

Ensure terror networks do not find haven in region: Amit Shah to BIMSTEC countries

NEW DELHI, OCT 13

Union Home Minister Amit Shah on Tuesday called for stronger regional cooperation among BIMSTEC countries to combat terrorism, disrupt terrorist financing and organised crime, and ensure that terrorist networks do not find a haven in the region.

Addressing the first Home Ministers' Meeting of BIMSTEC countries in New Delhi, HM Shah said India follows a policy of zero tolerance towards terrorism.

He said the trust underlying the partnership of BIMSTEC countries is strengthened by the belief that the security arrangements of each member country should contribute to the security of the other members.

HM Shah called for a collective resolve to prevent terrorist networks from finding shelter, establishing bases and training facilities, mobilising resources



or conducting activities against other member countries.

He also urged all members to cooperate in mutual legal assistance and extradition in accordance with their national laws and applicable agreements, saying such cooperation will strengthen efforts to bring criminals to justice.

Highlighting counterterrorism and law enforcement as key areas of cooperation, the

Home Minister called for exchange of actionable intelligence through existing nodal agencies and greater coordination to combat terrorist financing and organised crime.

The timely exchange of verified and actionable information about terrorists, their associates, criminal networks, financial channels and cross-border activities can strengthen collective security, he said.

On the **▶CONTD ON PAGE 10**

'Integral part': India rejects China's objections over 28 named Ladakh locations

NEW DELHI, OCT 13

India on Tuesday rejected China's objection to the government announcing standard names of 28 places and features in Ladakh, asserting that the Union Territory of Ladakh is an integral part of India.

The reaction came hours after China opposed the Indian Government's announcement, saying it has never recognised the Union Territory of Ladakh.

New Delhi said identifying the 28 places on the Indian map is aimed at accurate recognition.

China raised the objections over a week after the Union Home Ministry announced on October 2 that "the government, in consultation with the Union Territory of Ladakh, has identified a total of twenty-eight (28) places/features, located in the UT of Ladakh, by standard place and feature names on the official map of Survey of India (SoI)". It said that "identifying them formally on the Survey of India map of UT of Ladakh is aimed at facilitating their accurate recognition and better awareness among the public at large". **▶CONTD ON PAGE 10**

CM Omar reviews arrangements for Darbar Move to Jammu

Directed coordinated transport, security, healthcare, accommodation arrangements; Winter Secretariat to function in Srinagar

SRINAGAR, OCT 13

Chief Minister Omar Abdullah today reviewed arrangements for the Darbar Move Session 2026-27 at a high-level meeting, directing all concerned departments to ensure a smooth, secure and well-coordinated transition of offices from Srinagar to Jammu, along with adequate facilities for employees.

The meeting was attended by Deputy Chief Minister Surinder Kumar Choudhary, Chief Secretary Atal Dulloo, Additional Chief Secretary, Estates, Shaleen Kabra, Additional Chief Secretary, Power Development Department, Ashwini Kumar, Additional Chief Secretary to the Chief Minister, Dheeraj Gupta, Administrative Secretaries, Inspector General of



Police, Traffic, J&K, Divisional Commissioners of Kashmir and Jammu, Deputy Commissioners of Srinagar and Jammu, Director Information and other senior officers. Jammu based officers attended the meeting via video conferencing.

At the outset, Commissioner Secretary, General Administration Department (GAD), M. Raju, gave a detailed presentation on transport and logistical arrangements for the Darbar Move convoy. The Chief Minister directed the Managing Director, JKRTC, and

the Traffic Department to ensure adequate bus availability and organise the down convoy over two consecutive days, October 31 and November 1, 2026, for the safe and efficient movement of employees and equipment. He stressed close coordination among all concerned departments to ensure hassle-free transportation. Reviewing security arrangements, traffic management along the National Highway and residential accommodation for employees moving to Jammu, the Chief Minister directed the Police Department and other agencies to put in place comprehensive security measures, particularly in residential areas where the employees would be staying. **▶CONTD ON PAGE 10**

J&K Govt Transfers, Posts 26 Assistant Executive Engineers in UEED

SRINAGAR, OCT 13

The Jammu and Kashmir Government has ordered the transfer, posting and adjustment of 26 Assistant Executive Engineers in the Urban Environmental Engineering Department (UEED), assigning them to divisions across the Union Territory, according to an official order issued by the Housing and Urban Development Department. The order, Government Order No. 211-JK(HUD) of 2026, was issued on October 12 by Mandeep Kaur, Commissioner/Secretary to the Government, and takes immediate effect.

It covers 19 Assistant Executive Engineers (Civil) and seven Assistant Executive Engineers (Mechanical). Among the civil engineers, Er Hilda Shah has been posted to the UEED Division in Pulwama, Er Reyan Mohsin Sadig to Ganderbal, **▶CONTD ON PAGE 10**

DGP Nalin Prabhat Reviews Security Scenario; Stresses Intel-Based Ops, Border Security & Use Of Technology



SRINAGAR, OCT 13

Director General of Police, J&K, Nalin Prabhat on Monday chaired an operational review meeting in hybrid mode at PCR Kashmir to assess the prevailing security scenario, with particular emphasis on strengthening professional

competence and operational preparedness of J&K Police. The meeting was attended by Special DG Coordination PHQ, ADGP CID, ADGP Armed, IGP Railways, IGP Kashmir Zone, IGP Headquarters PHQ, IGP Security, IGP Traffic J&K, IGP

Crime J&K, IGP Jammu Zone, IGP Armed Jammu, IGP Cyber Crime J&K (KAC), IGP Technical PHQ, all Range DIGs, DIGs of CID Headquarters, Crime, Traffic Kashmir/Jammu, IR Kashmir, SLA, Railways Kashmir, Railways **▶CONTD ON PAGE 10**

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7 AFFORDABLE AND CLEAN ENERGY

Jammu Newspaper Editor Guild demands action against malpractice, Blackmailing by some Editors in Connivance With Municipality Inspectors

JAMMU, OCT 13

Jammu Newspaper Editor Guild today held a Press Conference at Press Club, Jammu against the Black Sheeps in the media who are harassing and blackmailing common people in Jammu. Addressing the press conference, Guild leaders said that some so-called editors of Weekly, Fortnightly, Monthly and even some Daily newspapers and Facebook channels have made it a business to harass the public. Whenever a poor or middle-class person tries to give one or two rooms on rent or starts construction / repair of his own house, these blackmailers reach the spot and take photos for extortion.

They are in connivance with some Inspectors of Jammu Municipality. The Municipality Inspectors inform them, then both together reach the site, fix rates and blackmail the house owner for money.

People of Jammu complaint to members of the Guild to stem the rot who are highly harassed by this nexus.

A poor man cannot even repair his own house, these people take



photos and extort money. Some Municipality Inspectors are also involved in this racket. Jammu Newspaper Editor Guild strongly urges the Administration, JMC Commissioner and Police to take strictest action against such blackmailers and the involved inspectors.

If this blackmailing and torture is not stopped immediately, the Guild will soon expose & publicize the names of the blackmailers and corrupt inspectors publicly and

expose them. 'Mend the ways, stop undue harassment otherwise appropriate action under law will be taken. No one will be spared if they continue blackmail & extortion to people in the name of newspapers and Facebook channels.

Jammu Newspaper Editor Guild also appeals to the common people that if anyone harasses you in the name of any newspaper or Facebook channel, please demand action against malpractices.

action and if any evidence is found, we will also get an FIR lodged against them. The press conference was led by Chairman Mr Rai Daluja President Advocate A.K. Sawhney, General Secretary qobal Qasmi, Chief Spokesperson Mr Vishal Chopra, Media incharge Abhishek Kapoor, social media incharge gurmest dutta and the entire team of Jammu Newspaper Editor Guild, who unanimously demanded action against malpractices.

Shiv Sena Urges Centre to Grant Official Language Status to Punjabi in J&K, Calls Narrow-Minded Attitude Condemnable



JAMMU, OCT 13

The Jammu and Kashmir Union of Shiv Sena (Uddhav Balasahab Thackeray) has urged the Central Government to grant official language status to Punjabi in Jammu and Kashmir. Party president Manish Sahni said Punjabi is an integral part of the region's rich cultural heritage and linguistic diversity and deserves due recognition and respect. Addressing the media at the party office while holding placards in support of Punjabi, Sahni said, "Grant Punjabi its rightful status and stop

politicising language." He pointed out that the Jammu and Kashmir Official Languages Act, passed by Parliament in September 2020, recognised Kashmiri, Dogri, Hindi, Urdu and English as official languages, but left Punjabi out.

Punjabi is one of the 22 languages included in the Eighth Schedule of the Indian Constitution and has deep historical and cultural roots in Jammu and Kashmir. Sahni urged the Central Government to make the necessary amendments to the Act to grant Punjabi the status of an official

language in the Union Territory. "Dogri is our pride, Punjabi our heritage, and Kashmiri an important part of our cultural identity. Giving recognition to one language cannot mean disrespecting another," he said.

Sahni emphasised that language is a medium of connecting people, not dividing them. Granting official recognition to Punjabi, he said, would not be against any other language but would reflect respect for linguistic diversity, shared heritage and communal harmony.

India will rebuff any attempt, internal or external, to destabilize Bharat: Dr. Hari Dutt Shishu

JAMMU, OCT 13

Dr. Hari Dutt Shishu, State Spokesperson of BJP JKUT, today launched a scathing attack on anti-national elements, terming the recent street protests in Delhi and the foiled infiltration bid in the Krishna Ghati sector of Poonch as a deeply entrenched international conspiracy aimed at destabilizing Bharat. Dr. Shishu asserted that India's meteoric rise on the global stage, under the visionary leadership of Prime Minister Narendra Modi, has frustrated hostile nations and their domestic proxies. "Unable to compete with Bharat's unprecedented economic growth and geopolitical influence, a malicious narrative is being engineered from abroad to disrupt our internal peace," he remarked.

The BJP State Spokesperson strongly condemned the recent protests in the national capital, accusing the organizers and political instigators of deliberately undermining the credibility of India's constitutional authorities. He stated that these protests are not democratic expressions but engineered chaos designed to tarnish India's image globally. "Attacking our independent judiciary, election mechanisms, and constitutional bodies is a well-calculated strategy to create institutional distrust and invite foreign interference," Dr. Shishu added.

Dr. Shishu highlighted the recent killing of four heavily armed dreaded terrorists during a foiled infiltration bid in the Krishna Ghati sector of Poonch. The terrorists, who attempted to sneak into Indian territory to execute a catastrophic IED blast is the part of the same conspiracy.

"The synchronization between street disruptions in Delhi and armed infiltration in Jammu & Kashmir is not a coincidence," Dr. Shishu emphasized. "When structural disruptions fail in the capital, the terror factories across the border are activated to shed innocent blood and create panic. It is a dual-pronged assault to dent India's economic momentum."



Dr. Shishu lauded the bravery of the Indian Army and security forces and expressed confidence that our forces are alert enough to face any eventuality and prepared to counter enemy every moment. He warned that every Indian is watching the desperation of both internal and external forces very minutely and will respond with full might at appropriate time and will expose this desperate international nexus.

"No matter how deep the conspiracy runs, whether through fabricated street agitations or cross-border terror, Bharat will not slow down. Our constitutional foundations are unshakable, our borders are secure, and our journey toward becoming a global superpower is unstoppable," Dr. Shishu concluded.

Punjabi Morcha Day 13: Omar calls for dialogue; Rajya Sabha MP invites Sikh Sangat to Srinagar, Tony Sends Manjit-led delegation

JAMMU, OCT 13

The indefinite Punjabi Language Dharma/Morcha launched by the All J&K Sikh Sangat entered its thirteenth consecutive day on Tuesday, with the campaign gaining fresh momentum through political backing and endorsements from religious institutions, educational bodies and community organisations across Jammu and Kashmir.

A significant development emerged with Rajya Sabha MP S. Gurvinder Singh Oberoi extending an invitation, on behalf of Chief Minister Omar Abdullah, to the All J&K Sikh Sangat, DGPC representatives and other community stakeholders for a consultation meeting scheduled to be held in Srinagar on October 14, 2026.

According to the invitation, Chief Minister Omar Abdullah has reiterated the National Conference government's commitment to granting Punjabi official language status in Jammu and Kashmir, stating that the commitment was also included in the party's election manifesto. The MP has been authorised to coordinate directly with the Sikh Sangat and key stakeholders to discuss the roadmap ahead.

The proposed consultation has raised hopes among protesters that the ongoing peaceful agitation could lead to meaningful dialogue and concrete steps towards recognising Punjabi as an official language of the Union Territory.



To facilitate discussions and present the community's concerns before the government, a committee led by former minister Manjit Singh has been constituted by Taranjit Singh Tony. The committee comprises Ranjit Singh Tohra, Surjit Singh, Balvinder Singh, Jagpal Singh, Gurmest Singh Tara, Verinder Singh Sena, Paranjit Singh Sodhi, Gurjeet Singh Kingi, Sandeep Kour and Pannet Kour. The committee will coordinate consultations, consolidate the community's views and discuss the roadmap for securing official language status for Punjabi.

In a significant show of support, Shiromani Akali Dal (Amritsar), Jammu and Kashmir, under the leadership of its Acting President S. Imaan Singh Maan, has strongly supported the demand for granting official language status to Punjabi in Jammu and Kashmir. In a letter submitted on October 13, 2026, the party expressed its support for the

Punjabi Language Morcha and backed the demand for official recognition of Punjabi, adding to the growing support for the campaign. Adding political weight to the campaign, PDP MPA from Pulwama Waheed Ur Rehman Para has extended wholehearted support to the demand for including Punjabi in the list of official languages of Jammu and Kashmir.

In a letter dated October 12, 2026, Para stated that recognising Punjabi would be a meaningful acknowledgement of the region's linguistic and cultural heritage and an expression of respect for the Sikh community. His support adds to the political backing for the Morcha's demand.

Several religious, cultural and social organisations have formally expressed their support to the ongoing agitation. Bhim Kranti Sena, Jammu and Kashmir, through its president Sahil Kundal, expressed solidarity

with the campaign and supported the preservation, promotion and official recognition of Punjabi. The organisation also emphasised equal respect for linguistic and cultural identities. The United Forum of Megh/Kabir Panthi Samaj extended its wholehearted support, describing Punjabi as an important carrier of the region's cultural, historical and literary heritage. The forum pledged continued cooperation in the collective effort to secure recognition for the language.

The Dr. B.R. Ambedkar Educational Society (BRAES) also endorsed the campaign, stressing that Punjabi has deep historical, cultural, and literary roots in Jammu and Kashmir. The society urged the Central Government and the UT administration to grant the language official recognition at the earliest. Batwal Sudhar Sabha, Jammu and Kashmir, submitted a support letter backing the inclusion of Punjabi among the official languages of Jammu and Kashmir. The organisation called on the government to consider the demand positively and take appropriate legal and administrative steps.

The All India Sikh Students Federation, under its president Manjeet Singh Peerpuri, supported the campaign and called for Punjabi to receive official recognition and the necessary administrative backing from the government.

OBC delegation raises reservation issues with National Commission JKTDC employees' indefinite protest enters 17th day

JAMMU, OCT 13

A delegation comprising the OBC Mahasabha Jammu and Kashmir, J&K OBC Welfare Forum Srinagar and the All India Backward Classes Federation, under the banner of the OBC Adhikar Tiranga Yatra, met the Chairman of the National Commission for Backward Classes (NCBC) in New Delhi and raised several issues concerning the welfare and rights of Other Backward Classes (OBCs) in Jammu and Kashmir. The delegation members, Bansil Lal Choudhary, Gufam Hassan Sheer Gujri and Mohan Lal Pavar, highlighted key concerns related to the issuance of Non-Creamy Layer (NCL) certificates, reservation benefits and recognition of OBC communities. The delegation alleged that the Jammu and Kashmir Government had not implemented the guidelines under Category VI of the Union Government's Office Memorandum dated September 8, 1993, regarding the issuance of NCL-OBC certificates for recruitment to Jammu and Kashmir government services. The guidelines provide for the exclusion of certain income sources, including agricultural income and salary income, from the income criteria used to determine creamy-layer status, subject to the applicable rules. The members questioned why the guidelines had been implemented for Central Government services through the J&K General Administration Department's Circular No. 7-GAD dated February 19, 2008, but had allegedly not been extended to recruitment in Jammu and Kashmir



government services. The delegation also raised concerns over difficulties reportedly faced by OBC applicants in the Kashmir region in obtaining caste certificates. It alleged that several applications had been rejected by the Revenue Department authorities and urged the Commission to take up the matter with the Divisional Commissioner, Kashmir. Another issue concerned the use of the words "Rural" and "Village" against certain communities, including Barber, Tel, Kunhar (Potter) and Dhoobi, in the Central List of OBCs for Jammu and Kashmir. The delegation stated that

members of these communities residing in urban areas were facing difficulties in obtaining OBC certificates. It added that the Jammu and Kashmir Government had already recommended the removal of these terms. The delegation further demanded a separate OBC column in the Census 2027 format and an increase in OBC reservation in Jammu and Kashmir government services from 8 per cent to 27 per cent. According to the delegation, the NCBC Chairman heard their grievances patiently and expressed his intention to visit the Jammu region on November 2 and 3, 2026.

JAMMU, OCT 13

The indefinite peaceful protest of the JKTDC Employees Union (Jammu Division) entered its 17th consecutive day on Tuesday, with employees demanding immediate resolution of their long-pending service, financial and administrative issues.

The protest, which commenced on September 27, has witnessed the participation of regular employees, daily-rated workers, retirees and union representatives. The Union expressed concern over the alleged failure of the authorities to resolve employees' genuine grievances despite repeated representations.

The major demands include the release of pending salaries, clearance of 52 months' pending CPF/EPF contributions along with the Corporation's share, settlement of retirement benefits, adequate budgetary support for JKTDC, and the conduct of the Departmental Promotion Committee (DPC), which has reportedly not been held for nearly 12 years.

The Union also demanded the regularisation of eligible daily-rated workers who have rendered more than 20 years of continuous service, filling up of vacant posts, timely payment of wages and implementation of all admissible service benefits in accordance with Government rules.



Meanwhile, the JKTDC Employees Union extended a warm welcome to Ms. Aakriti Sagar, IAS, on assuming charge as Managing Director of JKTDC. The Union congratulated her and expressed hope that under her leadership, the Corporation would witness administrative improvement, organisational growth and enhanced employee welfare.

The Union expressed confidence that the new Managing Director would give priority attention to the long-pending issues and initiate constructive measures for their early resolution. Addressing the gathering, the Union appealed to the Chief Minister, Chief Secretary and Managing

Director, JKTDC, the Union urged the authorities to intervene personally and ensure time-bound settlement of the employees' demands. The Union observed that employees have continued to serve the Corporation with dedication despite prolonged financial hardship, while delays in salaries, retirement dues and statutory contributions have adversely affected their morale and the financial security of their families. Reaffirming its commitment to a peaceful and democratic struggle, the Union stated that the protest would continue until concrete action was taken to resolve the pending issues.

IIM Jammu releases first admission list for BBA (Hons.) programme at Leh Campus

Four-year undergraduate programme to expand access to quality management education in Ladakh

LEH, OCT 13

The Indian Institute of Management (IIM) Jammu has released its first admission list for its four-year Bachelor of Business Administration (BBA) (Hons.) programme at the IIM Jammu Leh Campus, Ladakh, on October 12, 2026. The initiative marks a significant step towards expanding access to quality management education and creating new academic opportunities for students in the Union Territory of Ladakh. The programme, with an initial intake of 60 students for the academic year 2026-27, aims to provide aspiring students with a strong foundation in business

and management while nurturing future leaders, entrepreneurs and management professionals.

The establishment of the IIM Jammu Leh Campus, in collaboration with the Administration of the Union Territory of Ladakh, reflects a shared commitment to strengthening the region's higher education ecosystem and promoting academic, professional and entrepreneurial development. The programme seeks to equip students with essential leadership, analytical, decision-making and problem-solving skills to meet the demands of an evolving global business environment.

Prof. B. S. Sahay, Director, IIM Jammu, stated that the introduction of the BBA (Hons.) programme at the Leh Campus marks an important milestone in expanding access to quality management education and nurturing responsible leaders, entrepreneurs and nation-builders. He emphasised that the programme would provide students with a strong academic foundation, managerial competencies and an innovative outlook, enabling them to identify opportunities, develop entrepreneurial capabilities and contribute meaningfully to society and the economy. He further highlighted that the

initiative reflects IIM Jammu's commitment to inclusive educational opportunities, regional development and the vision of Viksit Bharat @2047. The four-year undergraduate programme is designed to develop students' understanding of business and management, preparing them for diverse career opportunities in entrepreneurship, industry and higher education. It will focus on analytical thinking, leadership, business awareness and contemporary management practices to enable students to respond effectively to emerging economic opportunities. The establishment of the Leh

Campus is also expected to broaden access to management education for students from across the country and strengthen the region's educational landscape. By connecting management education with Ladakh's distinctive strengths in tourism, local enterprises, traditional crafts and emerging economic activities, the initiative aims to encourage innovation, entrepreneurship and sustainable regional development. Admission to the BBA (Hons.) programme for the 2026-30 batch is based on the prescribed selection process, which considers scores from JIPMAT 2026, CUET (General Aptitude Test)

2026 or JEE (Main) 2026, along with Class X and XII academic performance and gender diversity, as specified in the Institute's admission policy. The release of the first admission list marks an important milestone in the launch of the programme and the beginning of an academic journey for the selected candidates. The initiative reinforces IIM Jammu's commitment to academic excellence, inclusive growth and the development of future leaders who can contribute to business, society and nation-building. The programme aligns with the vision of Viksit Bharat @2047, which emphasises quality education, innovation, entrepreneurship and equitable opportunities as key drivers of national progress. Through the introduction of management education in Ladakh, IIM Jammu seeks to strengthen the region's educational ecosystem and empower young people to contribute to the development of Ladakh and the nation.

For admission-related information, candidates may visit the official website of IIM Jammu at <https://www.iimj.ac.in> or contact bbaladakh.admissions@iimj.ac.in. For media-related queries, contact pr@iimj.ac.in or call +91-8000121616.

L-G VK Saxena chairs first meeting of Advisory Council

Council deliberates upon key issues – water security, agricultural sustainability, local employment, tourism promotion, among others

**LEH, OCT 13**

Lieutenant Governor, Shri Vinai Kumar Saxena, today chaired the first meeting of the Advisory Council of the Union Territory of Ladakh, convened to deliberate upon the major developmental projects being undertaken in the Union Territory. The meeting witnessed detailed discussions on critical areas, including long-term water security, agricultural sustainability, local employment, tourism promotion, heritage conservation, Pashmina development, promotion of sea buckthorn, major infrastructure initiatives, and administrative reforms, among others.

The Lieutenant Governor underscored the Administration's commitment to ensuring water security in Ladakh through innovative interventions such as Project Him Sarovar, which envisages the creation of water storage ponds to harness glacial and snowmelt runoff. He urged the Advisory Council members to come up with out-of-the-box and innovative ideas, aimed at strengthening climate resilience, promoting tourism and creating new local employment avenues.

On the Pashmina sector, the Lieutenant Governor reiterated

Ladakh's resolve to safeguard and promote its globally renowned heritage. He informed the members that the Administration has extended a 25 per cent subsidy to Pashmina wool growers and is targeting an increase in the Pashmina goat population to 4 lakh by next year. He emphasised that the Administration is prioritising Pashmina development to ensure sustainable livelihoods for Changpa herders and position Ladakh as a leading producer of premium-quality Pashmina.

Addressing the promotion of sea buckthorn, Shri Saxena noted that a Sea Buckthorn Conclave was successfully organised earlier this year, reflecting the Administration's commitment to harnessing the potential of this unique resource. He informed that Ladakh has achieved a production of 2,200 tonnes of sea buckthorn this year, and that a dedicated processing plant is coming up in Nubra to add value and expand market opportunities.

The Lieutenant Governor also drew attention to the urgent need for glacier protection in view of the challenges posed by global warming, which he described as a global phenomenon requiring collective

action. He stressed that Ladakh, with its fragile ecology, must adopt proactive measures to safeguard its glaciers and ensure long-term climate resilience.

The Lieutenant Governor expressed appreciation for the constructive suggestions put in by the members of the Advisory Council and assured that the Administration will continue to work on basic issues affecting the people of Ladakh. He announced that the Advisory Council will meet again soon to review progress and chalk out the way forward.

The meeting was attended by Dr. Mohammed Jaffer Akhion, CEC LAHDC, Kargil; Shri Mohammed Hanifa Jhaan, Member of Parliament, Ladakh; Sheikh Nazir Mehdi, President Jamiat Ul Ulama Insa Ashariya Kargil; Syed Ahmad Reza, representative of Anjuman-e-Sahib-Zaman Kargil; Shri C. Phuntso, IAS (Retd.); Shri Tsewang Namgyal, IFS (Retd.); and senior officers of the UT Administration, including the Chief Secretary and the Director General of Police. Shri Sunil Sethi and Shri Jai Prakash Tomar, members of the Advisory Council from different specialised fields, also attended the meeting virtually.

NORTHERN RAILWAY
Notice for Tender for Development and operation of Warehouse on Railway land at **Barl Brahman Railway station for a period of 25 years.**
St. Divisional Commercial Manager, Divisional Railway Manager (Office), Jammu Division, for and on behalf of the President of India invites e-tender from interested eligible parties for "Development and operation of Warehouse/Storage Units through private investment near Barl Brahman Railway station for a period of 25 years" under schedule-3 as per Master Circular 2026 on "Rail Based Logistics through development of Gati-Shakti Multi-Modal Cargo Terminals (GCTs) and Cargo Related Facilities (CRFs) issued vide Railway Board's letter No. 2021/TC/MY/1823 dated 14.02.2026. Eligible and interested parties may submit their interest." For more details and Other information kindly visit Indian Railway's website: www.irps.gov.in or contact 8996732950.
Last date of submission of Tender: Upto 15.00 Hrs. on 04.11.2026.
No.: NR-FZRCOM/MSD/22/2026-CCT/ATNJR Date: 13.10.2026 3561/2026
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GOVERNMENT OF MEGHALAYA
EDUCATION DEPARTMENT
No. EDN.124/2026/29 Dated Shillong, the 30th September, 2026
PUBLIC NOTICE
Conduct of examinations and academic progression of existing enrolled students of CMU University, Meghalaya
With reference to the UGC letter D.O. No. 2-21/2010(CPP-4) PU/75857, dated 02-09-2026, the office of the Administrator, under the Government of Meghalaya, is directed to inform all students of CMU University as follows: "All students presently studying Diploma, Undergraduate and Postgraduate programmes at the University may be allowed to appear in examinations conducted under the supervision of an external agency/third party under the overall responsibility of the State Education Department".
Therefore, students are required to complete the form to submit their personal details for the examination using the QR code provided. Failure to submit the details will hinder the examination process, as these details are needed to arrange examinations with third-party institutions. The form link will remain active to accept responses until 01-11-2026.
Link - <https://forms.gle/3aMvMvWXX2dXnNS2v5>

Sd/-
Administrator of CMU University, Meghalaya
MIPR No.: 1769
Dated: 30-09-2026

Prosecutors deliver landmark week: Murder conviction, acquittal reversed on appeal, bail denied in 2 cases

JAMMU, OCT 13
The Prosecution Department of Jammu & Kashmir announced significant outcomes secured by its Prosecutors, reflecting their meticulous preparation, legal acumen and unwavering commitment to justice. In FIR No. 109/2022 of Police Station Batamaloel, the Additional Sessions Judge, Srinagar Farooq Ahmad Bhat, on 13 October 2026 convicted three accused persons namely Hafeez Begum, Parveez Ahmad Dar and Shahnavaz Ahmad Dar under Sections 302 and 120-B IPC for the smothering death of a young married woman at her matrimonial home. The case rested on circumstantial evidence. The Public Prosecutor Riyaz Ahmed painstakingly led witnesses, established medical proof and built an unbroken chain of circumstances, invoking Section 106 of the Evidence Act. The Court found the chain so complete as to leave no reasonable ground for doubt. Quantum of sentence is fixed for 14 October 2026. In another case in State v. Mohd Aslam Bhat (Police Station Maisuma), the Principal District & Sessions Judge, Srinagar, Tasleem Arief, on 18 September 2026 allowed the Prosecution's appeal against an acquittal in a fatal road accident case. The Public Prosecutor Ajaz Ahmad Najar persuaded the Court that evidence was closed prematurely, without adequate opportunity to examine material witnesses. The acquittal order was set aside and accused directed to face the trial with the direction to trial court to give reasonable opportunities to the Prosecution to adduce evidence. Moreover, the Additional Sessions Judge Doda, Archana Chatur, on 9 October 2026 rejected the bail application of NDPS accused namely Mohd Aarif in FIR No. 239/2026 (Police Station Doda). The court accepted the objections of Additional Public Prosecutor Raj Kumar that the accused had repeatedly committed similar offences and was at risk of repeating the offence. Furthermore, the Chief Judicial Magistrate Shopian, Rayaz Ahmed Choudhary, on 12 October 2026 rejected bail application of four accused persons namely Jahangir Nazir, Akash Nazir, Sahil Shahir and Amir Ahmed Dar in FIR No. 147/2026, in an Assault and Robbery case.

KIND ATTENTION RAIL PASSENGERS !
IMPORTANT INFORMATION
RUN OF MORE FESTIVAL SPECIAL TRAINS 2026
In order to clear extra rush of passengers during this Festival Season, Railways have decided to run the following additional Festival Special Trains as per details given below :-

02252/02251 New Delhi-Patna Jn.-New Delhi Trips 36
Reserved Vande Bharat Festival Special Exp. Train
Train No. 02252 Arr. Dep. STATIONS Train No. 02251 Arr. Dep.
--- 08:35 New Delhi 23:30 ---
21:30 --- Patna Jn. --- 10:00

Days of Run: 02252 Ex New Delhi on 16.10.26, 18.10.26 & 21.10.26 to 25.11.26 (Mon, Wed, Sat) and 02251 Ex Patna Jn. on 17.10.26, 19.10.26 & 22.10.26 to 26.11.26 (Tue, Thu, Sun).
Stoppages: Aligarh Jn., Kanpur Central, Prayagraj Jn., Pt. Deen Dayal Upadhyaya Jn., Buxar & Ara stations
Accommodation: Executive Chair Car & AC Chair Car

04652/04651 Amritsar-Jaynagar-Amritsar Trips 40
Reserved Festival Special Express Train
Train No. 04652 Arr. Dep. STATIONS Train No. 04651 Arr. Dep.
--- 10:55 Amritsar 15:00 ---
02:30 02:40 Lucknow 22:30 22:40
20:00 --- Jaynagar --- 04:15

Days of Run: 04652 Ex Amritsar on every Wed, Fri, Sun from 16.10.26 to 25.11.26 & 04651 Ex Jaynagar on every Fri, Sun, Tue from 18.10.26 to 01.12.26.
Stoppages: Jalandhar Cantt., Ludhiana Jn., Ambala Cantt., Panipat Jn., Delhi Jn., Moradabad, Lucknow Jn., Shahganj Jn., Phepnah Jn., Ballia, Sahatwar, Bakulna, Chhapra, Muzaffarpur Jn., Samastipur Jn., Darbhanga Jn. & Madhubani stations
Accommodation: Sleeper & General

04094/04093 Delhi Jn.-Santargachi Jn.-Delhi Jn. Trips 02
Reserved Festival Special Exp. Train
Train No. 04094 Arr. Dep. STATIONS Train No. 04093 Arr. Dep.
--- 09:30 Delhi Jn. 09:25 ---
07:40 --- Santargachi Jn. --- 18:10

Days of Run: 04094 Ex Delhi Jn. on 14.10.26 (Wednesday) & 04093 Ex Santargachi Jn. on 15.10.26 (Thursday).
Stoppages: Tundla Jn., Govindpur, Prayagraj Jn., Pt. Deen Dayal Upadhyaya Jn., Bhagwa Road, Sasaram, Dehri On Sone, Anugraha N Road, Gauru, Gaya Jn., Koderma, Hazratnagar Rd, NSC Bose Jn., Gomoh, Bhojudin Jn., Adra, Bankura, Bishnupur, Midnapore & Kharsa stations
Accommodation: 2 Tier AC, 3 Tier AC, Sleeper & General

04406/04405 Shakur Basti-Mansi Jn.-Shakur Basti Unreserved Festival Special Exp. Train Trips 16
Train No. 04406 Arr. Dep. STATIONS Train No. 04405 Arr. Dep.
--- 19:10 Shakur Basti 11:30 ---
02:30 --- Mansi Jn. --- 04:30

Days of Run: 04406 Ex Shakur Basti on 05.11.26, 06.11.26, 07.11.26, 10.11.26, 11.11.26, 12.11.26, 13.11.26 & 14.11.26 & 04405 Ex Mansi Jn. on 07.11.26, 08.11.26, 09.11.26, 12.11.26, 13.11.26, 14.11.26, 15.11.26 & 16.11.26.
Stoppages: New Delhi, Ghaziabad, Aligarh Jn., Tundla Jn., Etawah Jn., Kanpur Central, Unnao Jn., Aishbagh, Badshahganj, Barabanki Jn., Gonda Jn., Balli, Khalilabad, Gorakhpur Jn., Deoria Sadar, Siwan Jn., Chhapra, Sonpur, Hajipur Jn., Shahpur Patoree, Barauni Jn., Begusaraj & Khagaria Jn. stations
Accommodation: Sleeper & General

04129/04130 Mirzapur-Utraithi-Mirzapur Unreserved Mela Special Train Trips 27
Train No. 04129 Arr. Dep. STATIONS Train No. 04130 Arr. Dep.
--- 16:05 Mirzapur 08:30 ---
21:03 21:05 Rae Bareilly Jn. 02:03 02:05
23:10 --- Utraithi --- 01:00

Days of Run: 04129 Ex Mirzapur upto 26.10.26 & 04130 Ex Utraithi upto 27.10.26.
Stoppages: Vindhyachal, Meja Road, Naihi Jn., Prayagraj Jn., Prayag Jn., Kunda Hamanganj, Unchahar Jn., Rae Bareilly Jn. & Bachwara stations
Accommodation: General Class

04485/04486 New Delhi-Shri Mata Vaishno Devi Katra- New Delhi Trips 06
Reserved Festival Special Express Train
Train No. 04485 Arr. Dep. STATIONS Train No. 04486 Arr. Dep.
--- 14:00 New Delhi 23:30 ---
20:30 20:35 Jalandhar Cantt. 16:15 16:17
03:00 --- Shri Mata Vaishno Devi Katra --- 00:00

Days of Run: 04485 Ex New Delhi on 14.10.26, 18.10.26 & 20.10.26 & 04486 Ex Shri Mata Vaishno Devi Katra on 15.10.26, 19.10.26 & 21.10.26.
Stoppages: Sonapat, Panipat Jn., Kurukshetra Jn., Ambala Cantt., Dhandari Kalan, Jalandhar Cantt., Pathankot Cantt., Martyr Captain Sunil K. Choudhary Kathua, Jammu Tawi & Martyr Captain Tushar Mahajan stations
Accommodation: 1st AC, 1st AC cum 2 Tier AC, 2 Tier AC, 3 Tier AC, Sleeper Class

For detailed information regarding stoppages and timings of above train, please call RailMaddad Helpline No. 139 or visit enquiry website: www.enquiry.indianrail.gov.in or NTEs App.

04638/04637 Amritsar Jn.-Chhapra-Amritsar Jn. Trips 14
Reserved Festival Special Express Train
Train No. 04638 Arr. Dep. STATIONS Train No. 04637 Arr. Dep.
--- 19:40 Amritsar Jn. 00:20 ---
20:45 --- Chhapra --- 22:15

Days of Run: 04638 Ex Amritsar Jn. on every Monday from 19.10.26 to 30.11.26 & 04637 Ex Chhapra on every Tuesday from 20.10.26 to 01.12.26.
Stoppages: Beas Jn., Jalandhar City Jn., Phagwara Jn., Dhandari Kalan, Sirhind, Rajpura, Ambala Cantt., Yamunanagar Jagadhri, Saharanpur, Moradabad, Bareilly, Shahjahanpur, Sitapur Jn., Gonda Jn., Gorakhpur Jn., Kaptanganj Jn., Padrauna, Tamkuhi Road, Thawe Jn., Siwan Jn. & Ekma stations
Accommodation: Sleeper Class

04640/04639 Chheharta-Muzaffarpur Jn.-Chheharta Trips 14
Reserved Festival Special Express Train
Train No. 04640 Arr. Dep. STATIONS Train No. 04639 Arr. Dep.
--- 08:35 Chheharta 21:30 ---
18:05 18:13 Moradabad 11:00 11:10
13:10 --- Muzaffarpur Jn. --- 16:00

Days of Run: 04640 Ex Chheharta on every Monday from 19.10.26 to 30.11.26 & 04639 Ex Muzaffarpur Jn. on every Tuesday from 20.10.26 to 01.12.26.
Stoppages: Amritsar Jn., Beas Jn., Jalandhar City Jn., Ludhiana Jn., Sirhind, Rajpura, Ambala Cantt., Yamunanagar Jagadhri, Saharanpur, Moradabad, Bareilly, Shahjahanpur Jn., Sitapur Jn., Gonda Jn., Gorakhpur Jn., Kaptanganj Jn., Siwan Bazar, Bagaha, Narkataganj Jn., Bettiah & Sagauli Jn. stations
Accommodation: 2 Tier AC, 3 Tier AC & Sleeper Class

09083/09084 Bandra Terminus-Gorakhpur Jn.-Bandra Terminus Weekly Unreserved Spl. Train (Special Fare) Trips 04
Train No. 09083 Arr. Dep. STATIONS Train No. 09084 Arr. Dep.
--- 04:30 Bandra Terminus 11:15 ---
14:50 14:52 Barabanki Jn. 03:00 03:02
19:30 --- Gorakhpur Jn. --- 22:45

Days of Run: 09083 Ex Bandra Terminus on 18.10.26 & 25.10.26 & 09084 Ex Gorakhpur Jn. on 20.10.26 & 27.10.26.
Stoppages: Borivali, Palghar, Vapi, Surat, Vadodra Jn., Ratlam Jn., Kota Jn., Sawai Madhopur Jn., Igda, Agra Jn., Tundla Jn., Kanpur Central, Aishbagh, Barabanki Jn., Gonda Jn. & Basti stations
Accommodation: General Class

04085/04086 New Delhi-Shri Mata Vaishno Devi Katra- New Delhi Trips 04
Train No. 04085 Arr. Dep. STATIONS Train No. 04086 Arr. Dep.
--- 14:00 New Delhi 23:30 ---
20:30 20:35 Jalandhar Cantt. 16:15 16:17
03:00 --- Shri Mata Vaishno Devi Katra --- 10:00

Days of Run: 04085 Ex New Delhi on 15.10.26 & 17.10.26 & 04086 Ex Shri Mata Vaishno Devi Katra on 16.10.26 & 18.10.26.
Stoppages: Sonapat, Panipat Jn., Kurukshetra Jn., Ambala Cantt., Dhandari Kalan, Jalandhar Cantt., Pathankot Cantt., Martyr Captain Sunil K. Choudhary Kathua, Jammu Tawi & Martyr Captain Tushar Mahajan stations
Accommodation: 2 Tier AC, 3 Tier AC & Sleeper Class

03437/03438 Malda Town-Hardwar- Malda Town Trips 14
Special Train
Train No. 03437 Arr. Dep. STATIONS Train No. 03438 Arr. Dep.
--- 10:00 Malda Town 23:55 ---
01:00 01:10 Varanasi 09:05 09:10
17:00 --- Hardwar --- 18:35

Days of Run: 03437 Ex Malda Town on every Saturday from 17.10.26 to 28.11.26 & 03438 Ex Hardwar on every Sunday from 18.10.26 to 29.11.26.
Stoppages: New Farakka, Barharwa Jn., Sahibganj Jn., Kahalgola, Bhagalpur, Sultanganj, Jamalpur Jn., Alibailpur, Kuli Jn., Mokama, Bakhtyarpur Jn., Rajendra Nagar Terminal, Patna Jn., Danapur, Ara, Buxar, Pt. Deen Dayal Upadhyaya Jn., Varanasi, Sultanpur, Utraithi, Alam Nagar, Bareilly, Moradabad & Lakkar stations
Accommodation: 3 Tier AC, Sleeper & General Class

01207/01208 Nagpur Jn.-Samastipur Jn.-Nagpur Jn. Weekly Special Train Trips 08
Train No. 01207 Arr. Dep. STATIONS Train No. 01208 Arr. Dep.
--- 10:40 Nagpur Jn. 11:30 ---
08:13 08:15 Barabanki Jn. 15:08 15:10
23:45 --- Samastipur Jn. --- 03:00

Days of Run: 01207 Ex Nagpur Jn. on every Wednesday from 21.10.26 to 11.11.26 & 01208 Ex Samastipur Jn. on every Friday from 23.10.26 to 13.11.26.
Stoppages: Betul, Itarsi Jn., Bhopal Jn., Virangana Lakshmbai Jhansi Jn., Kanpur Central, Aishbagh Jn., Barabanki Jn., Gonda Jn., Basti, Gorakhpur Jn., Chhapra Jn., Sonpur Jn., Hajipur Jn. & Muzaffarpur Jn. stations
Accommodation: 3 Tier AC, Sleeper & General Class

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BJP Shielding CEC Gyanesh Kumar: Rattan Lal Gupta

Says; LOP Suffering from 'Abdullah Phobia'

JAMMU, OCT 13

Senior National Conference (NC) leader and Provincial President Jammu, Rattan Lal Gupta, while reacting to what he termed a baseless and politically motivated statement by a senior BJP leader and Leader of Opposition (LOP), alleged that the BJP was attempting to shield Chief Election Commissioner (CEC) Gyanesh Kumar amid serious questions being raised over the functioning and transparency of the Election Commission.

Gupta referred to the concerns reportedly raised by Election Commissioners Sukhbir Singh Sandhu and Vivek Joshi regarding the decision-making process and transparency surrounding the revision of electoral rolls. He stressed that any allegations concerning the deletion of voters' names and the exclusion of election commissioners from important decisions must be examined impartially and transparently. He asserted that every eligible Indian citizen's right to vote is a fundamental pillar of Indian democracy and that any wrongful deletion of names from elec-



toral rolls would amount to a grave injustice to citizens. He called for complete transparency, accountability and a fair investigation into any unsubstantiated allegations concerning the electoral process. Taking a dig at the BJP's local

leadership, particularly the Leader of Opposition, Gupta said that they appeared to be suffering from what he described as "Abdullah phobia." Instead of addressing public concerns and presenting constructive arguments, he alleged, BJP leaders

were resorting to politically motivated statements and fabricated narratives to target the National Conference leadership. Gupta further alleged that the BJP had misused its influence and resources during elections in Jammu and Kashmir, deploying money power and muscle power in an attempt to influence the electorate. However, he maintained that the politically conscious people of Jammu and Kashmir had demonstrated their democratic resolve and could not be misled by such tactics. Reiterating his party's commitment to democratic values, Gupta said that the National Conference would continue to defend the constitutional rights of the people, demand accountability from constitutional institutions and expose attempts to undermine the democratic mandate of Jammu and Kashmir.

He urged the Election Commission to ensure that every eligible voter was included in the electoral rolls and that the credibility, independence and impartiality of the electoral process remained beyond question.

21-Day Homestay Training Programme under PM-JUGA and RAMP inaugurated in Leh

LEH, OCT 13

A 21-day training programme under the Homestay, Hotels and Support Framework (HHSP) for 56 homestay owners and beneficiaries was inaugurated at the State Institute of Hotel Management (SIHM), Leh. The programme is being conducted through the convergence of the PM-JUGA and RAMP schemes, with the joint efforts of the Department of Tourism and the Department of Industries & Commerce, UT Ladakh. It is being implemented by the Fergus Social Initiative Foundation.

The inaugural ceremony was attended by Director, Industries & Commerce, Sonam Nurboo, and Under Secretary, Tourism & Culture, Mohd. Anjum. Addressing the participants, Sonam Nurboo emphasised the importance of tourism-linked micro, small and medium enterprises (MSMEs) in strengthening rural livelihoods. He highlighted the role of the RAMP Scheme in promoting enterprise development through capacity building, skill enhancement, digital adoption and improved market



access. The 21-day programme will cover hospitality and community-based tourism, field exposure and experiential learning, homestay management, and market readiness. The training will include practical sessions, live demonstrations and interactions with local experts to enhance the skills and service standards of homestay operators. During the programme, Deachen from the RAMP Project Management Unit (PMU) briefed the participants on the benefits and opportunities available to Ladakhi MSMEs under the scheme.

Vivek Saxena of the Fergus Social Initiative Foundation, the State Implementing Agency under PM-JUGA, highlighted

the role of homestays in generating livelihood opportunities for local farmers, artisans, women-led Self-Help Groups (SHGs) and youth entrepreneurs. He emphasised that community-based tourism can help ensure that the benefits of tourism extend beyond accommodation services and reach a wider section of the local population. The initiative aims to strengthen community-based tourism, improve homestay service standards and promote sustainable village-level economic development across Ladakh. It is also expected to enhance the capacity of local entrepreneurs to deliver quality hospitality services and make their enterprises more competitive in the tourism market.

National Tuberculosis Elimination Programme: 69 Panchayats of Reasi declared as TB Mukts

REASI, OCT 13

The district administration Reasi today declared 69 Panchayats as TB Mukts. Panchayats here at a programme organised to acknowledge the efforts of the Health Department and other stakeholders towards tuberculosis elimination at the grassroots level. District Development Commissioner Kumar Abhishek gave away certificates to the concerned Block Medical Officers, health representatives and other stakeholders in recognition of their contribution to achieving TB Mukts status for the respective Panchayats.

The programme was attended by the Chief Medical Officer, District Tuberculosis Officer, Udhampur/Reasi, Block Medical Officers of all blocks and other concerned health officials. On the occasion, the DDO stressed the need for sustained and coordinated efforts to strengthen the National Tuberculosis Elimination Programme (NTEP). He emphasised active case finding, early diagnosis, timely treatment, adherence to prescribed treatment and greater community participation to achieve the goal of a TB-free district. He also called for



stronger coordination among the concerned departments to ensure effective implementation of tuberculosis elimination initiatives at the Panchayat level. Later, a meeting to review the progress of the National Tuberculosis Elimination Programme was held under the chairmanship of the Chief Medical Officer. During the meeting, the District DDO stressed the need for sustained and coordinated efforts to strengthen the National Tuberculosis Elimination Programme (NTEP). He emphasised active case finding, early diagnosis, timely treatment, adherence to prescribed treatment and greater community participation to achieve the goal of a TB-free district. He also called for

representatives. The participants were directed to ensure effective implementation of programme activities at the block and Panchayat levels, with a focus on timely identification of cases, treatment completion and regular monitoring of progress under the TB Mukts Bharat Abhiyan. The DC sought detailed feedback from the officers on the functioning of their respective departments and reviewed the implementation status of the government schemes and developmental initiatives. The DC conducted a detailed project-wise, scheme-wise and sector-wise review of ongoing developmental works, covering the construction of the Government Medical College Udhampur, Integrated development of tourist facilities at Mantalai sanctioned under PMDP, NHIDCL projects, implementation of Tribal Development Plan and the phys-

DC reviews progress of ongoing developmental works in Udhampur District

UDHAMPUR, OCT 13

Deputy Commissioner Udhampur, Ananth Dwivedi today convened an introductory-cum-review meeting with officers of the line departments to assess the progress of ongoing developmental works and the implementation of government schemes.

The meeting was attended by Additional Deputy Commissioner Prem Singh; PO Poshan Subash Dogra; Chief Planning Officer Uttam Singh; General Manager DIC Kishore Singh Katoch; ACR Dr. Umesh Shan and other senior district and sectoral officers.

The DC sought detailed feedback from the officers on the functioning of their respective departments and reviewed the implementation status of the government schemes and developmental initiatives. The DC conducted a detailed project-wise, scheme-wise and sector-wise review of ongoing developmental works, covering the construction of the Government Medical College Udhampur, Integrated development of tourist facilities at Mantalai sanctioned under PMDP, NHIDCL projects, implementation of Tribal Development Plan and the phys-



ical and financial progress under the District Capex Budget 2026-27.

He also reviewed the physical progress under the Dharti Aaba Jananaya Gram Utkarsh Abhiyan and assessed the performance of key sectors and schemes, including Health, VB-G RAM G, Rural Development Department, Public Works Department, Education, PCL, PMAY-G, PMAY-urban, Jal Jeevan Mission, ICDS, Jal Shakti, PMGSY, Mission YUVA, Jal Samadhan and PM Surya Ghar Muft Bijli Yojana. The DC directed all executing agencies to accelerate the pace of work, mobilise adequate man-

power and machinery and ensure the timely completion of all projects within the stipulated timelines without compromising on quality.

Emphasising accountability and effective public service delivery, he stressed the need for the timely and satisfactory redressal of public grievances. He directed the officers to regularly monitor the progress of ongoing works, undertake field visits in their respective jurisdictions, identify bottlenecks and take prompt corrective measures to ensure the effective implementation of developmental initiatives. The DC further called upon all

officers to adopt a people-friendly approach in government offices and discharge their duties with utmost dedication, sincerity and commitment. He emphasised the need for focused implementation of government policies and programmes at the grassroots level to ensure that the intended benefits reach the eligible beneficiaries.

The Deputy Commissioner also directed the officers to take an action-oriented approach towards resolving public grievances and proactively ensure the availability of essential services and basic amenities to the people.

SMVDU and IIT Jammu Sign MoU to Strengthen Mobile Device Security under MeitY's ISEA-III Project

KATRA, OCT 13

Shri Mata Vaishno Devi University (SMVDU), Katra, and the Indian Institute of Technology (IIT) Jammu have signed a Memorandum of Understanding (MoU) to strengthen mobile device security under the Information Security Education and Awareness (ISEA-III) Project of the Ministry of

Electronics and Information Technology (MeitY), Government of India. The collaboration aims to promote cybersecurity education, research, training, and awareness. Under the MoU, IIT Jammu, the Lead Institute for the Mobile Device Security Cluster, collaborate with SMVDU as a Spoke Institute to advance academic,

research, training, and outreach activities in mobile device security and cybersecurity. The collaboration will focus on key areas such as smartphone security, mobile operating system vulnerabilities, malware analysis, mobile forensics, secure application development, privacy protection, and emerging digital threats. It will also facilitate joint

research projects, specialized training programmes, workshops, faculty development programmes, expert lectures, student internships, project work, and cybersecurity awareness campaigns.

The MoU was signed by Sh. Ajay Kumar Sharma, Registrar, SMVDU, and Dr. Anil Salini, Senior Scientific Officer, IIT Jammu.

DIPR Kathua organises multilingual mushaira at GDCW

KATHUA, OCT 13

As part of the Youth Empowerment Campaign, the Kathua Centre of Department of Information & Public Relations (DIPR) I&K organised a multilingual Mushaira here at Government College for Women to provide young and budding poets a platform to showcase their literary talent and express their views on socially relevant issues. The College Principal Jaipal Singh attended the programme as the chief guest. The programme

started with lighting of the ceremonial lamp. Renowned poets and literary enthusiasts, including Vijay Sharma, Sunil Dutt Shad, Kuldeep Kumar, Dr. Rachana Bhagat, Dr. Mukesh Kumari, Saroj Bala, presented their original poetic compositions in different languages leaving a meaningful impression on the audience. Besides, the young poets Rohit Chauhan, Sunam Sharma and Shibani Sharma also presented their poetic creations that touched upon themes such as drug abuse, women's empowerment, patriot-

Ramesh Kumar assumes charge as Secretary RDD&PR, reviews progress of flagship rural development schemes

SRINAGAR, OCT 13

Ramesh Kumar today formally assumed charge as Secretary, Rural Development Department and Panchayati Raj (RDD&PR), Jammu and Kashmir.

Following his assumption of office, Ramesh Kumar convened an interactive meeting with the senior officers and officials at the Civil Secretariat, Srinagar. They discussed the department's priorities, ongoing initiatives and the way forward for strengthening rural development and Panchayati Raj institutions across Jammu and Kashmir.

The meeting was attended by Secretary in RDD, Rachana Sharma, Director Finance, Umar Khan, Joint Director Planning, Kamal Kumar, Additional Secretary RDD&PR, Waseem Raja and Under Secretaries of the department.

The Secretary reviewed the operational status and progress achieved under several flagship



programmes, including the Viksit Bharat-Guarantee for Rozgar and Aajeevika Mission (Gramin) (VB-G RAM-G), Pradhan Mantri Awas Yojana-Gramin (PMAY-G), National Rural Livelihood Mission (NRLM), Integrated Watershed Management Programme (IWMP), Rashtriya

Gram Swaraj Abhiyan (RGSa) and Himayat. The review focused on taking stock of the department's ongoing initiatives and reinforcing the implementation of programmes aimed at improving the rural livelihoods, strengthening Panchayati Raj institutions, cre-

ating rural infrastructure, providing housing assistance to eligible households and expanding livelihood opportunities for rural youth and women. Emphasising the fundamental mandate of the Rural Development Department, the Secretary said that the depart-

ment primarily serves the rural population and must remain focused on addressing the needs and aspirations of people at the grassroots level.

He directed the officers to accord priority to projects and interventions that deliver direct, visible and measurable benefits to the public.

Addressing the officers, Ramesh Kumar appreciated the initiatives already undertaken to streamline the departmental functioning and improve the implementation of rural development programmes.

The Secretary further underscored the need for officers at all levels to remain focused on their respective responsibilities and work collectively towards improving the overall functioning of the department.

The emphasis, he said, must remain on translating policy objectives and government initiatives into meaningful outcomes for people living in rural areas.

NORTHERN RAILWAY				
Invitation of Tenders through E-Procurement system				
Sr. Divisional Material Manager, NRY, Store Branch DRM Office, Firozpur for and on behalf of President of India, Invited tenders through e-procurement system for the supply of the following items:-				
Sr. No.	Tender No.	Description	Quantity	Due Date
1.	9426573	Supply, installation and commissioning of integrated power supply system (IPS)	09 Set	11.11.2026

NOTE:-Above tenders with detailed description are uploaded on IREPS site i.e. <https://ireps.gov.in>. The firm, who desires to participate against e-tenders, is advised to electronically register themselves on the above website for which they would require to have a class III digital certificate form certifying Agencies authorized under IT Act 2008 by Govt. of India. Manual offers against e-tenders will not be accepted.

Tender Notice No: 10/2026-27 Date: 12.10.2026 3547/2026

SERVING CUSTOMERS WITH A SMILE

NORTHERN RAILWAY				
Invitation of GeM BID through GEM Portal system				
Sr. Divisional Material Manager, NRY, Store Branch DRM Office, Firozpur for and on behalf of President of India, Invited tenders through e-procurement system for the supply of the following items:-				
S. No.	Tender No.	Description	Quantity	Bid End Date/Time
GEM/2026/181059339	181059339	Aerial Bunched Cable For Working Voltage Up to and including 1.1 kV.	13500 Mtr	02.11.2026 10:00:00

NOTE:-Above tenders with detailed description are uploaded on GeM Portal site i.e. <https://gem.gov.in/>. The firm, who desires to participate against GeM BID, is advised to electronically register themselves on the above website for which they would require to have a class III digital certificate from certifying Agencies authorized under IT Act 2008 by Govt. of India. Manual offers against e-tenders will not be accepted.

GeM Bid Notice No: 11/2026-27 Date: 12.10.2026 3567/2026

SERVING CUSTOMERS WITH A SMILE

Kids' physical health in schools is linked to teachers' professional development

NEW DELHI: According to a new study, international initiatives to boost children's physical health in schools are failing due to insufficient teachers' professional development. The findings of the research were published in the International Journal of Behavioural Nutrition and Physical Activity. A team of University of Cambridge researchers conducted a study to examine the training given to in-service teachers who are charged with implementing new physical education lessons, sports, active breaks and other programmes designed to promote physical activity in schools. They found that key ingredients were often missing from the training teachers received.

They reviewed trials which covered data from hundreds of schools in 19 different countries; half of which were based in the United States, Australia and the UK. Across the board, they found little evidence that teachers were given clear goals to work towards, received regular feedback on their practice, or were provided with resources that prompted the programme's integration into the school day.

The study suggests that these shortcomings make it significantly less likely that the health-promoting activities would be sustained by teachers, or have a positive impact on pupils. The findings may explain why multiple evaluations of global efforts to promote children's physical activity in schools indicate that many of these endeavours are failing. Many governments are currently promoting school-based physical activity programmes in response to rising childhood obesity rates and associated concerns that most children and adolescents are not sufficiently



active.

Judging by multiple academic assessments of the evidence, the results have been modest. In 2019, Cambridge researchers found that the impact of 17 different school-based programmes on children's physical activity was "non-existent and non-significant". More recently, a larger review of programmes involving 66,000 children concluded they had resulted in "little to no increase" in physical activity.

Malored Ryan, a doctoral researcher at the Faculty of Education and Medical Research Council (MRC) Epidemiology Unit, University of Cambridge, said that schools needed clearer guidance on how to invest in appropriate training. "Schools invest a lot of time and resources in professional development for their staff, but providers often fail to include key ingredients that support meaningful change," she said. "Our findings highlight features in professional development programmes that school staff can look for and that providers should include." Ryan and her team reviewed the staff training documented in reports from 51 randomised control trials of new school-based physical activity pro-

grammes. Eight of these trials were in Britain, eight in the United States, 10 in Australia, and the remainder in 16 other countries. Collectively, they covered tens of thousands of pupils in hundreds of schools; on average, each trial gathered data from 14 schools and 800 pupils.

"Professional development activities that have a lasting impact look like ongoing conversations between providers and teachers," Ryan said. "Instead, what we generally saw in these programmes were isolated instructional events."

Several specific training features did appear to be associated with 'successful' programmes, meaning that teachers either implemented the new initiative as intended, or they resulted in improvements in pupils' health outcomes, or both. Effective training in this sense tended to involve a clear demonstration of the activity teachers were meant to be implementing, opportunities to practice it, clear goals, allocated planning time, and routine feedback. It also typically ensured there were resources - like sports equipment - within sight to prompt the programme's integration into the school day.

Perhaps surprisingly, however, these characteristics were absent from most of

the training programmes the researchers reviewed - the structures of which varied wildly. Each programme was analysed using a large, standardised taxonomy which has been devised specifically to assess interventions aimed at changing behaviour or practice. This was one characteristic from this list that appeared in the majority of cases.

"Instruction on how to perform the behaviour" - in other words, explaining what the teachers were meant to be doing.

Professor Rikku Hofmann, from the Faculty of Education, University of Cambridge highlighted that quality professional development is often overlooked in the context of physical education: "Pupils bear the costs of this, particularly those with limited opportunities to be active outside school," she said.

Dr Esther van Sluijs, Programme Leader at the MRC Epidemiology Unit, said: "Regular physical activity is important for children's physical health as well as their well-being and academic performance. Our findings offer practical guidance for schools wishing to strengthen their provision of physical education and encourage more movement throughout the school day".

World Stroke Day: Warning signs of stroke everyone should know

NEW DELHI: A stroke occurs when the blood flow to the brain is disrupted and the lack of oxygen starts to damage the brain cells and tissues. If not addressed on time, stroke can lead to brain damage or even death. Cases of stroke are increasing worldwide due to lifestyle or genetic changes. While people above 55 years were more susceptible to it earlier, it is increasingly becoming common in young. Sedentary lifestyle, unhealthy food, certain medications could also raise risk of stroke.

A stroke is a medical emergency that can potentially result in paralysis or numbness in the face, arm or leg. Around the world, someone suffers a stroke every 3 seconds, amounting to 12.2 million new strokes annually. Globally, one out of four people above 25 is likely to have a stroke. World Stroke Day is celebrated on October 29 every year to generate public awareness and educate about the risk factors and signs of stroke.

"Responding to a stroke quickly is critical as more brain tissue is irreversibly damaged if emergency treatment is not done. A goal of 60 minutes or less from door-to-treatment is ideal. A duration of 4.5 hours is often referred to as the 'golden hour' for stroke. During this golden hour, a focused diagnostic workshop has to be completed to rule out other conditions that may mimic a stroke. Medical professionals termed the golden hour as such since it can make a huge difference. Patients who receive the clot-busting drug tPA within the golden hour are more likely to avoid long-term brain damage and have increased chances of survival. Every minute a stroke is untreated, an average patient loses 1.9 million neurons, 13.8 billion synapses, and seven million axonal fibres," says Dr Krishnan P R, Consultant Neurology, Fortis Hospital, Bannerghatta Road, Bangalore.

"A stroke is a form of brain attack that occurs when a blood vessel in the brain disrupts and bleeds or there is an interruption in the blood supply to the brain that prevents blood and oxygen from reaching the brain's tissues. Due to this reason, there is a lack of oxygen in the brain that damages the brain cells and tissue. The condition can lead to the permanent brain damage or death of a patient, if not diagnosed early," says Dr P.N. Renjen, Senior Consultant, Neurology, Indraprastha Apollo Hospitals.

Symptoms of stroke



So how do you know if someone is having a stroke? Dr P.N. Renjen also shares common signs and symptoms.

- Severe headaches
- Numbness in the body especially on face, leg and one side of body.
- Paralysis
- Trouble speaking or understanding speech
- Loss of vision; sometimes the vision is black and blur
- Nausea and vomiting
- Unstable walking; difficulty in maintaining body balance
- Dizziness

What to do when someone suffers from stroke
Dr. Vikas Gupta Director, Neurosurgery Department, Kalash Deepak Hospital Delhi says when a stroke occurs, the patient should be immediately rushed to a nearby hospital which is equipped to handle such patients in other words a 'stroke' ready hospital.

"Upon reaching the emergency, a CT Scan of the head of the patient should be done immediately at the hospital. Proper diagnosis within the first few hours after the onset of the stroke symptoms should be done. The most definite treatment is endovascular thrombectomy. In simple language it means removing the blood clot under the guidance of the image which will enable proper flow of the blood to the brain. Since 2015, a new treatment has come which is called mechanical thrombectomy.

We take the patient directly to the cath lab and open up the artery which is blocked," says Dr Gupta.

Importance of golden hour during stroke
"Responding to a stroke quickly is crit-

ical as more brain tissue is irreversibly damaged if emergency treatment is not done. A goal of 60 minutes or less from door-to-treatment is ideal. A duration of 4.5 hours is often referred to as the 'golden hour' for stroke. During this golden hour, a focused diagnostic workshop has to be completed to rule out other conditions that may mimic a stroke. Medical professionals termed the golden hour as such since it can make a huge difference. Patients who receive the clot-busting drug tPA within the golden hour are more likely to avoid long-term brain damage and have increased chances of survival. Every minute a stroke is untreated, an average patient loses 1.9 million neurons, 13.8 billion synapses, and seven million axonal fibres," says Dr Krishnan P R.

"Generally the chances of stroke are higher for people above the age of 55 but now-a-days cases of stroke are rising in adult too. This can be due to the lifestyle or genetic changes. Also, some medicines can raise your chances of stroke such as blood-thinning drugs that doctors prescribe to prevent blood clots, can sometimes make a stroke more likely through bleeding. Physically to many studies, hormone therapy, used for menopause symptoms like hot flashes is linked with a higher risk of strokes. And low-dose estrogen in birth control pills may also make a person's odds go up. Stress apart from other diseases can increase your odds of stroke. Chronic diseases like hypertension, diabetes, heart diseases can not only increase stroke chances but also cause severe damage to brain in case of a stroke," says Dr P.N. Renjen.

Dengue fever: Tips for people with diabetes to avoid severe dengue complications

NEW DELHI: A sharp spike in dengue fever cases has been reported in many parts of the country after prolonged monsoon this year. Delhi, UP, Haryana have especially witnessed sudden spurt of the disease. Dengue is a mosquito-borne disease caused by a virus spread by female Aedes mosquito. It cannot be passed from person-to-person directly. While most dengue cases are mild, some people may develop severe or life-threatening complications. People with diabetes are more susceptible to developing serious issues from dengue as the disease can raise blood sugar levels in diabetics.

"Individuals with diabetes are at risk of severe outcomes of dengue as the disease has no exception. Moreover, dengue, being a stressful state to the body, can by itself raise the blood sugar levels in individuals with diabetes," says Dr. Ranjit Unnikrishnan, Vice Chairman & Consultant, Dr. Mohan's Diabetes Specialities Centre.

Dr Unnikrishnan says people with uncontrolled blood sugar levels especially are at risk of developing rare complications of dengue such as dengue shock syndrome which could cause high-grade fever, dam-



age to liver and intense bleeding.

The severe consequences can involve Dengue Shock Syndrome, a rare complication in which there is a high fever, bleeding from the nose and gums, damage to lymph and blood vessels, enlargement of the liver, and collapse of the circulatory system. Eventually these signs can develop into intense bleeding, shock, and death.

This infection is most common for those with weaker immunity (such as those with uncontrolled diabetes) or people with a second or successive dengue infection," says the expert.

World Stroke Day: Lifestyle changes, healthy foods, exercises to prevent stroke

NEW DELHI: World Stroke Day is just round the corner and it's the perfect time to raise awareness about the lifestyle changes that can prevent stroke and reduce chances of a second stroke. To avoid the risk of stroke, the best thing one can do is to manage chronic diseases like high BP, diabetes, high cholesterol, obesity and heart disease which could make one more susceptible of getting stroke. Lifestyle changes can play a significant role when it comes to preventing stroke as it can help minimise risk of clogged arteries. Saying no to alcohol, do regular exercise, avoid smoking, losing weight, managing stress can all help.

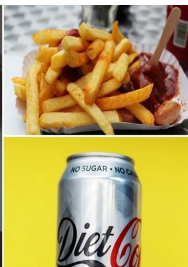
Eating a well-balanced diet can be the easiest and quickest change you can make in your lifestyle. Adding fruits and vegetables, whole grains, fibres, protein and other essential nutrients to your diet could help manage almost any chronic disease and prevent clogging of arteries.

Dr. Vikas Gupta Director, Neurosurgery Department, Kalash



Deepak Hospital Delhi suggests dietary changes to reduce risk of stroke.

Fruits and vegetables: Eating seasonal fruits and vegetables can help lower the risk of a stroke as these are naturally low in fat and calories, but rich in fibre. Fruits and veggies also contain essential



nutrients like potassium, fibre, folate, vitamin A and vitamin C. Potassium rich foods like white potatoes, bananas, tomatoes, prunes, melon and soybeans can help keep your blood pressure under normal range which is considered as one of the leading risk factors of stroke. Food high in mag-

nesium such as spinach also helps minimise the risk of stroke. You should have at least two servings of fruits and include seasonal vegetables on a daily basis to cut the risk of a stroke and maintain a healthy weight.

Consumption of fish: They are high in omega-3 fatty acids and can also play a key role in maintaining your blood pressure and cholesterol health.

Whole grains: These are loaded with fibre. Vitamin B (including folate and thiamin), magnesium and iron which can help minimize the chances of a stroke. Therefore, choosing whole grain bread and cereal, oatmeal and brown rice is recommended. Eat whole grain bread instead of refined white bread. Opt for low-fat dairy products: No-fat milk, yogurt and cheese can help manage type-2 diabetes and high blood pressure and lower risk of a stroke.

Refrain from eating high-cholesterol foods: Fast foods like burgers, cheese, and ice cream can increase the risk of stroke.

Experts reveal if drinking wine or beer is better than other alcoholic drinks

new delhi: Is there an alcohol that is less risky than others? When you are hanging out with friends or colleagues and get offered a drink, would drinking wine be a better option than any other liquor or beer? According to experts, alcohol is bad news, no matter what you drink. You can lessen the harm and adapt strategies while drinking to minimise the bad effects, but there will still be bad effects of drinking.

Drinking any alcohol is bad for your health. Several health experts told the New York Times that drinking any type of alcohol, in any amount, is bad for health. Timothy Stockwell, an alcohol researcher at the University of Victoria in Canada, told the publication,

"When you have a drink, your body turns the ethanol that's present in the alcoholic beverage into a really nasty substance called acetaldehyde, which can damage your DNA."

Per Katherine Keyes, a professor of epidemiology at Columbia University, this is why drinking alcohol increases the risk of developing seven types of cancer. According to the Centres for Disease Control and Prevention (CDC), some studies show that drink-

ing three or more drinks that contain alcohol per day increases the risk of stomach and pancreatic cancers. Drinking alcohol may also increase prostate cancer risk. All kinds of drinks that contain alcohol increase the risk of cancer.

Dr Keyes stated that "if there is more ethanol in your drink, the more harmful it is". The expert told NYT that the same can be ascertained by looking at a drink's alcohol by volume, or ABV, which manufacturers must list on product labels. "If you're choosing between two beers of the same size, for instance, and one is 4 percent ABV and the other is 8 percent, the 4 percent beer will expose you to half as much ethanol. In general, beer has less ethanol than wine per ounce, and wine has less than liquors like vodka and tequila," they said.

Strategies to drink wisely
Experts told the NYT that a good strategy for reducing the bad effects of alcohol is to generally choose drinks with lower ABV. Dr Peng-Sheng (Brian) Tang, an assistant professor of clinical medicine at the Tulane University School of Medicine, said, "It can be tricky to calculate the ABV of



cocktails, since they are often made with sodas, juices and sometimes multiple types of alcohol." He recommended having wine or beer, so you know how much ethanol you're consuming.

Dr Keyes also recommended against consuming alcoholic drinks that are mixed with caffeine. "The energy boost you get from them may make

you feel less inebriated than you really are, potentially prompting you to drink more and to become more drunk," Dr Keyes said. Belly fat is often seen as a stubborn and frustrating issue, but did you know that not all belly fat is the same? Understanding the different types of belly fat, what causes them and how they behave can make a big difference

in how you approach your fitness goals.

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Anushi Jain, certified nutritionist and weight loss expert, says in her April 30 post, "Not all bellies are built the same, and it's not always just fat from stressed belly to alcohol belly, each tells a story your body's been holding on to." She further explains the different types of belly fat and shares practical tips on how to address each one effectively.

1. Stressed belly
Caused by: High cortisol levels
Solution: Green tea rich in L-Theanine helps promote calmness and reduce stress levels.

2. PCOS belly
Caused by: High insulin levels
Solution: Cinnamon tea can help lower blood sugar levels, aiding in managing PCOS-related belly fat.

3. Thyroid belly
Caused by: Low thyroid hormones
Solution: Goitrin-rich seeds, which is rich in antioxidants, can help reduce inflammation and support thyroid health.

4. Menopause belly
Caused by: Decrease in estrogen and increase in insulin
Solution: Peppermint tea aids in reducing bloating, calming inflammation, and supporting digestion during menopause.

5. Bloating belly
Caused by: Hormonal imbalances (often linked to estrogen decrease)
Solution: Peppermint tea, known for its digestive benefits, can reduce bloating and ease digestive discomfort.

6. Alcohol belly
Caused by: Impaired detoxification
Solution: Ashgourd juice helps flush out toxins from the kidneys and liver, supporting better metabolism and digestion.

EDITORIAL

Survival, Stealth, Strategy

As I find it a little more difficult to get out of bed each succeeding autumn morning, my mind (what's left of it, that is) inevitably wanders to thoughts of ageing. The process is very gradual and kind of sneaks up on you: the cells stop multiplying but continue dividing, not unlike the BJP; the telomeres stop communicating with each other a la Mr Gyanesh Kumar and his two colleagues; the joints protest loudly like Mr Kejriwal at any sudden move; the memory starts playing tricks like it does frequently with Donald Trump; and one begins to speak like Shashi Tharoor i.e. in words that no one understands, certainly not my sons, nephews and nieces fed on the two-syllable patois of Twitter and Instagram. So slow is this process, however, that one is not even aware of it. And then one day, wham, it suddenly hits you full on the geezer. It can happen in different ways - you get up in the morning with a sinking feeling, and have to check the obituary columns to find out if you're still alive or dead, that ECG report when you take out that new health insurance policy, the moment when your son is blessed - is that the right word these days? - with his second child or third divorce. It can even happen as it did to Groucho Marx. You are standing grieving at the graveside of your batchmate, all alone because everyone else has left, when a chap sidles up to you and whispers: "Not much point in going back home, is there?" My own epiphanic moment, however, came in an entirely different and discomfiting way.

I usually travel by Metro since I need to reduce my family's carbon footprint which rivals that of Bigfoot or Godzilla, thanks to my wife Neerja. I seem to have spent my entire life following in her trail like an excited puppy: earlier it used to be so that I could spoon up the random smile, the casual word of endearment, the fleeting expression of affection - all too precious to be left discarded by the roadside.

Now, however, I do it so that I can switch off the fan, lights, AC, geyser or heater in her wake. She never puts them off because God himself once said, "Let there be light", and she's a deeply religious person. She has to say hello to her mom, sister and bevy of friends six days a week and - you guessed it - it can't be done over the phone because Airtel may tell everyone about it, and in any case they all have to see who is wearing which type of Banarsi saree that day. So she burns the hydrocarbons like Mr Mohammed bin Salman is giving it away for free in order to atone for blowing away Mr Khashoggi; not a recommended use of wind power.

So here I was on the Delhi Metro one day; it was crowded and I was standing in the aisle hanging on to a strap like yesterday's washing. Suddenly, a pretty young girl got up from her seat and offered it to me with the words (I shall remember them till my dying breath): "Uncle, please take the seat."

America's Double Standards: A Crisis of Global Credibility

LALIT GARG

Being a global superpower does not entitle a nation to impose its will on the world or allow its might to become an instrument of coercion. The true worth of power lies in responsibility, fairness and credibility, not in the number of countries a nation can threaten or pressure. Unfortunately, the policies of US President Donald Trump have raised a fundamental question before the international community: will the world order be governed by rules and principles, or by the convenience and self-interest of powerful nations? Trump's recent decision to purchase Russian diesel has brought this contradiction into sharp focus. On October 9, 2026, following a conversation with Russian President Vladimir Putin, Trump announced that Russia would immediately supply more than 300,000 tonnes of diesel to the American and global markets. Further supplies of 500,000 tonnes in November and one million tonnes subsequently were also announced. The US administration granted temporary relief from restrictions on Russian diesel imports, according to international media reports.

The irony is unmistakable. Until recently, the United States had been reprimanding countries for purchasing Russian oil. India, in particular, faced an additional 25 per cent tariff over its Russian oil imports, while tougher measures against countries engaged in Russia's energy trade were also proposed. The Lindsey O. Graham Sanctioning Russia and Iran Act of 2026, passed by the US Congress, provided a legislative basis for the possibility of additional tariffs on countries purchasing Russian energy. Yet the same America is now opening its doors to Russian diesel under pressure from domestic energy requirements and rising fuel prices. The question is not whether the United States has the right to secure fuel for its people. Every sovereign nation has that right. The real question is why a decision portrayed as morally indefensible when taken by

India, allegedly financing Russia's war machinery, becomes a matter of national necessity when America makes it. Does morality change at national borders? Are international rules meant only for weaker nations? The central contradiction in Washington's approach lies in its selective interpretation of energy sanctions. The United States has repeatedly linked Russian energy purchases to the financing of the war in Ukraine. Yet when rising diesel prices began burdening American farmers, truckers and consumers, the administration turned to the very source it had urged others to avoid. According to Reuters, diesel prices in the United States had reached approximately \$6.28 per gallon on October 8. With the midterm elections scheduled for November 3, rising fuel costs have become a political challenge for the Trump administration. This reveals the difference between rhetoric and reality. When India purchases Russian oil to protect its economy, energy security and millions of consumers, it is lectured on international morality. But when American voters face expensive fuel, those same principles recede into the background, giving way to national interest. What kind of policy demands adherence to principles from others while creating exceptions for oneself? Preaching is easy; practising the same standards is far more difficult.

The Hindi proverb "Par Updesh Kushal Bahutere" - many are adept at preaching to others - aptly captures this American inconsistency. A country that expects the world to respect international rules must demonstrate consistency, transparency and accountability in its own conduct. Double standards do more than weaken the moral standing of a powerful nation; they also erode the confidence of its allies and strategic partners. For India, the issue is particularly poignant. The country depends heavily on imported petroleum to meet its energy needs. Oil procurement is therefore not merely a commercial transaction; it directly affects the national economy, inflation, transportation, agricul-

ture, industry and the everyday lives of ordinary citizens. Rising global oil prices increase the cost of fuel, freight and essential commodities. India's energy security consequently depends on reliable supplies, affordable prices and the freedom to make decisions in accordance with its national interests. Ignoring these considerations under pressure from a superpower would be neither practical nor prudent. Purchasing Russian oil does not automatically amount to endorsing the war in Ukraine, just as questioning the fairness or effectiveness of energy sanctions does not mean defending military aggression. These are distinct issues that must be assessed independently.

Efforts to end the war, safeguard Ukraine's sovereignty and protect civilian lives remain essential. At the same time, the effectiveness and fairness of economic sanctions deserve impartial scrutiny. If energy purchases are considered a means of financing war, the same standard must apply to every country. Targeting weaker nations or geopolitical rivals while permitting exceptions when domestic circumstances demand them undermines the very moral justification offered for such restrictions. Trump's decision has also provoked concern in Ukraine. President Volodymyr Zelenskyy has criticised the move as beneficial to Russia, arguing that it could provide Moscow with additional resources to sustain the war. The decision has drawn criticism from American lawmakers as well. Trump's subsequent suggestion that Zelenskyy should be replaced as Ukraine's leader has further complicated the situation.

The question of who reduces a sovereign nation belongs to its people and its constitutional framework. If the United States presents itself as a champion of democracy and freedom, it must also respect the political sovereignty of other countries. Peace initiatives deserve support, but placing disproportionate pressure on a nation already suffering from war cannot be considered just or constructive. This episode offers the world an important

lesson: being a superpower and being a trusted power are two different things. The former derives from economic, military and political resources; the latter is earned through fairness, consistency, integrity and responsible conduct.

The United States remains one of the world's most influential economic and political powers. However, repeated inconsistencies in its policies risk damaging its international standing and undermining confidence in its leadership. The familiar maxim, "As you sow, so shall you reap," applies not only to individuals but also to nations. A country that disregards the consequences of its own double standards may eventually find its credibility diminished and its influence weakened. If Washington considers purchasing Russian diesel a legitimate response to its domestic economic needs, it must acknowledge that India and other nations have an equally legitimate right to protect their energy security. The principles applied to one country cannot be dismissed when another invokes them. Fairness in international relations requires common standards, not selective exemptions.

India, too, must draw the appropriate lessons from this development by strengthening its energy security, economic resilience and strategic autonomy. Neither blind opposition to another country nor unquestioning support for a powerful ally serves the national interest. What matters is the process: independent assessment of every decision in the light of national priorities, international peace and universally applicable principles. Ultimately, power can compel the world to yield for a time, but only just and consistent conduct can win lasting trust. America's greatest challenge today is not merely to demonstrate its strength, but to preserve its credibility. History judges nations not simply by the magnitude of their power, but by the integrity, wisdom and responsibility with which they exercise it.

Lalit Garg
Writer, Journalist and Columnist

What is Zero Depreciation and Consequential Loss in Motor Insurance



BY MR. RAKESH KAUL

Chief Distribution Officer - Retail Business, Bajaj General Insurance

Buying motor insurance is not just about complying with legal requirements; it is also about protecting yourself from unexpected financial losses arising from accidents, natural calamities, theft, and other unforeseen events. While most vehicle owners focus on factors such as premium and coverage limits, understanding key policy features and exclusions is equally important. Two terms that frequently come up in motor insurance are Zero Depreciation Cover and Consequential Loss. While Zero Depreciation enhances your claim settlement by reducing out-of-pocket expenses, Consequential Loss refers to damages that are generally excluded from coverage. Understanding the difference can help policyholders make informed decisions and avoid surprises at the time of a claim.

Understanding the Difference

Zero Depreciation Cover (also known as Nil Depreciation or Bumper-to-Bumper Cover) is an optional add-on that enhances claim benefits by covering depreciation partly or fully on approved replacement parts, subject to policy terms and conditions. This can result in higher claim payouts and lower out-of-pocket expenses compared to a standard motor insurance policy. For example, if a car's bumper worth ₹20,000 is damaged in an acci-

dent, a standard policy may apply depreciation-related deductions while settling the claim. With Zero Depreciation Cover, depreciation-related deductions on eligible replacement parts may be reduced or waived, subject to policy terms, conditions and applicable exclusions, helping policyholders manage repair costs more effectively.

Consequential Loss, on the other hand, refers to additional damage that occurs after the initial loss. It is typically covered under a motor insurance policy unless specifically covered under an applicable add-on. Understanding this exclusion highlights the importance of taking timely preventive measures after an incident to avoid further damage to the vehicle. For example, if a vehicle gets stranded in a waterlogged area, policyholders should avoid repeatedly attempting to restart the engine and instead seek professional assistance. Such precautions can help minimize the risk of additional damage and support a smoother claims experience.

Why It Is Important for Policyholders

Understanding key motor insurance concepts such as Zero Depreciation Cover and Consequential Loss can help policyholders make informed decisions and ensure a smoother claims experience. This becomes even more important during the monsoon season, when risks such as waterlogging, flooding, reduced visibility, and vehicle breakdowns increase significantly, often

leading to expensive repairs and unexpected financial burdens. In such situations, Zero Depreciation Cover can offer valuable financial protection. Particularly beneficial for owners of new vehicles, luxury and premium cars, and those driving frequently in high-traffic urban areas, this add-on helps reduce depreciation-related deductions on eligible replaced parts, subject to policy terms, conditions, limits and exclusions. This may result in higher claim payouts compared to a standard policy. As a result, policyholders may be able to manage repair costs more effectively and enjoy a better claims experience.

At the same time, understanding Consequential Loss is equally important. While insurance may cover the initial damage caused by an insured event, additional damage arising after the incident may not always be covered. For example, if a vehicle becomes stranded in a waterlogged area, repeatedly attempting to restart the engine could increase the risk of engine damage. Taking timely precautions, such as seeking professional assistance instead of attempting to drive the vehicle, can help prevent further damage and avoid claim-related complications. By understanding both concepts, policyholders can make better use of the available benefits under their motor insurance policy, subject to policy terms and conditions, while also taking the right steps after an incident. This awareness can help reduce financial

setbacks, avoid common claim challenges, and contribute to a smoother and more efficient claims settlement process, especially during the post-monsoon season when vehicle-related risks are often higher.

Making an Informed Choice

When purchasing or renewing a motor insurance policy, it is important to look beyond the premium and evaluate the scope of coverage and the value-added benefits available.

Features such as Zero Depreciation Cover can provide an extra layer of protection by helping minimize depreciation-related deductions during claim settlement, enabling policyholders to manage repair costs more effectively, subject to policy terms and conditions. At the same time, understanding policy provisions such as Consequential Loss enables vehicle owners to take timely and appropriate action after an incident, helping protect their vehicle from additional damage and supporting a smoother claims experience.

In today's dynamic driving environment, an informed approach to motor insurance empowers vehicle owners to make better decisions, protect their finances, and navigate unforeseen situations with greater confidence. Please note benefits are subject to policy wording, schedule, terms, conditions, limits and exclusions.

Customers should refer to the policy document for complete details before purchase or claim.

Recall 'Laughing Water', and spare a thought for Planet Earth

"Then God said, 'Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.'"
— Bible: Genesis 1:26

In the evolution of Planet Earth, God created a vast range of aquatic, terrestrial and arboreal living creatures, from the lowliest earthworm to the mammoth elephant — each to live his destined lifespan in the symbiotic coexistence of harmony. He invested in man the cerebral genetic implant capable of comprehending and implementing that structured nature of the benign functional symbiosis, universally. Yet today, whether in kinetically the most lethal wholesale destruction of parcels of 'The Living Planet' in Ukraine, Gaza Strip, Iran and lately flash floods in Nepal, the loss of lives other than the Homo sapiens remains woefully unmourned.

When I saw the footage of the aftermath of the flash floods in Nepal, I instantly looked for the 1950 book 'Elephant Bill' (EB) by Lt Col JH Williams. He alone, in my reading experience, witnessed and penned an earlier relentless struggle of a non-Homo sapiens dotting mother — a cow elephant — daring the elements to rescue her hapless son! The setting was a sudden horrendous torrent nearing a gorge downstream of the confluence of Chindwin and Irrawaddy rivers down south of the China-Burma border junction. It was barely days before General Slim's brilliant masterstroke of trapping the Japanese in the Mandalay plains by capturing Meiktila during World War II.

EB was a distinguished veterinarian in charge of some 800 timber-lugging elephants indentured in the Burma Theatre, describing in perfection all elements of a mother's umbilical love for her three-month-old son. He had witnessed from a safe vantage point both the first surge of the torrent and the unusual roaring of an elephant as though terrified and so, "I at once went down to the edge of the near bank and there saw Ma Shwe (Miss Gold) with her three months old calf... swirling in the fast-rising torrent. She herself was still in her depth. There was a life and death struggle going on."



Given the podgy and rotund body contours, combined with the weight of even a three-month-old calf, it was natural he would float like cork, screaming his heart out while drifting downstream rapidly. Even though Ma Shwe reached in trunk-tipping vicinity to grip him, "Every now and then the swirling water would sweep the calf away; then, with terrific strength, she would encircle it with her trunk and pull it upstream to rest against her body". At this stage, the volume and velocity further increased and "the calf was washed clean over the Mother's hindquarters and was gone. She was taken to chase it, like an otter after

a fish.... caught up...

she pinned the calf... with her head and trunk.

Then, with a really gigantic effort, she picked it up in her trunk and reared up until she was half-standing on her hind legs, so as to be able to place it on a narrow shelf of rock 5 feet above the flood level. I stood, tucked up, shivering and terrified on a ledge just wide enough to hold his feet.

Its little, fat, protruding belly was tightly pressed against the bank".

That monumental struggle continued with pauses for nearly six hours. "The rain eased past midnight but it was dawn when Ma Shwe faced

across, lifted it down from the same ledge as she had put it there. Five years later, when the calf came to be named, the Burmese christened her 'Ma Yay Lee' (Laughing Water)!"

At this stage, it is incumbent to shift focus to Article 51A of the Constitution, which enjoins Fundamental Duties of a citizen; and herein exclusively on 51A(g), which emphatically stipulates "to protect and improve the natural environment, including forests, lakes, rivers, wildlife and to have compassion for living creatures". So, compassion not only for Homo sapiens or Ma Shwe, but the entirety of Noah's Ark.

Penning the foreword to 'EB', (now) Field Marshal Slim stated with pride, humility and above all "compassion for all living creatures" that "in the XIVth Army, our soldiers varied in colour from white through every shade of yellow and brown to coal black. The animals we used reflected a similar variety. Pigeons, dogs, ponies, mules, horses, bullocks, buffaloes and elephants but the elephant held a special place in our esteem... elephant building a bridge was to realise that he was indeed a skilled Sapper... and launched more ships for us than Helen ever did for Greece".

Now, shifting to the brazen destruction

streak in US President Trump. Raising to rubble much of the centuries-old Persian cultural sites of Isfahan along with varieties of living creatures is an unpardonable sin. Back in the 1970s, my wife and I sat on a bench in the forecourt of an aesthetic monument, a repository of classic Persian art and cultural heritage. A few feet away on a yellow hibiscus bloom, we watched the tiny Purple Sunbird, 4 inches from beak to tail, weighing less than 9 grams and robed in its splendid plumage. Countless such living creatures would have perished in the mindless pursuit of USA's Epic Fury. Is anyone listening?

Bishan Singh Bedi and his many lives

Is it possible to recreate the journey of a man who lived a life that defied the boundaries of conventional existence? A man whose extraordinary achievements have spilled into folklore and whose actions jolted the conscience of a cricket world that prefers to live in hubris. These questions seized my mind on the day Bishan Singh Bedi would have added one more year to his life.

His 80th birth anniversary was celebrated by his family, friends and the cricketing fraternity with the release of a book compiled by his loving, devoted wife Anju Bedi in Delhi last month.

The book is a tribute from the family and some of the world's cricketing stalwarts to Bedi's skill, craft, achievements and a kind heart hidden behind a frank, blunt and, at times, brutal tongue. Its release on the day of his birthday, September 24, became an occasion to marvel at the "character" who mesmerized the world with his ingenuity and confronted it with his fearlessness.

The venue was overflowing with people who listened to stories of his generosity, uprightness and uncompromising duels with a cricket administration obsessed with self-promotion. While the world remembered and listened, my mind struggled with questions that I have wrestled with ever since I attempted, but gave up midway, to write authorised biographies — the first of Tiger Pataudi in 2002 and then of Sourav Ganguly, towards the end of his chequered career around 2006-2007.

Is it possible to reimagine and portray in words a life in all its complexities, especially of sporting stars, seen as role models for young generations to follow? My laziness in doing the hard work for researching material did come in the way of my enthusiasm. But there was something more that ultimately led to my shelving these projects. Did I have the acumen, the wisdom and the capacity to piece together a life destined for greatness, yet as human and vulnerable as any one of us to the temptations the world



has to offer?

As I listened to and recorded Tiger's tales from the past and Ganguly's phenomenal cricketing progress, I felt overwhelmed by the responsibility I was placing on myself. When the protagonists were willing collaborators in the project, was it possible for me to construct a life in all its shades of black, white and grey? I seemed incapable of chronicling their undoubted greatness without judging their many controversial actions, and the books were never completed. One more opportunity came my way in 2022. Fate was tempting me this time to be the authorised biographer of the man I have admired a lot. Bedi's wife Anju was keen that the book be

done and I had several meetings with them before illness took over Bedi. Of all the sporting figures I have watched up close, while seeing them play or interacting off the field, Bedi has to be the most unique of them all. He could be a child with a golden innocent heart, willing to bare all his goodness upon you if he took a liking for you. If he felt you were up to some mischief and not aligned with his worldview that valued integrity and honest action, he could be a foe to be feared and avoided. I had seen the spinning wizard live in action twice, bemusing and foxing batsmen with his guile and loop. The world that went lyrical while describing his fluid action was also one that

acknowledged his temper and courage to take on the establishment, no matter what the cost. It was the second Bedi I watched, observed and admired when he became the coach of the Punjab Ranji team in the early Nineties. The many "high spirited" nights spent in between Punjab's Ranji games, listening to his stories, embellished with humour of the great as well as low moments of his career, were shaping my understanding of Indian cricket's history.

Kapil Dev, in his tribute to the book release, called him a "half white man", someone who all his life lived the gospel of cricket being a gentleman's game, whose inner core lay in being truthful and honest. He fought

innumerable battles against those in power with courage and stubbornness, unlike most Indian sportsmen who are too scared to rock the status quo and prefer to remain on the right side of the establishment.

Unlike the finesse, grace and fluid movements that were the hallmark of his bowling art, his administrative battles were fiery and direct. He did not believe in half measures, be it in confronting his opponents, living life king-size or hitting the bottle.

His son Angad, in a moving and wholesome tribute, did not shy away from addressing these issues. He said his father lived in "extremes" that "gave him a lot of happiness... but a lot of sorrow. It also gave a lot of

anger". The remarkable aspect of Bedi's life is that despite the extremes, his larger-than-life persona touched the lives of millions who watched him play, and all those he knew and interacted with. Just as Kurosawa's 'Rashomon' depicts truth in its various shades and meanings, depending on the perspective from which an event is viewed, Bedi's life too expands our understanding of truth and its multidimensional meanings.

A definitive biography of the man who meant many things to many people, graced the cricket field with disarming honesty and off it lived a life with all its complexities, is yet to be written.

The amla murabba tip from Acharya Balkrishna that everyone is talking about this summer



Acharya Balkrishna recently shared a short but pointed note on Facebook. He wrote that dizziness, weakness, and yellowish urine are common during peak summer heat. His suggestion was equally straightforward. Eat one amla murabba on an empty stomach every morning to counter these problems. For diabetics, he recommended replacing the murabba with fresh amla juice. That one post opened up a much bigger conversation about a fruit India has known for thousands of years.

What summer heat actually does to the body

When temperatures climb, the body sweats more to keep itself cool. This leads to fluid loss. If that fluid is not replaced fast enough, the body starts to show signs of dehydration. Dizziness and weakness are two earliest signals. Despite its tangy taste, amla helps the body retain fluids by preventing dehydration and supporting electrolyte balance.

Yellowish urine is another clear sign. It means the kidneys are conserving water because the body does not have enough. The more concentrated the urine, the darker it gets. This is a reliable early warning that the body needs more fluids and support.

Amla is a cooling herb. It cools internal heat, irritation, and inflammation. In cases of acidity, burning sensations, and overheating in summers, amla can be calming for the body.

What makes amla so effective

Amla, or Indian gooseberry, is not a new discovery. Historical records show it has been used in Ayurvedic remedies for at least 1,000 years. A 100-gram serving of fresh amla berries contains as much vitamin C as 20 oranges. The vitamin C content in amla ranges from 200 to 900 mg per 100 grams of the edible portion. Vitamin C is regarded as the first line of natural antioxidant defense in plasma and a powerful inhibitor of lipid peroxidation.

That amount of vitamin C matters more in summer than most people realise. Dehydration increases oxidative stress, especially during heat exposure. Vitamin C is powerful antioxidant that helps protect cells from this damage. A 2021 study in *Journal of Antioxidants* found that vitamin C supplementation reduced oxidative damage in athletes under dehydration stress helping preserve muscular function and cellular health. In traditional Chinese medicine, amla has several functions including clearing heat, cooling blood, aiding digestion, relieving cough. Across cultures and systems of medicine, the cooling and protective role of amla comes up repeatedly.

The empty stomach timing is not accidental

Acharya Balkrishna specifically mentioned taking amla in the morning on an empty stomach. There is practical reasoning behind this. When stomach is empty, absorption is faster and more complete. The fruit's active compounds reach bloodstream without competing with heavy meal.

Summer heat can slow down digestion. Amla aids in regulating bowel movements and reduces acidity, gas, and bloating, making it a digestive ally in the warmer months. Starting the day with it means the digestive system gets an early reset before the heat of the day sets in. Fresh fruit jam, when taken in the morning on an empty stomach, gives relief in biliary diseases. The fruit is digestible, diuretic, and a blood purifier. As a natural diuretic, amla encourages healthy kidney function. That matters when the body is working hard to manage heat and maintain fluid balance.

Why diabetics need a different form

Amla murabba is made by preserving amla in sugar syrup. For most people, this is a convenient and tasty way to consume the fruit. For diabetics, the added sugar is the problem. The glycemic index of amla is 15, which makes it a low-GI fruit that does not increase blood sugar levels. However, when amla is prepared as murabba or candy, it contains added sugars, which are not suitable for people with diabetes. This is exactly why Acharya Balkrishna drew the distinction. The fruit itself is safe and beneficial for diabetics. The preparation is what changes the equation.

A study on amla juice conducted in Kanyakumari found that administration of amla juice had a measurable effect in reducing blood glucose levels among patients with Type 2 diabetes. One double-blind randomised controlled trial found that amla supplementation reduced fasting blood glucose and LDL cholesterol over 12 weeks in adults with type 2 diabetes. Another study reported significant decrease in fasting and post-prandial glucose after 21 days of powdered amla fruit. Amla contains chromium, mineral that supports carbohydrate metabolism. Chromium may make body more responsive to insulin which helps keep blood sugar at healthier levels. Combined with its antioxidant load and low glycemic index, amla juice becomes a genuinely useful option for diabetics looking to manage their condition naturally alongside prescribed treatment.

One important caveat for diabetics

Amla lowers glucose. When combined with diabetes drugs like metformin, it may cause hypoglycemia, or low blood sugar. One study advised checking blood sugar regularly, especially if the patient is on insulin.

Karela benefits: Acharya Balkrishna explains what this bitter vegetable does to your eyes and liver

Acharya Balkrishna recently took to Facebook to remind people about a vegetable most Indians know well but many try to avoid. Karela, or bitter melon, he wrote, contains essential vitamins and antioxidants that help the body fight disease. He pointed to three specific benefits. It keeps the eyes healthy because of its vitamin A and beta-carotene content. It is also extremely good for the liver, helping to remove toxins and nourish it at the same time. That is a short list, but it covers some of the most important functions the body performs every day.

The science behind each of those claims is worth looking at closely.

What karela actually contains

Before getting into the benefits, it helps to understand what is inside the vegetable. Karela is rich in nutrients such as vitamins A and C, folate, and potassium, as well as antioxidants and phytonutrients. It is also low in calories and carbohydrates.

Karela provides antioxidants including gallic acid, catechin, chlorogenic acid, and epicatechin, which aid in preventing several illnesses. These are not minor compounds. Gallic acid and catechin are also found in green tea, which gives you a sense of how potent they can be.

The phenolic compounds in karela are a potentially excellent natural source of food antioxidants. These phenolic compounds may have the ability to lower cholesterol, blood pressure, and the incidence of heart-related diseases and cancer.

The eye health connection

Acharya Balkrishna specifically named vitamin A and beta-carotene as the reasons karela supports eye health. This is grounded in well-established nutritional science.

Vitamin A is a group of antioxidant compounds that play an important role in vision, bone growth, and health of the immune system. Vitamin A also helps the surface of the eye, mucous membranes, and skin act as effective barriers to bacteria and viruses.

Beta-carotene is what the body converts into vitamin A. Research has shown that beta-carotene can help prevent night blindness, reduce the risk of age-related macular degeneration, prevent dry eyes, and improve retinitis pigmentosa.

Bitter melon is rich in vitamin A and antioxidants, which are very essential for normal and healthy vision. These substances protect the eyes from oxidative damage, improve night vision, and support overall eye function. Eating bitter melon regularly may be a good preventive measure against age-related vision problems.

Being rich in vitamin A and beta-carotene, regular intake of karela juice improves eyesight and pre-



vents vision-related conditions like cataract and macular degeneration. It is also recommended for children who develop nearsightedness at a young age, as it helps in restricting further decline in sight.

What karela does for the liver

The liver is the body's primary filtering organ. It processes everything that enters the bloodstream, neutralises toxins, and produces bile to help digest fat. Keeping it in good shape matters more than most people realise until something goes wrong.

Karela detoxes body, flushes out harmful substances, increases production and efficiency of liver enzymes. Antioxidant properties of bitter melon stimulate secretion of bile ducts and reduce fat accumulation in the liver thereby preventing liver damage.

Karela contains compounds called momordicin and charantin. They have been shown to have hepatoprotective properties. These compounds can help prevent damage to the liver caused by harmful toxins.

According to a study published in the *International Journal of Vitamin and Nutrition*, bitter melon may protect against liver failure by strengthening the antioxidant activity of the enzymes in the liver.

A study confirmed *Momordica charantia's* hepatoprotective properties, demonstrating its ability to protect liver cells from oxidative damage, support liver enzyme normalisation, and improve bile flow. *Momordica charantia* is the scientific name for karela.

The antioxidant and immunity angle

Beyond the eyes and liver, the antioxidant load in karela does broader work in the body.

Karela is rich in vitamin C. It strengthens immune system and helps fight infections. Its antioxidant properties also protect cells from damage caused by free radicals.

Presence of antioxidants in bitter melon prevents free-radical damage that can lead to various chronic conditions and cancers. Free radicals are unstable molecules that damage healthy cells over time. A diet rich in antioxidants slows down this process.

The antimicrobial and antioxidant properties of bitter melon help in the removal of toxins. It can help wipe out all kinds of intoxication settled in the liver and heal many liver problems.

Digestion and blood purification

Karela's benefits do not stop at the liver and eyes. It is also one of the more effective vegetables for gut health. Various studies reveal that bitter melon is quite beneficial in treating various digestive and stomach disorders including constipation, intestinal worms, and ulcers.

Karela is an instant blood purifier owing to its antimicrobial and antioxidant properties.

Situationship trap: Why 'no label' relationships hurt more than actual breakups

In the modern dating era, few words carry as much weight and as much confusion, one of them is "situationship." What is "situationship"? This term was used informally as early as the mid-to-late 2000s. While Journalist Carina Hsieh is credited with coining and popularising its modern definition in 2017 with her article, describing "situationship" is hook-up with emotional benefits. And with the time, it's true.

The emotional grey zone of modern dating

The modern "situationship" occupies an emotional grey zone, they are increasingly defined not by commitment, but by how free you can let me be, how less you can interfere with my life and while it may appear harmless at first, its long-term effects can be quite exhausting. Situationships thrive on ambiguity. There are no labels, no clear expectations, and often no shared understanding of where things are headed. The absence of structure can initially feel freeing, no pressure, no demands, no lengthy conversations. But over time, that

same freedom begins to feel like emotional instability. When nothing is defined, everything becomes open to interpretation, and the interpretation demands constant emotional labour.

Emotional imbalance and silent conflict

The imbalance of emotional investment is the most draining aspect of it. While both parties may agree to "keep things casual," emotional attachment rarely follows verbal agreements. One person often ends up hoping for more, while the other enjoys the comfort of connection without responsibility. This imbalance creates a quiet internal conflict: the desire to ask for clarity battles the fear of pushing the other person away.

Mourning potential instead of reality

Breakups, painful as they are, at least offer validation of emotion. They acknowledge that something meaningful existed and that its end deserves grief. They draw a clear boundary between what was and what is no longer. Situationships deny this

boundary. In a situationship, however, you aren't mourning a reality, you are mourning potential. Because there was never a formal label, the "ending" is often just as vague as the beginning. This lack of closure keeps the brain in a state of high alert, constantly scanning for "signs" or "mixed signals."

You aren't just losing a person, you are losing the hope of what they might have become. There is a slow erosion - effort fluctuates, affection appears and disappears without explanation. They leave people feeling as though their expectations unreasonable, their emotions misplaced with unanswered questions and unfinished conversations.

This emotional invalidation is often what lingers the longest.

This makes it difficult to process loss, move forward or heal. Over time, individuals learn to minimise their feelings rather than confront the absence of mutual intent and what it's actually supposed to be. When situationships begin to

erode self-worth

What makes situationships particularly exhausting is their ability to blur self-worth and make the person doubt in themselves. When affection feels conditional or inconsistent, people often begin to question themselves. Am I asking for too much? Should I be more patient? Why am I not enough for clarity? These questions quietly chip away at confidence, making individuals fight a silent inner battle, mentally and emotionally, and making it look as a personal failure rather than a structural flaw in the relationship.

The mind stays alert, searching for signs, analysing silences, reading meaning into delayed replies. Unlike traditional relationships, where expectations are stated or at least implied, situationships rely on unspoken rules that shift without notice. How the simple act of waiting for a text tick is physically and mentally more exhausting than a final "Goodbye" text. This prolonged uncertainty often leads to anxiety rather than affection. We often think

we need the other person to "explain" why they don't want a label, but in situationships, the lack of a label is the explanation.

Why situationships are becoming more common

Fast-paced lifestyles, traditional family expectations, global dating trends, professional uncertainty, and shifting social norms have changed the way people approach intimacy now. Another reason that's being talked about is the current economy (high rents, long work hours, inflation), making a full relationship feel "too expensive" emotionally and financially. And with a growing discomfort with emotional vulnerability, many people want companionship while resisting responsibility which results, the hesitation to commit to anything that might disrupt personal freedom. The result is a generation that is constantly connected yet emotionally unsure, sharing intimacy without security and closeness without accountability.

Technology and the rise of situationship fatigue

In 2025, technology has only worsened this exhaustion. In a situationship, it is the ritual of checking "blue ticks" on WhatsApp, the anxiety of seeing them view your Instagram story without replying to your text, and the modern torture of your thoughts spiralling. It has the intimacy of a partnership but the exit strategy of a ghost. In a way situationship fatigue is emotional endurance. It reflects the toll of sustaining relationships that offer connection without certainty. As conversations around mental well-being gain notice, it becomes necessary to examine the emotional structures we normalise.

Finding closure without a label

The exit from a situationship requires a shift in perspective. True closure doesn't come from a final "talk" with the other person, it comes from an internal realization. It is about understanding that "no label" is, in itself, a label. To stop this exhausting loop, one must recognize that emotional investment without reciprocity is a debt that never

gets paid.

While it may seem like a safe place to hide from the risks of love and responsibility, the hidden emotional cost of staying there is often much higher than the cost of being in that situation. Yet, situationships continue because they promise safety from heartbreak but ironically delivering a slower version of it. They allow people to avoid difficult conversations, delay decisions, and escape accountability. But emotional avoidance, over time, becomes emotional fatigue. Choosing clarity over confusion. Clarity in relationships is often misunderstood as a loss of freedom. In reality, it provides emotional safety and mutual respect. In an already uncertain world, choosing clarity, even when uncomfortable, is not a running away from intimacy but it's a return to it. As conversations around mental health and emotional well-being grow louder, perhaps it is time to question not just how we love, but how clearly, we choose to do so.

IMF raises India's GDP growth forecast to 7 pc, cites strong domestic demand

NEW DELHI: The International Monetary Fund (IMF) has raised its economic growth forecast for India for the financial year 2026-27 to 7 per cent, an upward revision of 60 basis points, citing sustained domestic demand and strong activity in the services sector.

In its latest World Economic Outlook, released on Tuesday, the Fund also upgraded its projection for India's GDP growth in FY28 by 30 basis points to 7 per cent, according to a report by The Financial Express. The revisions indicate that India's economic momentum is expected to remain strong over the next two financial years.

The IMF attributed India's growth prospects to favourable demographic trends, the expansion of its domestic consumer market and continued structural reforms. These factors are expected to support economic activity and keep India among the fastest-growing major economies.

The latest projections follow



similar revisions by other institutions. The Reserve Bank of India (RBI) and the World Bank recently raised their forecasts for India's economic growth in FY27 to 7.1 per cent, reflecting a more optimistic outlook for the country's near-term economic performance. India news updates

On the inflation front, the IMF expects India's consumer price index (CPI) inflation to average 5 per cent in FY27 before moderating to 4.4 per cent in FY28. The projection for the current financial year is lower than the RBI's latest inflation estimate of 5.2 per cent. Meanwhile, India's current account deficit (CAD) is projected to widen to 1.5 per cent of GDP in FY27, compared with 0.7 per cent in FY26. The deficit is expected to narrow to 1.3 per cent of GDP in FY28. The projected widening of

the current account deficit suggests that the gap between the country's external receipts and payments could increase in the near term before narrowing in the following financial year. At the global level, the IMF raised its economic growth forecast for 2026 by 10 basis points to 3.1 per cent, while keeping its projection for 2027 unchanged at 3.4 per cent.

Advanced economies are expected to grow by 2.1 per cent in 2026, compared with an estimated 2 per cent in 2025. The outlook for emerging market and developing economies is less uniform, with growth projected to slow to 3.7 per cent in 2026 from 4.5 per cent in the previous year before recovering to 4.4 per cent in 2027. The Fund noted that geopolitical developments and technological advances are influencing the direction of the global economy. However, it cautioned that the longer-term implications of these changes remain uncertain.

MDR on select UPI transactions above Rs 2,000 to take effect after Diwali



NEW DELHI: The proposed Merchant Discount Rate (MDR) of 0.4 per cent on select Unified Payments Interface (UPI) merchant transactions exceeding Rs 2,000 will be implemented after Diwali, the National Payments Corporation of India (NPCI) said on Tuesday. The decision postpones the proposed October 15 rollout, with the new implementation date to be announced separately. The UPI and Services Steering Committee decided to defer the charges, keeping in view the festive season, NPCI said in a statement. "UPI and Services Steering Committee today decided that, keeping in mind the festive season, Merchant Discount Rate (MDR) on select Person-to-Merchant (P2M) UPI transactions, shall be implemented immediately post Diwali at a date to be notified separately," the NPCI said.

The proposed MDR applies to select person-to-merchant payments above Rs 2,000. The fee will be borne

by merchants within the digital payments ecosystem, while consumers will not be charged for making UPI payments.

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The decision comes amid speculation over a possible delay in the proposed fee, which had been scheduled to take effect from October 15.

Tata Motors, Stellantis expand deal to address global markets



NEW DELHI: Tata Motors Passenger Vehicles (TMPV) and its electric vehicle subsidiary, Tata Passenger Electric Mobility Limited (TPEM), officially announced signing a deal with Stellantis NV to expand their existing partnership to include vehicle technology and product development for global markets.

Stellantis NV is a multinational automotive manufacturing corporation that owns the automotive brand Fiat. The latest agreement builds on a Memorandum of Understanding (MoU) signed in February 2026, to cover advanced technology and product collaboration. Under the latest deal, TMPV will provide Stellantis NV with access to its product technology and platform architecture, which Stellantis NV will leverage to develop products and capabilities for diverse global markets.

Vehicles developed under the agreement will be manufactured in India at Fiat India Automobiles Private Limited (FIAPL) in Ranjangan, near Pune, as a 50:50 joint venture between TMPV and Stellantis NV. India news updates

The partnership is expected to utilise Tata Motors' engineering and manufacturing scale in India, combined with Stellantis NV's presence in multiple global markets, to expand export opportunities and establish India as a key hub in its global manufacturing network.

Vehicles developed under the arrangement must meet the requirements of different markets, including their regulatory standards, operating conditions and customer preferences.

However, the companies have not disclosed the models covered by the agreement, their launch timelines or financial details of the arrangement. The collaboration is expected to leverage India's engineering workforce and manufacturing capacity to support vehicle development for overseas markets.

Mahant Raju Nath Chandel calls for bringing all temples in Jammu & Kashmir under a Shrine Board and providing salaries to priests

JAMMU: Mahant Raju Nath Chandel has urged the nation's esteemed Prime Minister, Shri Narendra Modi, to address the concerning decline in the number of temples in Jammu & Kashmir and the encroachment upon temple lands by the land mafia. The upkeep of most temples in the region is currently left to fate, since the exodus of Kashmiri Pandits due to terrorism and the persistent threats from terrorists, there is no one left to maintain or care for these temples. Highlighting these issues, Mahant Raju Nath Chandel stated that all remaining temples in Jammu & Kashmir should be brought under the administration of a Shrine Board to ensure their preservation.

Furthermore, the government should provide security and salaries to the priests serving in these temples, thereby ensuring proper temple maintenance and securing the priests' livelihoods.

India is a nation dedicated to Sanatan traditions and global peace; just as some



governments have provided salaries to Maulanas in mosques, the Bharatiya Janata Party—a party that upholds the Sanatan faith—should take immediate steps to provide salaries to temple priests across the country.

India could be among the first countries to roll out 6G: Jio

NEW DELHI: Telecom giant Jio on Tuesday said that the gearing up for the 6G era and India could be among the first countries to roll out 6G when global standards are finalised in 2030. Jio has already developed its pre-6G stack and Giga MIMO Radio, both of which were on display at the ongoing India Mobile Congress (IMC) 2026 in New Delhi.

According to Jio, 6G networks could offer up to five times the capacity of current 5G networks, with a target to reduce latency by nearly 10 times. In simple terms, networks could handle much more data and many more users simultaneously, while responding to commands significantly faster. Data speeds are also expected to improve.

These advances could unlock new

possibilities for real-time AI, holographic video, healthcare, education and other next-generation digital services. A major highlight of Jio's IMC showcase is its Giga MIMO Radio, which the company describes as India's first. Jio has also unveiled a common baseband unit that can support both 5G and 6G.

But the race to 6G isn't just about greater capacity or faster response times. It's also about helping shape the technology and global standards that will define the next generation of connectivity. Jio says it has filed more than 8,000 patents, including hundreds related to 6G. The company also claims to have made over 934 contributions to global standards.

FPIs pull record Rs 3.08 lakh crore from Indian equities in 2026, nearly double 2025 outflows

NEW DELHI: Foreign portfolio investors (FPIs) have withdrawn a record Rs 3.08 lakh crore (\$32.73 billion) from Indian equities during the first nine months of calendar year 2026, with the outflow already nearly twice the Rs 1.66 lakh crore recorded in the whole of 2025.

In comparison, foreign investors were net buyers to the tune of Rs 427 crore in 2024, according to market data.

Data from the National Securities Depository Ltd (NSDL) shows that foreign investors have sold shares worth Rs 3.64 lakh crore (\$38.69 billion) in the secondary market through October 12. However, their participation in the primary market has remained positive, with net investments



of Rs 56,485 crore (\$5.97 billion) during the period, indicating continued interest in new share issuances despite sustained selling in listed stocks.

Market participants attribute the persistent outflows to a combination of global and domestic concerns. Rising US bond yields, which recently crossed the 5.2 per cent mark, have made dollar-denominated assets more attractive to investors. The rally in artificial intelligence-related

stocks in global markets has drawn capital towards other investment destinations.

Elevated crude oil prices amid the West Asia conflict have added to investor concerns, given India's dependence on imported energy. Higher oil prices can increase the country's import bill, put pressure on the rupee and complicate the inflation outlook, factors that may weigh on sentiment towards Indian equities.

Mortgage rates rise as 30-year rates hit 6.85%, pushing more homebuyers toward ARMs as demand falls 2.7%

NEW DELHI: Mortgage rates moved higher last week, pushing some borrowers toward adjustable-rate mortgages (ARMs) as they looked for cheaper loan options. The rise in rates also caused overall mortgage demand to fall, with total mortgage applications dropping 2.7% for the week, according to the Mortgage Bankers Association (MBA). The share of borrowers choosing ARMs increased last week. ARM applications made up 8.5% of all mortgage applications, up from 8% the previous week, according to the MBA. ARM demand has now reached its highest level since June. ARMs are becoming more attractive to some borrowers because they usually start with a lower interest rate than a traditional 30-year fixed mortgage. ARMs can offer a lower rate for an initial period before the rate can change. Some ARM loans

can keep their starting interest rate fixed for as long as 10 years, giving borrowers lower payments during that period. ARM demand is much higher than it was during the early pandemic years. When mortgage rates fell to record lows during the first years of the COVID-19 pandemic, ARMs accounted for only about 3% of mortgage applications.

30-year mortgage rate hits 6.85% The average rate for a 30-year fixed mortgage rose to 6.85% last week. It was 6.79% the week before, according to the MBA. The latest 30-year rate was for conforming loan balances of \$832,750 or less. The loan calculation included a 20% down payment. Mortgage points also increased last week. The average points rose to 0.67 from 0.65, including the origination fee, for borrowers making a 20% down pay-



ment. The 30-year fixed mortgage rate is now at its highest level since June 2025. It is also 36 basis points higher than it was a year ago, according to Joel Kan, MBA vice president and deputy chief economist. Kan said mortgage rates increased because investors remain worried about inflation and the federal budget

deficit. "Mortgage rates moved higher last week," Kan said, pointing to these concerns as the main reasons for the increase, according to CNBC. 5-year ARM rate falls While 30-year fixed mortgage rates climbed, the average rate for a 5-year ARM moved lower. The rate fell to 5.92% from 5.94% the previous week. The

gap between the two loan types is giving some borrowers a reason to consider ARMs. A 5-year ARM at 5.82% has a lower starting rate than the 6.85% average for a 30-year fixed mortgage. However, ARMs carry more risk because their rates can change after the initial fixed period. Borrowers choosing these loans may get lower payments at first but could face higher payments later if interest rates rise.

Total mortgage demand falls Higher 30-year mortgage rates caused total mortgage demand to fall again. Total mortgage application volume dropped 2.7% from the previous week, according to the MBA's seasonally adjusted index.

Refinancing activity took the biggest hit. Applications to refinance an existing home loan fell 6% for the week, according to the MBA. Refinance demand is also much weaker than it was

a year ago. Applications were 25% lower than during the same week last year. The latest refinancing activity was the slowest since May 2025. This shows that higher mortgage rates are continuing to make refinancing less attractive for many homeowners.

Home-purchase mortgage applications were more stable. Applications for loans to buy homes fell just 0.2% from the previous week, according to the MBA. Despite the weekly decline, purchase applications were still higher than last year. They were 4% above the level recorded during the same week a year ago.

Higher borrowing costs are still making some potential buyers hesitate. Kan said higher mortgage rates continue to weigh on people who want to buy homes, even though housing inventory has increased in many markets.

CONTINUATION

Ensure terror networks ...

problem of narcotics smuggling, HM Shah said it cannot be stopped through the efforts of one country alone.

"We must adopt a whole-of-region approach. The illicit proceeds from drugs provide financial strength to organised crime and are also used for terrorist financing. The diversion of precursor chemicals and transactions through the dark web make this challenge even more complex," he said.

On Monday, HM Shah said in a post on X, "India is honored to host the First BIMSTEC Home Ministers' Meeting in New Delhi on 13 October 2026. I extend a warm welcome to the Hon'ble Home Ministers and member state delegations. This historic meeting underscores our shared resolve to combat terrorism, transnational organized crime, narcotics radicalization, trafficking, illicit financial flows, and cyber threats. Through decisive coordination, we remain committed to building a safer, stronger, and more secure BIMSTEC region."

The Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Cooperation (BIMSTEC) is a regional grouping comprising Bangladesh, Bhutan, India, Myanmar, Nepal, Sri Lanka and Thailand. It aims to promote economic and technical cooperation among countries bordering the Bay of Bengal and in its neighbourhood.

CM Omar reviews ...

A meeting was informed that medical assistance would be available along the convoy route, with doctors, paramedics and ambulances deployed in both Kashmir and Jammu divisions.

Arrangements for essential services, food, hospitality and other facilities were also reviewed. The Divisional Commissioner, Jammu, was asked to examine traffic management within the city, particularly around major residential areas, and identify suitable locations along the convoy route for food and public convenience facilities, including washrooms, for employees and officials undertaking the journey.

The meeting also reviewed arrangements for the functioning of the Winter Secretariat in Srinagar, which will operate with minimal staff presence. The Chief Minister directed the General Administration Department to issue monthly rosters for Ministers and Administrative Secretaries to be stationed at the Winter Secretariat, beginning with November.

The Chief Minister further directed that special casual leave be granted to Kashmir-based employees moving to Jammu in connection with the Darbar Move. It was informed that an order in this regard would be issued shortly.

Emphasising the significance of the Darbar Move as a distinctive administrative tradition of Jammu and Kashmir, the Chief Minister called for meticulous planning, effective interdepartmental coordination and adequate arrangements for the safety and convenience of employees.

He directed all departments to work in close coordination to ensure that the Darbar Move is completed smoothly and the official work of the Government commences seamlessly in Jammu.

'Integral part': ...

On Tuesday, Chinese Foreign Ministry spokesperson Mao Ning said, "China has never recognized the so-called 'Union Territory of Ladakh' unilaterally and illegally established by India and firmly opposes #India's announcement of so-called standard names".

The spokesperson further said that India's move to issue standardised names in Ladakh is "illegal and invalid and cannot change the fact that the relevant

areas in the western sector of the China-India boundary have always belonged to China".

Hours later, Ministry of External Affairs' official spokesperson Randhir Jaiswal said, "It is reiterated that the UT of Ladakh is an integral and inalienable part of India. No amount of denial by the Chinese side can change this established fact."

"As for the press release by the Ministry of Home Affairs, GOI which is being referred to, it is self-explanatory. The announcement mentions that the twenty-eight places/features located in the UT of Ladakh have been identified with standard place and feature names on the official map of Survey of India, and it has been done in consultation with the Union Territory of Ladakh and local stakeholders. Identifying these places formally on the Survey of India map of UT of Ladakh is aimed at facilitating their accurate recognition and better awareness among the public at large," Jaiswal said, reiterating the Home Ministry's statement.

The "tit-for-tat" naming of places on the map has been ongoing for the last few years, as both sides have sought to establish their claim on the territory on the map.

Since 2017, Beijing has issued several lists of 'standardised' names of places along the Line of Actual Control (LAC), claiming them to be in accordance with regulations issued by the State Council, the equivalent of the Chinese Cabinet.

India has described them as "inventions" by China and has consistently and unequivocally dismissed them. Delhi has also issued its own names of places along the LAC. This has happened at least six times in the last nine years or so. The most recent such face-off happened in August this year.

What has irked New Delhi this time is the forceful tone with which Beijing has once again rejected India's abrogation of Article 370 and the Union Territory status granted to J&K and Ladakh. China had opposed the move in August 2019, and had even brought it up for discussion at the informal consultations at the UN Security Council, at the behest of Pakistan. However, the Chinese move did not find any takers from the remaining permanent members of the UNSC, including the US, France, the UK and Russia.

J&K Govt Transfers ...

Er Imtiyaz Ahmad to Anantnag, Er Nisar Ahmad to the Right River Division in Srinagar and Er Mohd Yousuf Naikoo to the Kulgam-Shopian division. Learn Hindi.

Er Amir Ashai has been assigned to Baramulla, Er Musadig Bashir Bhat to the Left River Division in Srinagar and Er Ubaidullah Ganai to Bandipora. Er Manzoor Ahmad Mir has been posted to Kathua, while Er Vikas Sathia will serve in the Doda-Kishtwar division with additional charge of Ramban. Er Fareed Ahmad has been posted to Rajouri with additional charge of Poonch. Er Majid Jabbar will serve as Technical Officer to the Superintending Engineer, UEED Jammu. Er Mohd Farooq has been assigned to the Right River Division in Jammu, Er Abdul Qadeer Chowdhary to the Left River Division in Jammu and Er Avinash Gupta to Udhampur.

Er Syed Asif Hussain has been directed to await further posting orders in the Housing and Urban Development Department.

Er Rayees Ahmad Hazar has been posted to Budgam, Er Noor ud Din as Technical Officer to the Superintending Engineer, UEED Kashmir, and Er Pawan Sharma to Samba.

Among the mechanical engineers, Er Khurshid Ahmad Bhat has been posted to Baramulla with additional charge of the Kupwara, Ganderbal and Bandipora divisions. Er Kuldeep Raj has been assigned to Anantnag with additional charge of Kulgam-Shopian and Pulwama.

Er Manzoor Ahmad Haji will serve in the Right River Division in Srinagar, with additional charge of the Left River Division in Srinagar and Budgam. The order also relieves Er Gowhar Nazir Bhat of the additional charge of the divisions concerned.

Er Harvinder Singh has been posted to Reasi with additional charge of Rajouri and Poonch, while Er Vinod Kumar Bhan has been assigned to the Left River Division in Jammu with additional charge of the Right River Division in Jammu.

Er Ashok Kumar has been posted to Kathua with additional charge of Samba. Er Sudeshan Kumar will serve in Udhampur with additional charge of Doda-Kishtwar and Ramban.

DGP Nalin Prabhat ...

Jammu, Civil Defence Jammu, Armed Jammu, Headquarters PHQ, all District SSPs of J&K, all AIGs of PHQ, SSPs of Traffic City Srinagar, PCR Kashmir, Security Kashmir, SIA, CIK CID, SBK CID, SO to IGP Kashmir, Jammu, PCR Jammu, Traffic NHW, Traffic Rural Kashmir/Jammu, Security Jammu, Railway Jammu, Cyber Crime, EOW Jammu, SCV Jammu, ANTF Jammu, FPB Jammu, Railways, SBJ CID, all Zonal SPs of Srinagar City and Jammu City, SP Operations Srinagar/Jammu and other officers. At the outset, senior officers briefed the chair on operational preparedness and key security-related developments in the UT of J&K. They apprised the DGP of measures being undertaken to maintain peace and security, steps taken to strengthen intelligence-gathering mechanisms, and efforts made to enhance overall operational effectiveness. During the review, the DGP emphasised the need to strengthen intelligence-based operations and maintain heightened vigilance. Stressing the importance of inter-agency coordination, he called for seamless information sharing among District Police, intelligence agencies and other security forces to ensure effective operational outcomes. Nalin Prabhat stressed the need to intensify patrolling, strengthen area domination, and undertake focused operations based on actionable intelligence. The DGP underscored the importance of leveraging available technology to enhance surveillance, improve situational awareness, and strengthen response capabilities of field formations. He also called for robust security in border areas, with close monitoring of sensitive locations, strengthened engagement with local communities to build trust and encourage sharing of timely information, and coordinated efforts to prevent infiltration and other security threats. He also emphasised the effective utilisation of the tenant verification application and called for maintenance of updated digital records of tenants and their verification status. Emphasising the importance of institutional discipline and effective supervision, the DGP directed senior officers to conduct frequent inspections of Police Stations to review maintenance of official records, ensure proper upkeep and hygiene of police premises, and assess welfare, cleanliness and living conditions of police personnel. He further stressed the need for routine checks to maintain discipline, punctuality, professional conduct and operational readiness among personnel at all levels. The DGP also directed Traffic Police to intensify enforcement against traffic violations, ensure strict compliance with traffic regulations, and take appropriate action against offenders.

He emphasised the need for sustained traffic management efforts to promote road safety, ensure smooth traffic movement and enhance public convenience. The meeting concluded with the DGP directing participating officers to strengthen operational preparedness and ensure effective coordination to address emerging security challenges and maintain peace and security across the UT.

HELPLINE

POLICE STATIONS

Bagh-e-Bahu	2459777
Bakshi Nagar	2580102
Bus Stand	2575151
City	2543688
Gandhi Nagar	2430528
Gangyal	2482019
Nowbad	2571332
Pacca Danga	2548610
Railway Station	2472870
Sainik Colony	2462212
Satwari	2430364
Channi Himmat	2465164
Transport Nagar	2475444
Trikutla Nagar	2475133
Gandhi Nagar	2459660
SSP City	2561578
SP City North	2547038
SP South	2433778

Public Utility Services

INDIAN AIR LINES	
City Office	2542735
Air Port	2430449
Jet Air Ways	2453999
City Office	2573399

RAILWAYS

Railway Enquiry	131, 132, 2476407
Booking	2470318
Reservation	2470315

Public Health Engineering Stations

Bakshi Nagar	2543557
Gandhi Nagar	2430786
Company Bagh	2542582
New Plot	2573429
Panjirthi	2547537

Telecommunication Department

Directory Enquiry	197
Fault Repair	198
Trunk Booking	180
Billing Complaint	2543896

JAMMU MUNICIPALITY

Jn. Lines	2578503
Administration Officer	2542192
Health Officer	2547440

POSTAL SERVICES

Head Post Office City	2543606
Gandhi Nagar	2435863

FIRE SERVICES

Control Room	101, 132, 2476407
City	2544263
Gandhi Nagar	2457705
Canal	2554064
Gangyal	2480026

COOKING GAS DEALERS

Chenab Gas	2547633
Gulmohr Gas	2430835
JAKFED	2548297
HP Gas	2578456
Shivangi Gas	2577020
Tawi Gas	2548455

POWER HOUSES

Gandhi Nagar	2430180
Canal Road	2554147
Janipur	2533828
Nanak Nagar	2430776
Parade	2542289
Satwari Cantt.	2452813

HOSPITALS

GMC Hospital	2584290
S.M.G.S. Hospital	2547635
C.D. Hospital	2577064
Dental Hospital	2544670
Gandhi Nagar Hospital	2430041
Sarwal Hospital	2579402
G.B. Pant Cantt. Hospital	2433500
Ayurvedic College	2543661
C.R.P. Hospital	2591105
Acharya Shri Chander	2662536
Mental Hospital	2577444
Swami Vivekanand	2547418
Blood Bank	2547637
Ambulances	2584225, 2575364
Ambulances (Red Cross)	2543739

NURSING HOMES

Maddan Hospital	2456727
Medicare	2435070
Triveni Nursing Home	2452664
Suvidha Nursing Home	2555965
Al. Firdous Nursing Home	2545050
Astha Nursing Home	2576707
Bee Enn Charitable Trust	2505310
Chopra Nursing Home	2573580
Harbans Singh Mem Hsp.	2541952
Jeevan Jyoti	2576985
Yudhvir Nursing Home	2547821
Medialid Nursing Home	2466744
Sita Nursing Home	2435007
Vibhuti Nursing Home	2547969

SC directs UGC to issue public advisories on fake institutions after Etah medical college case

NEW DELHI: The Supreme Court has directed the University Grants Commission (UGC) and other regulatory authorities to issue public advisories to ensure persons do not fall prey to fake institutions.

This comes after a case surfaced in Uttar Pradesh's Etah district, where a fake medical college was found operating from a dilapidated building in a field, with an illiterate tea seller as its chairman.

A bench of justices Abusamudhin Amaniullah and NV Anjaria in its order passed on Friday said, "Having come to know of such activity happening on the ground, a suggestion has come from additional solicitor general (ASG) KM Nataraj (appearing for UP government) that UGC may issue an advisory to all authorities/institutions, and especially to the public at large, not to take admission in or deal with institutions without first verifying the authenticity of such institutions. We find the suggestion to be useful, and accordingly, a direction is issued to the UGC and all the regulatory authorities to issue such a public advisory to act accordingly."

Fake medical college in Etah
The fake medical college, styled as BS Medical College, operated from an old, dilapidated farm house and offered various courses, including D.Pharm, B.Pharm, and B.Sc. Nursing, DMLT, BMLT, BAMS, GNM and



ANM. The structure had just two or three rooms and was in disrepair. No other structure appeared to be around it. These facts were brought to the court's attention by former Indian Legal Service (ILS) officer RM Sharma, who is assisting the court in a matter concerning the audit of all private universities. Sharma informed the court about a report published in a national daily regarding the fake medical college pursuant to which the police have taken action against one Satender Kumar, who is said to be running the said institution, and three other persons.

During investigations, it came to light that one Bhagwan Das Singh Baghel, an illiterate tea seller, is the Chairman of the institution. When questioned, he

feigned ignorance of his position. However, he admitted that he regularly signed the college documents provided by Satender Kumar.

ASG Nataraj informed the court that the UP chief secretary has also ordered an independent inquiry.

"We find that the same was required and that the steps taken are in the public interest so that the entire fraud on society is exposed, and based on the said inquiry, future guidelines can be issued by the UGC and all the regulatory bodies to prevent such incidents," the court said. Even the Centre, represented by ASG Archana Pathak Dae, stated that the UGC has written to UP's additional chief secretary, who handles the affairs of the Higher Education department, to look

into the matter. The court directed the Centre to communicate its order to all regulatory bodies and monitor compliance with these directions. How the Apex Court got into the audit of private universities

The issue of auditing private universities was raised in a matter where the court was considering a case filed by a student alleging that a private university harassed her when she sought to change her name in the university records.

The court had appointed Sharma to examine all affidavits filed by states and union territories and make recommendations. Last month, the court directed all regulatory authorities such as the National Medical Council, National Dental Council, Indian Nursing Council, Commission for Allied and Healthcare Providers, Bar Council of India, Pharmacy Council, Veterinary Council, and National Commission for Indian System of Medicine, among others, to furnish details of their inspection of colleges relating to affiliation along with database of entire faculty and supporting staff.

The bench had observed that no private university should be run as an institution for profit but rather to serve the larger public purpose of education. It required audited accounts from every private university in the country to determine how they use their surplus income, the amounts

paid to employees, and the fees collected from students under various heads. These facts were brought to the court's attention by former Indian Legal Service (ILS) officer RM Sharma, who is assisting the court in a matter concerning the audit of all private universities. Sharma informed the court about a report published in a national daily regarding the fake medical college pursuant to which the police have taken action against one Satender Kumar, who is said to be running the said institution, and three other persons.

Limiting not just to finance, the court directed the universities to register information about their admission procedure, recruitment process, actual work performed by teachers in the last year, among a host of other details that will be sent to the respective state and union territories, who will file affidavits in the top court in six weeks.

The court also focused on the admission procedure and the academic quality imparted in these universities, seeking details of the person responsible for admissions, the setting of question papers, the evaluation of answer sheets, and the role of management in these functions. The order further required details of the past year's teaching hours assigned to teachers and the actual classes they taught.

The matter will be heard next on November 19.

West Indies had plan for me, but I had to play better than that: Abhishek Sharma

NEW DELHI: India opener Abhishek Sharma said he had to find ways to counter the West Indies' plans against him after smashing a 30-ball 69 to power India to a 14-run win in the third T20 here.

India took a 2-1 lead in the five-match series with Abhishek's quickfire knock, his 108-run stand for the second wicket with Ishan Kishan (37), and Arshdeep Singh's 3/44 setting up the victory in the third game here on Sunday. Abhishek said the West Indies opening with off-spinner Roston Chase and their field placement on the off side prompted him to explore more scoring options.

"I wouldn't say it was deliberate, but it was there in my mind that they had a plan against me," Abhishek told reporters after the match when asked about his off-side strokes.

"(With the) off-spinner bowling against me, it was just a battle between him and me. I gave him respect



in the first over because he is bowling really well in this series, so it is just the plan that went pretty well for me as well."

"...because in the powerplay, I was trying to just get a few runs and they had a plan for me, and I had to play better than that," said Abhishek, who smashed six fours and five sixes in his

innings. He added, "I don't think and play deliberately. It just happens when I see the field placement, whenever they have a field placement which allows me to just give myself room and play those shots."

India restricted the West Indies to 209 for seven after being bowled out for 223.

Abhishek said India wanted to be ruthless against the Caribbean side.

"West Indies is such a team that you can never say that the match is now on our side. This was on our mind because we saw in the last match that whichever batsman comes in, (with) the conditions that we have here, it is very easy for them to take the match to their side."

"So that was in our mind even when we were losing wickets, we were saying that we would be ruthless thereon and we will not give them a single chance to come back," he said.

"The way (Shamar) Springer batted, I was really surprised by the way he played those shots; those weren't easy shots. You have to be ready all the time, (even) if they are at 50/5 as well, I think they have that capability to turn things around for themselves. In that case we were very much prepared this time."



PLAN TO SHACKLE HOPE EXECUTED TO PERFECTION: ARSHDEEP SINGH

Don't compromise Ranji Trophy: Sunil Gavaskar calls out India A scheduling clash, warns against weakening domestic competition



new delhi: Former India captain Sunil Gavaskar is not a fan of India A matches being held alongside domestic competitions, especially the Ranji Trophy. The latest edition of the premier red-ball competition got underway on Sunday, with several top stars in action. The opening day of the Ranji Trophy coincided with the third and final one-day match between India A and Australia A, leaving Rajat Patidar, Devdutt Padikkal and Ruturaj Gaikwad unavailable for their respective state teams - Madhya Pradesh, Karnataka and Maharashtra.

Later this month, India A will travel to New Zealand for three unofficial Tests, meaning some players will again be unavailable for their state teams. Addressing the scheduling issue, Gavaskar urged the organisers to be mindful of the domestic calendar and ensure that the Ranji Trophy is not compromised.

The 1983 World Cup winner argued that the inclusion of Plate teams in the Ranji Trophy has diluted the competition, adding that not all records can be taken at face value. "The standard in the Elite division has levelled to a great extent as can be seen by teams who were not very competitive earlier, now going on to

win the Ranji Trophy. That's most encouraging though with the India international players hardly playing in the domestic competitions, it's difficult to know how good some of the individual players are," wrote Gavaskar in his column for Mid-Day.

"This is noticeable when some of the leading run makers and wicket takers in the Ranji Trophy are picked to play for India. They struggle to find their feet, and some fade away quickly, while some still stay on the fringes but are not quite able to crack it," he added.

The legendary batter further argued that a weakened Ranji Trophy season allows some players to pile up runs or take wickets in abundance, but they fail to replicate those performances when they earn senior India call-ups. "There really is no easy solution, and the 'A' team matches certainly help in telling who is more likely to succeed internationally and who will remain a top Ranji performer. There's a case for more A team matches, but not when the domestic competitions, especially the Ranji Trophy, are on. For then it won't be a surprise with weakened competition, a batter may reach 2000 runs and a bowler 100 wickets in a Ranji season," wrote Gavaskar.

Abhishek's opening salvo, bowlers' backing up seals Indore win



NEW DELHI: In the end, India's victory margin was a comfortable 14 runs but the home side would be proud they left Indore with a win, after successfully defending the total on a batting parade in the third T20 against West Indies on Sunday.

Batters from both sides have been so dominant through the white-ball series that 200-plus remains just a notional high score, not a match-winning one. Even as the asking rate kept climbing as West Indies went in pursuit of 224, Indian bowlers were not breathing easy. For the day, India's bowling tactics of playing the extra pacer as well as their execution - Mayank Yadav's at the start and Prince Yadav's in the closing overs - was exemplary. Arshdeep

Singh was good all round as he so often is. The left-arm quick got all the wickets (4-0-44-3), including the most important one of the In-form Shai Hope early in the innings. India scored 223 and restricted West Indies to 209/7, going 2-1 up in the five-game series. High-scoring matches have a grammar of their own. Where everything seems to happen in a hurry. Boundaries come frequently, but there is greater premium on spells of play where the defensive play works. India came out winners on this count. Their all-pace strategy kept West Indies in check at 54/1 in the Powerplay. At one stage, Shimron Hetmyer was threatening to make India pay for offering a life on five. But Naman Dhir,

developing a reputation for his one-tos - six followed by a wicket - got the left-hander on 43 (26b) in such a sequence. An over later, Kamill Pooran got on top of him for three sixes, but he was still able to have the final say with his wicket on 42 off the final ball. Dhir's smarts have been a useful addition to India's bowling mix. With the bat, India were 87/1 in the Powerplay, 87/5 in the middle overs. They added 49 more runs at the death. In isolation, good returns across phases. But considering India had brought up their 100 inside 8 overs, and this was Indore, a T20 prototype of a venue, they would admit they lacked cricket intelligence during the second half of their batting innings.

Bruno Guimaraes fires Arsenal to victory over Leeds, 10-man Spurs frustrate Manchester United in 1-1 draw

LONDON: Bruno Guimaraes came off the bench to score on his home debut as defending champion Arsenal recovered to beat Leeds 2-1 in the Premier League on Saturday. Guimaraes netted just four minutes after being sent on. It was the Brazil midfielder's second goal for Arsenal - he scored against Sunderland last month after joining from Newcastle in the off-season, and he celebrated by diving into the crowd.

It was the perfect flourish for Arsenal to celebrate coach Mikel Arteta signing a contract extension this week and bounce back from a hefty defeat at Brighton before the extended three-week break for internationalists.

"This is the level for Arsenal, every week, every game, every minute, every action that you have to be at," Arteta said. "Against Brighton (Guimaraes) wasn't at that level, and today he was much better, and he can still be much better, and that's what we have to demand. He's still not in the best condition because he did not

have a preseason. But he's done it twice, (scoring from the bench) against Sunderland and now against Leeds, and that's the quality needed at this level to continue to win." Arsenal moved level on points with Manchester City at the top of the table ahead of City's tricky trip to Liverpool on Sunday. The game at Anfield is City's first since being found guilty of large-scale financial wrongdoing in the biggest scandal in Premier League history. City is appealing.

It was a first defeat for Leeds, which was hoping to leapfrog Arsenal into second - courtesy of a better goal difference - with a win. The visitors frustrated Arsenal for large swathes of the match, defending well and looking dangerous on the counterattack. Leeds scored in the 55th minute.

Gabriel Gudmundsson rolled the ball across the area and it went past the flailing hand of a sprawling David Raya and through to James Justin, who blasted it into the roof of the net.

21st Junior National Soft Tennis Championship concludes on a high in Srinagar

SRINAGAR, OCT 13 The 21st Junior National Soft Tennis Championship, organised at Gindun Stadium, Rajbagh, Srinagar, from October 5 to October 10, 2026, concluded successfully with a grand closing ceremony held on October 10, 2026, at the Sher-i-Kashmir Indoor Sports Complex (SKISC), Srinagar.

The championship, organised in conjunction with J&K Sports Council, brought together the talented young soft tennis players from across the country, celebrating sporting excellence, discipline, unity and the spirit of healthy competition. The closing ceremony was graced by Hossein Rafeian, President of the Iran Soft Tennis Association, as the Chief Guest. His presence added international significance to the occasion and reflect-

ed the growing scope for cooperation and friendship through soft tennis. Samaneh Hanifi, wife of Hossein Rafeian, attended as the Guest of Honour. Among the distinguished guests were Sayna Sadat Hashemi, International Affairs representative; Navinder Pal Singh and Mrs. Nirmala, Joint Secretaries of the Amateur Soft Tennis Federation of India (ASTFI); Nazrul Islam, President of the Private Schools Association; Dr. Fayaz Ahmad; Fazali, Chairman of Dolphin School, Pulwama and other dignitaries, officials, and representatives associated with ASTFI and sports. The championship witnessed enthusiastic participation from teams representing different states of India, providing young athletes with a valuable platform to showcase their talent, determination and competitive spirit at the national level. Throughout the tournament, the players demonstrated remarkable dedication, sportsmanship, and discipline, making the championship a memorable sporting occasion. Addressing the gathering, the distinguished guests appreciated the efforts made to organise



the championship successfully in Srinagar and emphasised the importance of providing young players with opportunities to compete at higher levels. The presence of the President of the Iran Soft Tennis Association further highlighted the potential for international engagement and the strengthening of sporting relations

through soft tennis. Special appreciation and sincere thanks are extended to the Jammu & Kashmir Sports Council for its valuable support and cooperation in facilitating the successful conduct of the championship. The association also placed on record its gratitude to the Amateur Soft Tennis Federation of India

for its guidance, coordination and continued commitment to the promotion and development of soft tennis across the country. The successful organisation of this prestigious national championship is a testament to the dedication, planning and tireless efforts of the J&K Amateur Soft Tennis Association, which deserves special credit for hosting the event in Srinagar. From coordination and arrangements to providing a platform for young athletes from across India, the association played a significant role in ensuring that the championship concluded on a high note. The association also acknowledged the contributions of participating state associations, team managers, coaches, technical officials, volunteers and all those who worked behind the scenes to make the event a suc-

cess. Their collective efforts helped create a positive and encouraging environment for young sporting talent. The closing ceremony concluded on a note of pride, appreciation and renewed commitment to the promotion of soft tennis among the youth. The J&K Amateur Soft Tennis Association reaffirmed its commitment to continue its efforts to promote soft tennis in Jammu & Kashmir and contribute meaningfully to the growth of the sport at the national and international levels. The organisers expressed their gratitude to all participating States, players, coaches, managers, officials, J&K Sports Council, The Jammu and Kashmir Bank Limited, and all other stakeholders whose cooperation has contributed to the successful commencement of the championship.

LADAKH TODAY

MULTI-EDITION NEWSPAPER

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समाचार



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व्यापार
एवं रोजगार



शिक्षा



खेल



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