed to adopt a proactive and responsive approach in grievance handling.

The DC reiterated that public outreach programmes such as Block Diwas act as vital platforms for bridging the gap between people and administration, enabling the government to understand grassroots challenges and deliver services effectively. He stressed that departments must stay committed to ensuring better service delivery and redressal of citizen concerns without delays.

While addressing the gathering, the DC also laid strong emphasis on maintaining cleanliness and sanitation in rural areas. He urged the locals to strictly avoid dumping garbage on roadsides, drains

or open areas, and cooperate with the Rural Development Department to ensure proper utilisation of dustbins, segregation of waste and scientific disposal practices.

The DC noted that cleanliness is a collective responsibility and community participation is essential for keeping the surroundings healthy and hygienic.

The programme also featured interaction between the public and officers of various departments, enabling villagers to raise individual issues related to power supply, water availability, revenue matters, RDD works, education, health, irrigation and more. Field officers provided on-the-spot responses and guidance for multiple service-related queries. Concerned officers closely noted the demands raised by the public and assured necessary follow-up action as directed by the DC.

The DC said that District administration is committed towards ensuring transparent governance, citizen-focused service delivery, and consistent outreach to remote and rural pockets of Budgam.

The Block Diwas was attended by JD Planning, Javid Ahmad; SDM Chadoora, Executive Engineers of all engineering wings, Tehsildar, BDO, District and Sectoral Officers, field officials and representatives from various departments.

Awareness camps on PM Vishwakarma, PMEGP Schemes organised in Ramban

KT News Desk

RAMBAN, NOVEMBER 29: In line with the directions of Deputy Commissioner Mohammed Alyas Khan and Director Industries & Commerce, Jammu, Arun Manhas, the District Industries Centre (DIC) Ramban organised a series of awareness camps across the district to educate youth and aspiring entrepreneurs about various self-employment and industrial schemes.

Awareness programmes, as per an official statement issued on Saturday, were earlier conducted at Government ITI, Gool and BDO Office Sangaldan. Continuing the outreach, another awareness camp was held Saturday at CSC Batote under the supervision of General Manager, DIC Ramban, Ravinder Kumar.

The camps aimed to generate awareness about PM Vishwakarma, PMEGP, NCSIS, and other incentives provided under the J&K Industrial Policy 2021-30. During the sessions, Functional

Manager Swaroop Kotwal and Project Manager Kuldeep Singh interacted with participants and highlighted departmental initiatives designed to encourage local youth to become job creators rather than job seekers.

Educated unemployed youth were sensitized about multiple benefits, including subsidies, financial assistance under PMEGP for manufacturing and service enterprises, and other Central and UT-sponsored schemes.

Participants were also informed about PM Vishwakarma, a holistic scheme aimed at upgrading traditional skills through modern training and technical support. The outreach witnessed enthusiastic participation from students and aspiring entrepreneurs, who expressed their willingness to avail benefits under PM Vishwakarma and the Prime Minister's Employment Generation Programme (PMEGP) implemented by the District Industries Centre, Ramban.

Legal Metrology Dept imposes Rs 3.15 lakh penalty

KT News Desk

JAMMU, NOVEMBER 29: Legal Metrology Department under the supervision of Shiv Kumar Gupta, Controller Legal Metrology, has imposed penalties totalling Rs 3.15 lakh for violations related to packaging declarations, labelling norms and e-commerce consumer information requirements across the Union Territory.

The enforcement teams in Jammu, as per an official statement, found major lapses in the labelling of tiles being manufactured. The products were being sold without essential declarations such as MRP, Net Quantity, PKD, Unit Sale Price, along with incomplete product details and improper font size in clear violation under Legal Metrology (Packaged Commodities) Rules, 2011. Three firms accepted the notices and paid ₹1,65,000 as

compounding fees.

In Kashmir, the Consumer Protection Wing Srinagar initiated action against the two leading manufacturers for irregular declarations on pre-packaged goods sold on Amazon and other e-commerce platforms. Online surveillance revealed missing consumer details, incorrect numerals and incomplete disclosures on food and general commodities. Both firms opted for compounding, resulting in ₹1,50,000 as penalty.

With both divisions included, the total amount realized stands at ₹3.15 lakh, reflecting the department's firm resolve to uphold transparency, fair trade and accountability in both online and offline markets.

The department will continue its inspections on regular basis besides ensuring enhanced e-commerce monitoring to safeguard the consumer rights across J&K.

DDC Shopian reviews PMFBY, calls for 100% farmer coverage



KT News Desk

SHOPIAN, NOVEMBER 29: District Development Commissioner (DDC) Shopian, Shishir Gupta Saturday convened an important review meeting to assess the implementation, progress and challenges related to Crop Insurance and various Social Security Schemes being implemented across the district here at Mini-Secretariat.

During the meeting, the DDC, as per an official statement, took a department-wise review of the Pradhan Mantri Fasal Bima Yojana (PMFBY), farmer coverage status, awareness activities and steps taken to ensure that farmers are brought under insurance cover ahead of the cropping seasons. He stressed on ensuring timely enrollment and transparency in service delivery.

The DDC directed the

Agriculture and Horticulture Departments to work in close coordination with financial institutions and CSCs for field-level verification, proper documentation and regular monitoring of insurance cases. He emphasized that no eligible farmer should remain uncovered and that the district must achieve saturation under the scheme.

The DDC also reviewed the progress of new enrolments under the social security schemes and exhorted upon departments to strengthen coverage and monitoring mechanisms and ensure 100 percent coverage of beneficiaries under social security schemes.

Additional District Development Commissioner, Dr. Nasir Ahmad Lone; ACR, Shakoor Ahmad Dar; SDM, Bilal Ahmad; CAO, CHO, District Manager, CSC and other concerned were present in the meeting.

DM Reasi chairs NCORD meeting



KT News Desk

REASI, NOVEMBER 29: District Magistrate Reasi, Nidhi Malik, Saturday chaired a meeting of the District Level Narco Coordination Centre (NCORD) to review the implementation and enforcement measures aimed at curbing the drug menace in the district. The meeting was attended by SSP Paramvir Singh; ADC Rakesh Kumar; ASP Iftekhar, ACD and other concerned officers.

The District Magistrate, as per an official statement, reviewed the status of cases registered under the NDPS Act, including those under investigation and those disposed of. She directed the Police Department to fast-track pending cases to ensure timely disposal and strengthen deterrence.

Calling for enhanced synergy among enforcement agencies, Malik instructed the Police and other law-enforcement departments to improve information sharing and adopt a coordinated strategy to identify and dismantle the networks involved in illegal trafficking. She also emphasized special focus on drug-prone hotspots and strengthening ground-level surveillance across the district.

Reviewing the ongoing activities under the Nasha Mukh J&K Campaign, the District Magistrate directed all Block Development Officers to ensure that pending awareness events are completed on time

with proper documentation. She stressed close coordination with all stakeholders to consolidate anti-drug awareness efforts at the grassroots level.

The DM also assessed the status of anti-drug awareness camps in schools and colleges, directing the Education Department to continue organizing extracurricular and thematic events to sensitize students about the harmful effects of drug abuse.

During the review of inspections of pharmacies, the District Magistrate instructed the Assistant Drug Controller to intensify and continue random checks of pharmaceutical outlets throughout the month as per a structured schedule, ensuring all outlets are properly monitored.

DM Malik also took stock of counseling and rehabilitation efforts being carried out by the Health Department. She directed officials to maintain comprehensive profiles of persons with substance-use disorders, to be shared with the Police and other stakeholders for coordinated action. She further instructed that drug-testing kits be distributed among relevant field functionaries for timely use.

Reiterating the administration's firm commitment to tackling the drug problem, the District Magistrate called for sustained and collective efforts to safeguard the youth and ensure a drug-free Reasi.

DC Doda Chairs NCORD Meeting Directs strong anti-drug measures across district

KT News Desk

DODA, NOVEMBER 29: Deputy Commissioner (DC) Doda Harvinder Singh, along with Senior Superintendent of Police (SSP) Sandeep Kumar Mehta, Saturday chaired a meeting of the District-Level Narco Coordination Centre (NCORD) to review the implementation and enforcement measures aimed at curbing the drug menace in the district.

The DM, as per an official statement, directed the SDMs to ensure timely submission of geotagged photographs of the destruction of the cannabis (bung) weed in their respective jurisdictions. He stressed the need for proactive action under the Nasha Mukh Bharat Abhiyan and instructed concerned officers to intensify awareness activities across all schools.

Emphasizing the identification and mapping of drug-related hotspots, he directed ADCs and SDMs to prepare detailed area-specific reports where



drug abuse or peddling activities have been observed. "There is a need for coordinated strategy to strengthen ground-level surveillance," he stressed.

The School Education Department was instructed to enforce CCTV coverage in all coaching centers and to initiate phased installation of CCTV cameras in government schools through CSR support. Schools and colleges were also asked to conduct regular counseling sessions to ensure early identification of vulnerable students.

The Youth Services & Sports Department was directed to enhance youth engagement by organising sports activities and distributing sports equipment to encourage constructive

participation and promote a healthy lifestyle. To strengthen IEC activities in rural areas, the DC Doda called for coordinated efforts among all stakeholders to amplify awareness campaigns at the grassroots level.

The Transport Department was instructed to conduct mandatory medical examinations of drivers involved in rash or negligent driving and to take strict action, including cancellation of driving licences in cases of drunk driving.

The Assistant Drug Controller was asked to intensify random inspections of pharmaceutical outlets and ensure 100% compliance with CCTV and Computerized Billing System (CBS) requirements.

Over 50 000 citizens write to SC against stray dogs order

PTI

New Delhi, Nov 29: More than 50,000 citizens across India, including nearly 10,000 from Delhi, posted handwritten letters to the Supreme Court on Saturday, urging it to reconsider its November 7 order directing authorities to remove community dogs from institutional areas, the organisers said in a release.

This was part of a nationwide letter petition campaign urging citizens to write to the apex court in support of animal rights and human experience, it said.

The organisers said that they had asked people across the country to visit their nearest post office on November 29 and mail a letter to the Chief Justice of India seeking a stay, recall and reconsideration of the order.

The citizen-driven initiative was led by animal welfare activist Ambika Shukla, the release said.



At Lucknow's GPO, people from different walks of life, including students and professionals, lined up to speed-post their petitions, the release claimed.

It further said that people from places ranging from Kashmir to Kanyakumari, including cities such as Imphal, Vadodara, and Chennai, also wrote to the top court in support of the campaign.

Kunal, an animal activist, said that they circulated English and

Hindi templates for the letters, and stressed that public participation had been stronger than expected.

"This movement shows how deeply people care about animal welfare. A handwritten letter carries sincerity and by now more than 10,000 letters have already been submitted," he said.

According to the organisers, more than 50,000 postal receipts had been uploaded on their website by Saturday evening.

India's aviation sector poised for major expansion: Jitendra Singh

PTI

Bengaluru, Nov 29: Union Minister Jitendra Singh on Saturday stressed that India's aviation sector is poised for rapid growth over the next decade.

He highlighted the key role of institutions like the National Aerospace Laboratories (NAL) in supporting the government's "whole-of-government approach" with strong private-sector participation.

Speaking after the virtual inauguration of the HAP Airframe Fabrication Facility and NAViMet here, Singh said the government has been very forthcoming in engaging the private sector to the maximum extent.

"Most of the success stories written over the last 10 to 11 years of Prime Minister Modi's tenure can be attributed to the involvement and participation of the private sector. This is true across fields—biotechnology, vaccines, the first-ever antibiotics—all developed with private-sector engagement. The same applies to space," he said, citing the recent Skyroot launch.

Referring to CSIR-National

Aerospace Laboratories' (CSIR-NAL) two-seater trainer aircraft Hansa-3, Singh recalled being present at the technology-transfer ceremony held in New Delhi in April this year and expressed satisfaction with the pace of progress.

"Today, we are witnessing the aircraft actually being developed. Within just five or six months, the pioneer team has achieved remarkable progress, and they have truly been pioneers in this field," he said.

Noting that India's civil aviation sector is expanding rapidly, the minister said it is estimated that by 2027, the country will handle around six crore passengers.

Recalling Prime Minister Modi's early remark that "Hawai chappal wala Hawai jahaj mein chalega (The man wearing hawai chappals will fly in an aeroplane)," Singh said the UDAN (Ude Desh ka Aam Nagrik) scheme was launched to make that vision possible. He added that an ecosystem that is cost-effective and inclusive is essential.

"Accordingly, the number of airports has increased

significantly. In 2014, when this government took office, there were only about 69-70 airports. Today, we have more than 130. The number of aircraft will also need to rise accordingly," he said.

According to Singh, the requirement for pilots is also increasing.

Current projections indicate that in the next 10 years, India may need an additional 200 to 300 aircraft to serve new routes emerging every day.

The minister also inaugurated the SARAS Mk II Iron Bird Test Facility and unveiled the Hansa-3 (NG) Production Standard Aircraft, which he said marks a major breakthrough, aligns with the government's Aatmanirbhar Bharat mission and will help reduce dependence on foreign sources.

He also attended the signing of a collaboration agreement with industry partner Solar Defence and Aerospace Ltd, Nagpur, for CSIR's loitering-munition UAV development.

"Currently, we have around 6,000 to 7,000 pilots in the country. But with the rapid

expansion of routes and aircraft, we may need 25,000 to 30,000 pilots in the next decade. This is a huge jump. We must scale up; otherwise, we will continue to depend on foreign sources. This again aligns with the mantra of Aatmanirbhar Bharat," he said.

Singh added that even small aircraft require 25-30 pilots due to rotation needs, while major jets require more than 30.

"In this context, both NAL and Pioneer deserve appreciation. They have been pioneering not only in aircraft development but also in motivating several others to enter this field, which is emerging as a new avenue for livelihood and entrepreneurship. With an investment of Rs 150 crore, NAL has committed to producing 100 aircraft annually," he said.

He welcomed NAL's work on high-altitude unmanned aerial vehicles designed for high-altitude platforms, with trials planned up to 20 km altitude by 2027, and its ongoing collaboration with the Solar Group and the DRISHTI aerosol laboratory programme.

No need for oral mentioning, urgent cases to be automatically listed in 2 days: CJI

PTI

New Delhi, Nov 29: Chief Justice of India Surya Kant has taken steps for streamlining listing of cases with effect from December 1 and circulars have been issued for listing and mentioning of cases.

According to the circular, there is no necessity for the litigants to mention their case before the bench for listing as the fresh cases will be listed automatically.

"All fresh cases involving liberty of individuals and where urgent interim orders are sought for, where the case is



verified, after curing of defects, will be listed within next two working days.

"In order to ensure expeditious disposal of all bail petitions, advance copy shall have to be served on the concerned Nodal Officer / Standing Counsel for the Respondent / Union of India / State / Union Territory," the circular stated.

According to the circular, in case of an exceptionally urgent matter relating to anticipatory bail, death penalty, habeas corpus, eviction / dispossession and demolition, which cannot await listing on the scheduled date, the request can be made between 10:00 a.m., to 10:30 a.m.

"All other categories of fresh

cases will be listed automatically as per existing practice. The fresh cases will be listed automatically and hitherto there shall be no necessity for the litigants to mention their case/s before the court for listing.

"No Senior Counsel shall be permitted oral mentioning before any court. Young junior counsel may be encouraged to make oral mentioning," it said.

The circular states that in order to ensure disposal of old regular hearing matters, no letters seeking for adjournment of such cases listed before the courts will be permitted.

Next phase of growth will be driven by scaling ops, adopting digitisation: L&T

PTI

New Delhi, Nov 29: The next phase of growth will be driven not only by scaling operations but also by embracing digitisation, sustainability, and climate resilience, a senior official of Larsen & Toubro (L&T) said on Saturday.

Speaking at The InfraPandit Awards 2025, Sthaladipti Saha, Senior Vice President & Head - Buildings & Factories, L&T Construction, underlined the importance of learning and training, noting that doctoral research is crucial to India's progress.

L&T, he said, also stood for learning and training.

Saha stressed that the nation's

future lies not only in its physical assets, such as concrete and steel, but also in its intellectual capital, insight, and imagination, according to a release.

"If infrastructure is the language in which the nation expresses its ambition, science is its grammar," Saha said.

The InfraPandit Awards 2025 recognised two doctoral research contributions addressing India's pressing infrastructure priorities: clean energy access and urban sanitation.

The InfraPandit Awards received applications from 16 institutions, including IIT Kanpur, SPA New Delhi, BITS Pilani, IIT Roorkee, IIM Ahmedabad, IISC

Bengaluru, Jadavpur University, IIT Delhi, IIT Bombay, MNIT Jaipur, Panjab University, NIT Calicut, NIT Warangal, IIT Jammu, RICS-Amity, and JNU.

Notably, 33 per cent of the applicants were women, reflecting a growing gender balance and increasing female leadership in India's infrastructure research ecosystem.

The submissions showcased proposals spanning technology and innovation; agriculture, land, and food systems; social sciences and human development; energy and environment; urban transport infrastructure and governance; and civil and infrastructure engineering, the statement said.

CONTD. FROM FRONT PAGE

PM Modi-led govt

new energy to give impetus to the making of a new J&K UT.

"A strong foundation has been laid in past 5 years and keeping sustainable development and individual growth paramount, we are committed to fulfil the hopes and aspirations of the people.

With the strong will power, we have built a new J&K UT which takes pride in the glory of ancient culture and enjoys the modern infrastructure of 21st century. We have built a J&K, which provides adequate facilities and new opportunities to poor, tribals, farmers, women and youth," the Lieutenant Governor said.

The Lieutenant Governor also shared the transformative and speedy development of Ramban and Udhampur over the past five years, underscoring the administration's commitment to equitable growth.

"Our effort was to ensure that the benefits of development reach the last mile. Infrastructure projects were completed at a faster speed and schemes were implemented to integrate all sections of society into the mainstream of development," the Lieutenant Governor said.

He also highlighted that the Government of India has allocated Rs 355 Crore to Ramban and Rs 328.51 crore to Udhampur under the Pradhan Mantri Gram Sadak Yojana (PMGSY-4). This substantial allocation is earmarked for the completion of critical road projects to connect the unconnected habitations.

13 Next of Kins (NoKs) of terror victims in Ramban were provided government jobs. The remaining eligible families will receive their appointments soon, he further said.

Saritha P. Menon, Administrator, HRDS India; Ramesh Kumar, Divisional Commissioner, Jammu; Shridhar Patil, DIG, Doda-Kishtwar-Ramban Range; Saloni Rai, Deputy Commissioner Udhampur; Mohammad Alyas Khan, Deputy Commissioner, Ramban, senior officials of police and civil administration, prominent citizens and people from all walks of life attended the foundation stone laying ceremony in both the districts.

Lal Chand, Chairman, District Development Council, Udhampur; and representatives of various social and political organisations were also present. (KNO)

J&K Govt to develop

symbolise these four important things is not talking about profit or other day-to-day concerns. These are the things we would wish for each other: good health, friendship, long life and happiness," he added.

The Chief Minister highlighted that SKAL's philosophy of "business with friends" mirrors the spirit of the tourism fraternity in Jammu and Kashmir. "Here, many of my friends in the industry may be in competition with each other, yet they remain friends. They sit together, dine together, respect each other, and that is exactly what SKAL talks about," he said.

Speaking about the resilience of the people of J&K despite recurring challenges, he said, "We are nothing if not resilient. Yes, there is darkness, but it will not remain forever.

Winters last for a few months; after that, snow melts and spring arrives. My desire, my wish and my effort is that this spring lasts for years."

Reflecting on the past turbulence in the tourism sector, CM Abdullah said, "We have seen a lot of ups and downs in J&K tourism. Now I want you to see only the upward trend. The relationship between SKAL and Kashmir Tourism formalised today will benefit both SKAL and the tourism industry here."

The Chief Minister thanked SKAL International and its leadership for choosing Kashmir for the new chapter, expressing hope that this marks the beginning of a lasting, fruitful partnership. "I hope this will be a great start to a new relationship, and that we will get to host such programmes again and again. You came and encouraged us," he added. (KNO)

For Kashmir's tourism

across the Valley, but a fresh spell of snow would enhance the winter season's prospects. "Snowfall is key to boost Kashmir's tourism this season, and we are hopeful that Christmas and New Year will bring better times for the industry," he said, as per the news agency—Kashmir News Observer (KNO).

As far as tourism is concerned, wherever there are business-to-business engagements, the industry stands to gain, the Chief Minister said.

"However, promotion and marketing remain the biggest contributors to growth," he said, adding that 2025 has been a challenging year for the tourism sector.

It is important to mention that SKAL International is a professional organisation for travel and tourism professionals that fosters friendship, business and networking worldwide.

Founded in 1934, it is the only global body that unites all sectors of the tourism industry, from managers to executives. Members meet at local, national, and international levels through clubs in about 75 countries to conduct business and build relationships. (KNO)

Strikes on PoK

contribution to protecting national interests and remain prepared for unexpected and critical situations similar to those faced by soldiers on the front line.

He said the government has pushed reforms aimed at increasing administrative efficiency since 2014 and added that civil servants play a central role in India's economic progress.

Mentioning that India has moved from the 11th to the fourth-largest economy in the last decade, he said global institutions now expect India to become the world's third-largest economy in the next two to three years.

"You are not platonic guardians but public servants. You are not just providers but facilitators of empowerment," he told the trainee officers, urging them to uphold integrity, public accountability and an administrative culture in which honesty becomes a standard practice.

He encouraged young officers to use technology to expand accessibility and transparency while ensuring that it remains a tool rather

than an end.

He cited schemes such as Pradhan Mantri Jan Dhan Yojana, Direct Benefit Transfer, Ayushman Bharat Digital Mission, and the faceless assessment system of the Income Tax Department as examples of technology-based governance.

Singh also referred to the Ministry of Defence's AI-driven SAMPURNA initiative, which analyses defence procurement and payments.

He said trainees should meet citizens with empathy and understanding, particularly the vulnerable sections of society whose struggles are influenced by broader social and economic factors. He expressed confidence in the growing representation of women in the Civil Services, noting the recent UPSC results where women secured top positions.

Singh described the Foundation Course at LBSNAA as a commitment to building capable and sensitive governance and lauded the academy for strengthening the country's administrative system.

Earlier, he paid floral tributes to former Prime Minister Lal Bahadur Shastri and Sardar Vallabhbhai Patel and inaugurated an ODOP Pavilion on the academy premises. (KNO)

Art-370 removal

under Prime Minister Narendra Modi and Home Minister Amit Shah "settled the issue that history had left incomplete".

The BJP chief accused the Congress of "systematically minimising" Patel's role in nation-building, alleging that attempts were made for decades to prevent the first Home Minister from receiving recognition in school curricula and political discourse. He claimed that even senior leaders were discouraged from attending Patel's funeral. "His (Patel's) contribution was deliberately overshadowed for political reasons," he said.

Nadda described Patel as a leader whose administrative ability and personal sacrifices helped shape independent India. He recalled that Patel left a flourishing legal career after Mahatma Gandhi persuaded him to dedicate himself to public life.

"He stood firmly with farmers during movements and always placed national duty above personal comfort," he said.

Referring to the unification of 562 princely states after Independence, Nadda said the task required diplomacy, persuasion and at times firm action, and "Patel's resolve ensured India emerged as a single, stable Union".

He said the achievement continues to form the basis of the country's governance and security structure.

Responding to criticism over the Statue of Unity project, the Union Minister said the soil from villages across the country was collected for the monument, which he described as a tribute symbolising the collective aspirations of 140 crore citizens. "It is not merely a statue; it reflects the unity of the nation and the legacy of Patel," he said.

Union Minister Piyush Goyal, who also participated in the event, said large public participation demonstrated the continuing respect

and emotional attachment people hold for Patel.

Goyal added that India's progress in multiple fields would remain linked to Patel's work and ideals. (KNO)

Borders secured,

is guided by coordination with multiple security and intelligence agencies and supported by modern technology.

"The BSF is aware of every movement across the border and receives regular intelligence inputs. There is a continuous flow of information regarding which group is moving in which area," the IG said, adding that the border grid in Jammu and Kashmir involves the BSF, Army, Intelligence Bureau, Special Bureau, National Investigation Agency and other agencies working jointly.

On reports regarding the presence of terrorists across the LoC, Anand said the numbers fluctuate. "Their exit figure keeps changing. Launch pads remain active mainly when infiltration has to be carried out," he said, adding that no more than two or three groups usually occupy a particular zone at a time.

According to him, there is no indication of terrorists' training activity in the immediate vicinity of the IB.

He said terrorists earlier preferred operating separately in upper and lower regions, but are now attempting mixed formations. "As such, we have not noticed their presence in the nearby area," he added.

The IG referred to past examples of BSF personnel continuing operations despite adverse circumstances. Citing Operation Sindoor, he said two BSF jawans "fought till the last moment and were martyred".

He recalled an incident during floods in Paragwal in Jammu district, where a constable remained at his forward post despite suffering a severe injury and died during the operation.

Assuring people of Jammu and Kashmir and the rest of the country, Anand said the BSF stands prepared for any situation along the border. "As long as the BSF is present on the border, we are ready for any challenge," he said.

On the possibility of conventional or hybrid warfare, he said the BSF has experience from 1965, 1971 and the 1999 Kargil conflict. "Whatever strategy the government decides, the BSF will play its role," he added.

The IG said the BSF is using unmanned aerial vehicles (UAVs) and various modern tools to secure the border in poor visibility and harsh weather. "We never leave the border unattended. Our personnel are present with all weapons and equipment in every condition," he said. (KNO)

J&K power grid

been discussed in various Technical Coordination Committee (TCC) and Technical Sub-Committee for Testing and Commissioning (TeST) meetings. "But there is no improvement of the same,"

"Remote Terminal Units (RTUs) were tested locally and commissioned without data availability at the Control Centre. Due to

non-availability of data, JKPDD is not able to monitor its drawal from grid and its generation," it reads.

NRPC further mentioned that J&K is dependent on central sector data for monitoring of drawal.

Pertinently, in the first week of September this year KNO reported that in Jammu and Kashmir, real-time telemetry data continues to remain unavailable at both JK-SLDC and Northern Regional Load Despatch Centre (NRLDC), raising concerns about increased risks of data breaches and other cyber threats.

According to official documents, the NRLDC representative had highlighted that till that time "real-time telemetry data from Jammu and Kashmir remains unavailable at both JK-SLDC and NRLDC." (KNO)

After 'Op Sindoor'

areas close to the International Border presently.

"Earlier, they used to have areas marked, where those belonging to Jaish-e-Mohammad would be active on the down side, and those from Lashkar-e-Taiba would be active on the upper side. After Operation Sindoor, they formed a mixed group. Those who want can get training in a mixed group," DIG Kunwar said. (KNO)

'Imaandari' not mere

or as we call integrity. This singular word carries moral weight far beyond the sum of its syllables," said the CJI.

"Imaandari is not a mere ornament to character. It is the discipline that sustains both justice and reputation. In an era where truth must compete with knowledge, where deep fakes distort, misinformation multiplies and digital arrests have become disturbingly routine, integrity and honesty are no longer lofty ideals. They are instruments of survival," he said.

"And if I may speak from the vantage of experience, they are also the only legitimate shortcut to genuine success," he said.

Telling students that they are the stewards of what comes next, the CJI said the Constitution will endure only as long as your morality sustains it.

"Let integrity be, because we are talking of 'Imaandaar', let integrity be the basic structure of your character and let nothing amend it," he noted.

Speaking on the convention's topic of independence of judiciary, CJI Kant recalled the quote of Durgabai, one of the 15 women members of the constituent assembly, who had said the judiciary has to feel that they are independent. It is only in that case that we can get efficiency in the administration of justice.

Needless to say, her insight remains as urgent today as it was at the republic's dawn, said the CJI.

Noting that this convention promises to deepen our shared understanding of how justice systems preserve credibility in changing times, the CJI said he always believed that comparative judicial dialogue is an act of humility, a reminder that while our constitutions speak in its own idiom, their values are universal.

Govt reforms, manufacturing push lift Q2 growth to 8.2: Goyal

PTI

Vadodara, Nov 29: Commerce and Industry Minister Piyush Goyal on Saturday said a host of steps and reforms undertaken by the government to improve ease of doing business have helped the economy post an 8.2 per cent growth in the July-September quarter of the current fiscal.

He said the country's exports too are registering healthy growth despite global uncertainties at the trade front.

"The 8.2 per cent growth reflects the host of reform measures taken by the government. Number of measures have been taken to boost domestic manufacturing and promote ease of doing business," he said here while participating in a national padyatra here, organised as part of the 150th birth anniversary celebrations of Sardar Vallabhbhai Patel.

The Gujarat government is organising this 'padyatra' (foot march) from Karamsad to the Statue of Unity in the Narmada district of the state to commemorate the birth anniversary.

He added that the growth numbers have refuted claims made by certain quarters, and it showed that India is the world's fastest-growing major economy.

"We will continue to see relentless growth," Goyal said, adding India's merchandise and services exports too have recorded high growth



during April-October this fiscal.

During April-October this fiscal, merchandise exports increased marginally by 0.63 per cent to USD 254.25 billion, and imports rose 6.37 per cent to USD 451.08 billion.

During the first nine months of this financial year, services exports stood at USD 237.55 billion, compared to USD 216.45 billion in April-October 2024.

The 8.2 per cent gross domestic product (GDP) growth, which follows a 7.8 per cent expansion in the preceding April-June quarter, helped India retain the title of the world's fastest growing major economy, according to official data.

The GDP growth came ahead of the

festive season consumption boost on the back of the implementation of a significant reduction in the goods and services tax (GST).

The expansion, which was more than China's 4.8 per cent, was driven by higher public investments, services demand, industrial output and firm consumption, besides statistical effects of a low base (the economy grew at a below-average 5.6 per cent in the same quarter last fiscal).

Manufacturing output rose 9.1 per cent against a growth of 7.7 per cent in the preceding quarter and 7.6 per cent in the year-ago period, while construction expanded 7.2 per cent from 7.6 per cent in the previous quarter.

Judges' work stressful, should participate in recreational activities: CJI Kant

PTI

New Delhi, Nov 29: Chief Justice of India (CJI) Surya Kant on Saturday said judges need recreational activities to recharge themselves as they have long working hours and the nature of their work is very stressful.

Speaking to the media at the opening ceremony of the All India Judges Badminton Championship, the CJI said judges should participate in recreational activities that suit their age. "The working hours of judges are long and the nature of (their) work is very stressful. Sitting hours are long. All judges should



participate in a recreational activity and make it a habit. Recreation is needed to recharge them. "High Court judges are participating in this event in large numbers. It shows that they are conscious about their health and well-being," CJI Kant said.

Law Minister Arjun Ram Meghwal, Union minister Kiren Rijju, and apex court judges were present at the ceremony. The two-day championship is being held at the Thyagraj Sports Complex here. The closing ceremony and prize distribution will be presided over by former CJI B R Gavai along with Justice Vikram Nath on Sunday.

India's tradition rooted in fraternity, dispute not in our nature: Bhagwat

PTI

Mumbai, Nov 29:

Rashtriya Swayamsevak Sangh (RSS) chief Mohan Bhagwat on Saturday said engaging in disputes is not in India's nature and asserted that the country's tradition has always emphasised fraternity and collective harmony.

Speaking at an event in Nagpur, Bhagwat said that India's concept of nationhood



differs fundamentally from Western interpretations.

"We do not have any argument with anyone. We stay away from disputes. Having a dispute is not in

our country's nature. Being together and fostering fraternity is our tradition," he said, adding that other parts of the world evolved in situations filled with conflict. "Once

an opinion is formed, anything apart from that thought becomes unacceptable. They close doors to other thoughts and start calling it '...ism,'" he remarked.

Bhagwat also said that India's concept of nationhood differs fundamentally from Western interpretations.

"They do not understand our views about nationhood, so they started calling it 'nationalism.' Our

concept of a 'rashtra' is different from the Western idea of a nation. There is no difference of opinion amongst us about whether it is a nation or not — it is a 'rashtra', and it has existed since ancient times," he stressed.

"We use the word nationality, not nationalism. Excessive pride about the nation led to two world wars, which is why some people fear the word nationalism," he claimed.

Software updates completed for half of affected A320 planes in India: DGCA



PTI

New Delhi, Nov 29: As many as 338 A320 family aircraft operated by Indian airlines require the software upgrade to address a potential issue related to flight controls and modifications have been carried out in more than half of the affected fleet, according to DGCA data.

Sources told PTI that there are no flight cancellations but there are delays in the range of 60-90 minutes for some flights as the software updates are being carried out for the affected planes.

On Friday, Airbus said intense solar radiation might corrupt data critical to flight controls in a significant number of A320 family aircraft and that the software changes required to fix the issue would lead to operational disruptions. The software upgrades

have been completed for 189 A320 family planes out of the total 338 aircraft, as per the data available with the Directorate General of Civil Aviation (DGCA) till 10 am on November 29.

The software upgrades on all the affected planes are to be completed by 5:29 am on November 30.

DGCA on Saturday issued an Airworthiness Directive to airlines asking Indian operators to immediately carry out the requisite software upgrades.

This followed Airbus issuing an alert to operators globally and European Aviation Safety Authority (EASA) coming out with an Emergency Airworthiness Directive regarding the potential issue.

IndiGo, Air India and Air India Express operate A320 family planes, which include A320 ceos and neos, A321 ceos and neos.

Delhi breathes 'very poor' air; AQI at 332

PTI

New Delhi, Nov 29: Delhi's overall air quality remained in the "very poor" quality on Saturday (November 29, 2025) morning, with an AQI reading of 332.

This is marginally lower than Friday's Air Quality Index (AQI), which stood at 369, the Central Pollution Control Board (CPCB) 9 a.m. bulletin data showed.

According to CPCB, an AQI between 0 and 50 is considered "good", 51-100 "satisfactory", 101-200 "moderate", 201-300 "poor", 301-400 "very poor", and 401-500 "severe".

The city recorded a minimum temperature of 10.4 degrees Celsius, the India Meteorological Department (IMD) said.

A mainly clear sky, with the maximum temperature likely to touch 25 degrees Celsius, has been forecasted for the day, the weather department said, adding that the relative humidity stood at 90% at 8.30 a.m.

'Air India a responsibility not just biz opportunity for Tata Group'



PTI

Mumbai, Nov 29: Tata Sons Chairman N Chandrabab Naidu on Saturday said Air India, which is undergoing a transformation, is not just a business opportunity but a "responsibility" for the Tata Group.

The aviation sector faces continuous challenges, he said and added that the global supply chain issues make availability of parts, infrastructure and new fleet pretty unpredictable.

"Every plan that you have is becoming difficult because of the situations that you face in this area," he said.

Chandrabab Naidu also mentioned that the aviation is a very capital intensive business and also the margins are thin.

At an event in the city to celebrate the 121st birth anniversary of JRD Tata, Chandrabab Naidu said, "I firmly believe for the Tata Group, Air India is just not a business

opportunity. It's a responsibility".

Tatas acquired loss-making Air India along with Air India Express in January 2022, and since then, the group has been working on an ambitious five-year transformation plan. However, the progress has been slower than expected due to various factors, including global supply chain woes resulting in aircraft upgradation as well as delivery delays.

Highlighting the potential of the country's aviation sector, Chandrabab Naidu said every single percentage growth in GDP will give a 2 per cent growth for the domestic aviation sector.

"India grows 8 per cent, the aviation industry grows 16 per cent. And this game will play out, and will be continuing for a long time, at least the next three decades.

"So this is going to be a very exciting phase of economic growth, and for the aviation sector in particular," he said.

Six sentenced for preventing Dalit cook from preparing food for schoolkids in TN



PTI

Tirupur (Tamil Nadu), Nov 29: Six persons were sentenced to two years of imprisonment by a court here for preventing a Dalit woman cook from preparing food for children at a government school in 2018.

The special court trying cases under the SC/ST Act handed out the punishment to P Palanisamy Gounder, N Sakthivel, R Shanmugam, C Vellingiri, A Duraisamy, and V Seetha Lakshmi for caste discrimination and other offences.

According to the prosecution, P Pappal, aged 44, a cook at the Government Higher Secondary School in Thirumalai Goundampalayam, in the district, had faced discrimination at the hands of the six persons, who were parents. The latter had objected to her cooking the food for the children.

There were protests by members of the Tamil Nadu Untouchability Eradication Front against her discrimination and her subsequent transfer.

A complaint was later lodged on behalf of Pappal, a resident of Thirumalai Goundampalayam in July the same year. Following this, the Cheyur police registered a case against 35 persons under various provisions of the SC/ST Act and arrested eight of them.

During the trial on Friday, Judicial Magistrate M Suresh convicted six and sentenced them to two years of jail term and imposed a fine of Rs 5,000 on each. Twenty-five others were acquitted due to lack of evidence while four died during the trial. All six have been lodged at the Coimbatore Central Prison.

Senior advocate PP Mohan, who represented Pappal, later told reporters that the BDO and some police officials who had transferred the cook following protests by a section of parents needed to be punished in order to render complete justice to the victim.

4 foods one should never take on empty stomach to avoid gas, bloating

TOI HEALTH

New Delhi, Nov 29: Eating certain foods on an empty stomach can make gas, acidity and bloating much worse, especially if you already have a sensitive gut. Often, people might have noticed their stomach getting upset or uncomfortable after ingesting some food, which might include vegetables or fruits. Here are four common culprits and gentler ways to enjoy them without upsetting digestion. These four foods are recommended by a weight-loss, Diabetes, and thyroid nutritionist, Shweta Shah.

Why the first meal matters

Morning stomach acid is naturally higher, and the gut has been "resting" all night, so very acidic, cold, or highly fibrous foods can irritate the lining or overwhelm digestion. This irritation or overload can trigger excess gas production, belching, bloating, or a burning sensation in the chest-and upper abdomen.

Raw salads and cold vegetables

Raw vegetables are high in insoluble fibre that provides bulk and generally moves quickly through the gut, but on an-entirely empty stomach this can feel rough and lead to cramping, gas, and bloating. Very large salads that are cold take up a lot of volume, stretch the stomach, and possibly irritate gut lining, causing stomach bloating-particularly if one is not used to high fibre or suffers from IBS.

A better option is having salads for lunch, when the digestive fire is higher, adding to it some warm food and healthy fats like olive oil so that the meal feels grounding.

Light steaming or sautéing the vegetables will reduce gas significantly, as will adding warming spices such as ginger or cumin and increasing fibre over a few weeks rather than overnight.

Tomatoes and other acidic vegetables

Tomatoes are mildly acidic, which



will irritate an empty, acid-filled stomach, plus their acidity can inflame those who suffer from gastritis or reflux. Large servings of tomato or tomato-based sauces eaten in isolation stimulate burning, upper abdominal discomfort-and sour burps.

You do not need to avoid tomatoes altogether for most people; it is safer to combine them with other foods such as whole grains, pulses, or cooked vegetables so the meal is less acidic overall. Those having a known history of gastritis or peptic ulcers are generally advised to limit very acidic foods like tomatoes, vinegar, or chilli during the morning and wait for later meals.

Citrus fruits upon waking

Oranges, sweet lime, grapefruit-and lemons are all full of vitamin C, but their natural acids will sting the lining of the stomach when there is no food present. This can show up as heartburn, upper abdominal bloating, or a feeling of "sour" burps soon after eating.

Generally speaking, citrus is tolerated better mid morning or part of a mixed meal that contains some protein or healthy fat. These foods slow the release of acids and sugar. If you wake up hungry or with reflux, gentler options like banana, soaked raisins, or a small portion of oats can coat the stomach more softly and still give quick energy.

Coffee on an empty stomach

Coffee triggers stomach acid and quickens gut motility, and that's why many people run to the bathroom after a cup. On an entirely empty stomach, this extra acid and rapid movement may cause burning, cramping, loose motions, or gas, and

in some, it further exaggerates anxiety and jitteriness.

Having a small snack or a handful of soaked nuts with water before coffee forms a physical barrier, wherein the acid doesn't work directly on the stomach lining. Choosing brews that are naturally less acidic, like cold brews, sipping slowly, and staying well hydrated can further minimize the risk of bloating and discomfort without giving up the beverage entirely.

Simple morning swaps

Start with warm water-or herbal tea, then eat a small, simple breakfast that includes some complex carbohydrates and protein before introducing salads, citrus, or coffee later in the day.

If you experience persistent bloating after a specific food is consumed, then for two weeks write symptoms down in a symptom diary and share these with a doctor/dietitian to rule out food intolerances, reflux, or IBS.

Cyclone Ditwah exits Sri Lanka; over 120 dead

PTI

Colombo, Nov 29: Cyclone Ditwah on Saturday exited Sri Lanka that left more than 120 dead, amid a trail of destruction and damage to infrastructure, entering the south Indian coastal line, meteorological officials said.

"We noticed Ditwah exiting Sri Lanka and heading towards the Indian coast," Athula Karunanayake, director general of the meteorology department, told reporters.

"However, its indirect impact with heavy rains and high speed winds will remain



for some time," he added. The official death toll at

9 am was 123 while 130 remain missing, according

to the Disaster Management Centre (DMC).

The figure is expected to be much higher as severely affected areas suffer communication breakdown due to bad weather which has hampered verification of the impact from the disaster.

Prabath Abeywardena, chief district administrator of Badulla in the Central Province, said 49 deaths and 41 missing have been verified in the district so far.

"Several areas remain inaccessible with contact difficulties," he said.

Thushari Tennakoon, chief

administrator from the Central Province of Nuwara Eliya, said since Thursday no information had been coming from most areas in the district. She said more than 50 deaths have occurred in the district.

The Sri Lankan Army said some 68 people trapped on a bus in the Northwestern Province's Kalaoya area were rescued by the navy early on Saturday morning in an operation which lasted several hours.

They had spent 29 hours on the bus roof after the vehicle plunged was into water by speeding flood waves and remained stuck on a bridge.

Sri Lanka declares state of emergency

PTI

Colombo, Nov 29: Sri Lankan President Anura Kumara Disسانayake has declared a state of emergency throughout the island in view of the emergency situation that has emerged due to the devastation caused by floods.

According to an official gazette dated Friday and released on Saturday, the state of emergency has been declared throughout the island.

On Friday, at an all-party meeting, the opposition leaders called for the state of emergency to be declared. The doctors' trade union in a letter addressed to Disسانayake underscored the need to impose a state of emergency.

The regulations are expected to expedite the process of relief coordination and rescue operations.

The need for speedy deployment of troops, police, the health sector, civil administration and the civil defence force to tackle the crisis situation is to be facilitated through the state of emergency, officials said.

India deploys 80 NDRF personnel

PTI

New Delhi, Nov 29: India on Saturday sent a contingent of 80 NDRF rescuers and specialised search dogs to Sri Lanka for undertaking relief and rescue operations in the aftermath of unprecedented floods in the neighbouring country following Cyclone Ditwah, an official spokesperson said.

The National Disaster Response Force (NDRF) personnel have been divided into two teams. The teams, along with four rescue dogs, took off onboard an IL-76 IAF aircraft from the Hindon airbase near Delhi for Colombo around 4 am on Saturday, the spokesperson said. He said the teams are carrying inflatable boats, hydraulic cutting and breaching tools, communication equipment, first-aid kits and other essential rescue stores to support search, rescue, and relief operations



in cyclone-affected regions of Sri Lanka.

The deployment is part of Operation Sagar Bandhu launched by India to help its southern neighbour.

Sri Lanka is facing one of its worst disasters after Cyclone Ditwah caused floods and landslides that

left a trail of destruction and damaged infrastructure.

The federal contingency force has also deployed 14 teams across vulnerable coastal districts of Tamil Nadu, including Villupuram, Chengalpattu, Tiruvallur, Nagapattinam, Tiruvallur, Thanjavur, Pudukkottai and

Mayiladuthurai, in the wake of the cyclone.

Additional teams have been earmarked for Puducherry while 10 teams are en route to Chennai from NDRF bases in Pune in Maharashtra and Vadodara in Gujarat, the spokesperson said.

I don't have definitive answer to India's spin trouble: KL Rahul



PTI

New Delhi, Nov 29: Stand-in ODI skipper KL Rahul on Saturday conceded that Indian batters' repeated struggles against spin, especially on home tracks, remain a concern but he didn't have a "definitive answer" to the decline of their traditional strength.

His comment comes amid a worrying pattern of Indian batting line-up's repeated buckling against spinners on home tracks in Test cricket over the last two seasons – once their fortress.

New Zealand in 2024 and then South Africa recently whitewashed India 3-0 and 2-0 respectively, on the back of relentless spin bowling led by left-arm spinners Mitchell Santner, Ajaz Patel (NZ) and off-spinner Simon Harmer (SA) on pitches that had dollops of turn.

"We haven't played spin well enough in the last couple of seasons. I really don't know why we did it earlier and why we aren't doing it now. I don't have a definitive answer. All we can do is to look at how to get better individually and as a batting group," Rahul said on the eve of the first ODI against South Africa here.

Rahul said the batters would have to explore technical and tactical adjustments and it would be a long haul.

"It won't change overnight. We'll look at what improvements we need and hopefully by the time the Sri Lanka and Australia series come around, we'll be better prepared. We'll also reach out to seniors who played spin exceptionally well," he added. Echoing the concern, former India spinner Ravichandran Ashwin recently said that India's "pathetic" batting against spin has made them "probably one of the poorest spin-playing nations in the world," Rahul said.

Rahul said India's spinners have to be better prepared. We'll also reach out to seniors who played spin exceptionally well," he added. Echoing the concern, former India spinner Ravichandran Ashwin recently said that India's "pathetic" batting against spin has made them "probably one of the poorest spin-playing nations in the world," Rahul said.

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ODIs here.

"Historically, this is a good pitch for runs. We'll assess it tomorrow and pick the team that gives us the best chance to win," he said.

When asked about Virat Kohli's intense training session, where the former captain focused heavily on strike rotation, Rahul acknowledged the significance of rotation of strike in the 50-overs format.

"In ODIs, singles are as important as boundaries. Virat is a master at that. We all keep learning from him. He's excited to be back and his presence is always invaluable."

With both Kohli and Rohit Sharma returning, Rahul said their influence was crucial in a dressing room looking to regain momentum after the Test series reversal.

"Their importance at any point is huge. To have senior players in the team obviously makes the dressing room feel a lot more confident."

"Having their presence and experience helps out a lot of players in the dressing room and helps out the team. So, we are really happy that they are here."

"Winning is the most important thing. So, that is what we are trying to focus on. Trying to forget what happened a week ago and focus on the game tomorrow and see how we can put in a collective performance," he said.

Rahul also welcomed the return of veteran all-rounder Ravindra Jadeja for the first time since the ICC Champions Trophy in March. "Jaddu has done the job for India time and again. His experience is huge for us," he said.

Rahul said someone like Ruturaj Gaikwad was unlucky to miss out regularly due to a settled top-order but stressed that opportunities would come.

"Rutu is a top-class player. He will get his opportunity at some stage and we are looking forward to giving him the chance and letting him show what he can do and do the job for the team. There is never a question mark about his skill and how good he is as a player. It is just about the right opportunities and the right timing has come," he said.

US killed survivors of strike on alleged drug boat: reports

AFP

Washington, Nov 29: The US military conducted a follow-up strike on a boat in the Caribbean that it believed to be ferrying drugs, killing survivors of an initial missile attack, US media reported Friday.

Prior to the operation, the troops had been given a directive from US Defense Secretary Pete Hegseth to kill everyone on board, the Washington Post and CNN both reported, citing unnamed sources familiar with the operation.

"The order was to kill everybody," one of the sources told the Post.

The alleged incident occurred on September 2 during the first publicized strike in a series of attacks against boats in both the Caribbean and eastern Pacific that Washington claims were trafficking drugs in international waters.

President Donald Trump's administration has not offered evidence to back up the allegations behind its campaign, which has killed at least 83 people, according to an AFP tally of publicly released figures.

On September 2, the US military saw two survivors of an initial strike clinging to the burning vessel, then proceeded to strike them again, the Washington Post reported.

After the September 2 strike, protocols were changed to rescue any survivors, the Post added.

According to CNN, it was not clear whether Hegseth knew there were survivors before the second strike was carried out.

The Intercept initially reported on the follow-up attack on September 10.

On Friday, Hegseth posted on social media that "current operations in the Caribbean are lawful under both US and international law," responding to what he called "fake news," though he did not specifically mention the September operation.

Bangladesh ex-PM Khaleda Zia in 'very critical' condition

AFP

Dhaka, Nov 29: Former Bangladesh prime minister Khaleda Zia's health deteriorated since being admitted to hospital, prompting her family and party members to urge citizens to pray for her speedy recovery on Saturday.

Zia, 80, was admitted to hospital on November 23 with symptoms of a lung infection and is currently undergoing



treatment in the intensive care unit, members of her party said. Mirza Fakhrul Alamgir,

from Zia's Bangladesh Nationalist Party (BNP), told reporters late Friday that "doctors have told us

that her condition is very critical."

Several senior BNP leaders and anxious supporters visited the hospital Saturday to receive updates on her condition.

English-language newspaper, The Daily Star, said Zia has "heart problems, liver and kidney issues, diabetes, lung problems, arthritis, and eye-related illnesses."

She has a permanent pacemaker and

previously underwent stenting for her heart, the publication reported.

Zia's eldest son, Tarique Rahman, who is based in London since 2008, requested the people of Bangladesh pray for his mother's recovery in a post to social media on Saturday.

"We express our heartfelt thanks and gratitude for all your prayers and love for the highly respected Begum Khaleda Zia," Rahman, 60, said.

Inter Miami vs New York City FC — What to expect in Eastern Conference final?

REUTERS

Miami, Nov 29: Inter Miami, led by Lionel Messi, will try to move another step closer to a first Major League Soccer (MLS) Cup title when it hosts the Eastern Conference final against the survival instincts of New York City FC.

Messi has been dominant in his second MLS post-season, scoring six goals and adding six assists to get involved in every playoff goal the Herons have scored.

While Miami is seeded third in the East, it also finished third overall in the MLS Supporters' Shield race, to earn home-field advantage against both remaining teams in the West – San Diego or Vancouver – if it can earn an MLS Cup final spot.

It is the same situation the Herons faced last year, when they were the top overall seed after winning the 2024 Supporters' Shield, only to be upset in a best-of-three first-round series against Atlanta United. Miami's first-year manager, Javier Mascherano, says his team must



understand nothing should be taken for granted, even after decisive 4-0 victories in consecutive playoff matches against Nashville SC and FC Cincinnati.

"Up until now, we've played very well, but we haven't achieved anything," Mascherano said in Spanish.

"Our mindset has to be that we need to play the match starting from the first minute as we did with Nashville and like we did against Cincinnati." Fifth-seeded NYCFC lost leading scorer Alonso Martinez to a torn ACL before its 1-0 semifinal win over top-seeded Philadelphia Union, and midfielder Andres Perea to

a leg fracture, sustained in its Game 3 win at Charlotte in its first-round victory.

Summer signing Nicolas Fernandez Mercu has picked up the slack, scoring twice in Game 3's win against Charlotte and assisting Maxi Moralez in the 1-0 victory at Philadelphia. In Moralez, NYCFC has its own 38-year-old from Argentina who has already won an MLS Cup with the club back in 2021.

NYCFC boss Pascal Jansen said that his team won't be intimidated by Miami's stars, including the eight-time Ballon d'Or winner Messi, as well as his former FC Barcelona teammates Luis Suarez, Jordi Alba and Sergio Busquets.

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