

Apni Party Kissan Wing seeks comprehensive survey, adequate compensation for rain-hailstorm victims

Badrinath Sharma, accompanied by Bodhraj, submits detailed memorandum to Div Com Jammu Dr Vikas Kundal; seeks immediate relief for farmers, livestock owners

JAMMU, OCT 16 Jammu and Kashmir Apni Party Kissan Wing President Badrinath Sharma, accompanied by Bodhraj, today submitted a detailed memorandum to Divisional Commissioner Jammu Dr Vikas Kundal, seeking immediate administrative intervention, a comprehensive assessment of agricultural and livestock losses caused by recent heavy rains, hailstorms, flash floods and lightning strikes, and the release of adequate compensation to affected farmers and livestock owners across Jammu Division.

The memorandum highlighted the serious hardships being faced by farming families whose standing crops, horticultural produce, vegetable cultivation, agricultural infrastructure and livestock have reportedly suffered damage due to adverse weather conditions. It urged the Divisional Commissioner to issue necessary directions to the concerned Deputy Commissioners and departments to undertake transparent, impartial and time-bound assessments of the losses and ensure that eligible affected families receive relief without unnecessary procedural delays.

Sharma emphasised that agriculture and animal husbandry constitute the backbone of Jammu and Kashmir's rural economy, providing livelihood, employment and financial security to thousands of families. He pointed out that farmers invest their savings and often borrow money to purchase seeds, fertilisers, pes-



ticides, machinery and other agricultural inputs. Any damage to their crops at a crucial stage of cultivation not only deprives them of their anticipated income but also jeopardises their ability to repay loans, meet household expenses and prepare for the next agricultural season. He stressed that the administration must treat the situation with urgency and ensure that the genuine difficulties of the farming community are addressed through practical, farmer-friendly measures rather than routine administrative formalities. In the memorandum, the Apni Party Kissan Wing called for an immediate, comprehensive survey of all affected agricultural areas across Jammu Division. It urged the Divisional Commissioner to direct the concerned Deputy Commissioners to constitute joint teams comprising officials from the Revenue,

Agriculture, Horticulture and other relevant departments to conduct physical inspections of affected fields and villages. The memorandum stressed that the assessment should not be restricted to preliminary reports prepared in offices but must reflect the actual ground situation. The survey should document the extent of damage to standing crops, horticultural produce, vegetables, nurseries and other eligible agricultural activities, along with the area affected, crop varieties, stage of cultivation and estimated financial losses. It also sought special attention to small and marginal farmers, tenant cultivators and families primarily dependent on seasonal agricultural income, subject to applicable relief provisions. Sharma urged the administration to establish a mechanism to ensure that farmers could submit representations and supporting evidence and seek corrections if

their fields were omitted or their losses were underestimated.

He maintained that a fair and reliable assessment was essential to ensure that no genuinely affected farmer was deprived of assistance because of inadequate verification or avoidable administrative lapses. Seeking adequate and befitting compensation for affected cultivators, Sharma urged the administration to ensure that financial assistance was proportionate to the verified losses and provided in accordance with applicable government relief norms and schemes. The memorandum also called upon the administration to examine whether the existing assistance rates were sufficient to address the extent of the reported damage and, wherever necessary, take up the matter with the competent authorities for enhanced compensation or a special relief package. It underscored that small and marginal farmers were particularly vulnerable because of their limited financial resources and lack of capacity to absorb unexpected agricultural losses. Even partial damage to their crops could affect their ability to purchase inputs, repay loans, pay agricultural labourers and meet essential household requirements.

The Kissan Wing urged the authorities to prioritise severely affected and financially vulnerable farming households, facilitate the completion of necessary documentation, and ensure the prompt disbursement of admissible assistance, preferably through direct bank

transfers wherever applicable. The memorandum further called for specialised assessments of horticultural produce, vegetable crops, fruit-bearing plants and nurseries wherever necessary, along with assistance to eligible farmers in pursuing crop insurance claims and other available benefits.

Drawing attention to an equally serious concern, the memorandum highlighted the financial distress faced by livestock owners whose animals have reportedly died or suffered injuries due to heavy rainfall, flash floods, lightning strikes and other weather-related incidents. Sharma pointed out that cattle, buffaloes, sheep, goats and other domestic animals represent valuable economic assets for rural households.

For many small farmers, dairy products and livestock are dependent families, the loss of even one or two animals can significantly affect their regular income and undermine their ability to sustain their livelihoods.

The Kissan Wing urged the administration to direct the Revenue Department, Animal Husbandry Department and disaster-management authorities to conduct an immediate field-level assessment of livestock losses in affected areas. The assessment, it stated, should record the number and category of animals killed or injured, the circumstances of the losses, damage to cattle sheds and animal shelters, and losses of fodder stocks and other essential livestock resources wherever reported.

EuroKids Talab Tillo celebrates Dussehra with Grandeur, enthusiasm and a message of righteousness



JAMMU, OCT 16

EuroKids Talab Tillo celebrated Dussehra with immense enthusiasm, cultural fervour, and a profound message of the eternal triumph of good over evil. The celebration was thoughtfully curated to acquaint young learners with the rich cultural heritage of India while instilling in them the timeless virtues of truth, courage, compassion, integrity, and righteousness. The occasion witnessed the enthusiastic participation of students, teachers, and the school management in an engaging programme that seamlessly blended cultural expression, experiential learning, and moral education.

The celebration was graced by Ms. Kusum Tikoo, actor and anchor associated with Vishesh Productions and known for her portrayal of Baby Maami in Pashmina on Sony LIV, as the Chief Guest, and Ms. Tarika Mahajan, news personality and Editor-in-Chief of Outlook Bharat, formerly Assistant Editor at The News Now, as the Special Guest. Their gracious presence added distinction to the occasion and provided the young learners with an opportunity to interact with accomplished personalities from the fields

of entertainment and journalism. The programme commenced with a traditional reception, wherein students, accompanied by teacher Meghna Kotwal, extended a warm welcome to the dignitaries through a ceremonial tilak and floral greetings. The guests subsequently engaged in an interactive session with the children, encouraging them to express their thoughts, satisfy their curiosity, and learn through meaningful dialogue.

The formal proceedings began with the ceremonial lighting of the lamp by the distinguished guests alongside Mr. Anil Kapoor, Chairman; Mrs. Amita Kapoor, Vice Chairperson-cum-Principal; Mr. Ronit Kapoor, Managing Director; and Mrs. Nisha Verma, Academic Coordinator. The dignitaries were felicitated with bouquets as a gesture of esteem and appreciation.

A captivating welcome dance on "Ram Aaye Hain, Ghana Sudhar" set a devotional and celebratory tone for the occasion. The highlight of the cultural programme was a mini musical enactment of the Ramayana, through which the children portrayed significant episodes from the epic, bringing alive the virtues of devotion.

Rana directs speedy execution of Jal Shakti, I&FC works in Jammu Division

JAMMU OCT 16

Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana, today chaired a review meeting at the Civil Secretariat, Jammu, to assess the physical and financial progress of various schemes and developmental works being executed by the Jal Shakti Department and the Irrigation & Flood Control (I&FC) Department in Jammu Division. During the meeting, the concerned officers reported that the Minister on the progress of ongoing schemes, achievements recorded so far, implementation-related bottlenecks and the status of expenditure against funds sanctioned and earmarked for various works. While reviewing the progress, the Minister directed the officers to accelerate the execution of works on the ground for expeditious completion. He asked them to ensure that all the projects nearing completion be completed within the prescribed timelines, particularly before the onset of winter.



Reviewing the functioning and progress of the Jal Shakti Department, Rana directed the officers to accord top priority to the incomplete drinking water supply schemes and make every effort to commission them at an earliest. He stressed the need for advance functional testing of pipelines, pumping arrangements, storage tanks and other associated infrastructure to ensure that any technical deficiencies are identified and rectified well in time, facilitating the smooth commissioning of schemes and reliable drinking water supply to the people. The Minister also called for close field-level monitoring of

schemes and directed the concerned officers to undertake regular inspections, particularly at advanced stages of completion, to ensure adherence to quality standards and approved timelines.

Reviewing the progress of works under the Irrigation & Flood Control Department, the Minister directed that de-silting of water channels and the strengthening of flood-protection infrastructure and embankments along vulnerable stretches be undertaken and completed on priority. He asked the concerned officers to furnish a comprehensive river-wise status report detailing

the progress of flood-protection works. He emphasised the need for focused attention on vulnerable stretches and timely execution of essential protective measures.

The Minister also reviewed the progress of works being executed under the Capex and Special Assistance to States for Capital Investment (SASCI) schemes. He directed the officers to expedite implementation, ensure timely utilisation of allocated funds and remove bottlenecks hindering execution. He stressed that all works under these schemes must adhere to the prescribed timelines and quality standards, with regular monitoring to ensure tangible progress on the ground. Stressing financial discipline and accountability, Rana said that physical progress and financial expenditure must move in tandem.

He directed the officers to ensure judicious and transparent utilisation of funds allocated for developmental works within the prescribed timelines.

Devotional Song Competition adds musical grandeur to Navratra Utsav 2026 in Katra

KATRA OCT 16

The All India Devotional Song Competition, being organised as part of Navratra Utsav 2026, was inaugurated at Yog Ashram Complex in the evening with the lighting of the traditional lamp by Chief Planning Officer Reasi Narinder Kumar. The event is being organised with the active support of the district administration Reasi and the local community to promote devotional music and provide a platform to budding singers.

On the fifth night of the competition, Lalit Bhargava from Jammu secured the first position, while Rani Sagar bagged the second position. Mukesh from Kanyala and Manjeet from Jalandhar shared the third position among the 13 participants who auditioned. The winners were awarded cash prizes of ₹10,000, ₹5,000 and ₹3,000, respectively, by the distinguished guests.

The competition was adjudicated by a panel of music experts,



comprising Dr. Surinder Sharma, Head of the Department at Government Degree College, Sanoili, Himachal Pradesh; C.L. Verma, former Chairman of Postgraduate University, Himachal Pradesh; Anupama Sharma, Professor of Music at Degree College Parade Jammu and renowned singers Jonny Sufi and Naveen Punjabi. Additionally, Celebrity singer Jonny Sufi and former competition winner Naveen Punjabi enthralled the audience with their captivating performances.

Their energetic singing drew an enthusiastic response, with people seen dancing to their melodious tunes.

Speaking on the occasion, Narinder Kumar said that the competition not only provides a valuable platform for aspiring singers to showcase their talent but also plays an important role in promoting tourism in the Union Territory of Jammu and Kashmir. He encouraged young people to participate enthusiastically in the competition and make the most of the opportunities it offers.

Shobha Yatra draws enthusiastic participation from devotees in Katra



KATRA, OCT 16

A grand Shobha Yatra was organised in the holy town of Katra today as part of the ongoing Navratra Festival 2026, witnessing enthusiastic participation from devotees, pilgrims and local residents. Led by Principal Census Officer and Director Census Operations Jammu and Kashmir and Ladakh Amit Sharma graced the occasion as the chief guest. Addressing the gathering, Amit Sharma said that religious and cultural events play an important role in preserving cultural heritage, strengthening social harmony. He observed that such occasions bring people closer and help preserve traditional values. He also appreciated the unwavering faith and devotion of pilgrims

towards Mata Vaishno Devi. The Shobha Yatra commenced in the evening and passed through the main market of Katra. Decorated chariots carrying the idol of Mata Vaishno Devi was the major attraction, while devotees sang bhajans and participated in devotional activities. Traditional music, devotional hymns, spiritual recitations and colourful decorations added to the grandeur of the Shobha Yatra. The Navratra Festival brought Katra's vibrant religious and cultural heritage into focus, highlighting the town's importance as a prominent pilgrimage hub. Comprehensive arrangements were put in place to ensure the smooth organisation of festival events and the well-being of devotees and visitors.

Fairdeal Group launches the Tata Sierra #DARK and the All-New Tata Aerie

JAMMU, OCT 16

Fairdeal Group—J&K's largest and most trusted Tata Motors dealership network—proudly unveiled the Tata Sierra #DARK and the all-new Tata Aerie at its showrooms at Fairdeal Motors, Kunjwani and Fairdeal AutoMotors, Toph Sherkhania. The unveiling ceremony was graced by Chief Guest Dr. Arun Kumar Manhas (JKAS), Director of Industries and Commerce, Jammu, along with Fairdeal's Managing Director Sh. Saleem Bakshi and Director Mr. Farhan Bakshi, Mr. Rohit Gandotra, Mr. Mohit Gandotra, Mr. Ritvik Gandotra, along with Mr. Narinder Kaushal CEO - PV Sales, Fairdeal Group, and Mr. Vivek Devnoidia, Senior Manager, New Car Sales (TATA.CARS), along with other distinguished guests, customers and members of the Fairdeal Group team.

Tata Sierra #DARK: Legend Wears #DARK The Tata Sierra #DARK gives the legendary Sierra a darker expression of luxury. Finished in Friesian Black, it features R19 #DARK theme alloy wheels, the signature #DARK mascot, Light



Saber LED DRLs and tail lamps, and a clamshell tailgate with gesture control, creating a bold and commanding road presence. Inside, the Violet Electric interior theme brings a bold expression of dark luxury, with a full leatherette dashboard finished in deep violet hues. The cabin is further elevated by the PANORAMAX voice-assisted panoramic sunroof, the segment's largest, and the Horizon View Triple Screen infotainment experience. Depending on the variant, the Sierra #DARK also offers a

HyperAR Head-Up Display with multicolour guidelines, L2+ ADAS with 22 key features, 12 JBL™ Black speakers with Dolby Atmos™, Superlide Suspension with FDD, a 6-way powered driver seat with memory and welcome function, Boss Mode and ventilated seats. The All-New Tata Aerie: Defeat Boring The all-new Tata Aerie is a stylish sedan built for personal buyers who want expressive design, everyday comfort and long-distance practicality,

without compromise. The cabin features the OpenView dashboard with dual integrated screens, a 26.03 cm touchscreen infotainment system, a 12.7 cm digital instrument cluster, wireless Apple CarPlay™ and Android Auto™, and iRA connected car technology with over 35 features. It also offers ventilated leatherette seats, automatic climate control, rear AC vents, a Dual Smartphone Deck with wireless charging, 65W Type-C fast chargers and a spacious 419-litre boot. Built on Tata's

Safety Dome architecture with Ultra High Strength Steel, the Aerie comes with 6 airbags, ESP, ABS with EBD, Corner Stability Control, Hill Hold Control and iSAFE, anchors as standard. It also offers a 360° surround view camera, Blind View Monitor, MultiView DVR, auto headlamps and rain-sensing wipers.

Introductory Price: The Tata Sierra #DARK range starts at ₹13.99 lakh (ex-showroom), while the all-new Tata Aerie starts at an introductory price of ₹7.29 lakh for petrol, with prices varying according to the variant, powertrain and transmission. A Word from Fairdeal: MotorSpeaking at the launch, Mr. Rahul Slathia, General Manager, Fairdeal AutoMotors, said:

"The Sierra has always been an icon, and the #DARK edition gives it a bold new attitude, while the all-new Aerie brings premium features, safety and value to the sedan segment. At Fairdeal Group, we are delighted to bring both these launches to customers in Jammu and invite them to visit our showrooms and experience them."

Secretary PDD launches SEVA SETU ABHIYAN to promote rooftop solar installations under PM SGY

LEH, OCT 16

Administrative Secretary, Power Development Department (PDD) and New & Renewable Energy (NRE), UT Ladakh, Himanshu Gupta, today launched the SEVA SETU ABHIYAN at Leh Market under the PM Surya Ghar: Muft Bijli Yojana to promote rooftop solar installations and raise public awareness about the benefits of solar energy.

The campaign aims to facilitate access to information regarding government subsidies, application procedures, loan facilities and installation processes, contributing towards the vision of a Carbon Neutral Ladakh.

As part of the initiative, stalls have been set up by various solar vendors and financial institutions, including Ladakh Solar Energy, Leh; Softech Enterprises; Silk Route Energy Pvt. Ltd.; HRECE; Lehi; Australian Premium Solar (APS); Jammu and Kashmir Bank (JK Bank); and Punjab National Bank (PNB). The stalls provide guidance to the public on rooftop solar installations, available subsidies, financing options and other forms of financial assistance under the scheme.

The Secretary was briefed by Superintending Engineer, PDD,



Vijay Ali Mir, and Assistant Executive Engineer (AEE), Tashil Galgpo, regarding the participating vendors, their progress and the status of rooftop solar installations in Leh district. He also enquired about the number of domestic and commercial installations completed by each vendor and the availability of subsidised loans and other financial assistance through banks.

The Secretary directed the Superintending Engineer, PDD, to organise a similar awareness campaign in Kargil district to ensure wider outreach and extend the benefits of the scheme to more people.

Appreciating the participation of a women-owned rooftop solar installation company, he directed the concerned officials to provide the necessary support and encourage greater participation of women entrepreneurs in the renewable energy sector.

Emphasising the potential for rooftop solar installations in commercial establishments, the Secretary further directed the concerned officers to explore opportunities for promoting solar adoption among businesses in Leh Market and convene a meeting with relevant stakeholders to discuss the way forward.

CS Dulloo reviews multi-pronged traffic management plan for Jammu, Srinagar

Directs departments to ensure road safety, improve public transport and strengthen emergency response for accident victims

SRINAGAR, OCT 16

Chief Secretary, Atul Dulloo, today chaired a meeting of the Multi-Disciplinary Committee (MDC) on Traffic Management to review the implementation of a comprehensive action plan aimed at easing traffic congestion, improving urban mobility and strengthening road safety in the twin cities of Jammu and Srinagar.

The meeting reviewed the Action Taken Report on the recommendations of the Supreme Court Committee on Road Safety (SCCRS), besides assessing the progress of various inter-departmental interventions relating to traffic regulation, parking management, public transport, road infrastructure, enforcement and assistance to road accident victims here.

The meeting was attended by Additional Chief Secretary, Home; Additional Chief Secretary, Public Works Department; Commissioner, Housing and Urban Development Department; Divisional Commissioner, Kashmir/Jammu; Commissioner, Transport; Secretary, Tourism; Inspector General of Police, Traffic; Deputy Inspector General, Traffic, Jammu/Kashmir; Commissioner, Jammu/Srinagar Municipal Corporation; Vice-Chairman, SDA/JDA; Director, Urban Local Bodies, Jammu/Kashmir; Vice-Chairman, Lakes Conservation and Management Authority, besides other officers of the concerned departments. Emphasising the need for coordinated and outcome-oriented efforts, the Chief Secretary directed the concerned Municipal Corporations to undertake regular inspections to assess the installation and adequacy of traffic signages at different locations across both cities. He asked the respective Divisional Commissioners to closely monitor the progress and ensure timely resolution of deficiencies.

He enjoined upon the Traffic Department to analyse the data available on the electronic Detailed Accident Report (e-DAR) portal to identify accident-prone locations and time-specific traffic risks. The deployment of traffic personnel, he stressed, should be aligned with the identified hotspots and blackspots to improve enforcement and substantially reduce road accidents.

The Chief Secretary also called for working out a proposal to augment the capacity of the Transport



Department to conduct comprehensive safety audits of heavy passenger vehicles operating across Jammu and Kashmir, with particular emphasis on school buses.

On parking management, he underscored the need to designate additional on-street parking spaces at suitable locations to facilitate the general public.

He further stressed the implementation of the parking policy through the creation of additional parking lots across urban centres of the Union Territory to address congestion arising from unregulated parking. Taking note of the functioning of the Integrated Traffic Management System (ITMS), the Chief Secretary called for upgrading the system to incorporate Facial Recognition System (FRS) capabilities in both cities to strengthen enforcement and enhance the sense of safety among commuters and drivers.

He also stressed the establishment of an effective grievance redressal mechanism for the implementation of the PM-RAHAT scheme, ensuring that no road accident victim is denied timely treatment at health facilities across Jammu and Kashmir.

The meeting also reviewed the status of vending zones, the Integrated Road Accident Database (I-RAD), e-Courts, enforcement measures undertaken by the Traffic and Transport Departments, and ongoing/proposed road-widening and road-protection works aimed at improving traffic flow and ensuring the safety of road users.

On this occasion the Additional Chief Secretary, Public Works Department, Asit Kumar Singh, presented video walk-throughs of various elevated corridors proposed for Jammu and Srinagar.

He also apprised the meeting of the progress of ongoing road-widening works and the projects proposed for execution to improve connectivity and ease traffic congestion.

The Divisional Commissioner, Kashmir, Anshul Garg, take this opportunity to

present a detailed presentation on measures undertaken in and around Srinagar, including identification of parking spaces, decongestion initiatives, ITMS-enabled junctions, e-charging stations, remodelling of bus stops and rectification of identified blackspots.

Commissioner, Housing and Urban Development Department (H&UD), Mandep Kaur, presented the status of various interventions being implemented by the department and urban local bodies to streamline public transport, regulate parking, develop vending zones and strengthen technology-enabled traffic management.

On the development of organised parking facilities, the Commissioner Srinagar revealed that 17 roadside parking sites have been identified in Jammu, of which three are functional and seven have been allotted to vendors.

In Srinagar, an IT-based Automatic Number Plate Recognition (ANPR) system is monitoring 300 parking spaces across key commercial areas, including M.A. Road, Lal Chowk, Residency Road, Jhelum Riverfront and Karan Nagar, the meeting was apprised.

She also made out that IT-based parking management is also being pursued through Srinagar Smart City Limited, while Jammu Municipal Corporation has constituted a Parking Cell and will incorporate IT-based parking provisions in future tenders. Srinagar Municipal Corporation is preparing a GIS-based Parking Management Area Plan for systematic identification and regulation of parking zones, she added.

The meeting also reviewed the development of electric-vehicle charging infrastructure. Regarding the same it was given out that in Jammu, sites have been identified and handed over to the Transport Department under the PM E-Drive scheme, with 15 crore allocated and civil works for the e-bus depot underway.

DC Jammu reviews arrangements for Jhiri Mela at Baba Jitto Shrine

**JAMMU, OCT 16**

Deputy Commissioner Jammu Mingma Sherpa, today visited Baba Jitto Shrine at Jhiri to review the preparations for the upcoming annual Jhiri Mela.

The Deputy Commissioner took stock of the arrangements at the shrine and inspected the surrounding open spaces to assess their utilisation during the Mela. He gave important directions to the concerned officers for clearing of bushes, installation of temporary toilets, installation of CCTV cameras for public safety, proper lighting and barricading of designated areas and identification of adequate parking spaces.

Later, the Deputy Commissioner chaired a meeting attended by A.M. Marh, Surinder Kumar, S.D.M. Marh, Mukhter Ahmed and officers of the line departments. Local representatives also offered feedback and suggestions on the arrangements.

The meeting reviewed the role of various departments, including Jal Shakti, PDD and Irrigation, in ensuring the smooth conduct of the Mela. Underlining the importance of waste disposal and cleanliness, the Deputy Commissioner directed the concerned agencies to put robust sanitation mechanisms in place. He also directed that awareness stalls on government initiatives be set up at the Mela for the benefit of visitors.

C.M.O. Dr. Narinder Bhutyal, SP Rural Ravinder Singh, BDO Kirandeep Kaur and other officers were also present in the meeting.

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:-

04092/04091 Delhi Jn. - Howrah Jn. - Delhi Jn. 02 Trips			
Reserved Festival Special Express Train			
Train No. 04092	STATIONS	Train No. 04091	
ARR. DEP.	ARR. DEP.	ARR. DEP.	
---	00:30 Delhi Jn.	15:50 ---	
08:40 ---	Howrah Jn.	---	10:10

DAYS OF RUN: 04092 Ex. Delhi Jn. on 17.10.2026 and 04091 Ex. Howrah Jn. on 18.10.2026.

STOPPAGES: Tundla Jn., Govindpur, Prayagraj Jn., Pt. Deen Dayal Upadhyaya Jn., Bhabus Road, Sasaram, Dehri on Sone, Anugraha Narayan Road, Gauri, Gaya Jn., Koderma, Hazaribagh Road, NSC Bose J Gomo, Dhanbad Jn., Asansol, Durgapur & Bardhaman Stations.

ACCOMMODATION: AC 2 Tier & AC 3 Tier.

04404/04403 Shikhar Basti - Patna Jn. - Shikhar Basti 16 Trips			
Unreserved Festival Special Express Train			
Train No. 04404	STATIONS	Train No. 04403	
ARR. DEP.	ARR. DEP.	ARR. DEP.	
---	15:15 Shikhar Basti	15:00 ---	
14:30 ---	Patna Jn.	---	15:40

DAYS OF RUN: 04404 Ex. Shikhar Basti on 05.06.07.10.11.12.13 & 14.11.2026 and 04403 Ex. Patna Jn. on 06.07.08.11.12.13 & 15.11.2026.

STOPPAGES: New Delhi, Ghaziabad, Aligarh, Tundla, Govindpur, Subedarganj, Mirzapur, Pt. Deen Dayal Upadhyaya Jn., Buxar, Ara & Danapur Stations.

ACCOMMODATION: Sleeper & General.

04410/04409 Shikhar Basti - Jhansi Jn. - Shikhar Basti 16 Trips			
Reserved Festival Special Express Train			
Train No. 04410	STATIONS	Train No. 04409	
ARR. DEP.	ARR. DEP.	ARR. DEP.	
---	13:00 Shikhar Basti	01:40 ---	
16:00 ---	Jhansi Jn.	---	18:15

DAYS OF RUN: 04410 Ex. Shikhar Basti on 05.06.07.10.11.12.13 & 14.11.2026 and 04409 Ex. Jhansi Jn. on 06.07.08.11.12.13 & 15.11.2026.

STOPPAGES: New Delhi, Ghaziabad, Aligarh, Jn., Kanpur Central, Unnao Jn., Aishbagh, Gonda Jn., Gorakhpur Jn., Kaptanganj Jn., Bagaha, Narkataganj Jn., Sikta, Raxaul Jn., Gorahat, Barigaon, Sitamarhi, Janakpur Road, Kamtau, Shisho Halt & Sakri Jn. Stations.

ACCOMMODATION: Sleeper & General.

09617/09616 Udaipur City - Delhi Sarai Rohilla - Udaipur City 12 Trips			
Unreserved Festival Special Express Train (Weekly)			
Train No. 09617	STATIONS	Train No. 09616	
ARR. DEP.	ARR. DEP.	ARR. DEP.	
---	21:15 Udaipur City	04:00 ---	
11:15 ---	Delhi Sarai Rohilla	---	13:45

DAYS OF RUN: 09617 Ex. Udaipur City on every Wednesday from 21.10.2026 to 25.11.2026 and 09616 Ex. Delhi Sarai Rohilla on every Thursday from 22.10.2026 to 26.11.2026.

STOPPAGES: Mavli Jn., Chanderi, Bhillwara, Biljanagar, Ajmer Jn., Kirti, Phulera, Ringas Jn., Nim Ka Thana, Narnaul, Atili, Rewari Jn., Gurgaon & Delhi Cantt. Stations.

ACCOMMODATION: AC 2 Tier, AC 3 Tier, AC 3 Tier Economy, Sleeper & General.

08407/08408 Khurda Road Jn. - Anand Vihar (T) - Khurda Road Jn. Festival Special Express Train 02 Trips			
Train No. 08407	STATIONS	Train No. 08408	
ARR. DEP.	ARR. DEP.	ARR. DEP.	
---	12:15 Khurda Road Jn.	10:45 ---	
22:30 ---	Anand Vihar (T)	---	00:30

DAYS OF RUN: 08407 Ex. Khurda Road Jn. on 17.10.2026 and 08408 Ex. Anand Vihar (T) on 18.10.2026.

STOPPAGES: Bhubaneswar, Cuttack, Jalpur K Road, Bhadrakh, Balasore, Hiji, Midnapore, Bishnupur, Bankura, Adra, NSC Bose J Gomo, Koderma, Gaya Jn., Dehri on Sone, Sasaram, Bhabua Road, Pt. Deen Dayal Upadhyaya Jn., Subedarganj, Govindpur, Tundla Jn. & Ghaziabad Stations.

ACCOMMODATION: AC 2 Tier, AC 3 Tier, Sleeper & General.

04070/04069 New Delhi - Howrah Jn. - New Delhi 02 Trips			
Reserved Festival Superfast Express Train			
Train No. 04070	STATIONS	Train No. 04069	
ARR. DEP.	ARR. DEP.	ARR. DEP.	
---	08:20 New Delhi	18:45 ---	
10:50 ---	Howrah Jn.	---	15:00

DAYS OF RUN: 04070 Ex. New Delhi on 17.10.2026 and 04069 Ex. Howrah Jn. on 18.10.2026.

STOPPAGES: Aligarh Jn., Kanpur Central, Prayagraj Jn., Pt. Deen Dayal Upadhyaya Jn., Buxar, Ara, Patna Jn., Bakhtiyarpur Jn., Kulti Jn., Jhapa, Jaisi Jn., Madhupur Jn., Chittaranjan, Asansol Jn., Durgapur, Bardhaman & Bandel Stations.

ACCOMMODATION: AC 2 Tier & AC 3 Tier.

04085/04086 New Delhi - Shri Mata Vaishno Devi Katra - 02 Trips			
New Delhi Reserved Festival Special Express Train			
Train No. 04085	STATIONS	Train No. 04086	
ARR. DEP.	ARR. DEP.	ARR. DEP.	
---	14:00 New Delhi	23:30 ---	
03:00 ---	Shri Mata Vaishno Devi Katra	---	10:00

DAYS OF RUN: 04085 Ex. New Delhi on 17.10.2026 and 04086 Ex. Shri Mata Vaishno Devi Katra on 18.10.2026.

STOPPAGES: Sonapat, Panipat Jn., Kurukshetra Jn., Ambala Cantt., Dhandari Kalan, Jalandhar Cantt., Pathankot Cantt., Marly Captain Sunil Kr Choudhary Kathua, Jammu Tawi & Marly Captain Tushar Mahajan Stations.

ACCOMMODATION: AC 2 Tier, AC 3 Tier, Sleeper & General.

For any kind of information, passengers are requested to contact RailMadad Helpline No. 139 or visit Indian Railways website <https://enquiry.indianrail.gov.in> or NTS App.

04485/04486 New Delhi - Shri Mata Vaishno Devi Katra - 04 Trips

New Delhi Reserved Festival Special Express Train

Train No. 04485	STATIONS	Train No. 04486	
ARR. DEP.	ARR. DEP.	ARR. DEP.	
---	14:15 New Delhi	23:30 ---	
03:00 ---	Shri Mata Vaishno Devi Katra	---	10:00

DAYS OF RUN: 04485 Ex. New Delhi on 18.10.2026 & 20.10.2026 and 04486 Ex. Shri Mata Vaishno Devi Katra on 19.10.2026 & 21.10.2026.

STOPPAGES: Sonapat, Panipat Jn., Kurukshetra Jn., Ambala Cantt., Dhandari Kalan, Jalandhar Cantt., Pathankot Cantt., Marly Captain Sunil Kr Choudhary Kathua, Jammu Tawi & Marly Captain Tushar Mahajan Stations.

ACCOMMODATION: 1st AC, AC 2 Tier, AC 3 Tier, Sleeper & General.

04231/04232 Varanasi Jn. - Jammu Tawi - Varanasi Jn. 02 Trips			
Reserved Festival Special Express Train			
Train No. 04231	STATIONS	Train No. 04232	
ARR. DEP.	ARR. DEP.	ARR. DEP.	
---	13:40 Varanasi Jn.	17:40 ---	
21:00 ---	Lucknow	10:05 ---	10:15
15:20 ---	Jammu Tawi	---	17:00

DAYS OF RUN: 04231 Ex. Varanasi Jn. on 18.10.2026 and 04232 Ex. Jammu Tawi on 19.10.2026.

STOPPAGES: Jaunpur Jn., Ayodhya Dham Jn., Ayodhya Cantt., Lucknow, Shahjahanpur Jn., Bareilly, Moradabad, Saharanpur Jn., Ambala Cantt. Jn., Ludhiana Jn., Jalandhar Cantt. Jn. & Pathankot Cantt. Stations.

ACCOMMODATION: AC 3 Tier, Sleeper & General.

04201/04202 Varanasi Jn. - Ayodhya Dham Jn. - Varanasi Jn. 88 Trips			
Unreserved Festival Special Train (Daily)			
Train No. 04201	STATIONS	Train No. 04202	
ARR. DEP.	ARR. DEP.	ARR. DEP.	
---	16:20 Varanasi Jn.	04:00 ---	
21:40 ---	Ayodhya Dham Jn.	---	22:20

DAYS OF RUN: 04201 Ex. Varanasi Jn. and 04202 Ex. Ayodhya Dham Jn. on 18.10.2026 to 30.11.2026 (Daily).

STOPPAGES: Shivpur, Biparadi, Babulpur, Pindra Road, Khalispur, Trilochan Mahadeo, Jalgaon, Sarkar, Jafarabad Jn., Jaunpur Jn., Mahagan, Mahadeo, Manikala Halt, Khetasari, Shahganj Jn., Bilwari, Tulsinagar, Malipur, Jafar Ganj, Akbarpur, Katalahi, Goshalganj, Una Bihari, Bihar Ghat & Darshanagar Stations.

ACCOMMODATION: General.

TEMPORARY EXTENSION OF TRAINS

14212 New Delhi - Agra Cantt. Inter-city Express will be extended up to Gwalior Station w.e.f. 05.11.2026 to 14.11.2026 & 14211 Agra Cantt. - New Delhi Inter-city Express will originate from Gwalior Station w.e.f. 06.11.2026 to 15.11.2026

Train No. 14212	STATIONS	Train No. 14211	
ARR. DEP.	ARR. DEP.	ARR. DEP.	
---	17:40 New Delhi	10:00 ---	
No Change			
22:05 ---	Agra Cantt. Jn.	05:40 ---	05:45
23:18 ---	Dhaulpur	04:35 ---	04:37
00:10 ---	Morena	03:28 ---	03:30
01:40 ---	Gwalior Jn.	---	02:40

64426 New Delhi - Ghaziabad EMU will be extended up to Aligarh Jn. & 64429 Ghaziabad - New Delhi EMU will originate from Aligarh Jn. w.e.f. 05.11.2026 to 14.11.2026

Train No. 64426	STATIONS	Train No. 64429	
ARR. DEP.	ARR. DEP.	ARR. DEP.	
---	09:55 New Delhi	17:20 ---	
No Change			
10:45 ---	Ghaziabad	16:10 ---	16:30
11:20 ---	Maripat	15:12 ---	15:13
11:26 ---	Dadri	15:01 ---	15:02
11:31 ---	Boraki Halt	14:55 ---	14:56
11:37 ---	Ajailpur	14:50 ---	14:51
11:45 ---	Dankaur	14:42 ---	14:43
11:53 ---	Walr	14:34 ---	14:35
11:59 ---	Chola	14:28 ---	14:29
12:04 ---	Gangraur Halt	14:23 ---	14:24
12:09 ---	Sikandarpur	14:18 ---	14:19
12:15 ---	Khurja Jn.	14:12 ---	14:13
12:21 ---	Kamulpur	14:05 ---	14:06
12:26 ---	Danwar	14:00 ---	14:01
12:35 ---	Sorona	13:51 ---	13:52
12:44 ---	Kulwa	13:42 ---	13:43
12:50 ---	Mahrawal	13:36 ---	13:37
13:00 ---	Aligarh Jn.	---	13:30

It is notified for the information of rail passengers that Northern Railway has decided to extend the periodicity of the run of following Festival Special Trains as per details given below:-

Train No. & Name	Date of Additional Trips	No. of Trips
04052 New Delhi - Howrah Jn. Festival Special	17.10.2026 & 21.10.2026	02
04051 Howrah Jn. - New Delhi Festival Special	19.10.2026 & 23.10.2026	03
04081 New Delhi - Shri Mata Vaishno Devi Katra Festival Special	06.11.2026	12
04082 Shri Mata Vaishno Devi Katra - New Delhi Festival Special	27.10.2026 to 11.11.2026	12

Rest other instructions will hold good.

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SCERT Jammu organises one-day Consultative Meet to Review and Vet Research Studies under Samagra Budget

JAMMU, OCT 16

The State Council of Educational Research and Training (SCERT), J&K, Divisional Office Jammu, under the leadership of Director Dr. Naseem Javid Chowdhary and the guidance of Prof. Dr. Sindhu Kapoor, Joint Director Divisional Office, organised a one-day consultative meet to review and vet significant research studies, including action research, undertaken by its Research Cell under the Samagra budget for the academic session 2025-26.

The programme commenced with a cordial welcome by Manu Vandevara, followed by the presentation of the concept note by Dr. Rohini Sharma, Coordinator. Prof. Dr. Sindhu Kapoor emphasised the importance of evidence-based research, interaction and constructive academic feedback in strengthening educational practices. She encouraged researchers to translate their findings into practical interventions through teaching-learning processes and student learning outcomes. The academic deliberations featured insightful presentations of research studies by Principal Investigators, focusing on key areas of educational development. These included "Evaluating the Effectiveness of the NIPUN Bharat Mission in Advancing Foundational Literacy and Numeracy Skills among Early Learners: A Pathway to Impactful Education" by Anil Sharma, "From



Textbooks to Terrain: Mapping Local History of School and Village for Engaging Secondary Students in Historical and Cultural Inquiry" by Paawan Vivek and Dr. Meenakshi Chandra, "An Analytical and Comparative Study of CBSE and JKBOSE (Pedagogy and Syllabus) of Science Core Subjects of Higher Secondary Classes of Jammu Division" by Deepak Kumar and Manjusha Kapoor, and "Development of Supplementary Educational Resource Material on Disaster Management for Classes I to V" by Pushpa Bhat, Convener and Kewal Krishan Sharma, Co-Convener, with members, including, Purushoth Singh, Navneet Gupta, Anamika Vaid, Dr. Rohini Sharma,

Amit Sharma, Farhat John, Dr. Meenakshi Chandra, Pooja Sharma, Arsh Kour, Paawan Vivek, faculty of SCERT, Jammu Sonia Chowdhary, DIET Jammu Brahm Dutt, DIET Reasi, Dr. Sandeep Singh, HSS Ligr, Kishwar, Karan Mengi, GHS Serdwan, Reasi, Haroon Rashid, HSS Bays, Mandi, Poonch Sushil Kumar, HSS Kotli Bhaga, Reasi. The research studies were critically reviewed by a distinguished panel of academicians and scholars, consisting of Dr. Mohammad Zubair, Kales Principal Government Degree College Ghagwal; Prof. Jaspal Singh Associate Professor Centre for Distance and Online Education University of Jammu; Dr. Yudhbir Singh Associate Professor Department of Geology University of Jammu; Dr. Rakesh Bhatti Assistant Professor

Government College of Education Jammu; Dr. Subma Bala, Associate Professor, Government College of Education, Jammu; Dr. Ainee Ambreena, Head, Department of History, Government Degree College, Kathua; Ashwin Kushwaha, Department of Library & Information, University of Jammu, Deepak Sharma, Coordinator, Samagra Shiksha; Rajkumar Chadda, Principal, Government Girls Higher Secondary School, Sunderbani and Rajesh Hall, Senior Academic Officer, SCERTJK (Central). Their valuable observations, critical insights and recommendations enriched the academic deliberations and contributed to strengthening the quality, relevance and practical applicability of the research studies. The scholarly sessions were facilitated by Dr. Neeraj Jandial, Convener, Research Cell, Jammu Division. A dedicated organising team, comprising Bhushan Gulaband (Associate Coordinator), Dr. Jyoti Sudhan, Poonam Sharma, Monika Dogra, Wajida, Arsh Kour and Dr. Balraj Singh contributed substantially to the successful conduct of the consultative meet. The programme concluded with a formal vote of thanks by Dr. Sandeep Singh, who expressed gratitude to the leadership, participants, experts, researchers and organising team for their valuable contributions.

"Shameful, Arrogant & Unacceptable": Tony slams IAS Rajeev Ranjan over alleged abuse of Woman JKAS Officer

JAMMU, OCT 16

Senior Congress leader and former DDC member Taranjit Singh Tony has launched a scathing attack on IAS officer Kumar Rajeev Ranjan over the alleged verbal abuse and public humiliation of woman JKAS officer Beenu Wani during an official review meeting, describing the reported conduct as shameful, disgraceful and completely unbecoming of a senior civil servant. Tony said the alleged incident represents a disturbing display of arrogance and misuse of administrative authority, adding that no designation, rank or position gives anyone the right to insult, intimidate or humiliate a woman officer while she is performing her official duties. "What has reportedly happened is shameful and unacceptable. A senior IAS officer is expected to uphold the highest standards of discipline, dignity and professional conduct, not to engage in such behaviour," Tony said. He added that the officer's conduct is a disgrace to the service and a threat to the dignity of women officers. Tony said he has written a letter to the Government of Jammu and Kashmir, urging it to take strict disciplinary action against the officer. He also said he will continue to monitor the situation and will take further action if necessary.

meeting held on October 14, during which Ranjan allegedly used derogatory language against Beenu Wani, Assistant Director at the Employment and Counselling Centre, Ganderbal, and threatened suspension and dismissal when she attempted to explain her position. The Jammu & Kashmir Government has since ordered an in-depth inquiry and sought a report within 15 days. Tony strongly objected to the reported assertion of authority over the woman officer, stating that being a "boss" does not mean being entitled to abuse, threaten or silence colleagues. Administrative accountability must be enforced through established procedures and professional conduct, not through intimidation or personal humiliation. "Calling a woman officer derogatory names and allegedly threatening to end her career in the middle of an official meeting is deeply disturbing. This is not discipline; this is an abuse of authority. If a woman officer cannot expect dignity and fairness inside an official government meeting, what message does this send to every other woman working in public service?" he asked. The Congress leader said the incident must not be brushed

aside as a routine administrative disagreement. Differences over performance, targets or departmental responsibilities can never justify abusive language or threats against an employee. Tony demanded a transparent, impartial and time-bound investigation, insisting that the complete recording, the circumstances surrounding the exchange and the conduct of all concerned must be examined. He also called for strict disciplinary action if the allegations are substantiated, and demanded firm safeguards against any retaliatory action against Beenu Wani. "The message must be loud and clear: no officer is above accountability. The same standards of discipline that apply to junior employees must apply equally, if not more rigorously, to those occupying senior positions. There cannot be one set of rules for ordinary employees and another for powerful bureaucrats. We must ensure that no woman officer feels that she is being targeted or that her dignity is being compromised. The administration, he added, has a responsibility to create a workplace where merit, competence and performance matter more than hierarchy, fear or personal influence.

Sunil Dimple leads a protest rally, against the construction of flyover on Amphala Janipur road road.

JAMMU, OCT 16

Sunil Dimple president mission statehood Jammu Kashmir led a protest rally against the construction of flyover on amphala Janipur road road, warning to stop this flyover process otherwise mass agitation will be started. Addressing the protesters Sunil Dimple alleged BJP pressuring govt agencies to expedite the flyover construction and work of the amphala Janipur. Dimple said the rates of properties, shops, residential houses have broken down very low. The people are worried about their livelihood and there is no clarity of the flyover design, how will the huge crores of public loss the govt will wear and the govt is starting flyover work at any time. Dimple alleged the govt is working fast now to get NOC no objection certificate from the housing urban, JMC, sewerage and PDD electricity departments fast. Dimple alleged the govt is fooling the people on fairy tales to the public that the flyover will be constructed on a single pillar. He said that pillar dimensions will be 20 ft long from left to right side of the road and 10 feet in breadth. The road which is already 25 feet in breadth. Dimple said when the flyover will spread its wings. The double triple story malls, showrooms, houses will be bulldozed to earth.



He said the flyover project will not complete in at least ten years like other flyovers and all showrooms shop businesses will suffer and be destroyed during JCB pillar heavy machinery, raw material and heavy big cemented slabs which will be put on the pillars by the heavy cranes machines. Dimple said the govt has strating marking marks for the widening 30 feet road from both left and right ends for this flyover project. Dimple said the angry traders, residents from bakshi nagar, amphala, new plot, Janipur, roop nagar do not want this construction work of the flyover in the old jammu city areas. Dimple demanded the govt should bring in the public

domain the plan blueprint, how the govt will rehabilitate five thousand shopkeepers on Janipur high court road and the lakhs of residential houses which will come under the flyover plan. Dimple demands LG, CM to stop these flyovers and construct a ring road to Janipur high court, roopnagar, bantala up to Akhnor and also to start the metro train from Amphala manda up to Akhnor. The other leaders Daleep kumar, Ricky basrin, Vikas, Deepak, S kala singh, Jagdish, Raj Gupta, Happy Gupta, Raji Khuriya, Raj kumar Gupta, Gulshan Gupta, Sonu Agarwal, Rahul Sharma, Shami Gupta, Rohit Gupta, and all the residents of the markets union.

Adv Bukhari welcomes new Rajouri DC, seeks priority attention to healthcare services

Urges responsive administration, impartial grievance redressal and comprehensive review of GMC Rajouri

RAJOURI, OCT 16

Jammu and Kashmir Apni Party District President Rajouri and General Secretary of the Jammu and Kashmir Panchayat Conference, Adv. Syed Manzoor Bukhari, has extended a warm welcome to the newly posted Deputy Commissioner of Rajouri, observing that the initial impression of an administrative officer often shapes public expectations. Bukhari expressed confidence that the new Deputy Commissioner would address the district's longstanding developmental and administrative challenges with sensitivity and commitment. Highlighting the difficulties faced by residents, Bukhari said that people living in remote, hilly and border areas frequently encounter challenges in accessing essential public services and



obtaining timely redressal of their grievances. He observed that, at times, the expectations of ordinary citizens remained inadequately addressed, making it imperative for the district administration to play a proactive role in resolving public issues. Bukhari emphasised that the office of the Deputy Commissioner was an important institution through which citizens could seek administrative assistance, justice and guidance. He expressed hope that the new incumbent would uphold the principles of impartiality, transparency and accountability, ensuring that every grievance received due consideration and no discrimination based on caste, creed, religion, colour or political affiliation. He further stressed that even seemingly minor public grievances deserved timely attention, as unresolved local issues often caused considerable hardship to ordinary families. Drawing particular attention to

healthcare, Bukhari expressed hope that the Deputy Commissioner would accord priority to strengthening medical facilities across Rajouri district, keeping in view his distinguished medical background. He described Government Medical College (GMC) and Associated Hospital, Rajouri, as a vital healthcare institution serving lakhs of people from Rajouri, Poonch, Reasi and adjoining areas. However, he said that concerns had repeatedly been raised by members of the public regarding alleged administrative irregularities, staff shortages, delays in making medical equipment operational, prolonged waiting periods for surgeries and diagnostic procedures, and the need for greater sensitivity towards patients and their attendants. He also referred to complaints that some patients were allegedly referred to private healthcare facilities, while treatment could impose a substantial financial burden on already distressed families. Bukhari urged the Deputy Commissioner to seek a comprehensive report from the concerned authorities regarding the institution's functioning, staffing position, availability and operational status of medical equipment, patient-care arrangements and the timely provision of essential medical services. He stressed that any shortcomings established through a proper

review should be addressed through appropriate corrective measures in coordination with the concerned health authorities. "Strengthening GMC Rajouri and ensuring accessible, affordable and timely treatment for patients must receive focused attention. The health and lives of ordinary people cannot be compromised by avoidable administrative delays or deficiencies in service delivery," Bukhari said. He added that ensuring the functioning of the institution would significantly benefit residents of Rajouri and neighbouring districts, reduce the need for patients to travel elsewhere for treatment and ensure adequate local facilities could be provided, and help restore public confidence in the government healthcare system.

Bukhari also suggested that the newly posted Deputy Commissioner could consult his predecessor to benefit from the experience, observations and administrative insights gained during the latter's tenure. He acknowledged that the Deputy Commissioner's responsibilities were extensive and that it might not always be possible for the officer to personally address every individual complaint. Nevertheless, he expressed hope that serious issues of medical equipment, patient-care arrangements, particularly those relating to healthcare and essential services, would receive timely attention through the appropriate administrative channels.

Hearing Help and WSA Expand Access to Hearing Care with New BestSound Center 3.0 in Jammu

JAMMU, OCT 16

Hearing Help Pvt Ltd., in collaboration with WSA Audiology (WSA), a global leader in hearing care, has officially opened its new BestSound Center (BSC) 3.0 in Jammu, further strengthening its footprint across India. The center represents the latest evolution of WSA's BestSound concept, which brings a consumer-first approach to hearing care, moving away from the clinical and towards the personal. To mark the opening, WSA joined hands with the Suryodaya Foundation to donate 150 hearing aids to 75 underprivileged residents of Jammu, reinforcing their shared commitment to make hearing care more accessible to those in need. Transforming Hearing Care, Enriching Lives. Locally opened at 17-A/D, Near District Police Lines, Gandhi Nagar, Jammu-J&K-180004, the BSC 3.0 builds on the BestSound Center concept, designed to close the gap between clinical expertise and the experience people expect from modern healthcare. Refined through extensive global testing and prototyping,

the concept's launch in Jammu demonstrates WSA's commitment to bringing that global standard to northern India, following the successful launch of a BestSound Center in Bangalore earlier this year. The need is significant. According to the World Health Organization, approximately 63 million people in India live with significant auditory impairment. Globally, more than 1.5 billion people live with some degree of hearing loss, 430 million of whom have disabling hearing loss, a number projected to rise to 700 million by 2050. Despite the scale of the challenge, access to care remains limited. Factors such as stigma, low awareness, cost, and the perception that hearing aids are a last resort continue to deter people from seeking help. Outside major metropolitan areas, specialist hearing care remains even harder to access.

Access to hearing care shouldn't be determined by where you live or what you can afford," said Mr. Avinash Pawar, Managing Director and CEO, WSA India. "With BSC 3.0, people in



Jammu & Kashmir now have access to the same standard of care, technology and expertise that we offer around the world. Ultimately, it's about helping people reconnect with their families, their work and their communities. The center features an open, interactive layout with dedicated zones for diagnostics, counselling, product trials, and aftercare. Visitors can explore hearing solutions at their own pace in a setting free from the formality of a clinical appointment. Equipped with state-of-the-art hearing evaluation equipment, digital hearing aid fitting

suites, and immersive sound zones, the center enables people to experience hearing solutions in real-life listening environments. Throughout the process, trained hearing care professionals guide each customer from initial assessment and device selection to ongoing care and support. A distinguishing feature of the BestSound Center is access to WSA's two complementary hearing aid brands, Signia and Widex. Clinical research involving hundreds of listeners across a range of environments found that sound preference is a nuanced and personal

choice, one that cannot be predicted by lifestyle or demographics alone. Signia's frequency-domain technology is built for clarity and speech understanding in noisy sound settings, while Widex's time-domain technology is valued for its natural, nuanced sound in everyday listening environments. By offering both line of products, the Jammu center is equipped to guide each individual towards the technology suited to their needs, right from the very first fitting. "We are pleased to bring the BestSound Center to Jammu together with WSA," said Mr. John Zargar, Managing Director and CEO, Hearing Help Pvt Ltd. "Since 2019, we have seen many people in Jammu & Kashmir travel to larger cities for advanced hearing care or go without it altogether. This collaboration gives us access to world-class audiological expertise, technology and operational know-how, and together we have created a center that we believe will transform how our community thinks about hearing. We are proud of what we have

built, and we look forward to welcoming our community through these doors. Stronger Together. Serving Communities in partnership with WSA, Suryodaya Foundation, a charitable non-profit organization established in 2016, identified 75 underprivileged individuals from Jammu and surrounding areas living with hearing loss but unable to afford treatment. Trained hearing care professionals assessed and fitted each pair of hearing aids. In total, 150 hearing aids were donated by WSA and personally presented by Mr. Avinash Pawar, Managing Director and CEO, WSA India. For many beneficiaries, cost has long been the only barrier to accessing hearing care. Left untreated, hearing loss can gradually isolate individuals, it makes conversations at home challenging, affects work and livelihoods, and takes away the confidence to engage in community life. With the support of BSC 3.0, care will extend beyond the fitting. Each beneficiary will receive ongoing follow-up support to ensure their hearing aids continue to perform opti-

mally over time. "Hearing care should be accessible to everyone who needs it, not just to those who can afford to walk into a center," added Mr. Pawar. "Together with Hearing Help and Suryodaya Foundation, we have begun our mission in Jammu by helping 75 people reconnect with their families, colleagues and communities. That is the real measure of what a center like BSC 3.0 is for. Jammu is where we serve our community every day, and the people we met today are exactly who this center is built for," said Mr. John Zargar. "Our team remains committed to providing a hearing aid with ongoing follow-up care and expanding our efforts through hearing awareness drives and screening camps across Jammu and the wider region. Through this initiative, WSA Audiology and Hearing Help across Jammu & Kashmir to provide the support and better hearing health, demonstrating that timely assessment and the right hearing solution can profoundly transform lives.

Twelve important lifestyle changes to ward off disease

NEW DELHI: Dengue cases are witnessing an upward trend in many parts of the country partly due to waterlogging and heavy rains this time.

Dengue fever is a viral disease which is spread to human through bite of Aedes mosquitoes. It can cause high fever, body ache, headache, skin rash, nausea among others when the disease is mild. Severe disease symptoms include bleeding from the nose, gums, low blood pressure, low blood platelets, confusion among others. While there is no sure shot way to prevent dengue, with suitable lifestyle changes, the risk of vector-borne disease can be reduced. From preventing mosquito bites to eating healthy food and boosting immunity, experts suggest important steps to ward off disease.

What is dengue?

"Dengue is a vector borne which is characterised by high fever, body ache, headache, pain around eyes, joint pains, skin rash, myalgia, nausea etc. It is caused by dengue virus, which is transmitted from affected person to another through bite of mosquitoes. The illness varies from asymptomatic or mild infection in majority to severe, fatal disease in some patients," says Dr Rohit Kumar Garg, Consultant, Department of Infectious Diseases, Amrita Hospital, Faridabad.

What are the risk factors for dengue?

"The risk factors for increased severity includes presence of chronic conditions like diabetes mellitus, heart diseases, liver diseases, kidney diseases, immunocompromising conditions like cancers, use of steroids, HIV/AIDS etc. In order to ward off dengue risk, the key lifestyle changes should focus on reduced chances of getting dengue infection, reducing the risk of severe infections and reducing the complications," adds Dr Garg.

How to prevent dengue

"One can prevent him/herself from getting dengue infection by avoiding mosquito bite by reducing mosquito breeding places (stagnant water in objects like tires, plastic covers, flower pots, pet's water bowls, etc.), keeping the doors and windows closed to avoid mosquito entry, keeping ourselves covered by wearing full sleeves shirt and trousers, use of mosquito repellents, mosquito nets etc. One can reduce risk of severe disease by keeping oneself fit i.e., by regular exercises, following a healthy and balanced diet.



consuming food items rich in antioxidants, avoiding unhealthy diet i.e., oily and spicy food, junk food items etc. Individuals with chronic conditions should focus on keeping their conditions under controlled by keeping a regular follow up with their doctor, taking medications regularly and following advice as per their treating doctors," adds Dr Garg.

Dr. Saibal Chakravorty, Senior Consultant - Internal Medicine, Metro Hospitals & Heart Institute, Noida Sector-11, UP shares important lifestyle measures to prevent dengue.

1. Mosquito protection: Wear long sleeves and pants, use mosquito repellent, and sleep under a mosquito net to minimize exposure.
2. Eliminate breeding sites: Regularly empty containers with stagnant water, such as flower pots, discarded tires, and uncovered water storage, as mosquitoes breed in such areas.
3. Clean environment: Maintain cleanliness in and around your living space to prevent mosquito breeding. Regularly clean gutters, drains, and trash cans.

4. Protective clothing: When outdoors, wear light-coloured clothing that covers your body to reduce mosquito attraction.

5. Window and door screens: Install screens on windows and doors to keep mosquitoes out while ensuring proper ventilation.

6. Use fans: Mosquitoes find it difficult to fly in windy environments, so using fans indoors and outdoors can help keep them away.

7. Natural repellents: Plant mosquito-repelling plants like citronella, lemon-

grass, and mint around your home.

8. Avoid peak mosquito times: Mosquitoes are most active during early morning and late afternoon. Minimise outdoor activities during these times.

9. Travel precautions: If traveling to dengue-prone areas, take precautions such as wearing protective clothing and using mosquito repellents.

10. Personal hygiene: Maintain good personal hygiene, as mosquitoes are attracted to sweat and body odour.

11. Community efforts: Collaborate with your community to ensure that public spaces are clean and mosquito breeding sites are eliminated.

12. Educate yourself: Stay informed about dengue prevention methods and spread awareness to your friends and family.

"In case of symptoms, one can avoid complications by keeping oneself well hydrated, avoiding self-medication, particularly NSAIDs, non-scientific remedies,

consulting a doctor for early diagnosis and appropriate management, and appropriate counselling regarding some dos and don'ts during illness," concludes Dr Garg.

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Want to live longer? Here is the ideal number of daily steps you should aim for

NEW DELHI: Maintaining a healthy lifestyle is a common aspiration, and walking emerges as a crucial part of this, supported by multiple studies. Regular walking is acknowledged for its positive impact on health, mitigating risk factors, and enhancing overall well-being. In an age of wearable technology, the concept of tracking daily steps has gained traction. However, there is still lack of clarity regarding the appropriate number of steps for optimum health benefits. The common guideline often emphasises achieving 10,000 steps per day for an active routine. However, recent research published in the European Journal of Preventive Cardiology challenges this notion, showing that even 4,000 steps a day, in any setting, could reduce the overall risk of death. Exceeding even half this number appears to reduce the chance of cardiovascular death.

This finding shouldn't discourage anyone from taking a longer stroll as the researchers discovered that enhancing health doesn't necessitate doing a lot of daily steps. Once trial participants reached a threshold of around 4,000 steps per day (about two miles), the chance of dying from any cause started to dramatically fall. When examining the risk of dying from cardiovascular disease specifically, the threshold was much lower—around 2,500 steps per day. The researchers discovered that these characteristics remained mostly constant when comparing men and women as well as across various geographical areas. However, there were minor distinctions between individuals of various ages. Walking between 6,000 and 10,000 steps per day reduced the death risk for adults over 60 by about



over time when people walk more after analysing the data from those trials. Up to 20,000 steps per day, they didn't uncover a threshold beyond which more exercise ceased to be advantageous. But in line with earlier studies, they also came to the conclusion that enhancing health doesn't necessitate doing a lot of daily steps. Once trial participants reached a threshold of around 4,000 steps per day (about two miles), the chance of dying from any cause started to dramatically fall. When examining the risk of dying from cardiovascular disease specifically, the threshold was much lower—around 2,500 steps per day. The researchers discovered that these characteristics remained mostly constant when comparing men and women as well as across various geographical areas. However, there were minor distinctions between individuals of various ages. Walking between 6,000 and 10,000 steps per day reduced the death risk for adults over 60 by about

42%, whereas walking between 7,000 and 13,000 steps per day reduced mortality risk for those under 60 by around 49%.

The results come with some warnings. One reason is that while this kind of observational study might reveal trends, it cannot

unambiguously establish cause and effect. Daily steps were only one component of the bigger picture because the researchers were unable to properly account for the socioeconomic situations or general lifestyles of the subjects. For instance, it's probable that those who were most active also exhibited a variety of other beneficial behaviours that may have contributed to their longer lifetimes.

However, the current study comes to the same conclusion as many previous studies—and the U.S. government physical activity guidelines—that more movement is nearly always better, but even a little is better than nothing. Making appropriate lifestyle changes is one of the most effective ways to manage diabetes and avoid its various complications. Walking every day, whether at a brisk pace or a gentle pace can help improve glycaemic control in people with type 2 diabetes. There are several studies that vouch for the positive

effects of physical activity in regulating blood sugar levels in diabetics. Regular physical activity must be combined with a balanced diet, medication and regular monitoring of blood sugar levels for best results. Tracking the steps has become an effective motivation to move throughout the day and monitor our progress. It is also like a game to count your steps and achieve a fitness target that can also boost one's confidence. While it is 30-45 minutes' walk on a daily basis, health experts recommend for people with diabetes, here's the number of steps people with diabetes should walk for diabetes management.

"Managing blood sugar levels is crucial for individuals with diabetes. Regular physical activity, such as walking, can be an effective strategy. Approximately, 10,000 steps per day helps while it may vary depending on individual factors, but it's important to focus on the duration and intensity of exercise for effective blood sugar management," Dr Rahul Ching, Consultant Internal Medicine, CARE Hospitals, Hi-Tec City, Hyderabad told HIT Digital.

Start with 5K steps to begin with. "As we are aware that walking is a very effective form of aerobic exercise with numerous health benefits for everyone, especially people with diabetes, (Helmrich et al, 1991; Manson et al, 1991; Hu et al, 1999). Brisk walking will help you keep your weight gain in check and increase the cardiovascular endurance resulting in lowering the risk of diabetes. According to American College of Sports Medicine and the American Diabetes Association, 30 minutes of walk at least five days per week is recommended to manage type 2 diabetes.

Signs that a mother needs a lactation consultant, benefits of visiting one

NEW DELHI: As an expert in all things breastfeeding, a lactation consultant can provide invaluable support and guidance during this crucial time in your journey as a mother. In an interview with HT Lifestyle, Dr Pratima Thamke,



Consultant Obstetrician and Gynaecologist at Motherhood Hospital in Kharghar, shared, "One clear sign that you could benefit from a lactation consultant is if you're experiencing pain or discomfort during nursing sessions. Breastfeeding should not be painful, and if it is, there may be underlying issues that need to be addressed."

She stressed, "A lactation consultant can assess your baby's latch and positioning to identify any problems and offer solu-

tions to improve the experience for both of you. Additionally, if the baby isn't gaining weight as expected or seems unsatisfied after feedings, consulting with an expert can help troubleshoot potential causes."

Signs that a mother needs a lactation consultant:

Dr Pratima Thamke said, "Breastfeeding is a natural and beautiful way to nourish your baby, but it doesn't always come easily.

Many new mothers struggle with breastfeeding at some point, and that's where a lactation consultant can be a game-changer. If you find yourself experiencing any of the following signs, it may be time to seek the guidance of a lactation consultant."

She suggested, "If you are in pain during breastfeeding, it could indicate an underlying issue that needs professional intervention. Sore or cracked nipples, shooting pains in your breasts during nursing sessions, or consistent discomfort are all red flags. A lactation consultant can assess your latch technique and help identify any potential problems such as tongue-tie in your baby or incorrect positioning that may be causing the pain."

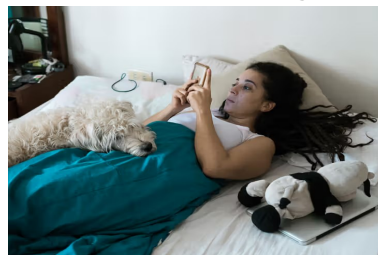
Here is how lack of sleep is linked to cardiovascular disease in long term: Research

NEW DELHI: It is a mistake to think that sleeping in on weekends will make up for not getting enough sleep during the week due to work or leisure activities. According to recent research from Penn State, when sleep is restricted to five hours per night, cardiovascular health indicators like heart rate and blood pressure deteriorate throughout the course of the week, and trying to make up lost sleep over the weekend is insufficient to bring these indicators back to normal.

"Only 65 per cent of adults in the US regularly sleep the recommended seven hours per night, and there's a lot of evidence suggesting that this lack of sleep is associated with cardiovascular disease in the long term," said Anne-Marie Chang, associate professor of bio-behavioral health and co-author of the work, published in the journal Psychosomatic Medicine. "Our research reveals a potential mechanism for this longitudinal relationship, where enough successive nights to your cardiovascular health, while you're young, could make your

heart more prone to cardiovascular disease in the future."

The researchers enlisted the help of 15 healthy men between the ages of 20 and 35 to take part in an 11-day inpatient sleep study. The participants were allowed to sleep up to 10 hours per night for the first three nights to establish a baseline sleep level. The participants' sleep was limited to five hours per night for



the next five nights, followed by two recovery nights in which they were allowed to sleep up to ten hours each night. The researchers assessed the individual's heart rate and blood pressure every two hours during the day to assess the impact of this sleep regimen on cardiovascular health.

Chang explained that the team's study is unique because it meas-

ured heart rate and blood pressure multiple times throughout the day for the duration of the study, which enabled them to account for any effects that time of day might have on heart rate and blood pressure. For example, heart rate is naturally lower upon waking than later in the day, so measuring heart rate multiple times throughout the day can account for this difference.

The team, which included David Reichenberger, lead author and graduate student in bio-behavioral health, Penn State, found that heart rate increased by nearly one beat per minute (BPM) with each successive day of the study. Specifically, the average baseline heart rate was 69 BPM, while the average heart rate by the end of the study on the second day of recovery was nearly 78 BPM.

Systolic blood pressure also increased by about 0.5 millimeters of mercury (mmHg) per day. The average baseline systolic blood pressure was 116 mmHg and was nearly 119.5 mmHg by the end of the recovery period.

Symptoms to transmissibility; 7 things to know about Omicron subvariant Eris: New Covid variant EG.5

NEW DELHI: Covid variant EG.5 which is also unofficially known as Eris has been declared by WHO a variant of interest and the organization has asked countries to monitor the cases. Eris has been spreading fast in UK and is adding to the number of infections. Experts, however, say there's no need to worry as the cases are largely mild and while hospitalisation cases in elderly have slightly increase, they remain lower than earlier waves. As per WHO, Eris has been found in 51 countries, including China, the US, the Republic of Korea, Japan, Canada, Australia, Singapore, the UK, France, Portugal and Spain. The symptoms of the new Covid variant Eris are reported to be running nose, sneezing, cough, fever, fatigue among others.

The World Health Organization has identified a new strain of Covid-19 as a

noteworthy variation, despite the little risk to the general public's health. The EG.5 or 'Eris' version, which is more prevalent globally, is connected to the Omicron subvariant XBB.1.9.2. Despite EG.5's higher prevalence, growth advantage, and immune escape traits, no changes in disease severity have been noted yet. As per availability of suggested data, there is currently no reason to believe that this wave will be worse than past waves this year, but it will likely result in a wave of more cases and all the complications that brings, including more hospitalizations and Long Covid," says Dr Vidya S Nair, St. Consultant & HOD Pulmonology at Marengo Asia Hospitals, Faridabad.

Dr Ather Pasha, Senior consultant Internal Medicine, CARE Hospitals, Banjara Hills, Hyderabad shares 7 things you want to know about Covid's



new variant Eris. 7 facts about EG.5 or Eris 1. Omicron's sub-variant Eris is a subvariant of the Omicron variant, specifically XBB.1.9.2. It was first identified in China in February 2023 and has since spread to over 50 countries.

2. Transmissibility higher? Eris is thought to be more trans-

missible than previous Omicron subvariants, but it is not clear if it is more severe. Early studies suggest that Eris may cause more respiratory symptoms than previous Omicron subvariants, but more research is needed to confirm this.

3. Eris evades immunity gained by infection or vaccination? Eris appears to be able to evade

some of the antibodies produced by previous COVID-19 infections and vaccinations. This means that people who have been previously infected or vaccinated may still be at risk of getting sick with Eris.

4. Signs and symptoms of Eris The symptoms of Eris are similar to those of other COVID-19 variants, including fever, cough, shortness of breath, fatigue, muscle aches, headache, and sore throat. Some people with Eris may also experience a loss of taste or smell.

5. Treatment for Eris There is no specific treatment for Eris. Treatment is supportive and includes rest, fluids, and over-the-counter medications to relieve symptoms. In some cases, hospitalization may be necessary.

6. Ways to prevent Eris The best way to protect yourself from Eris is to get vaccinated

and boosted against COVID-19. Vaccination and boosters help to protect you from getting sick, even if you do get infected.

7. Covid-appropriate behaviour You can also protect yourself from Eris by wearing a mask, social distancing, and washing your hands frequently.

"Since vaccination is still the strongest defense against upcoming Covid-19 waves, it is crucial that everyone get all of the doses for which they are qualified as soon as possible. In India, presence of herd immunity also is going to be an added advantage as we have seen multiple waves of the Omicron variants. Long-term illness in anyone who has the infection is always a concern, as is severe disease in older adults and people with underlying problems. Therefore, every precaution should be taken (including avoiding crowded areas, wearing appropriate masking, clean-

ing hands, etc.," says Dr Nair. New Covid variant EG.5.1 or Eris that has been adding to the surge of Coronavirus cases in UK has also been causing slight increase in Coronavirus caseload in Maharashtra. The new Omicron variant was first detected in May but did not cause any notable impact in the months of subsequent months of June and July. However, as per state health department data, Covid cases have increased from 70 at the end of July to 115 on August 6, said a TOI report.

The new Covid strain Eris has increased hospitalisation cases among elderly in UK and while there is no need to panic, it's imperative to keep close watch on it. The rise in Corona cases could be due to waning immunity from previous infections or vaccinations and it's important to take booster shots to fight the virus.

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EDITORIAL

Congress Chases Rahul

The Congress has spent much of the Narendra Modi era searching for a movement that could take it beyond its familiar political constituency. Now that it appears to have found one, in the form of the ongoing protests against Chief Election Commissioner Gyanesh Kumar and the Special Intensive Revision (SIR) of electoral rolls, an uncomfortable question is beginning to trouble sections of the grand old party: what happens if and when the movement becomes bigger than the organisation? The protests against Gyanesh Kumar and the SIR have acquired a character rarely witnessed in Congress-led or Congress-supported agitations in recent years. Women, students, lawyers, civil liberties activists, Left organisations, and politically unaffiliated young people have joined the mobilisation. Some are marching with Rahul Gandhi. Others are protesting independently, occasionally with greater spontaneity and visibility than the Congress's own frontal organisations. For Rahul, this widening constituency is a political achievement. For some Congress functionaries, it is also a source of considerable unease. The immediate controversy concerns the Election Commission's nationwide exercise to revise electoral rolls, which the Opposition alleges has resulted in the arbitrary deletion of eligible voters. The removal of approximately 13 crore names has become a political flash-point, although the Election Commission maintains that the exercise is legitimate and has denied allegations of wrongdoing. The agitation gathered fresh momentum after an Indian Express investigation reported serious disagreements within the Election Commission over decisions relating to the revision exercise. The controversy has moved beyond the technicalities of electoral registration to a larger confrontation over institutional independence and the credibility of India's electoral processes. In this context, the events of the first half of October have been extraordinary. Rahul and Priyanka Gandhi Vadra participated in demonstrations beginning October 6. Thousands of protesters faced detention during the October 10-11 weekend, as Delhi witnessed sweeping security restrictions. On October 12, Rahul, Congress president Mallikarjun Kharge, and other INDIA bloc leaders marched towards the Supreme Court, while the Opposition pursued a legal challenge to the revision exercise. The agitation has continued despite police action. On October 13, leaders of the youth-driven Cockroach Janta Party (CJP) were detained following another confrontation at Jantar Mantar.

Ahara Mahabhaishajyam: Food is the great medicine

ABHISHEK ANAND

Today, World Food Day, is a good occasion to discover, explore and highlight how Ancient Bharat developed a sophisticated, systematic dietetics in which food was not merely fuel, pleasure or ritual but a primary instrument for maintaining health, preventing disease and supporting the treatment of ailments. This idea is captured in the celebrated maxim Ahara Mahabhaishajyam ("food is the great medicine"). In Ayurveda, ahara entails and encompasses not only what we eat but also how, when, how much, in what season and in what physical and mental state.

Food as first therapy
Ayurveda places ahara among the tanoor-pastambha, i.e., the three "pillars" of life, along with nidra (sleep) and brahmacharya (regulated conduct). In this worldview, good health is not accidental; it is sustained daily through disciplined living. Food is, therefore, both nourishment and a health intervention. The Charaka Samhita states that the body, disease and well-being depend fundamentally on nutrition. Improper food can generate disorder while appropriate food can restore balance.

Ahara Mahabhaishajyam should be perceived correctly. It does not mean that every meal cures every illness, nor that diet can replace surgery, antibiotics, insulin or emergency care. Rather, it means that food is a constant medicine. Taken three or four times a day, it continuously shapes digestion, metabolism, immunity, energy, health and long-term disease risk.

Ancient Indian dietetics
What makes ancient Indian food wisdom apt, distinctive and compelling is that it treats eating as a complete system rather than mere delicacies and nutrients. Individual suitability: Ayurveda takes cognisance of the fact that the same food does not affect everyone the same way. Diet should be adjusted to

one's constitution (prakriti), digestive capacity (agni), age and pathological state. This anticipates a cardinal concern of modern personalised nutrition: individual variability in metabolism and dietary response.

Quantity and timing: The Charaka Samhita underlines the ashta ahara vidhi visheshayata (eight determinants of the effect of food): the nature of the food, processing, combination, quantity, place, time, rules of intake and the person consuming it. Season and place: Ancient dietetics is deeply ecological and Indian cuisine is a living archive of ecological awareness and consciousness. Food recommendations change with ritu (season) and desha (region).

Wholesome and unwholesome food: The categories of pathya and apathya (wholesome and unwholesome) are salient. Pathya is not simply "healthy food" in a generic sense; it is food suitable for a particular person, condition, season and therapeutic goal. This is why Ayurvedic treatment often begins with dietary correction before or alongside medicinal treatment.

Indian kitchen as a therapeutic laboratory
Grains, pulses and balanced meals: The traditional Indian platter (thali) often combines cereals and legumes: rice with dal, roti with rajma or chana, millet porridges with buttermilk and regional preparations using locally available grains. This blending provides amino acids, fibre, micronutrients and low-release carbohydrates.

Fermentation and gut health: Bharat's culinary heritage includes idli, dosa, dhokla, kanji, buttermilk, pickles and regional fermented gruels. Fermentation can improve digestibility, preserve food, enhance flavour and, in some cases, increase nutrient bioavailability. Modern research has increasingly begun to recognise the gut microbiome as a major regulator of metabolism and immunity. Ancient Indian physicians' attention to agni reflects a practical understanding that the same food may nourish or burden



depending on the state of digestion. Spices as functional foods: Indian spices are not merely flavouring agents. Turmeric, ginger, black pepper, cumin, coriander, fenugreek, cardamom, cinnamon, clove, and asafoetida have long been used in culinary and therapeutic situations. Ghee, oils and fats: Ghee has a contested reputation but in Ayurveda, it is valued for its digestibility, lubricating quality and role as a carrier for herbs. The wiser interpretation is not that "ghee cures disease" but that traditional fats were used in measured, context-specific ways alongside fibre-rich foods, spices and active lifestyles. The problem in many modern diets is not fat alone but refined carbohydrates, ultra-processed foods and excess calories.

From diet to disease control
How can ancient ingredients inform and guide modern medicine? The answer lies in integration, not substitution. Ancient Indian dietetics furnishes five tenets for modern preventive medicine:

Food is preventive medicine: Diet determines the risk factors for obesity, type 2 diabetes, cardiovascular disease, fatty liver and some cancers. Context matters: Quantity, timing, preparation, combination, season and individual condition affect outcomes. Whole dietary patterns outperform single ingredients: The thali, comprising

grain, pulse, vegetable, fermented or dairy component, spice, and fat, assimilates and showcases dietary diversity.

Culinary processing is therapeutic knowledge: Soaking, sprouting, fermenting, roasting, tempering and pairing foods with spices are not incidental customs; they impact digestibility, taste, preservation and nutrient availability. Evidence must be earned: Traditional use and cultural continuity should inspire inquiry but claims must be validated through accurate, authentic, reliable and credible information tested against evidence.

Ancient Bharat's understanding of ahara reminds us that a civilisation's kitchen can be as much an archive of knowledge as its texts and monuments.

Ahara Mahabhaishajyam is not a claim that food replaces medicine; it is a durable insight that health is built daily through what, how, when and where we eat, and that this insight deserves to be validated and carried forward through research.

This is precisely the spirit of Bharat Ki Soch: to look to our civilisational roots, not out of nostalgia but to draw from them wisdom that can contribute to Bharat's growth story.

The writer is a Senior Research Fellow, Bharat Ki Soch. Views presented are personal.

HARD WORK VS SMART WORK

SURINDERPAL SINGH

In a world driven by competition, innovation and rapid technological advancement, the debate between hard work and smart work is becoming increasingly significant. For generations, hard work has been regarded as the foundation of success, teaching individuals the values of discipline, patience, perseverance and dedication. However, in the modern era, smart work has emerged as an equally important approach, emphasising strategic planning, efficient resource utilisation and the intelligent application of knowledge. The real question is not about answering that which approach is superior, but how these two complementary principles can be combined to achieve meaningful and sustainable success.

Hard work refers to the consistent investment of time, energy and effort in pursuit of a particular goal. It demands determination, self-discipline and the willingness to overcome obstacles without surrendering to failure. Whether it is a student preparing for an examination, a farmer cultivating a field, a scientist conducting research or an athlete preparing for competition, sustained effort remains essential for progress. Hard work develops character and strengthens resilience. It teaches individuals to face difficulties, learn from mistakes and remain committed even when immediate results are not visible. Many remarkable achievements in history have been built upon years of persistent effort, repeated experimentation and countless failures.

Nevertheless, hard work alone does not always guarantee success. Working for long hours without a clear direction, appropriate methods or periodic evaluation may lead to exhaustion, wasted resources and disappointing outcomes. Effort is valuable, but effort without direction can become inefficient.

Smart work involves accomplishing tasks through careful planning, critical thinking, prioritisation and the effective use of available resources. Rather than merely increasing the number of hours spent on a task, it focuses on improving the quality and effectiveness of those hours. A student who studies every chapter repeatedly without understanding its concepts may spend considerable time yet achieve limited results. In contrast, a student who identifies learning gaps, practises important questions, uses active-recall techniques and revises strategically may learn more effectively in less time. Similarly, a farmer who adopts soil testing, appropriate irrigation,

weather information and modern agricultural techniques may improve productivity while reducing unnecessary expenditure. In industry, automation and technology can eliminate repetitive tasks, allowing employees to concentrate on creativity, decision-making and innovation. Smart work, therefore, is not a shortcut to avoid responsibility. It is the intelligent organisation of effort to obtain better results. It requires knowledge, experience, observation and the ability to identify what genuinely matters.

The fundamental difference between hard work and smart work lies in their primary emphasis. Hard work focuses on the amount and consistency of effort, whereas smart work focuses on the strategy and effectiveness of that effort. Hard work builds endurance, practical experience and discipline. Smart work improves efficiency, saves time and encourages innovation. Hard work helps individuals remain committed to their goals, while smart work helps them determine the most effective route towards those goals. For example, two employees may be assigned the same project. One may attempt to complete every task manually, spending long hours on repetitive activities. The other may divide the project into manageable stages, establish priorities, use appropriate digital tools and monitor progress. The second employee may complete the assignment more efficiently. However, if neither employee possesses the dedication to complete the project carefully, even the best strategy may fail. This comparison demonstrates that hard work and smart work are not opposing forces. They represent two dimensions of effective performance: the willingness to act and the wisdom to act correctly.

The education system provides an ideal environment for understanding the relationship between hard work and smart work. Students often associate success with studying for long hours, memorising large quantities of information and completing numerous exercises.

Although regular practice is important, effective learning also requires conceptual clarity, curiosity, time management and appropriate study techniques. Teachers should encourage students to understand principles rather than depend entirely on rote memorisation. Project-based learning, practical experiments, collaborative activities and problem-solving exercises can help learners apply knowledge intelligently. At the same time, students must understand that no technique can replace consistent preparation and sincere

effort.

The growing influence of artificial intelligence and digital learning tools makes this balance even more relevant. Technology can explain difficult concepts, organise information and support personalised learning. However, students must still develop independent thinking, verify information and practise essential skills. Using technology intelligently is smart work; relying on it without understanding is not. The ultimate purpose of education should be to develop individuals who can work diligently, think independently and solve problems creatively. In today's professional environment, productivity is increasingly measured by the value and quality of outcomes rather than the number of hours spent at a workplace. Organisations require employees who can combine commitment with creativity, technical competence and sound judgement.

An entrepreneur may work tirelessly to establish a business, but without market research, financial planning and an understanding of customer needs, the enterprise may struggle. Conversely, an excellent business strategy cannot succeed without implementation, consistent monitoring and the determination to overcome setbacks.

Scientists offer another powerful example. Scientific progress requires years of patient observation, experimentation and verification. Yet scientific breakthroughs also depend on asking the right questions, selecting appropriate methods and interpreting evidence intelligently. Hard work generates the data and experience; smart work helps transform them into meaningful discoveries. In healthcare, agriculture, education, engineering and public administration, the same principle applies. Effective performance emerges when sustained effort is guided by sound judgement and evidence-based decisions.

An excessive emphasis on hard work can sometimes create the mistaken belief that exhaustion is proof of dedication. People may feel guilty about resting, working beyond their capacity or sacrificing personal well-being in the pursuit of success. Such practices can eventually result in stress, reduced concentration and burnout. Smart work encourages individuals to recognise their limitations, organise workloads, take appropriate breaks and evaluate progress. Rest is not necessarily a waste of time; it supports recovery, concentration and sustained performance.

However, smart work should not become an excuse for procrastination, superficial preparation or the search for effortless achievement.

Genuine efficiency requires self-awareness, accountability and a willingness to improve. The most effective individuals understand when to work harder, when to pause and reassess their priorities. Success is not simply about doing more. It is about doing what matters, doing it well and maintaining the capacity to continue. The most productive approach is to integrate hard work with smart work through a practical cycle of planning, action, evaluation and improvement. First, individuals should establish clear and realistic goals. Second, they should identify the most effective methods and resources available. Third, they must devote consistent effort to implementation. Finally, they should evaluate their results, learn from mistakes and modify their strategies where necessary.

This approach transforms hard work from blind repetition into purposeful action and smart work from clever planning into measurable achievement.

A person who works hard without thinking may never continuously without reaching the desired destination. A person who thinks intelligently but refuses to act may never begin the journey. Success belongs to those who combine the determination to persevere with the wisdom to adapt.

The comparative study of hard work and smart work reveals that neither can be considered universally superior to the other. Hard work provides the foundation of perseverance, discipline and practical experience, while smart work supplies direction, efficiency and innovation. Their relative importance may vary according to the nature of a task, but lasting achievement generally requires both. In an age of automation, artificial intelligence and increasing competition, the ability to work intelligently is becoming more valuable than ever. Yet technology cannot entirely replace human determination, ethical responsibility, patience and commitment. The future will favour those who know how to combine human effort with intelligent methods. Ultimately, success is not determined merely by how much energy we expend or how quickly we complete a task. It depends on whether our efforts are purposeful, our decisions are informed and our actions are consistent. Hard work gives strength to our efforts; smart work gives direction to our actions, and the combination of both turns ambition into achievement. The true formula for success is not simply to work harder or smarter, but to work hard on the right things and work smart on the right way.

Chinese duplicity to the fore

INDIA's move to standardise the names of 28 places in Ladakh by identifying and marking them on an official map drew a quick and somewhat petulant response from China. The spokesperson for the Chinese Ministry of Foreign Affairs said on October 13 that China "firmly opposes the so-called standardised names published by India," adding that this move was illegal and void. The fact that China has been doing this long before India resorted to a tit-for-tat exercise appears to have been totally ignored by Beijing. This is its standard playbook. What China does is right; when others do the same thing, they are wrong. It appears that the Indian manoeuvre has got under China's skin — hence its immediate and strong riposte. In its hubris over how powerful China has become, Beijing ignores the simple fact that two can play the same game. India is only catching up with what China originally started. The mandarins in Beijing should expect more such "standardised names" — a term used by the Chinese themselves — from New Delhi in the coming months and years. Please don't forget that a similar exercise was done in Arunachal Pradesh a few months ago. India had assigned standardised names to 27 places and geographical features in Arunachal in August. The Ministry of Home Affairs had announced that the exercise was carried out in consultation with the state government. There are other aspects of the Chinese Foreign Ministry's statement that also need deeper analysis. It said, "China has never recognised the so-called 'Union Territory of Ladakh' unilaterally and illegally established by India." The immediate questions that arise from this comment are: Does Beijing have a say in any reconfiguration of the administrative set-up of India? Isn't that a matter for India alone to decide? Did Beijing object when the state of Telangana was created from the erstwhile Andhra Pradesh in 2014? Clearly not. Then how come Beijing feels it had a say when India created the Union Territories of Jammu & Kashmir and Ladakh in 2019? How can China object to the abrogation of Article 370, which was a domestic administrative arrangement of India? When Article 370 was abrogated, Delhi had very clearly conveyed to Beijing that this development was India's internal matter with no implications for the India-China



boundary question. Disputes about the boundary would need to be discussed and negotiated between the two countries. Even then, possibly at Pakistan's prodding, Beijing had taken exception to the creation of the two Union Territories. China has never conveyed to India why it is opposed to the termination of the special arrangement under Article 370. Perhaps it is time for Beijing to be upfront about this matter and tell India what its objections are. It is likely that the Chinese don't want to do so as their position on what is a domestic Indian matter may get exposed.

Of course, we must keep in mind that when India converted Arunachal Pradesh from a Union Territory into a state in 1987, China had objected to that move also. Even today, Beijing strenuously objects whenever Indian leaders pay visits to that state of India. It is clear that those objections emanate from the fact that China lays claim to the entire state, whereas the reality is that India has actual control of almost the whole territory — in most places right up to the McMahon Line. Is it this principle that is being applied to Ladakh? Is China arguing that until the boundary is delineated

and demarcated, it will have a veto over what India does in what is ostensibly its own territory and which is not even being disputed by China? This is a far-fetched argument, and even Beijing must see how hollow it rings. This brings us to the third aspect of the Chinese Foreign Ministry's statement, which states, "... does not change the fact that the western sector of the India-China boundary belongs to China." This is exactly the point India disputes what China believes is its territory. Conversely, China disagrees with what India thinks is its own territory. That is

why there is a boundary question or a boundary dispute. Now, China appears to be unilaterally saying that what the two countries have broadly defined as the western sector of the boundary is Chinese territory. This may be a methodology to reiterate one's position on the issue, but it is rather childish. The way to proceed on these issues is to sit across the table and have a frank talk about them. However, since China made its military moves in eastern Ladakh in 2020, even such talking has become very difficult, time-consuming and protracted.

Beijing will be a real superpower in the making if it were to practically, realistically and candidly discuss such issues with India rather than indulging in name-calling, innuendo and diplomatese. Rather than flexing its muscles and attempting to exhibit its comprehensive national power, China should adopt a practical, solution-finding approach. This may not lead to a resolution of the boundary dispute between India and China, but it may lay the foundation for a more straightforward, direct and simpler relationship between the two neighbours.

Dissent is democracy; dialogue is strength

Remember Hardik Patel? Just a decade ago, he was splashed across front pages and prime-time television. Hardik was only 22 when he became the face of the Patidar agitation in Gujarat in 2015. His rallies shook the state's BJP government, exposed its political vulnerabilities and contributed to a crisis that culminated in Chief Minister Kanubhai Patel's departure in 2016. Today, the young man who once challenged Narendra Modi's political establishment is just another BJP MLA, hardly the insurgent who once commanded the headlines. In July this year, a court allowed the withdrawal of one of the last criminal cases against him arising from the agitation. Hardik's journey, from rebellion to the ruling party's ranks, tells us something about the Gujarat model of managing dissent. You could attempt to crush a movement with the force of the state, or absorb its principal leaders into the political establishment. The protester could become a partner; the agitator could become an insider. And it always helps if the dissenter has a charmed past or chinks in the armour like Hardik had. But here is the question Narendra Modi must now confront as Prime Minister: Can India be governed the way Gujarat was — through a mix of coercion and co-option? The recent crackdown on Cockroach Janata Party (CJP) protesters in Delhi offers a sobering illustration of the challenge. Ahead of a planned demonstration against Chief Election Commissioner Gyanesh Kumar, Delhi Police detained protesters, picked up people before they could reach the protest site and took hundreds away to makeshift detention centres. Journalists covering the developments were also caught up in the action. The scale of the police operation was such that even the normally ambivalent Supreme Court reassured the freedom to protest as a fundamental right. The Modi government may believe it

is dealing with another unruly opposition protest, one that can be contained through police action, dismissed as politically motivated or neutralised by arresting its organisers. That assumption could prove dangerously misplaced. This is not the anti-CAA agitation, when protesters were routinely branded anti-national and the movement became entangled with the communal politics of the day. Umar Khalid has been in custody since 2020; his prolonged incarceration through six years of a small-paced trial has become emblematic of the debate over pre-trial detention and civil liberties. Nor is this the farmers' agitation, when the government initially resisted the protesters, some of whom were labelled Khalistanis, before Prime Minister Modi announced the repeal of the three contentious farm laws in November 2021. Those episodes demonstrated the government's willingness to confront mass movements, sometimes for months or years. But they also revealed the costs of doing so. The question today is whether the government has understood that the nature of the challenge may be changing. For this is not simply about how to handle the Congress, Rahul Gandhi or a collection of regional opposition parties. The BJP has a formidable electoral organisation and a record of winning elections over the past decade. Its leaders may reasonably believe that, come polling day, they have the resources to compete with their opponents, Gyanesh Kumar or no Gyanesh Kumar. But what happens when the challenge comes not from a conventional political party but from a generation of young Indians who have little patience with the political establishment, little faith in conventional political alternatives and, crucially, much less to lose by confronting authority? The Congress comes with its own baggage. The BJP can point to past

governments and ask the familiar whataboutery question: didn't you appoint your preferred bureaucrats as election commissioners? Opposition parties can be dismissed as desperate to regain lost political ground. But what happens when protesters are not primarily interested in electoral arithmetic or the lure of political office? What happens when their anger is directed at institutions they believe have failed them—whether the examination system, the police or the Election Commission? That is a different kind of political challenge. And it requires a different kind of response. The problem for the Modi government is that it may have underestimated the force it is dealing with. When CJP first crawled into public view in May, the government and its supporters could afford to dismiss it as a social-media fad. Its irrelevant name and meme-driven politics made it easy to caricature. The authorities even permitted a protest at Jantar Mantar, seemingly confident that the agitation would remain marginal. But the anger surrounding examination paper leaks and the broader anxiety over the future of young Indians were not going to disappear simply because the protesters were mocked. Memes spread, the criticism became more personal and the movement found an audience beyond its original circle. The government's response to the examination controversy also had political consequences: Dharmendra Pradhan was removed as Education Minister, a notable development in a government not often seen to change course under public pressure. Now the Election Commission has become the focus of the agitation. The government's instinct may again be to wait for the opposition to run out of steam. But what of the images of unarmed protesters being hauled away by the police? What of the young demonstrators being assault-



ed by Hindu Raksha Dal, a self-styled Hindutva group? Such incidents demand investigation and accountability, not silence. Images of confrontation travel rapidly across the digital universe, and even television channels generally sympathetic to the government have found it difficult to ignore the story. There is also an unmistakable generational divide at play. Ministers and politicians trying to master Instagram reels are operating in a very different universe from young

people who create, share and respond to political content spontaneously. A carefully choreographed message from a minister may reach an audience, but it cannot dictate how that audience responds. This is why the government needs a reset. It may be unwilling to abandon Gyanesh Kumar, and it may remain convinced that the controversy surrounding the Election Commission will eventually subside. But allowing the status quo to continue without addressing the underlying questions

risks prolonging the confrontation. There are other pressures that the government cannot afford to ignore. Inflation has risen to 5.54 per cent in September, its fourth consecutive month above the Reserve Bank of India's 4 per cent medium-term target, with food inflation reaching 7.74 per cent. Notwithstanding the IMF's latest 7% GDP growth projection, global instability—including the widening conflict in West Asia—adds to an already uncertain economic environment.

From kadak chai to oat milk, breakfast cocktail flavours couldn't get any better



We can thank the Belgian monks of the 16th century, who invented the beers that we still swear by, for initiating the tradition of beginning the day with a pint (or dram) of alcohol.

The tradition continued in English households when beer was the wake-up drink before tea became the rage, and it has been nurtured lovingly by US Presidents, from John Adams to Richard Nixon. Winston Churchill's favourite eye-opener was a German white wine that the English call hock. And for beach bums, from Ibiza to Bali, it's just a way to keep partying till without a break.

We owe it to Salvatore Calabrese, a bartender at the iconic Library Bar in the Lanesborough Hotel, London, for reinvigorating the idea of starting the day with an alcohol rush when he invented the Breakfast Martini (gin, orange marmalade, the orange liqueur Cointreau and lemon juice in place of vermouth) in 1996.

Since then, the idea of creat-

ing cocktails as breakfast accompaniments has been firing the imagination of bartenders — and Amrit Mehdiratta has done so at The Lalit New Delhi with add-ons, from 'kadak chai' to oat milk, that we never imagined would sit well with alcohol.

Priced at Rs 850 plus taxes, the hotel has a signature breakfast drink for each of its outlets, starting with its all-day restaurant, 24x7, where the standout cocktail is Nonchalance, made with Scotch whisky, oat milk, red apple, citrus and cinnamon. The cocktail, according to Mehdiratta, is for those people who do not stop partying till it's well into the morning.

What is the best part of the drink? The cinnamon-flavoured Parle-G biscuit, which adds that extra flavour with each sip you take. For those who don't like it when their drinks are bitter, this is a must-try.

On the second floor of the hotel, the Indian restaurant,

Baluchi, is stirring up a storm with a vodka-based drink blended with masala chai, grapefruit, orange, citrus, biters and a hint of sweetness. The magical part of the drink is its masala chai froth, which adds an addictive extra creaminess to the texture. It was made, said the bartender, for those tea lovers who believe that "chai is an emotion".

On the third floor is the Asian restaurant named OKO, which has a gin, matcha and yogurt drink called Elemental. It feels and tastes light, but it isn't.

It is more like a 'dhokebaaz' drink because it tastes really good and feels like it is not strong, but it is, and you feel it when you get up. The cocktail takes its warmth from gin and its earthiness from matcha.

You don't stop the party just because the day is breaking out. And these breakfast highs are just what you need to keep it going.

Patanjali to set up oil palm mill in Mizoram, boosting local farming

Patanjali Foods Ltd has announced plans to set up a new oil palm mill in Mizoram. During a meeting with Chief Minister Lalduhoma in Aizawl on Thursday, two senior officials from Patanjali revealed that the mill would be located in Liapha, a region in Lawngtlai district, southern Mizoram. The company expects the mill to be operational within a year.

In addition to the mill, Patanjali plans to source oil palm from local farmers in the districts of Serchhip, Lunglei, Lawngtlai, and Siahla.

The Chief Minister raised concerns about the challenges faced by oil palm farmers in these southern regions, particularly in terms of cultivation and support. He also shared the state's strategy to boost oil palm farming in these areas, ensuring better growth and sustainability for local farmers.

Patanjali's commitment to promoting oil palm cultivation aligns with the state's broader goals to enhance the agriculture sector.

As part of this initiative, the company officials assured the CM that they would take proactive measures to support the expansion of oil palm farming in Mizoram, especially in the southern districts.

Oil palm, which people use in food production, cosmetics, and biofuels, has become increasingly popular due to its versatility and long shelf life.

Most Read: Balance your hormones instantly with Patanjali's power moves

Globally, palm oil accounts for around 36% of oils produced from oil crops. It's widely used



by food manufacturers because it is easy to stabilize, maintain flavor consistency, and provide texture in processed foods.

Palm oil has more to offer than just its industrial applications. It contains antioxidants like carotenoids and tocotrienols, which have their unique health benefits.

These antioxidants help protect the body's cells from damage and can boost the immune system. Carotenoids also convert into vitamin A, which is vital for vision and heart health.

Furthermore, tocotrienols may improve brain function, slow down the progression of dementia, and even reduce the risk of stroke.

Vrikshasana: Transform your mind and body with this power-packed asana

Vrikshasana, also known as Tree Pose, is one of the most revered yoga asanas that not only improves physical strength and flexibility but also fosters mental clarity and emotional balance.

Rooted in ancient yogic traditions, this simple yet powerful pose is one of Patanjali's teachings in the Yoga Sutras, where he emphasizes the importance of mindfulness and concentration on the path to self-realization.

The essence of Vrikshasana

The name "Vrikshasana" comes from the Sanskrit word Vriksha "tree" and Asana "pose" or "posture." The pose replicates the tree posture, where one leg is placed firmly on the ground, the other leg being placed on the inner thigh or calf, and hands are raised in prayer position above the head.

Vrikshasana symbolizes strength, stability, and a sense of grounding, like the trunk of a



tree that withstands the fury of nature.

Patanjali explains in his Yoga Sutras that yoga is not only about physical postures but also attaining inner calm without a distraction.

Vrikshasana is keep-

ing up with his teachings on dharana (concentration) and dhyana (meditation) because it is commanding the practitioner to keep keen focus on his/her breathing and equilibrium for acquiring lucidity and tran-

quility.

Physical benefits of

Vrikshasana

practice of

Vrikshasana is very ben-

eficial to the body in sev-

eral ways. It strengthens

the muscles of the leg,

particularly the quadri-

ceps, calf muscles, and

ankles, and also

improves posture and

spinal alignment.

As the body has to

remain balanced for a

duration, it acquires pro-

prioception or the sense

of the body to perceive

its position in space, hence improving coordination and body awareness.

Patanjali emphasizes abhyasa (repeated practice) in the Yoga Sutras, reflected in the consistent practice of Vrikshasana. Just as a tree grows stronger with time, so does the practitioner's ability to maintain balance and focus, leading to greater physical and mental resilience.

Mental and emotional benefits

Mentally and emotion-

ally, Vrikshasana

encourages mindfulness

and calmness. Balancing

on one leg gives focus to

the here and now so the

yogi can shut out distractions

and quiet the mind.

This thoughtful attention

to body and breath

resonates with

Patanjali's law of praty-

hara, sense withdrawal,

so practitioners may

build a quiet inner sanc-

tuary.

The pose also helps to

reduce stress and anxi-

ety. By connecting to the

ground and finding bal-

ance, individuals can experience a sense of stability in the face of emotional turmoil, much like a tree that remains steadfast despite external challenges.

Incorporating Patanjali's teachings

While practicing

Vrikshasana, we must

take lessons from the

teachings of Patanjali in

the Yoga Sutras as a

source of guidance. His

first of the eight limbs,

Yama (moral rules),

instructs us to live in

balance with ourselves

and the world in general.

Practicing Vrikshasana

makes us patient and

persistent, which are the

essence of living in a bal-

anced and moral way of

life.

Furthermore,

Patanjali's teaching on

samadhi—a state of

union and deep medita-

tive absorption—can be

achieved through the

stillness and focus

demanding by

Vrikshasana, enabling

practitioners to experi-

ence a profound sense of

oneness with the present

moment

India-US trade deal first tranche finalised, legal drafting underway: Goyal

NEW DELHI: Commerce and Industry Minister Piyush Goyal on Thursday said the first tranche of the proposed India-US trade agreement has been finalised and is undergoing legal drafting, signalling progress in negotiations between the two countries. The government hopes to complete the process soon, with implementation contingent on India securing a competitive advantage for its exporters.

"The first tranche has been finalised and is going through the final legal drafting. We hope to finalise it soon and operationalise it once we get a competitive advantage over our peer countries," Goyal said. Negotiations between India and the United States on the proposed bilateral trade agreement are progressing positively, with discussions in a favourable zone, according to Commerce Ministry officials. However, the agreement will be signed only after both sides reach an understanding on the overall tariff structure and India



secures preferential market access for its exporters. "The negotiations are in the right direction, in a good zone. The deal has to be signed when the overall tariff structure is agreed upon. India has to get preferential market access," officials said. The remarks highlight New Delhi's emphasis on ensuring that the agreement delivers tangible benefits to Indian businesses and enables domestic exporters to compete effectively in the US market. Tariff arrangements and the relative com-

petitiveness of Indian goods are expected to remain central to the final negotiations. India and the US announced a framework for an interim trade deal in February. However, the agreement has yet to be implemented as both sides continue working towards finalising its terms. For India, securing preferential access to the American market is a key objective, particularly as global trade policies and tariff regimes continue to evolve. New Delhi is seeking terms that would place Indian exporters on a com-

petitive footing with suppliers from other countries.

The final tariff structure is likely to play a decisive role in determining the timeline for signing and implementing the agreement.

While the completion of legal drafting marks progress on the first tranche, the deal's operationalisation will depend on the finalisation of mutually acceptable terms. The proposed agreement could have significant implications for bilateral trade flows, export opportunities and market access across multiple sectors.

It also forms part of India's broader efforts to diversify export markets, strengthen trade ties with major economies and expand its presence in global commerce.

Although the latest remarks indicate progress in discussions with Washington, the final outcome will depend on the terms agreed upon by both countries and the extent to which the arrangement improves the competitive position of Indian exporters in the US market.

IIFL Capital's maiden pre-IPO fund raises Rs 500 cr in first close



NEW DELHI: IIFL Capital Asset Management Ltd on Wednesday said it has raised around '500 crore in capital commitments at the first close of its maiden late-stage private equity fund. The fund targets a corpus of '1,000 crore, with a greenshoe option of an additional '1,000 crore, IIFL Capital said in a statement. The IIFL Late-Stage Private Equity Fund achieved its first close on September 15, 2026, and will remain open for subscriptions, with the final close targeted within the next

nine months, it said. The fund will invest in scaled-up, profitable Indian enterprises preparing to list on the stock market in the near term. It has already committed investments in two companies and is evaluating a pipeline of 7-8 opportunities, ranging from term-sheet negotiations to transactions under due diligence, Deepak Mittal, Chief Investment Officer and Head of Private Equity at IIFL Capital Asset Management Ltd, said.

Rupee gains for 5th straight session, closes at 94.99

NEW DELHI: The rupee logged the fifth straight session of gains on Thursday, appreciating 12 paise to close at 94.99 (provisional) against the US dollar, supported by the ongoing impact of the Reserve Bank of India's structural forex interventions. Market participants attributed the rupee's continued appreciation to central bank intervention and the unwinding of long dollar positions. However, ongoing external macroeconomic pressures are likely to temper further gains, they said. At the interbank foreign exchange market, the rupee opened at 94.95 against the American currency. In intraday trade, it touched a high of 94.86 and a low of 95.11 and settled at 95.05 (provisional) against the greenback, registering a gain of 12 paise from its previous close.

On Wednesday, the rupee appreciated 19 paise to close at 95.17 against the US dollar.



In the last five sessions, the rupee has gained 183 paise against the US dollar. "The Indian rupee extended its winning streak to a fifth consecutive session, supported by easing crude oil prices, the unwinding of dollar long positions, and strong domestic risk appetite. "However, early intraday gains were partially pared amid a widening trade deficit and robust dollar demand from importers," said Dilip Parmar - Senior Research Analyst, HDFC Securities. From a technical perspective, the spot USD/INR has support at 94.70, while resistance is placed at 95.50.

Parmar added. The dollar index, which gauges the greenback's strength against a basket of six currencies, was trading lower by 0.57 per cent at 101.96. Brent crude, the global oil benchmark, was trading lower by 1.82 per cent at USD 104.13 per barrel in futures trade.

On the domestic equity market front, Sensex jumped 1,533.72 points to settle at 74,315.61, while the Nifty closed 374.65 points higher at 22,997.35. Foreign Institutional Investors (FIIs) offloaded equities worth Rs 1,857.44 crore on a net basis on Wednesday, according to exchange data.

WPI inflation rises to 11.39 pc in Sept on rise in prices of food, fuel, manufactured items



NEW DELHI: India's wholesale price-based inflation rose to 11.39 per cent in September, compared to 9.92 per cent in August, on rising prices of food, manufactured items, and fuel and power, government data showed on Wednesday. Inflation in the food index rose to 8.66 per cent in September from 7.05 per cent in August. In manufactured items, WPI inflation was at a series high of 9.76 per cent, higher than 8.37 per cent in August.

In the fuel and power basket, Wholesale Price Index (WPI)-based inflation was 25.85 per cent in September, compared to 22.93 per cent in the previous month.

Across groups, mineral oils (containing petroleum products), food articles, crude petroleum & natural gas, coal and lignite, manufacture of basic metals, chemicals and chemical products, textiles, rubber and plastic products and electrical equipments have been drivers of WPI inflation in September 2026, the Commerce and Industry ministry said while releasing the WPI

Mahindra enters the CNG race with XUV 3XO ZNG

NEW DELHI: Mahindra & Mahindra launched the XUV 3XO ZNG, its first mainstream CNG passenger vehicle, at a starting price of Rs 9.99 lakh (ex-show-room). Test drives commenced today, with bookings and deliveries opening on October 20.

The launch brings the SUV specialist into a segment that has become one of Indian motoring's biggest growth stories. CNG's share of passenger vehicle sales has more than tripled in five years — from 6.3 per cent in FY2020 to 19.5 per cent in FY2025, according to SIAM data. In FY2025, CNG cars outsold diesel cars for the first time — 787,724 units to 736,508 — on Vahan registrations. Separately, FADA data shows CNG's share of passenger vehicle retail sales rising from 19.60 per cent in FY2025 to 21.98 per cent in FY2026, second only to petrol.

Maruti Suzuki has been the segment's biggest beneficiary. The country's largest carmaker sold about 6.2 lakh CNG vehicles in FY2025 — up 28 per cent year on year — meaning one in every three Marutis sold ran on gas, compared with 12 per cent of its sales in FY2021. Volumes rose further to 7.46 lakh units in FY2026, and Maruti holds roughly 70 per cent of the CNG passenger vehicle market. CNG has also become a major growth driver for Tata Motors. Its CNG volumes jumped 50 per cent to 139,218 units in FY2025, accounting for a quarter of its sales — up from 16 per cent in FY2024 and 8 per cent in FY2023.

In the 12 months to September 2026, its first year as a demerged passenger vehicle company, Tata sold over 2.03 lakh CNG vehicles, or 27 per cent of its



volumes. Mahindra claims to have engineered the new 3XO ZNG for performance and driving dynamics, an aspect hitherto ignored on CNG vehicles. The company claims the XUV 3XO ZNG's 1.2-litre turbocharged engine delivers identical 82 kW power and 200 Nm torque — best-in-class among CNG passenger vehicles in India in both CNG and petrol modes, with certified efficiency of 24.7 km/kg. Twin cylinders packaged under the boot floor preserve a flat loading floor and 270 litres of luggage space, addressing the boot-space trade-off that comes with conventional CNG installations. Six airbags and ESC are standard across variants; prices top out at Rs 12.27 lakh.

Now we strongly advocate a 25-bps rate hike in the upcoming October policy (followed by another in December in quick succession), factoring the myriad evolving undercurrents as detailed in this report. Our rate hike call is agnostic to August CPI inflation print that could come around 4.8-4.9%. If oil prices remain at high levels, inflation print for October and November should move towards 6.5% or higher," Soumya Kanti Ghosh, Chief Economist at State Bank of India, had said in a note issued on 11 September. The primary driver of retail inflation, which has increased for nine consecutive months now, continues to be its non-core or food-fuel component. While non-core inflation increased from 1.9% in January 2026 to 5.8% in August, its core component increased at a more gradual pace, rising from 3.3% to 4.3% during this period.

India's retail inflation rose to 4.8% in August, oil fuels rate hike bets: Report

NEW DELHI: India's retail and wholesale inflation rose marginally in August, broadly in line with expectations, but recent developments in energy markets could put further upward pressure on inflation in the months ahead.

Retail and wholesale inflation rose to 4.8% and 9.9%, respectively, in July. The two measures, based on the Consumer Price Index (CPI) and Wholesale Price Index (WPI), can move quite differently because the underlying dynamics in retail and wholesale markets are different, but also because the two indices have very different components. Retail inflation remains within RBI tolerance band. Retail inflation increased marginally to 4.8% in August from 4.5% in July, according to data released by the National Statistics Office on Monday. The August value was almost identical to a Bloomberg fore-

cast of economists and continues to be within the RBI's tolerance band of 2-6%. Unless there is a big spike in the September CPI print, inflation in the quarter ending September should not vary significantly from the Monetary Policy Committee's August forecast of 4.7%.

The primary driver of retail inflation, which has increased for nine consecutive months now, continues to be its non-core or food-fuel component. While non-core inflation increased from 1.9% in January 2026 to 5.8% in August, its core component increased at a more gradual pace, rising from 3.3% to 4.3% during this period. Food and beverage component, which has the highest weight of around 37% in the index, increased to 5.7% from 5.3% in July.

Wholesale inflation climbs on fuel and manufactured products. WPI inflation rose to 9.9% in August according to data



released by the Ministry of Commerce and Industry on Monday. Among the three broad categories of WPI, inflation increased in two (manufactured products and fuel and power) and fell in the primary articles group. Fuel and power group saw inflation increase to 22.9% from 20.1% and manufactured products' inflation increased from 8.3% to 8.4%. Food inflation under WPI increased from 6.7% to 7.1%

going forward and monetary policy may need to pivot toward being more hawkish. Thanks to Iran-backed rebels seizing key territories near the Bab Al-Mandab strait and damaging a pipeline, oil shipments from Saudi Arabia are likely to fall significantly going forward. International benchmark price of crude oil crossed the \$100 per barrel threshold earlier this month and was trading at \$108.76 (as of 18:56 IST) on Monday. India's crude oil basket price was \$119 per barrel on 11 September.

Most analysts expect energy prices to rise significantly unless there is a resolution to the ongoing conflict in West Asia which restores normal traffic through Hormuz and Bab-Al-Mandab.

Fuel prices in India are deregulated on paper, government-run retailers have not increased prices in 123 days (the last hike was on 15th May). SBI economist calls for two rate

CONTINUATION

Drug Trade....

drug networks; and an impartial investigation into any political patronage received by criminals.

"Today, I reiterate my pledge before the people of Punjab that when our government comes to power in Punjab, we will work with full force to create a drug-free, gangster-free, and secure Punjab. Our goal is clear: strikes against the drug trade, protection of our youth's future, strict action against criminals, and the rule of law in such a way that no citizen is forced to live under the shadow of fear," the home minister said.

Ladakh Administration....

government services more easily and that the benefits of development reach every village and household. I express my sincere gratitude to Hon'ble Prime Minister Shri Narendra Modi and Hon'ble Home Minister Shri Amit Shah for their continued support towards the development of Ladakh," said L-G Shri Saxena.

The Lieutenant Governor also assured the gathering that the administrative requirements arising from the creation of the new district would be addressed at the earliest and that necessary appointments would be made soon to facilitate its effective functioning.

In another significant decision aimed at further decentralising administration, the Lieutenant Governor announced the creation of five new tehsils across Ladakh. These include:

Aryan Valley (Sham district): Comprising Dha-Beema, Hanu, Garkone and Darchhik.
Sodh (Kargil district): Comprising Yurbaltak, Akchamal, Apatee, Tumul, Barchey, Silmo, Lalung and Chulichan.

Phey (Zaskar district): Comprising Rangdum, Phey, Emala-Shagan, Hamling, Abran, Akshow, Atting, Rantaksha and Tungri.

Thasgam (Drass district): Comprising Thasgam, Jasgud, Kharboo and Shimsa.

Hemya (Changthang district): Comprising Tukla, Likte, Tarchi, Kungam, Teri and Hemya.

The creation of these tehsils will further improve the reach of administrative institutions and facilitate access to essential public services for people living in remote and far-flung areas.

Earlier, on July 12, the Lieutenant Governor had announced the creation of 17 new tehsils as part of the broader administrative reorganisation of Ladakh. With the addition of the five new tehsils announced today, the total number of tehsils in the Union Territory has increased to 37.

The Lieutenant Governor said the ongoing reorganisation aims to operationalise the newly created districts, improve administrative efficiency, and ensure citizens can access government services closer to home. By reducing the distance between people and administrative institutions, the initiative, L-G Shri Saxena said, seeks to make governance more responsive, inclusive, and citizen-centric.

CM Omar calls....

handicrafts.

To address terrain-related and logistical constraints, the roadmap provides for targeted regional value-chain clusters to facilitate the aggregation, transportation, recovery and productive utilisation of materials. These clusters are envisaged around urban material recovery, apple and horticulture biomass, tourism circuits and artisan material loops, linking waste management with local economic activity and livelihood generation.

The policy outlines an indicative 10-year planning envelope of ₹3,548.7 crore, with financing envisaged through convergence with Central schemes, Extended Producer Responsibility (EPR) mechanisms and user charges, alongside opportunities for Public-Private Partnerships. The framework seeks to support long-term infrastructure development while reducing dependence on recurring government subsidies.

A key objective of the policy is to achieve over 90 per cent urban material recovery through improved source segregation, greater diversion of waste from landfills and the development of sustainable green livelihoods. It also seeks to create opportunities for self-help groups, youth and waste workers by integrating resource recovery into local economic activity.

With its focus on decentralised solutions, regional specialisation and resource efficiency, the Jammu & Kashmir Circular Economy Policy, 2026, provides a long-term framework for strengthening environmental sustainability while supporting more resilient urban and rural development across J&K. To unsubscribe from this group and stop receiving emails from it, send an email to english1-unsubscribe@jkinformation.co.in.

J&K Govt directs....

dignity and mutual respect, irrespective of rank or position. It has also directed employees to exercise supervisory authority responsibly and fairly while ensuring due regard for lawful directions, established procedures and official responsibilities.

The circular further states that the use of derogatory, threatening or otherwise inappropriate language, as well as any conduct inconsistent with the dignity of office, must be avoided.

Administrative Secretaries, Divisional Commissioners, Deputy Commissioners, Heads of Departments and Managing Directors have been directed to bring the instructions to the notice of employees under their administrative control and ensure strict compliance at all levels. The circular has been issued by M. Raju, IAS,

Commissioner/Secretary to the Government, General Administration Department.

Over 2.53 Lakh....

Katra town have been decorated with flowers, fruits and dazzling lights. Security arrangements have been strengthened to ensure a smooth and safe pilgrimage.

The shrine board has made special provisions for differently abled devotees, including free pony and battery-car services, priority darshan and dedicated help desks.

Arrangements for accommodation, drinking water, sanitation, medical assistance, registration, transportation and crowd management have also been put in place. Medical teams and emergency response personnel have been deployed at key locations along the pilgrimage route.

The Bhawan, Atka and adjoining areas have been adorned with flowers, decorative gaites and pandals. Devotional bhajans and bhaints are being performed during the morning and evening Atka Aarti.

Security Forces, Police...

Group (SOG) of Gursai launched a search operation in the Gursai-Harooni-Baidhar area of Mendhar subdivision.

Another joint search operation was launched by the SOG Mendhar and the Army's Rashtriya Rifles in Dharana village, Kashmir Mohalla, Behri forest and adjoining areas.

The SOG Mankote also launched a search operation in the Manglanu-Chilla forest areas falling under the jurisdiction of Mankote police post. The operations are aimed at strengthening security and checking possible terrorist movement in the border district, officials said.

ACB registers case...

District Mining Officer Udhampur, Rameshwar Sangra, District Mining Officer Reasi, Swaran Singh Rathore and other private persons.

The case has been registered under relevant provisions of the Prevention of Corruption Act, 1988, as amended, and other applicable laws.

As per the ACB statement, allegations include extraction of minor minerals beyond permissible limits, continuation of mining operations after the expiry of lease validity, charging rates higher than government-notified rates, and manipulation and misuse of e-challans. Allegations have also surfaced regarding the operation of stone crusher units without valid Consent to Operate (CTO).

The statement further said that the enquiry revealed the alleged involvement of concerned public servants in facilitating these activities in connivance with private operators.

The role of each accused, the extent of alleged illegal extraction and transportation, overcharging, and the resulting loss to the government exchequer are being investigated, the ACB said.

According to the statement, searches have also been initiated at the residential and commercial premises of the accused persons, and the investigation is underway.

The ACB reiterated that strict action in accordance with law would be taken against those found involved in illegal mining, corruption, misuse of official position and causing losses to the government exchequer.

J&K Prosecution's s...

the logistical support and harbouring attributed to the accused and the second applicant's past antecedents. The Hon'ble Court's orders also reflect the Prosecution's commitment to speedy justice. In line with the Hon'ble High Court's direction to conclude the trial within three months, the Prosecution examined 29 witnesses in just 2.5 months, with 46 judicial hearings held at the shortest possible intervals.

On 14 October 2026, the Principal Sessions Judge, Jammu Tahir Khurshed Raina, dismissed the anticipatory bail application of the applicant, Rajat Pal Singh, in FIR No. 268/2026 under Section 318(4) BNS, registered at Police Station Gandhi Nagar and cancelled his interim protection. The Ld. Public Prosecutor Himanshu Parkash, relied on the Investigating Officer's status report, which cited bank statements, CCTV footage, the admission of one of the accused and the recovery of Rs. 47,200. Further, the applicant was not present in court when the application was called for hearing and the counsel appearing on his behalf failed to apprise the court of his whereabouts. Given the serious nature of the allegations against the applicant, Rajat Pal Singh and the clear admission recorded in the status report, the Court finds no merit or justification in extending the privilege of this discretionary relief, particularly when the applicant is absent.

The Department commends its Ld. Public Prosecutors for dedication and diligence and reiterates its resolve to oppose bail in serious offences and safeguard public safety.

6,000 Cops, 220...

The strength could be increased if the situation demands, particularly if crowds gather in large numbers or the demonstration continues into the night. "If the crowd swells during the night and we need more security, we will increase the strength to 60 companies in one shift," the officer said.

Surveillance has also been stepped up, with more than 10 CCTV cameras installed in and around Central Park and Rajiv Chowk to monitor the gathering and preserve footage in case of any violation or untoward incident.

"Since there were hardly any cameras at Central Park and a large gathering of people is expected, we have installed new cameras," the officer said.

The New Delhi Municipal Council (NDMC) has announced that the Central Park will remain closed to the public on Friday and Saturday for "administrative reasons", while Delhi Police has said that it could facilitate a select group of people to wave the national flag and sing the national anthem at a suitable spot.

The march, announced amid a stand-off between the BJP and Delhi Police over demonstrations against Chief Election Commissioner Gyanesh Kumar, was called after BJP leaders Saurav Das and Ashutosh Ranka were sent to judicial custody for entering Jantar Mantar on October 13.

Student organisations, activists and Aam Aadmi Party (AAP) supporters are also expected to join the proposed demonstration.

Police are factoring in the area's multiple access points, and the possibility of crowds spilling into the adjoining market stretches. Senior officers are also working out the deployment and movement of personnel to ensure that the security cordon does not unnecessarily disrupt commuters and commercial activity.

Delhi Police PRO Neha Yadav said the march had not been granted permission and that prohibitory orders under Section 163 of the BNSS prohibiting mass gatherings were already in force in Connaught Place and surrounding areas.

The security plan has also taken into account the closure of Central Park, with the NDMC requesting adequate arrangements to prevent unauthorised entry. Yadav said market and trade associations in and around Connaught Place had submitted written requests seeking protection for their establishments, citing concerns that large gatherings were affecting business.

Police have appealed to people to stay away from unauthorised gatherings and warned that action would be taken against those violating prohibitory orders or disturbing public peace.

"We are ready to grant permission to a select few protesters for a flag march at some other spot," Yadav said, adding that any such alternative arrangement would have to be made at a suitable location.

Dr Jitendra delivers...

Prime Minister Narendra Modi's 25 years of public leadership, Dr. Singh described the milestone as a significant moment in India's political and governance journey. Referring to the Prime Minister's tenure as Gujarat Chief Minister and his subsequent years at the helm of the Union Government, he said stable leadership had contributed to a change in India's global standing, national confidence and development priorities.

Dr. Jitendra Singh cited infrastructure development, agricultural support and healthcare facilities as important elements of the state's development potential. He referred to ₹43,527 crore in national highway development projects and ₹34,488 crore in railway investment in Punjab, along with the upgradation of railway stations.

Under the Pradhan Mantri Kisan Samman Nidhi, he cited approximately 11 lakh Punjab farmers as beneficiaries, with ₹6,552 crore distributed under the scheme. He also referred to AIIMS Bathinda, the Tata Memorial Centre's cancer facility in Mohali and 565 Jan Aushadhi Kendras in the state, stressing the importance of healthcare access and affordable medicines.

The Minister spoke about the Shahpur Kandi project in the context of irrigation and power generation, saying better utilisation of water resources could support agricultural productivity and regional development. He also referred to the Kartarpur Sahib Corridor, GST exemption on langar items and initiatives commemorating Sikh history and heritage, placing these measures in the context of Punjab's religious and cultural identity.

Dr. Jitendra Singh said, stronger connectivity, reliable irrigation, healthcare infrastructure and economic opportunities were essential to enabling Punjab to participate more fully in India's growth.

Dr. Jitendra Singh said Punjab's development ambitions must be accompanied by effective governance and accountability. He raised concerns over drug abuse, corruption, illegal mining, infrastructure quality and the utilisation of public funds, arguing that these issues needed sustained attention to protect public safety and improve the state's economic prospects.

Referring to damage to a bridge and concerns over construction quality and illegal mining, he cautioned that short-term gains could endanger citizens and public infrastructure. He said responsible administration, transparency and accountability were essential to safeguarding public assets.

The Minister also spoke about the changing aspirations of Punjab's youth, citing students from smaller towns who were pursuing competitive examinations and professional education. He said a developed Punjab would require better educational opportunities, entrepreneurship, employment prospects and an environment in which young people could build their futures.

Concluding his address, Dr. Jitendra Singh said Punjab's future must be viewed as an integral part of India's journey towards Viksit Bharat by 2047. He called for development-oriented governance that combines economic growth with accountability, social progress and respect for Punjab's heritage.

"Viksit Bharat's vision remains incomplete without Viksit Punjab," Dr. Singh said, adding that Punjab deserved a double-engine government to become part of India's development journey.

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
Trikuta 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
Shivgani 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
Mediad Nursing Home	2466744
Sita Nursing Home	2435007
Vibhuti Nursing Home	2547969

4th T20I: Shai Hope's century, Keemo Paul's five-for power West Indies to victory over India, level series 2-2

NEW DELHI: Shai Hope's unbeaten century and Keemo Paul's five-wicket haul powered West Indies to a 24-run victory over India in the fourth T20I at the Rajiv Gandhi International Stadium in Hyderabad on Wednesday. The win levelled the five-match series at 2-2, setting up a series decider in Bengaluru on October 17.

Hope smashed an unbeaten 102 off 50 balls to guide West Indies to a formidable 247/3 after India elected to field. In reply, India managed 223/9 despite a blistering 56 off 22 balls from Sanju Samson and valuable contributions from Tilak Varma (43 off 25) and Nitish Kumar Reddy (41 off 20). Paul dismantled the Indian batting line-up with figures of 5/41 to seal the visitors' victory. Hope continued his prolific run on the tour, registering his fourth century across formats in India, including his second in the T20I leg.

His knock featured four boundaries and nine sixes, while Sherfane Rutherford provided an explosive finish with an unbeaten 49 off 26 deliveries. The pair's late assault helped West Indies post a daunting total and put India under pressure from the outset of the chase. Samson's explosive start gives India hope.

Chasing 248, India made an aggressive start through Samson, who struck a boundary off the first ball



before launching an assault on the West Indies bowlers. He targeted Shamir Joseph in the second over, hitting a four followed by two consecutive sixes, before taking 25 runs off Roston Chase in the third.

Samson raced to his half-century in just 19 balls, giving India early momentum in the daunting chase. However, Keemo Paul turned the contest in West Indies' favour in the fifth over, dismissing Samson for 36 off 22 balls, with six fours and four sixes. He then removed Ishan Kishan for six, leaving India at 67/2 in 4.4 overs.

Abhishek Sharma struggled to find his usual fluency, while captain Shreyas Iyer fell to Shamar Springer for 16 off 11 deliveries. India reached 100 in 8.4 overs but continued to lose wickets at crucial moments.

Gudakesh Motie dealt another double blow by dismissing Abhishek for 24 and having Naman Dhir

stumped for a golden duck. India were reduced to 130/5 in 11.4 overs, with the required run rate continuing to climb.

Tilak and Nitish revive India's chase. Tilak Varma and Nitish Kumar Reddy mounted a spirited recovery, adding 70 runs to briefly revive India's hopes. Tilak struck 43 off 25 balls, including two fours and three sixes, while Nitish contributed 41 from 20 deliveries, with a four and four sixes.

Nitish accelerated the chase in the 16th over, taking on Shamar Joseph with two sixes and a boundary. But Romario Shepherd removed Tilak in the 17th over, with Rovman Powell completing the catch as the batter attempted to clear the field.

India needed 43 runs from the final two overs, but Shamar Springer conceded just five in the 18th, tightening West Indies' grip on the match.

The decisive blow came in the 19th over. Nitish was caught by Powell after hitting a six, and Paul bowled Prince Yadav for a golden duck on the next delivery. Paul then dismissed Axar Patel for three to complete his five-wicket haul and leave India nine down. Arshdeep Singh subsequently walked off after being struck on the arm, bringing the contest to an end with West Indies securing a 24-run win.

Hope anchors West Indies' imposing total. Earlier, Hope led West Indies' charge after India captain Shreyas Iyer opted to bowl. The visitors began aggressively, with Jewel Andrew taking 17 runs off Arshdeep Singh's opening over before Hope attacked Mayank Yadav and Prince Yadav to push the score past 50 inside four overs.

Axar Patel, playing his 200th international match, provided India's first breakthrough by trapping Andrew leg-before for 21 off 16 balls.

However, Shimron Hetmyer immediately increased the scoring rate, striking boundaries against Arshdeep and Axar as West Indies reached 79/1 in the sixth over.

Hetmyer smashed 33 off just 12 balls, including four boundaries and two sixes, before Prince Yadav dismissed him at 110/2 in the ninth over.



AFTER ASIAN GAMES GLORY, KUMKUM, JYOTHI AND NEERAJ SET FOR PM MODI INTERACTION IN NEW DELHI

Ishani Sirohi wins two golds, bronze at IUKL World Kettlebell Championship

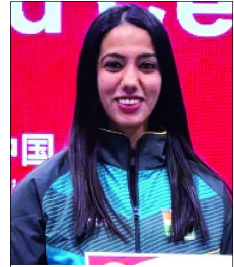
NEW DELHI: Indian kettlebell athlete Ishani Sirohi secured two gold medals and a bronze at the recently concluded 2026 International Union of Kettlebell Lifting (IUKL) World Championship, held at Talkatora Indoor Stadium in New Delhi from October 5 to 9.

The championship brought together over 300 athletes from 12 countries, including Russia, Australia, the United States, Uzbekistan and Poland. The event was held in association with the Kettlebell Sport India Association (KSIA), the Indian federation affiliated with IUKL.

Sirohi clinched her first gold medal in the women's Military Snatch event, completing 206 repetitions with a 16 kg kettlebell. She added a second gold in the women's team relay, where the Indian squad defeated Australia with a collective tally of 154 repetitions using double 16 kg kettlebells.

Sirohi also secured bronze in the women's two arm jerk event, completing 54 repetitions with two 16 kg kettlebells. She finished behind competitors from Russia and Australia.

The three-medal performance marked another successful international outing for Sirohi, who had earlier won silver in the 30-minute Half Snatch Marathon and bronze in Military Snatch at the 2026 IKMF World Championships in Syracuse, New York. Apart from competing, Sirohi also served as a judge at the



championship, contributing to the technical officiating of the international event.

The championship saw participation across multiple age groups and competitive categories, highlighting the growing international reach of kettlebell sport, a discipline that combines strength, endurance and technical precision. Member of Parliament Bansuri Swaraj attended as chief guest on the opening day, while Paralympic medalist Deepa Malik was present on the second day.

Sirohi's performance adds to India's achievements in international kettlebell competition, particularly in women's strength sports, as Indian athletes continue to make their presence felt in disciplines beyond mainstream sporting events.

ACA opens new cricket ground and pavilion at Naharkatia



NAHARKATIA: Assam Cricket Association (ACA) on Tuesday inaugurated a state-of-the-art cricket ground and pavilion at Naharkatia, marking a significant step towards expanding cricket infrastructure beyond the traditional centres of the state.

Chief Minister Himanta Biswa Sarma inaugurated the facility in the presence of BCCI Honorary Secretary Devajit Saikia, ACA President and MLA Taranga Gogoi and other dignitaries. The new complex has five centre pitches, a fully furnished pavilion including match officials' room and dressing rooms, practice facilities, and infrastructure suitable for hosting domestic matches.

CM Sarma said the inauguration marked a new beginning for Naharkatia. "This is a proud day for Naharkatia. This initiative will help young

cricketers move ahead and fulfil their dreams," he said. The Chief Minister also praised the Assam Cricket Association for its efforts to develop cricket infrastructure and promote the sport across the state.

BCCI Secretary Devajit Saikia highlighted the importance of developing cricket facilities outside Guwahati and other established centres, with the new Naharkatia facility expected to strengthen the grassroots cricket pathway in Upper Assam.

"The facility at Naharkatia will also serve as the ACA Cricket Academy's satellite academy for the Upper Assam Zone in the coming days. This will provide young cricketers in the region with access to structured training and development programmes," said Saikia. ACA President Taranga Gogoi said

they are proud to play a role in building cricket infrastructure in the state. He also highlighted the ACA's vision of taking cricket to every corner of Assam, ensuring that talent from smaller towns and rural areas receives the right platform to grow.

The inauguration was attended by ACA Vice President Romen Dutta, Joint Secretary Rajendra Singh, Treasurer Anupam Deka, Apex Council member Mukutananda Bhattacharyya and former Apex Council members, besides officials of the Cricket Association of Naharkatia and other guests. The project is part of the ACA's efforts to create a wider and more inclusive cricketing network in Assam, with modern facilities and professional training opportunities made available to players in different parts of the state.

ITBP honours Mt Abi Gamin team and Asian Games medal winners



NEW DELHI: The Indo-Tibetan Border Police (ITBP) organised a flag-in ceremony at its Force Headquarters on Wednesday to mark the successful completion of the Mount Abi Gamin Expedition 2026, alongside a felicitation ceremony honouring force sportspersons who excelled in national and international competitions.

ITBP Director General Shatrughan Kapur graced the occasion as the chief guest, in the presence of Additional Director General (HQ) Sanjay Gunjyal, senior officers, mountaineers, sportspersons, and support staff. The event commenced with a welcome address by Deputy Inspector General (Sports) Pawan Malik. The expedition team successfully summited the 7,355-metre high Mount Abi Gamin peak on September 16, adding another landmark achievement to the ITBP's distinguished

mountaineering legacy.

During the event, personnel who delivered stellar performances between January and October 2026 were honoured with the DC's Insignia and Commendation Roll. Among the key awardees were Assistant Sub-Inspector Parveen, who won a Gold Medal in Boxing at the 20th Asian Games in Japan, and Constable Neeraj Chauhan, who secured a Silver and a Bronze Medal in Archery.

Addressing the gathering, Kapur congratulated the mountaineers and medal winners, stating that high-altitude mountaineering is integral to the ITBP's operational ethos, forging mental resilience and physical endurance required for adverse border terrains. He reaffirmed the force's commitment to providing modern training infrastructure and sustained support to its sportspersons.

Mumbai opening batter Ayush Mhatre suffers Grade 4 hamstring tear

NEW DELHI: In a major setback to the Mumbai side, their promising young opening batter Ayush Mhatre sustained a Grade 4 tear in his right hamstring during Mumbai's Ranji Trophy opener against Chandigarh at the Wankhede Stadium. Mhatre suffered the injury while running between the wickets during his 48-run knock in the first innings. He didn't come out to field during Chandigarh's innings and the scans revealed a Grade 4 tear. The opener is likely to miss the first half of the Ranji season.

"It seems that he will not be with the team for some time now. The way he was limping in the match, it does not look like he would be available for the second or the third match," Mumbai

captain Siddhesh Lad said after Mumbai's innings win over Chandigarh on Tuesday. "It happened while running (between the wickets), because we had two or three simulations (matches) and club games and also played at the BKC (Ground), and he was looking fine for the last 3-4 matches, but he felt something in his hamstring while taking a second run," Lad said.

It will be a tough blow to take for Mhatre, who was playing his first match after a long recovery from a left hamstring injury sustained in April while playing for Chennai Super Kings in IPL 2026. The young opener spent three months at the BCCI's Centre of Excellence (CoE) in Bengaluru undergoing treatment and rehabilitation.

"He looked very sad. He worked really hard in the off season. He was doing rehab with me only at BKC and he would come all the way from Virar and do his rehab and go back. It happens, it is a part of the game and we will try to motivate him," said Lad.

For their second Ranji Trophy match against Himachal Pradesh from October 18-21, Mumbai will be without both their openers as Yashasvi Jaiswal will travel with the India A side for the New Zealand tour.

Mumbai win Spinners Shams Mukani and Tanush Kotian shared three wickets each to bundle out Chandigarh for 196 in their second innings and help Mumbai to a massive innings and 155-run victory against Chandigarh at the Wankhede Stadium.

Sediqullah Atal's epic 332-ball vigil in Afghanistan's thrilling draw against Bangladesh

NEW DELHI: In what will be remembered as one of the most gripping Tests in recent history, Afghanistan held their nerve to secure a dramatic draw against Bangladesh on the final day of their one-off Test at the Sheikh Zayed Cricket Stadium in Abu Dhabi on Tuesday.

Chasing a massive target of 479 to win, Afghanistan's realistic goal was to survive and snatch a draw. They achieved exactly that, finishing the match on 346/8 when the umpires called off the match. The hero of the survival effort was Sediqullah Atal. He played a staggering innings of 111

from 332 deliveries, staying tall till the very end, in a show of immense character and concentration.

Armed with a 106-run lead, Bangladesh launched a counter-attack in their second innings. Litton Das scored 102 from 117 balls. He was brilliantly supported by captain Najmul Hossain

Shanto (82) and Mushfiqur Rahim (81). Bangladesh eventually declared at 372/7, leaving Afghanistan with a near impossible chase and over a day to survive.

Atal anchors the resistance. With the Abu Dhabi pitch deteriorating on the final two days, the Bangladesh spin attack, with Mehidy

Hasan Miraz and Tajul Islam to the fore, tested the Afghan batters. However, Atal stood like a rock. Partnering with Rahmat Shah, who scored 51 from 124 balls, and with some gritty defending from the lower-order batters, Afghanistan refused to let go. Yamin Ahmadzai

played one of the most crucial knocks. Even though he scored only 19, he soaked up 85 balls. Paired with Atal, this completely tired the Bangladesh bowling.

The final hour of the game proved a tense affair. Afghanistan were 346/8, and Bangladesh needed

those two wickets to win.

However, Afghanistan's tailenders clung on valiantly, closing out the match under fading lights.

It was a draw that felt like a victory for Afghanistan, serving as a testament to the thrilling endurance that only Test cricket can provide.

LADAKH TODAY

MULTI-EDITION NEWSPAPER

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समाचार



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ताजा खबरें



राजनीति
एवं शासन



व्यापार
एवं रोजगार



शिक्षा



खेल



संस्कृति
एवं पर्यटन



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विशेष रिपोर्ट



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