



Global Kashmiri Pandit Conclave

Kashmiri Pandits' homecoming is their truest victory: LG Sinha

Journey of KPs scarred by genocide, exile, struggle

World saw their wounds, now witnessing their triumph

Community transformed pain into strength

Rehan Qayoom Mir

Srinagar, June 12: Asserting that journey of Kashmiri Pandit Community has been scarred by genocide, exile and struggle, Lieutenant Governor Manoj Sinha on Saturday said that world once saw their wounds but now it's witnessing their triumph.

Addressing the Global Kashmiri Pandit Conclave here, LG Sinha, according to the news agency—Kashmir News Observer (KNO) termed homecoming of Kashmiri Pandit community as their truest victory saying, "Those once uprooted from their homeland have returned with dignity and honour and a moment of transformation is here."

The landmark event was attended by distinguished personalities of the Kashmiri Pandit community from India and abroad to celebrate Kashmiri Pandit Community's journey of resilience, renaissance and return. "The Global Kashmiri Pandit Conclave celebrates the community's patience and resilience and honours their achievements and,



above all, lays the foundation for return of the community members," LG Sinha said.

"The presence of business leaders, corporate heads, technology entrepreneurs, and cultural icons sends a powerful message of confidence in the peace of Jammu Kashmir, and trust in the administrative stability under PM Modi," he said.

"Journey of Kashmiri Pandit Community has been scarred by genocide, exile and struggle. World once witnessed their wounds and now the triumph.

The community chose a different path. They refused to be defined by wounds and struggle. Instead, they transformed that pain into strength," the Lieutenant Governor said.

LG Sinha called upon distinguished members of Kashmiri Pandit Community to set up industries, academic and cultural institutions in Jammu Kashmir that will become the immortal story of their heritage and provide opportunities to generations to come. He emphasised that the Kashmiri Pandit

Community's contribution is needed across industry, education, arts and spirituality.

"I believe the true measure of life lies in what we give back, in the hope we inspire, and in the change we leave behind for our society and nation. That is the essence of a meaningful life and that is the real service. And it is this legacy that will continue to guide and inspire generations to come," the Lieutenant Governor said.

The Lieutenant Governor also observed that the world

remembers the 1990s, when the Kashmiri Pandit community faced unimaginable brutality and endured massacres and, overnight, families were forced to leave everything behind and live in exile in their own country.

"Lives marked by pain and struggle gave the Kashmiri Pandit community only two choices—despair or rebuilding. They chose creation, rebuilding and selfless service and in doing so, the community made history. Carrying the weight of massacre, they never turned away from their purpose.

Hardship never broke the spirit of the Kashmiri Pandit community. Suffering did not silence their ambition. Instead, they shaped their own destiny by building industries, founding institutions, driving innovation, and earning respect across the world.

Today, I am proud that the Kashmiri Pandit community is celebrated for reaching new heights of success. The world honours their talent, leadership, and contributions to humanity," the Lieutenant Governor said.

The Lieutenant Governor stated that the | More on P6

Can't paint entire Kashmiri society with same brush; storm affected everyone: CM's Advisor

Blame game no solution; need to rebuild trust
Govt to revive Apex Committee for return, rehabilitation

Rehan Qayoom Mir

Srinagar, Jun 13: Stating that the entire Kashmiri society cannot be held responsible for the circumstances that led to the migration of Kashmiri Pandits, Chief Minister's Advisor Nasir Aslam Wani on Saturday said the government would work towards reviving the Apex Committee on their return and rehabilitation. He asserted that all efforts made so far would remain incomplete unless Pandits and Muslims once again lived together in Kashmir.

Addressing the Global Kashmiri Pandit Conclave, titled "From Exile to Excellence," at SKICC Srinagar, Wani, as per the news agency—Kashmir News Observer (KNO), said the issue of Kashmiri Pandits' return required dialogue, reconciliation, and a collective roadmap rather than a continuation of the blame game.

Responding to concerns expressed by community members, he said it would be unfair to hold the entire Kashmiri society responsible for the events that led to their displacement. "You cannot paint everyone with the same brush. There were people whose hearts beat for Kashmiri Pandits then and



continue to do so even today," he said.

Recalling his childhood in an atmosphere of communal harmony, the CM's Advisor said his generation grew up in togetherness where religious identities rarely defined social relations. "It was often impossible to distinguish who was a Kashmiri Pandit and who was a Kashmiri Muslim. Many of the teachers who shaped our generation were Kashmiri Pandits. Our education and social values were shaped in this society," he said.

Referring to the turmoil that led to the migration, Wani said a storm came that affected everyone, bringing immense suffering to Kashmiri Pandits, but Kashmiri Muslims also suffered. "There was a section with a | More on P6

Modi, Trump to meet on June 17 in France

PTI

Washington, Jun 13: US President Donald Trump will meet Prime Minister Narendra Modi on the sidelines of the G-7 meeting in France on Wednesday, local media reported quoting US officials.

This will be the first meeting between the two leaders since February last year in Washington and comes against the backdrop of concerns over the death of Indian mariners on commercial ships targeted by the US navy in the Strait of Hormuz.

The meeting between Trump and Modi will also be the first face-to-face interaction since the India-US relationship hit a rough patch after Operation Sindoor and Washington's decision to impose heavy tariffs on New Delhi.

The two leaders have had a couple of phone calls and also agreed on a framework for an interim bilateral trade deal in February, which is being negotiated.

US media outlet Politico said Trump will | More on P6

Prolonged sitting major health threat: Experts

Urge people to move more, advocate '30-30 Rule'

Jahangeer Ganaie

Srinagar, Jun 13: Warning that prolonged sitting has become a growing public health concern, the Department of Community Medicine at Government Medical College (GMC) Srinagar has launched a public awareness campaign urging people to reduce sedentary behaviour and adopt healthier lifestyles.

The campaign, titled "Prolonged Sitting: The New Smoking", according to the news agency—Kashmir News Observer (KNO) highlights the serious health consequences associated with spending long hours seated at home, workplaces, schools, shops, or while travelling.

Health experts say that modern lifestyles, increasingly dominated by screen-based activities and desk-bound work, are exposing people to a range of preventable health

risks.

According to the advisory, the human body is designed for movement and not for remaining seated for extended periods. Medical experts warned that prolonged sitting can silently contribute to several chronic health conditions, including cardiovascular diseases, high blood pressure, Type-2 diabetes, obesity, anxiety, depression, musculoskeletal disorders, and poor mental well-being.

The awareness material emphasizes that sitting for more than six to eight hours a day can significantly increase health risks, especially among individuals engaged in continuous computer work, excessive mobile phone use, prolonged television viewing, and long-distance travel without movement breaks.

Health professionals associated with the campaign noted that prolonged inactivity can negatively affect blood circulation, metabolism, posture, and overall physical fitness. | More on P6

Knowledge, innovation key to Viksit Bharat: LG Manoj Sinha

'J&K's dev trajectory aligned with vision of Mahamana Pandit Madan Mohan Malaviya'

Rehan Qayoom Mir

Srinagar, Jun 13: Stating that Jammu and Kashmir is witnessing a transformative phase marked by rapid growth in education, entrepreneurship and industrial investment, Lieutenant Governor Manoj Sinha on Saturday said that Union Territory's developmental trajectory is aligned with the vision of Mahamana Pandit Madan Mohan Malaviya.

Addressing a symposium on "Viksit Bharat and Jammu & Kashmir: Relevance of Mahamana Malaviya Mission" at Gandhi Bhawan, University of Kashmir, here, LG Sinha, as per the news agency—Kashmir News Observer (KNO), commended the Mahamana Malaviya Mission for digitising and expanding access to the legacy of Malaviya, saying such initiatives ensure universal reach of timeless knowledge in



the digital era.

LG Sinha said India is advancing steadily in technology and innovation despite global economic uncertainties, adding that the foundation of India's industrial and educational transformation is deeply rooted in the vision of Mahamana Malaviya.

He said Malaviya had envisioned an education system integrating engineering, agriculture, science and indigenous knowledge long before it became part of modern policy frameworks.

Highlighting key development indicators, the LG said Jammu and | More on P6

Temperatures drop in Kashmir

- Plains get rain, light snowfall in higher reaches
- Met forecasts precipitation, thunderstorms till Jun 19

Sajid Raina

Srinagar, Jun 13: Fresh rainfall across Kashmir plains and light snowfall in the higher reaches on Saturday turned the weather pleasant.

According to the details available with news agency—Kashmir News Observer (KNO) temperatures in most parts of the Valley dropped significantly below normal.

Data released by the Meteorological Centre Srinagar revealed that daytime temperatures remained several degrees below normal across most parts of the Valley. Srinagar recorded a maximum temperature of 23.8 degrees Celsius, which was 4.2 degrees below normal, while Pahalgam registered 17 degrees Celsius, nearly seven degrees below the seasonal average.

The weather department said intermittent rain, thunderstorms and gusty winds are expected to | More on P6



A view of Jhelum River mirroring Kashmir's snow-kissed grandeur. Photo Muntazir Yaseen

Blood donation benefits donor's heart health too, say doctors

'One donation can help three patients; men can donate every 12 weeks, women every 16 weeks'

Jahangeer Ganaie

Srinagar, Jun 13: While blood donation is widely regarded as a noble act that helps save lives, medical experts in Kashmir say the practice also offers several health benefits to donors, including improved cardiovascular health and a reduced risk of heart-related ailments. They said regular blood donation contributes positively to the donor's overall well-being.

Speaking with the news agency—Kashmir News Observer (KNO), Dr Tawseef Ahmad Lone, General Physician at the Directorate of Health Services Kashmir (DHSK), said that donating blood regularly can support heart health by improving blood circulation and reducing excess iron levels



in the body. "Scientific studies suggest that periodic blood donation may lower the risk of heart attacks and other cardiovascular diseases. It helps improve blood flow, minimises arterial blockages, and reduces iron overload, which has been associated with an increased

risk of heart disease," he said. Dr Tawseef added that maintaining balanced iron levels through blood donation may also help reduce oxidative stress in the body, potentially lowering the risk of certain cancers and chronic diseases. "Blood donation | More on P6

Govt focused on providing better infrastructure, modern facilities in educational institutions: Sakeena Ito

Exhorts students to use technology positively, strive for excellence

KT NEWS DESK

KULGAM, JUNE 13: Minister for Education, Health and Social Welfare, Sakeena Ito, Saturday visited Kulgam and presided over the Graduation Day Ceremony at Ayesha Ali Academy. Sakeena Ito congratulated the graduating students and encouraged them to pursue excellence through dedication and continuous learning.

Addressing the gathering, She stated that the government is committed to strengthen the education sector and is continuously working to ensure quality education for every child across Jammu and Kashmir. She highlighted that the present dispensation is focused on providing better infrastructure and modern facilities in educational institutions to create a conducive learning environment. She said sustained efforts are being made to enhance the teaching standards and expand educational opportunities for the students.

The Minister, as per an official statement, stressed the importance of using technology in a positive and productive manner.



She exhorted upon the students to optimally harness the digital tools for learning, innovation and personal growth while avoiding their misuse. Highlighting the pivotal role of teachers, she said the educators must identify and nurture

the unique talents of every student while also understanding and addressing the challenges they face. She called upon the teachers, parents and educational institutions to work collectively in shaping the future of young

learners. She stated that continuous efforts are being made to provide more facilities and create an inclusive, future-ready education system that empowers the students to succeed in every sphere of life.

Advisor to CM Nasir Aslam Wani visits bereaved family of JKAS Officer Mohammad Younis Mir

KT News Desk

SRINAGAR, JUNE 13: Advisor to the Chief Minister, Nasir Aslam Wani, Saturday visited the Natipora residence of late Mohammad Younis Mir, a Junior JKAS Officer of the 2019 batch, who passed away yesterday after a brief illness.

During the visit, the Advisor, as per an official statement, met the bereaved family and conveyed his heartfelt condolences on behalf of the Government. He offered words of comfort and solidarity to the family members and prayed for eternal

peace to the departed soul. Expressing profound grief over the untimely demise of the young officer, Advisor Wani described the loss as deeply saddening and extended sympathies to the family in this difficult hour.

He assured the family of all possible support from the Government and prayed for strength and fortitude for them to bear this irreparable loss.

The Advisor also joined the family in offering prayers for the departed soul and wished them courage and forbearance during this period of grief.

DC Kulgam reviews arrangements at Mata Tripuri Sundri Temple ahead of Zeashta Ashtami

KT News Desk

KULGAM, JUNE 13: Deputy Commissioner Kulgam, Shahzad Alam, Saturday visited the Mata Tripuri Sundri Temple, Devsar, to review the arrangements being made for the smooth and successful conduct of the annual Zeashta Ashtami celebrations, scheduled to commence on June 18.

The Deputy Commissioner, as per an official statement, was accompanied by Tehsildar Devsar, Rakib Ahmad; Executive Officer Devsar, Irfan Ahmad; AE Jal Shakti, Towseef Ahmad and other senior officers.

During the visit, officials from various departments, including KPDC, Jal Shakti, Health, and other line departments, briefed the Deputy Commissioner on the preparations being undertaken to ensure the availability of essential services and facilities for devotees expected to visit the shrine.

Reviewing the arrangements, the DC emphasized the need for effective coordination among all departments to ensure a safe, hassle-free, and comfortable experience for pilgrims. He directed the concerned officers to complete all necessary preparations well ahead of the religious event.

J&K Startup Policy CIIBM of JKEDI organises stakeholder meet

KT News Desk

SRINAGAR, JUNE 13: The Centre for Innovation, Incubation and Business Modelling (CIIBM) of Jammu & Kashmir Entrepreneurship Development Institute (JKEDI) organized stakeholder meet under J&K Startup Policy at its main Campus Pampore.

The session, as per an official statement, was chaired by the Director, JKEDI, Mohammad Younis Malik, and brought together key stakeholders from academia, industry, incubation centres, financial institutions, and the startup ecosystem to deliberate on strengthening entrepreneurship and innovation across the Union Territory.

The meeting served as a platform for meaningful discussions on enhancing the startup ecosystem through targeted mentorship, improved market access, stronger institutional collaborations, and sustained support mechanisms for entrepreneurs.

Participants emphasized that while access to seed funding remains important, the long-term success of startups depends equally on continuous mentoring, business development support, financial prudence, market linkages, and professional guidance.

Nasha Mukht J&K Abhiyan DIPR's Cultural Unit organises awareness programme at GHS Chattabal

KT News Desk

SRINAGAR, JUNE 13: As part of the ongoing Nasha Mukht J&K Abhiyan, the Cultural Unit Kashmir of the Department of Information and Public Relations (DIPR) Saturday organised an awareness programme at Government High School (GHS) Chattabal aimed at sensitising students about the harmful effects of drug abuse.

The programme, as per an official statement, witnessed enthusiastic participation from students, who took part in a symposium highlighting the need for collective action against substance abuse and the importance of building a drug-free society. On the occasion, artists of the DIPR's Cultural Unit presented a thematic short play depicting the devastating consequences of drug addiction on individuals, families and society. The performance effectively conveyed the message of prevention, awareness and social responsibility.

Speaking on the occasion, Assistant Exhibition and Cultural Officer (AECO), Cultural Unit



Kashmir, Syed Shakeel Shan, said that the 100-day Nasha Mukht J&K Abhiyan has now transformed into a people's movement with active participation from all sections of society. He said that DIPR is actively playing its role in spreading awareness through cultural programmes and public outreach initiatives across the Valley.

The Principal of GHS Chattabal appreciated the efforts of the Cultural Unit Kashmir and thanked DIPR for organising the programme. He stressed the importance of sustained awareness campaigns to protect the younger generation from the menace of drug abuse.

GOVERNMENT OF JAMMU & KASHMIR (UT) OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION PULWAMA. TENDER NOTICE

E-NIT No: 33/EPP/RNB/of 2026-2027/216171

Phone:-01933-295302 E-mail:-techrpu786@gmail.com

Dated: 13/06/2026

For and on behalf of the Lt. Governor, J&K UT term e-tenders (In Single Cover system) are invited on %age Basis from approved and eligible Contractors registered with J&K State Govt. CPWD, Railways and other State/Central Government for the following work :-

S. No	Name of Work	Adv. Cost (Rs. Lacs.)	Cost of T/D (Rs.)	Earnest Money (In %age.)	Time of Completion in working Days	Class of Contract	Major Head of Accounts	Administrative Approval No:	Call No:
1	Restoration of Ziyarat Hazrat Syed Sahib Abhama Pulwama.	18.73	800/-	2% of ADV. cost	60 working days	CEE/BEE	MH: Archives	AAA: DAA&M-183 of 2026 Dated: 01-06-2026	Ist call
2	Rapair/Renovation of Ziyarat Hazrat Momin Shah Sahab (R.A) Chandgam Babgam Pulwama	5.18	300/-	2% of ADV. cost	25 working days	DEE/CEE	MH: Archives	AAA: DAA&M-193 of 2026 Dated: 01-06-2026	Ist call
3	Rapair/Renovation of shrine (Hazrat Harsh Baba Sahab (R.A) Larew Kakapora Pulwama	16.58	800/-	2% of ADV. cost	60 working days	CEE/BEE	MH: Archives	AAA: DAA&M-185 of 2026 Dated: 01-06-2026	Ist call
4	Development of shrine at Looswani Pulwama .	12.29	600/-	2% of ADV. cost	45 working days	DEE/CEE/ BEE	MH: Archives	AAA: DAA&M-189 of 2026 Dated: 01-06-2026	Ist call
5	Renovation of Ziyarat Sharief Sheikh Bazeed Bustani (R.A) at Payer Pulwama .	19.97	800/-	2% of ADV. cost	60 working days	CEE/BEE	MH: Archives	AAA: DAA&M-190 of 2026 Dated: 01-06-2026	Ist call
6	Restoration of Ziyarat Hazrat Mulla Ibrahim Akhoon Sahib (RA) Almarhoof Malla Baaba Sahib Pinglana	28.00	1100/-	2% of ADV. cost	90 working days	BEE/AAV	MH: Archives	AAA: DAA&M-184 of 2026 Dated: 01-06-2026	Ist call
7	Repair/ Renovation, face lifting, chain link fencing and solar lights for Ziyarat Hazrat Syed Hassan Sheikh Basri Sahab (RA) Tujan Pulwama. (Except Solar Lights)	21.57	800/-	2% of ADV. cost	75 working days	CEE/BE	MH: Archives	AAA: DAA&M-188 of 2026 Dated: 01-06-2026	Ist call
8	Repair and Renovation of Ziyarat Hazrat Syed Mohammad Ali Sahib (RA) Uthoora.	12.66	600	2% of ADV. cost	45 working days	DEE/CEE/BE	MH: Archives	AAA: DAA&M-187 of 2026 Dated: 01-06-2026	Ist call
9	Renovation of Astan Alia of Qasim Badshah at Village Zasow .	18.53	800	2% of ADV. cost	60 working days	CEE/BE	MH: Archives	AAA: DAA&M-179 of 2026 Dated: 01-06-2026	Ist call

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

1.	Date of Issue of Tender Notice	13-06-2026
2.	Bid downloading Start Date	13-06-2026 from 10:00 A.M
3.	Bid submission Start Date	13-06-2026 from 10:00 A.M
4.	Bid Submission End Date	29-06-2026 upto 4:00 P.M
5.	Date & time of opening of Bids (Online)	30-06-2026 at 4:10 PM in the Office of the Executive Engineer R&B Div. Pulwama
6.	Submission of Performance Security(PS)	As per Finance circular Vide No:FD-code/290/2026 Dated 22.05.2026 and circular issued by worthy Chief Engineer PW(R&B)Department South Kashmir Vide order No:CE/R&B/SK/WS/2095-2111 Dated: 05.06.2026

In light of Circular issued by Finance department Vide No:FD-code/290/2026 Dated 22.05.2026 and circular issued by worthy Chief Engineer PW(R&B)Department South Kashmir Vide order No:CE/R&B/SK/WS/2095-2111 Dated: 05.06.2026, the following conditions are mentioned below:-

- Bids must be accompanied with cost of Tender document/Tender Fee to be deposited in Cash in Centralized Designated Pooling JK Bank Account Bearing No: 0470010200000099. IFSC: JAKAOLALANG).
 - All the bidders must deposit Earnest money /Bid security equal to 2% of advertised cost in Cash in Centralized Designated Pooling JK Bank Account Bearing No: 0470010200000099. IFSC: JAKAOLALANG).
 - The Successful bidder will have to provide performance security @ 5% of contract value to be deposited in Cash in Centralized Designated Pooling JK Bank Account Bearing No: 0470010200000099. IFSC: JAKAOLALANG), which shall be released after successful completion of DLP/maintenance period.
- The date and time of opening of Bids shall be notified on Web site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of responsive bidders shall be opened online on same Web Site in the office of Executive Engineer R&B Div. Pulwama
- The bids for the work shall remain valid for a period of 120 days from the date of opening of bids.

GOVERNMENT OF JAMMU & KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER
MACHINERY DIVISION KASHMIR MECHANICAL & HOSPITAL
ENGINEERING DEPARTMENT, KASHMIR
Fax No: 0194-2497093
GIST of e-Tender

e-NIT No:	MDSK/TS /2026-27/06
Date	11.06.2026

For and on behalf of the Lt. Governor, J&K UT e-tenders are invited on item rate basis from eligible contractors/ registered firms for the below mentioned work:-

Name of the Work	Cost of Tender Doc. (In rupees)	Estimated Cost (In Rs)	EMD in Rs	Position of AA	Position of TS
1	2	3	4	5	6
Repairs & Replacements to the CCTV Camera Network of office premises of M&HED Complex Shalteng, Sgr.	50.00	35000.00	700.00	Works programme approved by CE vide order No. M&HED/K/Acctt/26 of 2026-27 Dt.30.04.2026.	Sanctioned vide No. 05 of 2026 Dated: - 11.06.2026

The bidding document consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the Govt. website as per schedule of dates given below:-

01	Publish date	11-06-2026(18:00hrs)
02	Period of downloading of bidding document	11-06-2026(18:30 hrs)
03	Bid submission start date	11-06-2026 (18:55hrs)
04	Bid submission end date	18-06-2026(9:55 hrs)
05	Date and time of opening of bids (online)	19-06-2026(14:00 hrs)

Sd/
Executive Engineer,
Machinery Division, Kashmir

No: MDSK/ TS/ 926-29
Date:- 11.06.2026

DIPK-2133/26
DATED: 13-06-2026

Head Draftsman

DIPK-2120/26
DATED: 13-06-2026

Technical Officer

Executive Engineer
R&B Division
Pulwama

J&K should be first for AFSPA revocation: CM's Advisor

KNO

Srinagar, Jun 13: Nasir Aslam Wani, Advisor to Chief Minister Omar Abdullah, on Saturday said if the Armed Forces Special Powers Act (AFSPA) is to be withdrawn from any part of the country, Jammu and Kashmir should be the first to see its revocation, asserting that the security situation in the region has improved significantly over the years.

Speaking on the sidelines of a programme here, Wani said J&K should be prioritised if the Centre considers revoking AFSPA anywhere in the country.

"The situation on the ground is much better now. If there is any place where the issue of revocation can be considered first, it should be Jammu and Kashmir," Wani said.

He further said that the time had come to move beyond complaints and accusations and focus on finding a practical way forward for the dignified return of Kashmiri Pandits to the Valley.

"A lot of time has passed since members of the community left Kashmir. Successful



governments, including the previous Omar Abdullah-led government, made efforts to facilitate their return. During the tenure of former Prime Minister Manmohan Singh, a rehabilitation package was introduced through which many Kashmiri Pandit youth received employment opportunities. Transit accommodations were also established as part of the process," he said.

The CM's Advisor said the government wants Kashmiri Pandits to return to their homeland with dignity and security, describing Kashmir as their natural home. "We want the community to come back. This is their home, and we are

committed to creating conditions that make their return possible," he said.

Referring to interactions with Kashmiri Pandit groups, Wani said several conferences had been organised outside Jammu and Kashmir and that he had urged community representatives to hold such discussions within the Valley as well.

"I told them that the time for complaints has passed. We cannot continue pointing fingers at each other indefinitely. We now need to find a way forward and work out how the community wants the return process to take shape," he said—(KNO)

SANJY 2026

RDD Secy reviews sanitation services along Pahalgam axis

KT NEWS DESK

Pahalgam, June 13: Secretary, Rural Development Department (RDD) and Panchayati Raj, Mohammad Aijaz Asad, today conducted an extensive review of sanitation arrangements along the Pahalgam axis, from Nunwan Base Camp to Pissutop and Zojibal, in preparation for the forthcoming Shri Amarnath Ji Yatra (SANJY) 2026.

During the visit, the Secretary inspected the sanitation infrastructure, including toilets and bath units installed at Nunwan, Chandanwari, Pissutop and Zojibal, to assess the pace and quality of ongoing works. He directed the concerned agencies to expedite progress and ensure timely completion of all sanitation assets as per the prescribed timelines. He also emphasized the importance of maintaining cleanliness in and around the tented accommodations housing sanitation personnel.

Highlighting the scale of preparations, the Secretary said that the department has planned comprehensive sanitation arrangements along the Pahalgam axis to facilitate the smooth conduct of SANJY 2026. A total of 3,120 sanitation assets, comprising 2,755 toilets and 365 bath units, are being installed across key locations from



Nunwan to Panjarni to ensure better hygiene, convenience and comfort for pilgrims.

He informed that major sanitation facilities have been established at Panjarni, Sheshnag, Chandanwari and Nunwan Base Camp. Additional facilities are also being created at Pissutop, Zojibal, Wawbal, MG Top, Poshpathri and Bijbehara to further strengthen sanitation coverage along the Yatra route.

Aijaz Asad directed that dedicated sanitation teams be deployed at huts maintained by the Shri Amarnath Ji Shrine Board

to ensure regular and efficient cleaning throughout the Yatra period.

Reviewing the quality of infrastructure being created, he instructed that all toilets and bath units must be equipped with proper latches, door panels, bath fittings, electrical arrangements and drainage systems to provide safe, functional and hygienic facilities to the pilgrims.

To strengthen solid waste management systems, the Secretary directed the concerned agencies to expedite wall-matting works and ensure timely installation of

all required machinery at Solid Waste Management (SWM) sites.

He also chaired a detailed review meeting with officers of line departments and executing agencies at Pahalgam, stressing the need for timely completion of all sanitation assets and reiterating the objective of conducting a "Zero Landfill Yatra."

The Secretary was accompanied by Director General, Rural Sanitation, Anoo Malhotra; ACD Anantnag, Shafiq Ahmad Wani; Block Development Officers and other field officials during the visit.

'Irrigation stations set for modernisation to meet growing agriculture needs'

WARIS FAYAZ

Baramulla, Jun 13: Acknowledging the deteriorating condition of irrigation infrastructure, Minister Javed Dar on Saturday said efforts are underway to revive and revalidate old irrigation schemes by strengthening the existing network and installing new pumps at various stations.

During his visit to North Kashmir villages, Minister Dar said there is a need to modernise ageing irrigation stations to meet the growing needs of the agriculture sector, as much of the infrastructure has outlived its efficiency and requires urgent upgrades.

"I acknowledge that the stations are old and the pumps and motors have lost their efficacy. There is a need for modern technology and strengthening the electricity supply on a 24x7 basis, especially during the peak paddy

season," he said.

The Minister also addressed the concerns of seasonal mechanical labourers, who demanded conversion into casual labourers.

Dar said around 400 such workers have already been accommodated, while a number of others, some serving for nearly 25 years, continue to await a decision.

"It is a genuine demand. There are a few workers left who have been working for over 25 years. We will take up this matter and the demand will be largely redressed. It is the government that has to work on it and address their issues. We will try to resolve them," he said.

The minister assured the people that the government remains committed to improving irrigation facilities and addressing the long pending issues of workers associated with the department—(KNO)

Rs 1,667 Cr plan to transform Sgr airport into global aviation hub

REHAN QAYOUM MIR

Srinagar, Jun 13: Srinagar International Airport is set for a major transformation with a Rs 1,667-crore expansion project aimed at significantly enhancing passenger handling capacity, modernising infrastructure and elevating the overall travel experience, Airport Director Javed Anjum said on Saturday.

Speaking ahead of the Airports Authority of India's (AAI) observance of Yatri Suvidha Diwas on June 15, Anjum said Srinagar Airport has witnessed remarkable growth in passenger traffic, air connectivity and cargo operations over the years and continues to play a pivotal role in promoting tourism, trade and economic development in Jammu and Kashmir.

"The airport has emerged as the principal aviation gateway to Kashmir, connecting the Valley with major destinations across the country while supporting sectors such as tourism, hospitality, handicrafts, horticulture and local commerce," the Director told the media persons.

He said the annual passenger traffic at Srinagar Airport increased



from 2.04 million passengers in 2014-15 to 4.47 million passengers in 2024-25, reflecting sustained growth in demand for air travel and improved connectivity.

"Although passenger traffic declined to 3.38 million during 2025-26 following the Pahalgam incident, the airport continues to remain among the busiest airports in northern India and a key contributor to the region's tourism-driven economy," he said.

Anjum said enhanced flight operations and improved connectivity have strengthened regional integration and facilitated easier access for tourists, business

travellers and residents alike.

Highlighting future development plans, the Airport Director said the Government of India (GoI) has approved a Rs 1,667-crore expansion project that will transform Srinagar Airport into a modern aviation facility comparable with international standards.

Under the project, the airport's passenger handling capacity will increase from the existing 2.5 million passengers per annum (MPPA) to 10 MPPA, enabling it to cater to future growth in passenger traffic.

The expansion will also increase the terminal area from 20,000 square metres to 71,000 square

metres, creating a spacious and technologically advanced terminal designed to provide greater comfort and convenience to passengers.

"In addition, the upgraded airport will feature a multi-level car parking facility capable of accommodating 1,000 vehicles and infrastructure enabling it to handle 15 aircraft simultaneously, substantially improving operational efficiency and passenger movement," Anjum said.

The Director said the new terminal will be developed at par with international standards and will greatly enhance passenger experience while strengthening the airport's ability to meet future requirements.

He added that the project is expected to be completed within four years and will mark one of the most significant infrastructure upgrades undertaken at the airport.

Anjum further said that, in collaboration with the Jammu and Kashmir administration and the National Highways Authority of India (NHAI), a dedicated airport access corridor connecting the facility with the Ring Road is also being planned to improve

accessibility and ease traffic congestion around the airport.

He said the Srinagar Airport has simultaneously focused on passenger convenience through a range of modern facilities and technology-driven initiatives.

"Passengers currently have access to DigiYatra, self-baggage drop counters, free Wi-Fi, meet-and-greet facilities, EV charging stations, complimentary e-cart services, Flybrary, laptop workstations, smoking lounges, children's activity zones, and various shopping and dining outlets," he said.

Annual cargo handling has increased from nearly 7,000 metric tonnes to over 10,500 metric tonnes during the last five years, with an annual capacity of approximately 40,000 metric tonnes.

"Srinagar Airport will celebrate Yatri Suvidha Diwas on June 15 with passenger-centric programmes. Meanwhile, a phased operational shutdown has been planned for runway resurfacing, with flight operations suspended every Monday and Tuesday from July 1 to September 30, and complete closure from October 1 to October 16," Anjum said—(KNO)

LG Saxena approves Rs 9.12 Cr DSTP in Leh

RAJA SYED RATHER

Leh, Jun 13: In a major initiative aimed at protecting Ladakh's delicate ecosystem, Lieutenant Governor Vinai Kumar Saxena has approved the construction of a Decentralised Sewerage Treatment Plant (DSTP) in Leh at a cost of Rs 9.12 crore. The project is expected to help prevent untreated wastewater from flowing into local rivers and water bodies, contributing to improved sanitation and environmental conservation in the region.

The project has been conceived as a sustainable and long-term intervention to strengthen wastewater management in Leh town, while preserving the ecologically sensitive environment of Ladakh.

An official said that the DSTP will ensure treatment of sewage close to the point of generation, thereby significantly reducing the burden on large sewer networks and preventing untreated sewage and faecal sludge from entering stormwater drains and river basins. The Lieutenant



Governor has accorded administrative approval and expenditure sanction for the project amounting to Rs 9.12 crore, along with an initial allocation of Rs 1.80 crore from the overall UT savings in favour of the Public Health Engineering (PHE) Department for commencement of the new work.

The decentralised approach has been adopted to ensure source-level treatment of wastewater, rejuvenation of rivers and drainage channels, water recycling and reuse, reduction of environmental and health hazards, and optimum land utilisation. "This

would also avoid the requirement of large tracts of land, huge investment and prolonged time frame, required for setting up centralised treatment facilities," the official said.

Asserting that environmental conservation and sustainable urban development must go hand in hand in Ladakh, LG Saxena said, "Decentralised sewerage treatment is an innovative and environmentally responsible solution that will help protect our rivers and water bodies, improve public health, enable water recycling, and support planned urban growth while

preserving the fragile ecosystem of the region for future generations."

The proposed plant at Agling-1 (Camp 6 & 7) will cater to a current population of about 915 persons, with infrastructure designed to serve a projected population of 1,464 persons over a 15-year design period. The facility will have an offered treatment capacity of 200 KLD (kilolitres per day) against the required capacity of 158 KLD.

The project includes the installation of a Portable Membrane Bioreactor (MBR) Package Plant, a technology considered highly suitable for Ladakh's unique geographical, climatic and topographical conditions.

The project also envisages the construction of a 3,200-metre gravity sewer network, a one-lakh-litre collection tank, and the restoration of roads affected during the laying of the sewerage infrastructure.

Continued on
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Pak national held near LoC in Kupwara

KNO

Srinagar, Jun 13: A Pakistani national was apprehended near Simri village in north Kashmir's Kupwara district after allegedly crossing the Line of Control (LoC) under suspicious circumstances, the Army said on Saturday. In a post on X, the Chinar Corps said alert troops, in coordination with the Jammu and Kashmir Police, acted swiftly to apprehend the intruder and prevent any potential security breach.

"Based on specific intelligence input, alert Chinar Warriors, in a joint operation with Jammu and Kashmir Police, apprehended a Pak national near Simri village, Kupwara, on 12 June 2026, who had crossed the Line of Control under suspicious circumstances. Acting swiftly, the vigilant joint team intercepted the individual and prevented any potential security breach," the Army said.

The Army said the apprehended individual is currently being questioned and remains under investigation to ascertain the circumstances surrounding his crossing and any possible links or motives—(KNO)

Police arrest 5 peddlers
Srinagar, Jun 13: Continuing its sustained crackdown against drug trafficking under the ongoing Nasha

Mukt Jammu & Kashmir Abhiyaan, Police arrested 5 drug peddlers in Anantnag, Awantipora & Pulwama and recovered contraband substances from their possession.

According to a statement, in Anantnag, police achieved significant success by apprehending two drug peddlers in separate operations. In the first operation, a police party of Police Station Utrasoo apprehended one person identified as Mohd Yousuf Magray son of Wali Mohd Magray resident of Cherpura near village Sheikhpora Chund. During search, 715 grams of charas-like substance was recovered from his possession. Similarly, in another operation conducted during naka checking at Khanpora Crossing, Police Station Utrasoo apprehended one drug peddler identified as Javid Ahmad Bhat son of Abdul Khaliq Bhat resident of Shangus. During search, 158 grams of charas powder-like substance was recovered from his possession.

In Awantipora, during routine checking at Satoora, a motorcycle bearing registration No. JK22B-8187 was intercepted. The persons travelling on bike attempted to evade checking but were tactfully apprehended by the police party. During search, 199 grams of cannabis powder was recovered from their

possession. The accused have been identified as Adil Ahmad Dar son of Ali Mohammad Dar and Muzaffar Ahmad Dar son of Mohammad Maqbool Dar, both residents of Satoora. Both individuals have been arrested and the motorcycle used in the commission of the offence has also been seized as per law.

Similarly in Pulwama, a police party of Police Post Newa at a checkpoint established at Urwan, intercepted a Sumo vehicle bearing registration No. JK13A-3176. During the search, approximately 7 grams of heroin-like substance was recovered from the possession of the driver, identified as Parvaiz Ahmad Hajam son of Abdul Rashid Hajam resident of Newa. The accused was arrested on the spot and the vehicle involved in the commission of the offence was also seized.

Accordingly, cases under relevant provisions of law have been registered at respective police stations and further investigation have been set into motion to ascertain the source and intended destination of the contraband. Police remains committed to its zero-tolerance policy against drug trafficking and urges the public to continue supporting anti-drug efforts by sharing information related to narcotics and other unlawful activities—(KNO)

EDITORIAL

Use Screens, But Don't Let Screens Use You

Doctors at the Government Medical College (GMC) Srinagar have issued a warning. Too much screen time is harming our health. This includes phones, tablets, laptops, and TVs. The problem is not small. It is affecting children, young adults, and even older people. When we stare at screens for too long, we forget to blink. Our blink rate drops by half. This makes our eyes dry, tired,

and red. We get headaches and blurred vision. Our neck and shoulders start hurting. Here is a shocking fact. Our head weighs about five kilograms. But when we bend it forward to look at a phone, the pressure on our neck becomes 20 to 25 kilograms. This causes "tech neck" – chronic pain in the neck, back, and shoulders. Over time, it can damage the spine. Screens also ruin

our sleep. They give out blue light. This light stops our body from making melatonin, the hormone that helps us sleep. The result is trouble falling asleep, tiredness during the day, and poor concentration. Over time, this can lead to anxiety and depression. For children, the damage is even worse. Too much screen time affects brain development. Kids face delayed language skills,

shorter attention spans, and lower marks in school. Another big problem is that we stop moving. We sit for hours. This leads to weight gain, less fitness, and a higher risk of diabetes and heart disease. The doctors ended their advisory with a powerful line: "Use screens. Don't let screens use you." This line should be remembered by every family. Parents must set limits on screen

time for children. Schools must teach students about digital wellness. Adults must set a good example. The screen is a tool. We should control it, not the other way around. The warning has been given. Now it is up to us to act. Our eyes, our neck, our sleep, and our mental peace depend on it. Let us take this seriously. Let us use screens wisely. Let us not become slaves to our phones.

Small Towns To Global Campuses: How Scholarships Help Dreams Take Flight

Developed countries are not built by roads, bridges or airports alone. They are also built in classrooms. Every student who crosses borders with such scholarships carries back the confidence and abilities to contribute to India's future. This is the compounding return of a single scholarship.

Sudhansh Pant

From India's villages and small towns to the corridors and lush green gardens of Oxford and John Hopkins University, the National Overseas Scholarship (NOS) Scheme is powering journeys of aspirations across continents.

In one of the remote and disadvantaged villages of Tripura, Dipayan Bhowmick once dreamt of becoming an architect despite growing up far away from the opportunities usually associated with international education. Yet, through academic perseverance and the support of the National Overseas Scholarship, Dipayan went on to pursue a Master of Science in Architecture and Urban Design at the University of Stuttgart, Germany.

Living, studying and working in Germany exposed him to a diverse international environment that transformed not only his academic understanding, but also his outlook towards society, sustainability and urban development. Drawing inspiration from both Indian and German approaches to architecture and urban design, he returned to India determined to use his learning. Today, Dipayan runs his own architectural practice, contributing towards society through his professional work while also creating opportunities for others.

He is one amongst hundreds of Scheduled Caste students whose life trajectory has dramatically altered due to the National Overseas Scholarship (NOS), a Government of India initiative that funds postgraduate and doctoral studies at top foreign universities. The Scheme covers tuition, travel, living expenses and other academic requirements, ensuring that securing an admission into a world-class university is not determined by the economic circumstances of a student's family.

There are hundreds of such stories where a passport has been seen by the families for the first time ever and instances of so many parents who send their children off to distant countries whereas they themselves have not even set foot in colleges within the country.

Since 2014, the NOS Scheme has supported students from families earning less than Rs. 8 lakh annually to universities across 21 countries, from UK to Germany, US to Australia. For many such families, even applying for admission to a foreign university would have required them to visit a cybercafé nearby.

Dr. Vaithilingam Rajendiran, a Senior Scientist, who pursued a PhD in Chemistry at Oklahoma State University in the United States, grew up as the son of daily wage parents. He completed his schooling

and undergraduate education in nearby government institutions and struggled through financial hardships while pursuing higher studies. Yet, with determination and relentless efforts, he completed his doctoral studies successfully and went on to build a distinguished scientific career.

What these students bring back is not just a degree or a high-paying job but hopes, numerous opportunities and aspirations for people in their community. Scholarships such as the National Overseas Scholarship are often viewed merely as financial assistance programmes. In reality, they are long-term investments in human capital and knowledge creation. Developed countries are not built by roads, bridges or airports alone. They are also built in classrooms. Every student who crosses borders with such scholarships carries back the confidence and abilities to contribute to India's vision of Viksit Bharat@2047. This is the compounding return of a single scholarship.

The significance of scholarships lies not only in funding education but in creating an ecosystem of stability around students who are often navigating academic and social worlds for the very first time. For many first-generation learners, the challenge is not limited to securing admission. It is sustaining the journey thereafter, managing

living expenses in expensive cities, purchasing books or digital devices, paying for accommodation and other costs that accompany such opportunities. Scholarships act as a crucial support system that enables students to focus on learning rather than worry about such day-to-day challenges.

The scholarship operates without fanfare. There are no glossy campaigns and no celebrity endorsements. Over 12 years, 764 students have been selected on their academic merit to take admission in the most prestigious international colleges. In many ways, the National Overseas Scholarship Scheme is different due to the assistance it extends to each student. For a single scholar pursuing higher education at a leading global university, the cumulative financial aid, covering tuition fees, living expenses, airfare, insurance and other academic costs over the duration of the course often exceeds Rs. 1 crore and may even go up to Rs. 2 crore.

There are only a few public scholarship programmes in the world that make such a substantial investment in an individual student from a socially aspirational background. The significance of this support lies not only in the financial aid provided but also in what it intends to achieve. It envisions a national commitment to ensure that financial circumstances do not limit

access to opportunities for students from certain communities. It is one of the most ambitious examples of educational investment in individual human potential.

India's scholarship ecosystem for Scheduled Caste students, spanning domestic premier institutions as well as overseas education, reflects this vision. It recognises that upliftment requires continuity, stability and sustained support. In many villages and small towns, the success of a single scholar changes the imagination of an entire generation. A younger sibling begins preparing for competitive examinations with greater confidence. A village sees international education not as an impossible dream, but as a reachable destination. The classrooms of Oxford, MIT or Columbia may appear geographically distant from India's villages and small towns. Yet, through scholarships such as the National Overseas Scholarship, these distances are slowly shrinking.

Applications for the National Overseas Scholarship are administered by the Ministry of Social Justice and Empowerment. Eligible candidates may apply through the National Scholarship Portal by 2nd June 2026.

The writer is Secretary, Department of Social Justice & Empowerment, Government of India

BRICS And The New Geography Of Agri-Trade

After the expansion of membership, the grouping now represents nearly half the world's population, around 40 per cent of global GDP and about a quarter of global trade. Climate shocks, food-price volatility, and fertiliser disruptions are now central to the trade agenda.

Dr. M.L. Jat and Dr. Smita Sirohi

India's BRICS Chairship in 2026 comes at a moment when agricultural trade is being reshaped beyond tariffs and market access. Climate shocks, food-price volatility, fertiliser disruptions, sustainability standards, digital traceability requirements and the need to keep markets open during crises are now central to the trade agenda.

Why agriculture is strategic After the expansion of membership, the grouping now represents nearly half the world's population, around 40 per cent of global GDP and about a quarter of global trade. UNCTAD's recent assessment shows that intra-BRICS merchandise trade has expanded more than thirteen-fold since 2003, reaching US\$1.17 trillion in 2024. Agriculture may be only one part of this larger trade story, but it is among the most politically and socially sensitive. When food prices rise, fertiliser supplies are disrupted or shipping routes become uncertain, the impact is felt directly by farmers, consumers and governments. This makes agriculture one of the most strategic frontiers of India's chairship.

The agricultural complementarities within the grouping are evident. Brazil is a major exporter of soyabean, meat and sugar. Russia is important in grains and fertilisers. India has strengths in rice, marine products, spices, buffalo meat and a wide range of smallholder-based commodities. China is a large food importer and processor. South Africa connects the grouping to important African agri-food markets. The



newer members add further dimensions: the UAE and Saudi Arabia bring logistics, finance and food-security investment interests; Egypt and Ethiopia represent major food-system concerns in Africa; and Indonesia adds palm oil, fisheries and tropical agriculture.

From complementarity to mechanisms Yet scale and complementarity do not automatically create resilient trade. The forthcoming BRICS Agriculture Ministers' meeting gives India an opportunity to steer

cooperation towards practical mechanisms: trusted trade infrastructure, resilient input supply chains, market intelligence, and women- and youth-inclusive smallholder value chains.

Trusted trade infrastructure should be an early priority. The 2024 BRICS Principles on Trade Facilitation in Agriculture already recognise the building blocks of modern agri-trade: SPS and TBT cooperation, equivalence, lower trade costs and digital trade facilitation. India's leadership can add value

by moving this agenda towards implementation through interoperable digital certificates, credible traceability systems, faster regulatory communication and capacity-building for producers and exporters.

A second priority is resilient input supply chains. Food trade cannot be separated from fertiliser, energy, feed, seed, logistics and finance. For India, this is not an abstract concern: more than half of its fertiliser and energy imports come from BRICS members, making input security central to agricultural resilience. Recent crises in West Asia have shown that production can be disrupted long before food reaches the market. Cooperation should therefore include early-warning systems for fertiliser and input markets, transparent information on stocks and prices, and mechanisms to reduce sudden disruptions in essential agricultural inputs.

A third priority is market intelligence. The BRICS Grain Exchange idea points to the need for better transparency, price discovery and food-security preparedness. India could build on this by proposing an agricultural market intelligence function within the BRICS Agricultural Research Platform, which is already being positioned as a "Knowledge-to-Action" hub. Such a function could track food stocks, crop prospects, SPS alerts and commodity outlooks, helping countries respond before disruptions become crises.

Making trade farmer-centred A fourth priority is women- and youth-inclusive smallholder value chains. If agri-trade remains confined to large commodity

flows, its developmental value will be limited. The Delhi Declaration emerging from the Global Conference on Women in Agri-Food Systems (GCWAS) 2026 provides a useful starting point by placing women's agency and leadership at the centre of agri-food transformation. India can carry this spirit into the agri-trade agenda by ensuring that smallholders, especially women farmers and rural youth, are supported not only to produce for markets, but to participate more effectively in value chains.

These priorities are not about creating a closed food bloc. They are about ensuring that agricultural trade works better for food security, farmers and consumers in a more uncertain world. India is well placed to shape this agenda because it brings together experience in food security management, smallholder agriculture, digital public infrastructure and agricultural research.

India's chairship offers a timely opportunity to give this agenda practical shape. Even modest but well-designed cooperation can make agri-trade more reliable during crises, more transparent in its rules and more accessible to farmers. That would mark an important step towards a more resilient, trusted and farmer-centred agri-trade order.

Dr. M.L. Jat is Secretary, DARE and Director General, ICAR

Dr. Smita Sirohi is ICAR- National Professor, MS Swaminathan Chair and former Joint Sec (G20/BRICS) DAF&W

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

Budgam Road Accident

Sakina Itoo visits SHMS Hospital, enquires about well-being of injured students

'Government stands with affected families in this difficult hour. No effort will be spared for speedy recovery of children'



KT News Desk

SRINAGAR, JUNE 13: Minister for Health and Medical Education, Social Welfare and Education, Sakina Itoo Saturday early morning visited SMHS Hospital here to enquire about the health condition of two school children who sustained injuries in a road accident at Negoo Brenwar Budgam.

The Minister, as per an official statement, arrived at the hospital in the early hours and met

the injured girl students undergoing treatment at the hospital. She personally interacted with each child and their attendants, taking stock of their health status and the medical care being provided.

Expressing concern over the incident, the Minister conveyed her sympathies to the affected families and assured them that the Government is closely monitoring the situation.

"The government stands with the affected families in this

difficult hour. No effort will be spared for the speedy recovery of the children", Sakeena Itoo said.

Sakina Itoo also interacted with the attending doctors and hospital administration and directed them to provide comprehensive healthcare services to the patients without any inconvenience. She emphasized that all necessary medical facilities and specialised care should be made available to facilitate the speedy recovery of the children.

NMBA

Awareness programmes on substance abuse organised in Bandipora

KT News Desk

BANDIPORA, JUNE 13: As part of the ongoing activities under the Nasha Mukta Bharat Abhiyan (NMBA), several awareness programmes against substance abuse were organised across Government Degree Colleges in Bandipora district on Saturday to sensitise students about the harmful effects of drug addiction and to promote a healthy and drug-free lifestyle.

At Government Degree College Sumbal, a pledge ceremony against substance abuse was conducted under the presence of Principal Prof. (Dr.) Shabeena Iqbal Shawl. The event witnessed the participation of students and faculty members, who collectively took a solemn pledge to refrain from substance use and to spread awareness about the importance of a healthy and drug-free society.

Meanwhile, under the banner of Nasha Mukta Bharat Abhiyan, the Youth Club of the Red Ribbon Committee of HKM Degree College Bandipora organised a "Pledge Against Substance Abuse" under the convenership of Dr. Mehrajuddin Talie. The programme concluded with a strong message highlighting the collective responsibility of youth in combating the menace of drug abuse and promoting a healthy and productive



lifestyle.

In another programme, the NSS Units of HKM Degree College Bandipora, in collaboration with the Department of Education, organised an interactive session on the causes, consequences and remedial measures of drug abuse. The programme aimed at creating awareness among students regarding the growing menace of drug addiction and its adverse impact on individuals, families and society.

On the occasion, Head of the

Department of Education, Dr. Manzoor Ahmad Parry, delivered an insightful lecture and elaborated on the major causes of substance abuse, its harmful consequences and the preventive as well as remedial measures required to combat the social evil.

Further, the Department of Political Science, in collaboration with the NCORD Cell of HKM Degree College Bandipora, organised a counselling session on the theme "Say Yes to Life and No to Drugs." The session

was aimed at sensitising students about the dangers of drug abuse and encouraging them to adopt a healthy and responsible lifestyle.

During the session, Prof. Irfan Ahmad Wagay, Convener of the NCORD Cell, delivered an informative lecture highlighting the causes and harmful effects of substance abuse. He stressed the importance of self-discipline, positive thinking and community support in preventing drug addiction among youth.

Director Horticulture Jammu visits dragon fruit orchards in RS Pura zone

KT News Desk

JAMMU, JUNE 13: Director Horticulture Jammu Gul Syed Saturday visited progressive farmers' fields in Zone RS Pura to assess the cultivation of dragon fruit and interact with growers. He was accompanied by Chief Horticulture Officer Jammu R Kotwal and Horticulture Development Officer Dheeraj Sharma.

During the visit, the Director, as per an official statement, inspected the dragon fruit orchard of Talib Hussain at Village Ganday, Miran Sahib and the orchard of Agnider Bakshi at Mohanpur Talar, Arnia, reviewing the growth, management practices and overall progress of both orchards.

Director Gul Syed appreciated the efforts of the farmers in adopting

high-value horticultural crops such as dragon fruit and emphasised the importance of crop diversification for enhancing farm income. He encouraged other farmers to explore innovative horticulture ventures and assured them of the department's full support through technical guidance and various horticulture development schemes.

The Director also discussed issues related to orchard management, irrigation, plant nutrition and marketing, advising farmers to follow scientific cultivation practices to achieve better productivity and quality produce. The visiting officers expressed satisfaction over the successful cultivation of dragon fruit in the area and highlighted its potential as a profitable crop for the farming community of the Jammu region.

DC Kathua reviews arrangements for NEET-2026 re-examination

KT News Desk

KATHUA, JUNE 13: A preparatory meeting to review arrangements for the re-examination of the National Eligibility-cum-Entrance Test (NEET)-2026 was held under the chairmanship of Deputy Commissioner Kathua Rajesh Sharma at the DC Office Complex here.

During the meeting, the Deputy Commissioner, as per an official statement, held a detailed discussion on logistics, staff deployment and infrastructure required for the smooth conduct of the examination, scheduled for June 21, 2026.

A threadbare discussion was held on security arrangements, deputation of examination staff, including Centre Superintendents, Invigilators and supporting personnel and the secure transportation and handling of examination material.

The DC directed the officers concerned to strengthen



CCTV surveillance and ensure installation of jammers at examination centres as per prescribed guidelines for secure and transparent conduct of the examination.

The Deputy Commissioner directed the Health, JPDCL, Police, Traffic and Fire and Emergency Services Departments to ensure timely arrangements, adequate manpower and close coordination for the safe and smooth conduct of the examination.

Rajesh Sharma stressed the need for strict adherence to prescribed guidelines and directed all departments concerned to ensure foolproof arrangements, maintaining utmost transparency and discipline throughout the examination process. He also emphasised coordinated efforts among all stakeholders to facilitate a conducive environment for candidates and ensure the examination is conducted in a fair and organised manner.

Public outreach programmes conducted in Kishtwar's Warwan

Development works, flood rehabilitation measures reviewed

KT News Desk

KISHTWAR, JUNE 13: Under the directions of Deputy Commissioner Kishtwar Pankaj Kumar Sharma, the Additional District Development Commissioner (ADDC) Vinod Kumar Behnal conducted a two-day tour of Sub-Division Marwah, during which a series of public outreach programmes were held in Warwan to strengthen public engagement, review developmental activities and assess flood rehabilitation measures in the area.

As part of the tour, public darbars were organised at Government Higher Secondary School (HSS) Warwan and later at Margi, Warwan.

The programmes, as per an official statement, witnessed enthusiastic participation from locals, who projected various developmental demands and grievances before the ADC. Several issues were addressed on the spot, while the departments concerned were directed to take immediate measures for the resolution of remaining grievances.

The ADC also chaired a comprehensive review meeting with officers of different departments to assess the implementation of ongoing



developmental programmes and welfare schemes. Stressing the importance of efficient governance, he directed the officers to ensure timely delivery of public services and expeditious execution of development projects in the region.

The ADC further inspected several ongoing developmental works being executed by the Rural Development Department (RDD), PMGSY, PWD (R&B) and other departments. He reviewed the progress and quality of the projects and instructed the executing agencies to adhere to prescribed standards and complete the works within stipulated timelines.

The ADC subsequently visited the flood-affected Margi area,

which had suffered extensive damage during last year's floods. He interacted with affected families, assessed the situation on the ground and reviewed the status of rehabilitation and restoration measures. Residents apprised him of various issues requiring immediate attention.

A public hearing was also conducted at Margi, where locals highlighted concerns related to infrastructure, public services and rehabilitation. The ADC listened to the grievances of the people of Margi and assured them of all possible assistance from the District Administration, adding that all genuine demands would be taken up with the departments concerned and addressed on priority.

DC Kathua flags off blood collection, transport van for Basohli, Bani subdivisions

KT News Desk

KATHUA, JUNE 13: Deputy Commissioner Kathua Rajesh Sharma Saturday flagged off a Blood Collection and Transport Van from the DC Office Complex, Kathua, for Basohli and Bani subdivisions to facilitate voluntary blood donation camps and strengthen healthcare services in remote and hilly areas of the district.

The specially equipped van, as per an official statement, has a capacity to collect and preserve 60 units of blood at a time and is fitted with modern facilities for on-spot blood collection, safe storage and maintenance of required temperature conditions. The collected blood will be deposited at Government Medical College (GMC) Kathua for further utilisation and transfusion support.

The initiative has been launched in connection with World Blood Donor Day, observed globally on June 14, with the objective of promoting voluntary blood donation and spreading awareness about its importance, especially among people living in far-flung areas.

Appreciating the efforts of the JK Blood Donors and Welfare Society (JKBDWS) and the Health Department Kathua,

the Deputy Commissioner said extending such facilities to remote and hilly regions will help strengthen emergency healthcare services and improve accessibility to life-saving resources. He urged youth, social organisations and the general public to actively participate in voluntary blood donation drives, terming it a noble contribution towards saving precious lives.

Former DDC Member Sandeep Majotra apprised the gathering about the roadmap and objective of the campaign, emphasising the need to educate people about voluntary blood donation and encourage greater participation. He informed that around 100 persons have registered for blood donation under the initiative.

The van will cover Basohli, Bhoond Bani, Lowang and Sarthal, carrying essential medical equipment and preservation units to facilitate safe collection and storage of blood during the camps. Among those present were Additional Deputy Commissioner Mahima Madan, ASP Sunil Kesar, Founder JKBDWS Malket Singh, officials from the Health Department, members of JKBDWS and volunteers.

HSS Berarru honours Class XII achievers at felicitation ceremony

KT News Desk

DODA, JUNE 13: Higher Secondary School (HSS) Berarru, Zone Bhalla organised a felicitation ceremony to honour the top achievers of the Class XII Board Examination, with Deputy Commissioner Doda Krishan Lal gracing the occasion as Chief Guest.

Class XII toppers and meritorious students were honoured with certificates and mementos by the dignitaries in recognition of their academic achievements.

Addressing the gathering, the Deputy Commissioner, as per an official statement, commended the students for their outstanding performance and appreciated the efforts of teachers and parents. He urged students to remain focussed and continue striving for excellence.

MVD Kishtwar disqualifies 3 driving licences

Suspends 1 vehicle registration under NDPS Act

KT News Desk

KISHTWAR, JUNE 13: Motor Vehicles Department (MVD) Kishtwar, led by Assistant Regional Transport Officer (ARTO) Tasleem Wani, suspended one vehicle registration and disqualified three driving licences of accused booked under the NDPS Act.

The action, as per an official statement, follows FIR No. 116/2026 under Sections 8/21/22/29 of the NDPS Act, registered at Police Station Kishtwar; FIR No. 131/2026 under Sections 8/18 of the NDPS Act, registered at Police Station Kishtwar/Police Post Drabshalla; and FIR No. 39/2026 under Sections 8/21/29 of the NDPS Act,

registered at Police Station Kokernag.

Accordingly, the driving licences of Ramiz Raja S/o Late Abdul Qayoom, R/o Matta Sarkoot, Kishtwar (DL No. JK-1220080002386); Sameer Hussain S/o Ajaz Hussain, R/o Khori, Kishtwar (DL No. JK1720220000185) and Umer Yousuf S/o Mohd Yousuf Mahroo, R/o Inshan, Warwan (DL No. JK1720220000933) have been cancelled. Additionally, the registration of vehicle bearing number JK17-2770, owned by Nobia Nazir W/o Ramiz Raja, has been suspended.

The district administration has reiterated its zero-tolerance stance against the narcotics trade.

Functioning of HSS Girls Baderwah reviewed

KT News Desk

BHADERWAH, JUNE 13: Additional Deputy Commissioner Baderwah Sunil Kumar Bhutyal Saturday inspected Higher Secondary School (HSS) Girls Baderwah to review the overall functioning of the institution and assess the quality of educational facilities being provided to students.

The ADC, as per an official statement, directed the school management to ensure proper maintenance of infrastructure,

cleanliness of the campus and optimum utilisation of available resources. He also reviewed the status of ongoing developmental works and instructed the authorities concerned to address genuine requirements of the institution in a time-bound manner.

The school authorities apprised the ADC of various achievements of the institution as well as certain issues requiring attention, and the ADC assured them that all genuine concerns would be examined for appropriate action.

Trump says deal to end war will be signed Sunday, Iran questions timing

REUTERS

Dubai/Washington, Jun 13: US President Donald Trump and mediator Pakistan said on Saturday an initial deal to end the war in the Middle East would be signed on Sunday, although Iran denied the signing would take place so soon.

Pakistani Prime Minister Shehbaz Sharif said the two sides had agreed on a framework for a peace deal and that Islamabad was preparing for an electronic signing on Sunday, to be followed by technical-level talks next week.

Trump also said in a social media post that the deal with Iran was scheduled to be signed on Sunday and that the Strait of Hormuz, a vital artery for global oil supplies which Iran has blocked, would be immediately "open to all" after it was signed.

Earlier on Saturday, Iranian Foreign Ministry spokesperson Esmail Baghaei cautioned against commenting on the timing of the signing.

"We will have to wait and see about the exact date of the signing of the memorandum of understanding, although it will not be tomorrow," state media quoted Baghaei as saying.

"The possibility of this happening in the coming days cannot be ruled out. However, due to the hesitation of the other side, we must be cautious in making any comments about this process."

A US official who spoke to reporters later declined to be drawn on the timing but said: "It's a great deal and a very strong deal."

It is not the first time the two sides have appeared close to an initial agreement on ending the war that began on February 28 with joint US-Israeli strikes on Iran, but Sharif said on X: "We are closer to a peace deal than ever



before."

The war has sent global energy prices sharply higher and killed thousands of people, mostly in Iran and Lebanon, where the war has revived a conflict between Israel and Iran-aligned Hezbollah militants.

WHAT IS IN THE DEAL?

Iranian Foreign Minister Abbas Araghchi said on Friday that while changes in the deal were still possible, the tentative agreement showed his country had emerged stronger from the conflict.

Hours after those remarks, US forces shot down multiple Iranian one-way attack drones heading toward the Strait of Hormuz, a source familiar with the matter told Reuters.

The source, who spoke on condition of anonymity, said the drones had posed a threat to commercial traffic. US Central Command later confirmed the action and said the strait, a major artery for global oil supplies, was open.

Iran has for months effectively blockaded the strait, and the US navy has blocked Iranian ports to reduce its oil exports.

The proposed memorandum of understanding calls

for reopening the strait and lifting the US naval blockade, sources on all sides of the talks said. Negotiations over Iran's nuclear program — Trump's stated rationale for starting the war — would take place afterwards.

"Iran is going to open up the Strait of Hormuz, that's a requirement. It could be open with no tolls. As they do that, we will lift our blockade," said the US official who spoke on Saturday.

"It's going to happen in conjunction, and part of the next step, the phase after that, is going to be the demining of the straits," the official said, indicating countries in the Group of Seven major powers could have a role in this.

FROZEN ASSETS

Draft terms described to Reuters by multiple sources indicate the US would begin releasing billions of dollars in frozen Iranian assets and waive sanctions on its oil exports, in return for Iran opening the strait.

Iran's Fars news agency quoted Baghaei as saying the release of Iran's frozen assets was an integral part of the agreement and also that Iran would have to charge

for services in the Strait of Hormuz.

Fars also quoted him as saying foreign military bases in the region must end without providing details.

Iran's nuclear program would be addressed during a 60-day period of talks. A US official said the agreement would ultimately lead to the dismantling of Iran's nuclear program, with its stockpile of highly enriched uranium to be destroyed and removed.

But Araghchi said that Iran, which sources said has not accepted the dismantling of its nuclear program, wanted to retain the uranium in diluted form.

The proposals also include discussion of possible war reparations for Tehran and dropping longstanding US demands for limits on Iran's missile program, the sources said. The US official disputed that account.

ISRAEL NOT PARTY TO MEMORANDUM

Israeli Prime Minister Benjamin Netanyahu said his country would not be party to the agreement. He has clashed with Trump over US demands that Israel curb military action in Lebanon to allow Washington to reach a deal with Tehran.

Araghchi said the agreement would end the war in Lebanon, implying an Israeli withdrawal from occupied areas.

Israel's defense minister said it would not withdraw. A senior Israeli official said Israel expects to retain its freedom to act against threats.

Iran's supreme leader, Ayatollah Ali Khamenei, was killed in an airstrike on the first day of the war and later replaced in the role by his son Mojtaba. Khamenei's funeral will begin in Tehran on July 4 and conclude with his burial in his hometown, the northeastern holy city of Mashhad, on July 9, Iranian state media reported on Saturday.

Adequate fertiliser stocks available, Govt ready to tackle El Nino impact: Chouhan

PTI

Indore (MP), Jun 13 Union Agriculture Minister Shivraj Singh Chouhan on Saturday assured that enough fertilizer stocks were available in the country, and also stated that the government had made preparations to handle the possible El Nino impact.

Urea and di-ammonium phosphate (DAP) would continue to be available at subsidised rates despite concerns over supplies amid the West Asia crisis, he said.

India has adequate fertilizer stocks for the ongoing kharif season and the government is taking all necessary steps to ensure sufficient availability for the rabi crop cycle as well, he said.

"Our government has decided that farmers will continue to get urea and DAP at affordable rates. The government is bearing the burden of increased prices," Chouhan told reporters after the conclusion of the five-day BRICS agriculture meeting in Indore.



"This will put an additional burden of thousands of crores of rupees on the exchequer, but we are prepared to bear it in the interest of farmers," he added.

"Our government is making every possible effort to ensure sufficient fertilizer availability for rabi crops as well. I am confident that we will succeed in these efforts under all circumstances," he added.

The BRICS discussions also touched on the balanced use of chemical fertilisers and pesticides, Chouhan said, noting that India was already implementing several programmes

to promote organic and natural farming to make agriculture more sustainable.

Asked about concerns about the El Nino impact on India, Chouhan said the government was prepared to handle it.

"El Nino will have an impact on India as well as other countries, but we have made adequate preparations. We will also cooperate with other nations through exchange of information and best practices," he said. El Nino is a climate phenomenon that has historically been associated with weaker monsoons.

Industry leaders should engage with research institutes: Jitendra Singh

PTI

New Delhi, Jun 13: There is a need for deeper collaboration among research institutions, industry and startups to accelerate the translation of scientific knowledge into market-ready solutions and national development outcomes, Union minister Jitendra Singh said on Saturday.

He said industry leaders should actively engage with research institutions and participate in shaping the country's scientific agenda.

"The objective is not merely to generate knowledge but to create technologies, enterprises and solutions that contribute to employment generation, industrial competitiveness and improved

quality of life," Singh said.

He made these comments while addressing an industry-interaction session on the sidelines of the RISE Conclave 2026 in Bengaluru. Singh emphasised the importance of shared scientific infrastructure in reducing entry barriers for startups and small enterprises.

The minister added that sophisticated facilities developed through public investment should increasingly function as common platforms accessible to innovators and industries working in emerging sectors.

During his address, Singh also highlighted that initiatives, such as the 2015 Startup India programme, have helped build a supportive ecosystem that enables the country to harness its demographic

dividend and emerge as a global innovation hub.

"The country's start-up ecosystem, which comprised only around 350-400 startups about 10 years ago, has today expanded to nearly 2.3 lakh ventures, making India the world's third-largest start-up ecosystem," the minister said.

He noted that the start-up movement has emerged as a major driver of employment generation, creating nearly 24-25 lakh jobs over the last 10 years.

More than 50 per cent of India's startups are now emerging from tier-2 and tier-3 cities, demonstrating that innovation is no longer confined to metropolitan centres, according to Singh.

CONTD. FROM FRONT PAGE

Kashmiri Pandits

Global Conclave also indicates that the time has come for the reconstruction and revival of the ancient glory of the Kashmiri Pandit community. He said the discussions at this conclave on building global industries and institutions here and a shared economic future are blueprints and pathways for cultural revival, economic empowerment, and community restoration.

"You turned struggle into strength, and that struggle forged community leaders who achieved excellence in technology, finance, medicine, the arts, and civil services. In that struggle your commitment produced entrepreneurs who built companies shaping global markets, and I believe it also produced scholars who enriched the academic world and influenced policy."

Through your advancement the Kashmiri Pandit community reminded the world that resolve, courage, and determination are the greatest weapons. Today, as the world celebrates your accomplishments, it honours your talent, your patience, and the spirit that refused to bow," the Lieutenant Governor told the distinguished members present at the conclave.

The Lieutenant Governor said the return of the Kashmiri Pandit community reflects that after 2019 a new Jammu Kashmir has been born.

"The strength of this new Jammu Kashmir reflects your resolve. Its hope reflects your vision. Jammu Kashmir, which witnessed the massacres, pain, and displacement of the Kashmiri Pandit community has been transformed into a centre of reconstruction by Prime Minister Narendra Modi.

I often say that history is written by those who rise again after suffering and confronting countless challenges. Having earned global recognition, you are now returning to your roots. This dignified return is also the resolve of the Hon'ble Prime Minister. I salute your courage. I honour your steadfastness. I appreciate your achievements, and I express the commitment that together we will ensure a future brighter than the past and that the pride of the Kashmiri Pandit community will shine again for the welfare of all humanity," the Lieutenant Governor said.

The Lieutenant Governor observed that the contribution of the Kashmiri Pandit community towards building a Viksit Bharat would be significant and would play an important role in the nation's development journey.

On the occasion, the participants witnessed various sessions during which distinguished speakers and prominent members of the Kashmiri Pandit community shared their experiences and insights.

Among those present on the occasion were Nasir Aslam Wani, Advisor to the Chief Minister; Uphaar Kotru, President, Kashmiri Overseas Association (KOA); Utpal Kaul, International Coordinator & Global Kashmiri

Pandit Diaspora (GKPD); Ashwani Bhat, President, Kashmiri Pandit Association (KPA) Mumbai; Sanjay Koul, President All Minority Employees Association Kashmir (AMEAK); Autar Krishan Trakroo, Social Activist and Organising Secretary, Sanjeevani Sharda Kendra; Dileep Mattoo President Jammu Kashmir Vichar Manch (JKVM); R.K. Bhat, President, Youth All India Kashmiri Samaj.

Senior officers from the Police and Civil Administration, prominent citizens, youth and a large number of members of the Kashmiri Pandit community also attended the conclave.

(KNO)

Can't paint entire

particular mindset that wanted division and instability, but it would be wrong to blame an entire society for the actions of a few," he said adding that many Kashmiris have always wanted Pandits to return.

Calling for a fresh institutional mechanism, the CM's Advisor announced that the government would move to revive the Apex Committee constituted for the return and rehabilitation of Kashmiri Pandits. "At the government level, we believe the Apex Committee should be revived. We will engage with representatives of the Kashmiri Pandit community, invite stakeholders, and work together to find a practical roadmap for return and reconciliation," he said, adding that the government would hold consultations and work towards a consensus-based approach.

Stressing the importance of return and reconciliation, Wani said Kashmir would remain incomplete without its Pandit community. "Jammu and Kashmir, particularly Kashmir, is incomplete without Kashmiri Pandits. The Valley cannot be complete until Pandits return and become part of its social fabric once again," he said.

Acknowledging that successive governments had introduced several measures, including Prime Minister's employment packages, transit accommodations, and institutional mechanisms, he said the larger objective remained unfulfilled. "We made many efforts. Rehabilitation packages were announced, transit accommodations were created, and committees were constituted. We tried different approaches, but unless Kashmiri Pandits and Muslims live together again, all these efforts remain incomplete," he said.

Wani said the return of Pandits could not be achieved through administrative measures alone and required rebuilding trust between communities. "If we continue blaming each other, we will never reach a solution. We need to sit together, talk to each other, and collectively find a way forward. My skin is the same as yours. My blood is the same as yours. We have a shared history and a shared future," he said.

The Advisor said preserving Kashmir's

language, culture, and centuries-old traditions required the participation of both communities, and expressed optimism that renewed dialogue could help bridge differences and create conditions conducive to dignified return. (KNO)

Knowledge, innovation

Kashmir has registered over 4,300 startups, with nearly one-third led by women entrepreneurs, reflecting growing participation of youth and women in the economy.

He said the UT has also performed strongly under the Prime Minister's Employment Generation Programme (PMEGP), securing a top national position despite its small population share.

He further noted that initiatives under KVIC and allied schemes are strengthening both manufacturing and service sectors across the region.

LG Sinha said Jammu and Kashmir has witnessed unprecedented industrial expansion following the 2021 Industrial Policy, with investment inflows in the last four years exceeding those of several previous decades combined.

He said the region is undergoing a "societal transformation" based on the principles of national unity, social harmony and women-led development.

Calling upon students and youth, the LG urged them to focus on five key pillars of growth: continuous mastery of knowledge and skills, integrity and ethical values, entrepreneurial thinking and innovation, active community participation, and strengthening national unity and social harmony.

LG Sinha said Mahamana Malaviya's vision of holistic education is being reflected in the National Education Policy, which integrates modern science, industry needs and cultural values.

He added that India's ongoing development journey is closely aligned with Malaviya's dream of a self-reliant and knowledge-driven nation.

Meanwhile, LG Sinha also attended the launch of the e-edition of the collected works of Mahamana Pandit Madan Mohan Malaviya. The event was attended by representatives of the Mahamana Malaviya Mission, faculty members, senior officials and Vice Chancellors of the University of Jammu and Central University of Kashmir, among others. (KNO)

Temperatures drop

continue across Jammu and Kashmir over the next several days.

The Met officials said that scattered areas may experience light to moderate rainfall, brief intense showers, thunderstorms and lightning till June 17. Similar conditions are likely to persist on June 18 and 19, with cloudy skies and isolated spells of rain expected at several places.

The department has also warned of hailstorms at isolated locations and strong winds reaching speeds of 40-50 kmph, with occasional gusts touching 60 kmph during thunderstorm activity.

The prolonged wet spell has affected normal summer conditions in the Valley, while reports of fresh snowfall from higher-altitude areas further contributed to the drop in temperatures.

Authorities advised residents, farmers and travellers to remain cautious during periods of adverse weather and to follow official advisories, particularly in areas vulnerable to lightning, landslides and localised flooding.

Meanwhile, traffic on the Jammu-Poonch highway was restored after debris of a landslide was removed from Lassana in Surankote. (KNO)

Prolonged sitting

They cautioned that the cumulative impact of sedentary behaviour may also increase the likelihood of premature ageing and early mortality.

To counter these risks, the department has advocated the adoption of the "30-30 Rule," encouraging individuals to stand up, stretch, or move around for at least two to three minutes after every 30 minutes of sitting.

The campaign recommends several simple activities that can easily be incorporated into daily routines, including walking around the room, stretching the back and legs, using stairs instead of elevators, standing while talking on the phone, taking short walks after meals, and engaging in light household chores.

Medical experts stressed that even small changes in daily habits can produce significant long-term health benefits. They urged people to prioritize regular physical activity alongside other healthy practices such as staying hydrated, consuming balanced meals, ensuring adequate sleep, and maintaining a consistent exercise routine.

As part of the public outreach initiative, the department has also popularized the slogan: "Har Aadha Ghanta, Thodi Si Chaal - Sehat Rahegi Bemisaal" (Every half hour, take a short walk for better health), encouraging citizens to incorporate movement into their daily lives.

The Department of Community Medicine, GMC Srinagar, said the message is intended for people of all age groups and professions, stressing that reducing sitting time and increasing physical activity can help protect the heart, brain, and overall health while contributing to a healthier and happier society.

The campaign has been issued in public interest with a call for citizens to "sit less, move more, and live better," reminding people that every step taken towards an active lifestyle can make a meaningful difference in their long-term health and well-being. (KNO)

Modi, Trump

meet the Emir of Qatar Sheikh Tamim bin

Hamad Al Than and United Arab Emirates President Sheikh Mohamed bin Zayed Al Nahyan on Tuesday.

On Wednesday, in addition to working sessions with G7 allies, Trump will also have a bilateral with Egypt's President Abdel Fattah El-Sisi.

Trump embarks on the visit to France for the G-7 Summit on Monday morning.

Trump will hold a bilateral meeting with French President Emmanuel Macron on Monday, followed by the official greeting and a working dinner.

The US president will address a number of issues of "shared importance" with allies, including "economic growth and development, supply chain resilience, illegal immigration, and artificial intelligence".

Modi on Saturday left for a week-long visit to France and Slovakia, during which he will attend the G7 Summit and hold discussions with world leaders on a range of bilateral and global issues.

Blood donation

also serves as a basic health screening opportunity, as a donor's haemoglobin level, blood pressure, pulse rate, and overall health status are assessed before every donation, helping identify underlying health issues that might otherwise go unnoticed," he said.

According to health experts, blood donation offers multiple benefits, including stimulating new blood cell production, improving blood circulation, maintaining healthy iron levels, and providing a sense of psychological satisfaction from helping others. Doctors said the greatest benefit remains the lives saved through each donation. Every unit of donated blood is separated into different components, such as red blood cells, plasma, and platelets, meaning a single donation can potentially help up to three patients, they said.

Dr Shabir Ahmad, another doctor at DHSC, said that individuals aged between 18 and 65 years, weighing at least 50 kilograms, and enjoying good overall health can donate blood, with a minimum haemoglobin level of 12.5 g/dL for women and 13 g/dL for men. Men can donate whole blood once every 12 weeks, while women can donate every 16 weeks. "People with well-controlled diabetes are generally eligible, but those with uncontrolled diabetes, active infections, or certain medical conditions may be temporarily deferred," he said.

Calling blood donation one of the simplest yet most impactful humanitarian acts, doctors urged healthy citizens, especially young people, to become regular voluntary blood donors. "The need for blood never stops. A few minutes spent donating blood can make the difference between life and death for someone in need. Donating blood is safe, beneficial, and lifesaving," they added. (KNO)

Jaishankar raises Indian mariners' killing with Rubio

Calls US strike on commercial shipping unjustified

PTI

New Delhi, Jun 13: External Affairs Minister S Jaishankar on Saturday raised with US Secretary of State Marco Rubio the killing of three Indian mariners in a US military strike on a merchant vessel in the Gulf of Oman.

Jaishankar, currently on a visit to Europe, spoke to the US Secretary of State on phone.

Following the conversation, the external affairs minister described the "lethal" actions by the US military against commercial shipping as unjustified.

"Spoke to US Secretary of State Marco Rubio this evening. I reiterated India's strong protest at the attacks by the US Navy in the Gulf that killed three Indian mariners," Jaishankar said on social media.

"Such lethal actions against commercial shipping are not justified," he said.

India on Friday summoned US Charge d'Affaires Jason Meeks and told him that the American military's lethal strikes on commercial vessels with Indian crew members off the coast of Oman are unacceptable.

The senior diplomat was summoned on Wednesday night as well. A Palau-flagged



Violations of US blockade in Hormuz will not be tolerated: Rubio

PTI

Washington, Jun 13: US Secretary of State Marco Rubio has said that any violation of the American blockade and illicit transport of Iranian oil through the Straits of Hormuz will not be tolerated, an official statement said Saturday.

Rubio conveyed this to External Affairs Minister S Jaishankar, who spoke with him on Friday to lodge a strong protest against the death of Indian nationals in US attacks on ships off the coast of Oman. "The Secretary stressed that all commercial vessels should immediately comply with orders from US forces as they seek to uphold peace and security in the Strait," State Department spokesman Tommy Pigott said.

oil tanker, Marivex, carrying 24 Indian seafarers, was disabled by US forces on June 8. All crew members were safely rescued.

On June 10, the US struck another Palau-flagged tanker, Settebello, killing three out of the 24 Indian sailors on board.

Another vessel, Jalveer, a Guinea-Bissau-flagged tanker with 20 Indians, was attacked on Thursday.

Following the attack on Jalveer, India said three merchant ships with Indian crew members came under attack from American military off the coast of Oman this week resulting in the death of three nationals.

It was New Delhi's first public acknowledgement that US Navy targeted the three ships with Indian crew members.

After Meeks was summoned on Friday, the Ministry of External Affairs (MEA) said a "strong protest" was lodged with him regarding the continuing attacks by US naval forces on commercial vessels carrying Indian mariners in the Gulf of Oman.

The ministry said it once again "conveyed its deep concern over the use of lethal and deadly force against civilian shipping".

PM to visit President's in-laws' village in Odisha on June 20

PTI

Bhubaneswar, Jun 13: Prime Minister Narendra Modi will visit President Droupadi Murmu's in-laws' village of Pahadpur in Odisha's Mayurbhanj district on June 20 and participate in several programmes, officials said on Saturday.

Pahadpur, the native village of Murmu's late husband Shyam Charan Murmu, is located about 20 km from Rairangpur town, where the main state-level function marking the second anniversary of the BJP government in Odisha will be held.

Droupadi Murmu was born in Uparbeda village in the Rairangpur subdivision and was married to Shyam Charan Murmu of Pahadpur. Her husband and two sons passed away before she assumed office as the President in 2022. A memorial has been set up for Murmu's husband and sons in the village.

According to officials, a mega public event will be held at Dandabosh in Rairangpur on June 20. The function will be attended by the President and the prime minister, along with Odisha Governor Hari Babu Kambhampati, Chief Minister Mohan Charan Majhi and other dignitaries.

During the programme, several development projects will be inaugurated, foundation stones for new infrastructure initiatives will be laid, and the dignitaries will address a public gathering.

"Before the public event, the President and the prime minister will visit Pahadpur village, where they are slated to participate in local programmes and tour an exhibition showcasing regional achievements and initiatives," an official statement issued by the state government said.

RSS largest yet 'most misunderstood' organisation: Bhagwat



PTI

Thiruvananthapuram, Jun 13: RSS chief Mohan Bhagwat on Saturday said the RSS was the largest voluntary organisation in the world but also "the most misunderstood".

Speaking at an event here as part of the RSS centenary celebrations, Bhagwat said the organisation might appear to outsiders as a paramilitary body—owing to the route marches conducted by swayamsevaks in uniform—or as an all-India gymnasium, given its promotion of Bharatiya games and martial arts.

"But it is not all that. It is difficult to understand the Sangh from the outside," he added. "The best way to understand the RSS is to engage with it and experience it from within. However, to do so, one must first be assured that it is safe to test and understand it. A lecture or a book can provide at least that much understanding of the Sangh," Bhagwat said.

He further said that the RSS was neither a reaction to any particular situation nor opposed to any section of society or political party. "People say it is the largest voluntary organisation in the world, but it is also the most misunderstood," the RSS chief said.

Bhagwat said that because the RSS was often misunderstood, it had decided to reach out to people and explain the organisation and its work as part of its centenary celebrations.

He said the Sangh had emerged to contribute to the nation's welfare and carry forward efforts aimed at serving the country.

India witnessed unprecedented dev under Modi govt: Gadkari



PTI

Nagpur, Jun 13: Union minister Nitin Gadkari on Saturday said that more development took place in the country in the last 12 years of the Narendra Modi government than that achieved in the previous six decades.

The country has moved forward in agriculture, industry, health, science, technology, infrastructure, women's empowerment, youth empowerment and in every other cultural, social and economic sector, he said.

The senior BJP leader

held a press conference to mark the Modi government's 12 years.

Talking about the government's push for increasing the use of ethanol in blended fuel, the Union Road Transport and Highways minister said only last night he signed a file approving rules for the use of 100 per cent ethanol in vehicles.

He and Petroleum Minister Hardeep Singh Puri recently launched Maruti Suzuki's 100 per cent ethanol Wagon R model, and other automobile companies will be launching similar models in the next two months, Gadkari said.

India successfully demonstrates BMD capability to take down hostile ballistic missiles

PTI

New Delhi, Jun 13: India has successfully carried out flight-tests of key platforms this week to demonstrate its multi-layered Ballistic Missile Defence system's power to intercept intercontinental missiles, joining an elite group of nations with this capability.

The BMDs are capable of intercepting incoming long-range nuclear missiles and hostile aircraft including AWACS (airborne warning and control systems). A very few countries including the US, Russia and China are known to have Ballistic Missile Defence (BMD) capabilities.

Three consecutive flight-tests were conducted on June 10 and 11 to demonstrate multi-layered BMD against incoming missiles, according to the defence ministry.

The tests were conducted to check the capability to take down incoming ballistic missiles, both inside and outside the Earth's



atmospheric limits. The Defence Research and Development Organisation (DRDO) successfully demonstrated multiple crucial technologies bolstering the nation's defence capabilities against different types of enemy threats, the ministry said on Saturday.

It said multi-layered BMD capability was successfully demonstrated through these flight-tests. "The interceptors successfully engaged their respective targets. The systems are designed and developed with the latest technologies to address

emerging missile threats," it said. "These tests have put the country in the elite group of nations having BMD capability to engage up to intercontinental ballistic missiles," the ministry said.

It also said the maiden flight-test of the Naval Anti-Ship Missile-Medium Range (NASM-MR) was carried out successfully.

Under the BMD programme, India has been developing the capability to intercept hostile missiles at both endo-atmospheric and exo-atmospheric levels. The endo-atmospheric

missiles are the ones that operate within the earth's atmosphere that covers an altitude below 100 km. The exo-atmospheric missiles are capable of completing missions in the upper-most region of the earth's atmosphere.

The latest flight-tests were witnessed by senior officials of DRDO and defence forces.

Defence Minister Rajnath Singh congratulated the DRDO on successfully demonstrating these crucial technologies. "Multi-layered BMD capability was successfully demonstrated. The interceptors successfully engaged their respective targets. The systems are designed and developed with the latest technologies to address emerging missile threats," he said.

Singh said these tests have put India in the "elite group" of nations having BMD capabilities to engage missiles including ICBMs (Intercontinental Ballistic Missiles).

"Congratulations to DRDO on successfully demonstrating these crucial technologies," he posted on social media.

2 officers among 5 dead as IAF transport plane crashes in Assam

Co-pilot survives

PTI

New Delhi, Jun 13: Five Indian Air Force personnel, including two officers, were killed when their Russian-origin Antonov An-32 transport aircraft crashed while landing at Jorhat in Assam on Saturday.

The co-pilot of the aircraft sustained injuries and is undergoing treatment at a military hospital in Jorhat, sources said. Six personnel were onboard the plane.

The aircraft met with the accident during a routine sortie at approximately 10 AM, according to the IAF.

The deceased personnel are Squadron Leader



Prashant Singh, Flight Lieutenant Shubham Kumar, Sergeant Jitendra Sharma, Agniveervayu Khemaram Kumawat and Agniveervayu Danish Alam.

A court of inquiry has been constituted to ascertain the cause of the accident. It is learnt that the aircraft was set to fly to Chabua military base from Jorhat Air Force station but requested

a landing shortly after taking off.

The sources said the aircraft lost control upon touchdown and skidded off the runway. It hurtled across the parallel taxiway, snapping into two segments before being engulfed in flames, they added.

"The Indian Air Force deeply regrets the loss of five personnel in the An-32

accident at Jorhat, Assam," the force said in a statement.

"Sqn Ldr Prashant Singh, Flt Lt Shubham Kumar, Sgt Jitendra Sharma, Agniveervayu Khemaram Kumawat and Agniveervayu Danish Alam made the supreme sacrifice in the line of duty," it said.

The IAF extended its deepest condolences to the bereaved families and said it "stands firmly" with them in this hour of grief.

Defence Minister Rajnath Singh expressed his "deep anguish" over the death of five "Air Warriors".

"Their courage and service to the nation will always be remembered with pride and gratitude. My heartfelt condolences to the bereaved families. The nation stands firmly with them in this hour of grief," he said on X.

BRICS meeting in Indore takes decisions on farmers' rights, digital agri, food security

PTI

Indore, Jun 13: BRICS countries on Saturday announced a series of joint initiatives on food security, farmers' rights, digital agriculture and climate-resilient farming, including the establishment of a new global forum to protect farmers' rights and traditional knowledge in seed systems.

The decisions were taken during a five-day meeting of BRICS agriculture ministers and officials held under India's presidency in Indore.

Addressing reporters after the meeting, Union Agriculture Minister Shivraj Singh Chouhan said the member countries have agreed on several new institutional mechanisms to deepen agricultural cooperation, and India is set to coordinate many of the initiatives.

Among the key decisions, the BRICS nations agreed to establish a 'Global Forum on Farmers' Rights in Seed Systems' to promote farmers' rights and preserve traditional knowledge associated with seed systems.

Assam Cabinet decides to stop Aadhaar issuance to those aged above 18 yrs

PTI

Guwahati, Jun 13: Assam Chief Minister Himanta Biswa Sarma on Saturday said his cabinet has decided that Aadhaar cards would not be issued to those aged over 18 years to ensure illegal immigrants don't acquire the document.

In exceptional cases, the district commissioner will have to send a proposal to the state government seeking permission for issuing the card, he said at a press conference here after chairing a cabinet meeting.

The government will then decide whether the applicant is eligible for the card, the chief minister said.

Remarking that Aadhaar card issuance has reached a saturation point in the

state, Sarma said, "In some districts, it has crossed the 100 per cent mark, and we must ascertain who these people are who are taking the additional Aadhaar cards."

The step is being taken to ensure that no illegal Bangladeshis get Aadhaar cards, he said.

Aadhaar cards will, however, continue to be issued to people from the Tea Tribe community, the Scheduled Tribes, the Scheduled Castes and the differently abled, as many are yet to receive the cards.

"The ban will, however, be absolute from April 1, 2027, and people from these communities above the age of 18 will also stop receiving it from that date," the chief minister said.



Khamenei was killed on the first day of Israeli and U.S. airstrikes against Iran on February 28. The 86-year-old cleric had been at the helm of the Islamic Republic for 36 years. The funeral arrangements will include ceremonies on July 7 in the holy city of Qom, south of Tehran, media said.

Ayatollah Ali Khamenei's funeral to begin Jul 4, burial set for Jul 9

REUTERS

Dubai, Jun 13: The funeral for Iran's late Supreme Leader Ayatollah Ali Khamenei will begin in Tehran on July 4 and conclude with his burial in his hometown, the north-eastern holy city of Mashhad, on July 9, state media reported on Saturday. Khamenei was killed on the first day of Israeli and U.S. airstrikes against Iran on February 28. The 86-year-old

cleric had been at the helm of the Islamic Republic for 36 years. The funeral arrangements will include ceremonies on July 7 in the holy city of Qom, south of Tehran, media said. Islamic law requires the deceased to be buried as soon as possible, and ideally within 24 hours of death, but exceptions are allowed, for example in time of war. During his rule, Khamenei built Iran into a powerful

anti-U.S. force, spreading its military sway across the Middle East through proxy forces such as Hezbollah in Lebanon, while using an iron fist to crush outbreaks of unrest at home. Khamenei remained a strong critic of the United States throughout his rule, while successive U.S. administrations tried unsuccessfully to resolve a dispute with Iran over its nuclear programme. The airstrike that killed him

pulverised his central Tehran compound. His 56-year-old son Mojtaba, who also lost his wife in the airstrike and was himself injured, succeeded his father as Supreme Leader. Pakistan's Prime Minister Shehbaz Sharif said on Saturday that Iran and the United States had agreed on a framework for a peace deal after more than three months of war and are expected to sign the initial deal in the next 24 hours.

From rockets to brain implants: Elon Musk's vast empire

AP

New York, Jun 13: Elon Musk, the world's richest man and now first-ever trillionaire, controls a lot of different businesses.

Electric vehicles. Brain implants. Underground tunnels. A social media platform once called Twitter. And a rocket maker that blasted off its trading from Wall Street this week.

Over time, more and more of these ventures have found themselves under the same roof. Musk merged SpaceX - which went public on Friday - with his artificial intelligence company xAI just earlier this year. But he still holds the CEO role at several corporations today, in addition to other various executive titles or ownership stakes.

Here's a look at Musk's vast business empire.

SpaceX Musk is CEO of SpaceX, which he founded in 2002. The company has grown far beyond rockets. It owns satellite communications service Starlink, a big source of cash for the company that generated USD 4.4 billion in operating income last year.

SpaceX also houses social media platform X, formerly known as Twitter, which Musk bought for USD 44 billion in 2022 and parked it under xAI, the maker of the Grok chatbot.

Both xAI and X are money losers (the AI business lost USD 6.4 billion in operations last year). Nonetheless, SpaceX - which lost USD 2.6 billion overall from operations last year - was able to whip up enough market hype to debut with the biggest initial public offering in history on Friday, closing at just below USD 161 per share, or a total market value of USD 2.1 trillion.

Some think that price tag significantly overvalues the company. SpaceX has promised it will become a leader in AI and one day help make human life multiplanetary - with lofty, and at times sci-fi sounding,



goals that range from putting data centres in space to colonising Mars. But the bulk of that hinges on unproven technology and massive capital needs.

Tesla Musk is also CEO of Tesla, a role he has held at the electric car maker since 2008.

Musk has struggled with rising competition in the EV space. Last year, the company lost its crown as the world's largest EV maker to China's BYD.

Sales were also bruised during boycotts over Musk's politics. Those numbers have since rebounded some, but Musk has repeatedly shrugged off troubles - emphasising that Tesla's future lies less in car sales than getting people to take rides in them as self-driving taxis.

Beyond the road, Tesla has been upping production of robots for homes and businesses. And it's also been in the solar energy business for about a decade with its purchase of SolarCity, which was founded by Musk and two of his cousins.

Tesla went public in 2010, and went on to join the trillion dollar club on the S&P 500. Its market cap currently stands around USD 1.5 trillion.

Neuralink Musk has also the CEO title at Neuralink, a brain-computer interface company he co-founded in 2016.

Neuralink is one of many groups working to connect the human

nervous system to machines. It's launched clinical trials for people who have spinal cord injuries, ALS and other conditions. The company (and sometimes Musk himself) has announced a handful of brain implants over recent years. In January, Neuralink said it had 21 trial participants worldwide.

The Boring Company Musk also founded The Boring Company, a decade-old tunnel digging and underground transportation business.

The Boring Company is behind projects like the "Vegas Loop" - a network of underground, Tesla-hailing tunnels that first opened around the Las Vegas Convention Centre in 2021.

It's promised to deliver a network of high speed transit - with plans to also make tunnels in Dubai and Nashville. Still, pushback has piled up along the way.

The company has been accused of breaking multiple safety and environmental requirements in Las Vegas, where its full route is still unfinished, and other criticism from some local officials in Nashville.

Paypal and other previous endeavours

Musk made his initial fortune by creating two companies, Zip2 and PayPal (once X.com). Those then-startups were sold to new owners decades ago - but netted him about USD 200 million at sale, which Musk used to later start SpaceX and invest in Tesla.

'ODI World Cup win showed India can cross the line'

PTI

Birmingham, Jun 13: India's long-awaited ODI World Cup triumph last year has reinforced the belief that the team can finally get over the line in a global tournament, said head coach Amol Muzumdar as Harmanpreet Kaur and Co begin its quest for a maiden Women's T20 World Cup title here. India ended years of heartbreak by lifting the 50-over World Cup at home last year, having previously finished runners-up in the 2005 and 2017 ODI editions



and the 2020 Women's T20 World Cup. Muzumdar said the historic triumph has instilled confidence within the squad ahead of its campaign opener against Pakistan on Sunday. "It's a completely

different format, isn't it? I mean, yes, we won the World Cup but that was in the ODIs, this is a brand new format. So, I guess we are really looking forward for it." Muzumdar said when asked if there is extra pressure on the team.

PTI

Bratislava (Slovakia), Jun 13: Slovak President Peter Pellegrini on Saturday said he looked forward to welcoming Prime Minister Narendra Modi in Bratislava, calling it a "historic visit" that would open new opportunities for Slovakia-India cooperation.

Modi will be visiting Slovakia on June 14 and 15, the first by an Indian prime minister to the central European nation since its independence in 1993. "Your historic visit will build

Slovak Prez says he looks forward to PM Modi's 'historic visit'

on our good dialogue from New Delhi and open new opportunities for Slovakia-India cooperation," President Pellegrini said in a social media post.

Pellegrini was responding to Modi's announcement of the visit.

Earlier on Saturday morning, ahead of his departure for France, from where he will visit Slovakia, Modi said he looked forward to discussions with Pellegrini and Prime Minister Robert Fico in Bratislava, as well as interactions with top business leaders. "The India-EU Free Trade

Agreement offers innumerable opportunities for strong commercial and trade ties," Modi added in his post on X.

Modi said during his June 13-18 visits to France and Slovakia, he will attend various programmes, including bilateral talks, multilateral engagements and also hold interaction with the Indian diaspora.

"The focus will be on boosting economic as well as cultural linkages," he said.

Modi will also participate in the G7 Summit in Evian, France on June 16-17.



China opposes US move to list top firms as military companies



AP

Beijing, Jun 13: China said Saturday it firmly opposed the US adding several prominent Chinese businesses to its list of military companies, and that the move ignored the consensus reached during US President Donald Trump's summit with Chinese leader Xi Jinping last month.

The Pentagon on Monday added several non-state-owned Chinese companies, including electric vehicle maker BYD, tech giants Alibaba and Baidu to its list that seeks to identify Chinese companies it deems to have ties to the Chinese military, preventing them from landing US defence contracts.

By adding these firms to the list, "the US side has ignored the consensus reached during the meeting between the heads of state of the two countries in Beijing," a Chinese Ministry of Commerce spokesperson said Saturday in a statement.

BCCI not to intervene over foreign player availability in IPL



PTI

Dharamsala, Jun 13: The BCCI has no plans to act as a bridge between overseas players and their respective teams over their availability for the IPL despite concerns being raised by franchises in the recently concluded edition.

The BCCI has a ban in place for foreign recruits who pull out of the tournament after being bought in the auction but player availability over the two-month long IPL still remains an issue.

The likes of Josh Hazlewood, Pat Cummins and Mitchell Starc were not available for the first half of the tournament due to niggles. Delhi Capitals were adversely impacted by

Starc's absence in the first half. After their play-offs campaign, Rajasthan Royals head coach Kumar Sangakkara had expressed his frustration over Sam Curran playing the T20 back home in the UK after ruling himself out of the IPL due to an injury. Punjab Kings co-owner Mohit Burman had said that BCCI and other boards need to align better on availability of foreign recruits.

"We were told that Sam Curran had a season-ending injury, but I think I saw him playing for Surrey for two or three games now. So that was disappointing," Sangakkara had said.

However, BCCI feels the contentious issue needs to be

Show Timings

SUNDAY, 14TH JUNE

Movie	Time
HAI JAWANI TOH ISHQ HONA HAI (HINDI ATMOS) (UA16+)	12:00 PM
DISCLOSURE DAY (ENGLISH) (U/A13+)	07:40 PM, 07:50 PM
OBSESSION (ENGLISH) (A)	10:30 AM, 02:50 PM
GOVERNOR (HINDI)(U/A 13+)	07:35 PM
BHARAT BHHAGYA VIDHAATA (HINDI) (U/A16+)	11:00 AM
BACKROOMS (ENGLISH) (A)	05:10 PM
MAIN VAAPAS AAUNGA (HINDI ATMOS) (U/A16+)	12:50 AM, 04:35 PM, 07:00 PM
HAUNTED ECHOES OF THE PAST (3D HINDI)(A)	04:10 PM

Call: 95416 13868

For assistance with tickets