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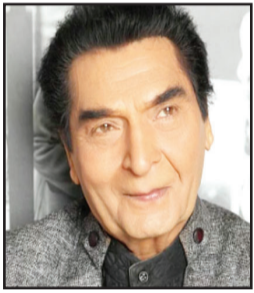


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BRIEF

Veteran actor Asrani passes away



TP CORRESPONDENT

MUMBAI, Oct 20: Veteran actor Govardhan Asrani, fondly known as Asrani, died on Monday at the age of 84 after a prolonged illness. He had been hospitalised for five days due to age-related ailments.

Govt plans incentive policy for doctors serving in rural areas: Sakina Itoo

TP CORRESPONDENT

BARAMULLA, Oct 20: Minister for Health and Medical Education Sakina Itoo on Monday said the government is actively working on an incentive-based policy

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Parvez Rasool Bids Farewell to Cricket



TP CORRESPONDENT

SRINAGAR, Oct 20: Parvez Rasool, the first cricketer from Jammu

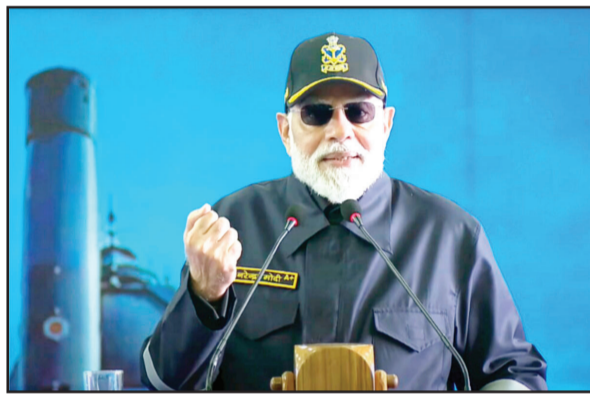
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PM celebrates Diwali on board INS Vikrant off Goa coast; Lauds INS Vikrant role in Op Sindoor

TP CORRESPONDENT

goa, Oct 20: Prime Minister Narendra Modi celebrated Diwali on board the INS Vikrant in Goa today and while referring to Operation Sindoor, said that a few months ago Vikrant's very name had disrupted Pakistan's sleep.

The Prime Minister highlighted that the fear instilled by the Indian Navy, the extraordinary skill demonstrated by the Indian Air Force, and the bravery of the Indian Army, along with the exceptional coordination among all three services,



compelled Pakistan to surrender swiftly during Operation Sindoor. He said INS Vikrant is a warship whose name alone

is enough to put an end to the enemy's audacity. "Missiles like BrahMos and

Cont. on Page 11

CM Omar extends warm greetings on Diwali

TP CORRESPONDENT

SRINAGAR, Oct 20: Chief Minister Omar Abdullah today extended warm greetings to the people of Jammu and Kashmir and to all those celebrating the festival of Diwali across the country and beyond.

In his message, the Chief Minister said that Diwali, the festival of lights, signifies the triumph of good over evil and the victory of

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LG Manoj Sinha returns to India with Holy Relics of Lord Buddha



TP CORRESPONDENT

NEW DELHI, Oct 20: Jammu and Kashmir Lieutenant Governor Manoj Sinha returned to India with the Holy Relics of Lord Buddha following their exposition in Kalmykia, Russia.

Manoj Sinha said that exposition of the Holy Relics of Lord Buddha to Kalmykia will strengthen the ties between India & Russia.

"We have come back with the Holy Relics of Lord Buddha from Kalmykia... India-Russia friendship has been great for a long time and is completing 80 years in the coming times..."

During the visit of Russian President Putin, this effort by the Indian government, Ministry of Culture, will prove to be a milestone... This will also strengthen our relations with Russia in terms of business, trade and defence," he said.

Manoj Sinha was on a visit to Russia to bring back the Holy Relics of Lord Buddha to India following their exposition in Elista, the Capital city of the Republic of Kalmykia. Sinha was received by the First Deputy Chairman of the Government of Kalmykia, Tserenov Erdni Nikolayevich, Deputy Chairman Dzhambinov Ochir Vladimirovich, and

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Pakistan's Worst Nightmare Just Got Deadlier India tests 800-KM BrahMos 'Unstoppable' Supersonic Missile that gives enemy zero reaction

TP CORRESPONDENT

NEW DELHI, Oct 20: Pakistan should be very, very afraid. India has just raised the stakes to a level it cannot match. In a development sending shockwaves across the border, India is testing the extended-range BrahMos supersonic cruise missile, now boasting a devastating 800-kilometer strike capability. The message is crystal clear: Indian firepower can obliterate targets deep inside enemy territory

Cont. on Page 11



CM Omar says "never wanted" to fight on two seats as he attends nomination filing of NC's Budgam candidate

TP CORRESPONDENT

BUDGAM, Oct 20: Chief Minister Omar Abdullah on Monday accompanied National Conference Budgam Assembly by-election candidate Agha Syed Mehmood to the nomination filing.

Speaking to the reporters outside the venue, CM Omar Abdullah admitted

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Wishing happiness, Prosperity to all: Prez Murmu, PM Modi extend Diwali greetings

TP CORRESPONDENT

NEW DELHI, Oct 20: President Droupadi Murmu and Prime Minister Narendra Modi on Monday extended Diwali greetings to the countrymen and wished for happiness and prosperity for all.

Diwali is known as the festival of lights, symbolising the spiritual victory of

Cont. on Page 11



Many surprises for Rajya Sabha polls, will win all 4 seats: NC's Tanvir Sadiq

TP CORRESPONDENT

SRINAGAR, Oct 20: National Conference (NC) Chief Spokesperson, Tanvir Sadiq Monday said that there are many surprises for October 24 Rajya Sabha elections in Jammu & Kashmir and that the party will secure all the four seats.

Speaking with reporters in Srinagar, Sadiq, said that he believes if somebody

Cont. on Page 11

NC deceived J&K people, Voters looking for alternatives: LoP Sharma in Budgam

TP CORRESPONDENT

SRINAGAR, Oct 20: Leader of Opposition in the Jammu and Kashmir Assembly, Sunil Sharma, on Monday criticised the National Conference (NC), accusing the party of betraying the people of the region and promoting family politics. Speaking with reporters in Budgam, Sharma said

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Lt Gen Pratik Sharma celebrates Deepawali with troops in forward areas; Commends their dedication and readiness

TP CORRESPONDENT

UDHAMPUR Oct 20: Lt Gen Pratik Sharma General Officer Commanding-in-Chief (GOC-in-C) Northern Command visited the forward areas in Gurez, Machhal, and Keran Sectors to review the operational preparedness of formations and celebrate Deepawali with the troops deployed on the frontlines. During his visit, the Army Commander interacted with all ranks and

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NC, PDP, BJP candidates file nominations for key election to Budgam

TP CORRESPONDENT

BUDGAM, Oct 20: The candidates of all major political parties, including National Conference, Peoples Democratic Party, and the Bharatiya Janata Party, filed nominations for key election to the Budgam

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J&K bypolls: NC fields DDC member as Congress leaves Nagrota to realise 'larger goal' of defeating

TP CORRESPONDENT

JAMMU, Oct 20: The National Conference has fielded its District Development Council (DDC) member Shamim Begum from Nagrota assembly constituency, which is going to bypolls

Cont. on Page 11



Radhika Sharma Bags Philip Wollen Animal Welfare Award 2025



SAHIL

JAMMU, Oct 20: Radhika Sharma, member of SAVE Value and Environment NGO, Jammu has won the prestigious Philip Wollen Animal Welfare Award 2025. The function was organised by TAFAR at Faridabad, Haryana on 15th October, 2025.

Radhika was felicitated with an award

plaque and a monetary grant of one lakh ten thousand rupees to be utilised for animal welfare. Shri Laxmidhar Behera, Director, IIT, Mandi, HP was the Chief Guest at the event. Radhika was given this award for her indispensable contribution in the field of animal welfare. She has dedicated more than two decades for creating a better world for animals.

SMVDU Architecture students conduct study tour of Katra Town



TP CORRESPONDENT

KATRA, Oct 20: The first-year students (2025 batch) of the Bachelor of Architecture program at the School of Architecture & Design (SoALD), Shri Mata Vaishno Devi University (SMVDU), undertook a study tour to the pilgrim town of Katra as part of their academic curriculum. The educational visit aimed to help students understand the architectural and planning values of the town, which is a major spiritual and tourism hub in Jammu & Kashmir.

The tour was conducted under the supervision of Ar. Aditya Kumar Singh, Associate Professor, SoALD, and was supported by the Shri Mata Vaishno Devi Shrine Board (SMVDSB). The Shrine Board officials provided valuable insights to the students about the design and architectural features of important buildings, including the Spiritual Growth

Centre, Sports Complex, and Niharika Bhawan Complex.

During the visit, the students studied not only the architectural aesthetics but also the socioeconomic activities that define Katra as a living pilgrimage town. They explored how pilgrimage-based urban life shapes the habitat image and ekistics (science of human settlements) of the region. The experience enabled students to analyze the relationship between culture, economy, and built environment in a real-world setting.

The educational tour was successfully coordinated by Ar. Aditya Kumar Singh, Associate Professor, and Ar. Abhinay Gupta, Assistant Professor, Design Studio Coordinators at SoALD. Both mentors ensured that students gained meaningful exposure to field studies, blending academic learning with practical understanding.

The initiative was carried out under the guidance of

Prof. Pragati Kumar, Hon'ble Vice-Chancellor of SMVD University, who has been a consistent source of encouragement for such experiential learning programs. The university continues to emphasize hands-on exposure for architecture students to enhance their professional and analytical skills.

Established in 2004, SMVD University has been a leading institution in higher technical education and has achieved the 23rd rank in the NIRF 2025 rankings among nearly 400 schools of architecture across the country - a testament to its commitment to academic excellence and professional development.

The Katra town study tour offered students an enriching opportunity to experience the intersection of architecture, spirituality, and community life, reinforcing SMVDU's vision of nurturing socially aware and professionally competent architects of the future.

J&K Contractors Coordination Committee extends Diwali greetings to all

TP CORRESPONDENT

SRINAGAR, Oct 20: On the auspicious occasion of Diwali, the festival of lights, Chairman of the Jammu & Kashmir Contractors Coordination Committee (JKCCC), Ghulam Jeelani Purza, extended warm greetings and heartfelt wishes to the people of Jammu and Kashmir and the entire nation.

In his message, Jeelani Purza conveyed that Diwali symbolizes the triumph of light over darkness and good over evil. He said, "May this Diwali strengthen the bonds of brotherhood and communal harmony in Jammu and Kashmir. I wish the people a very Happy Diwali, hoping that the day augurs well for everlasting peace, prosperity, and happiness for all."

Expressing his affection and goodwill, the JKCCC Chairman extended special greetings to the Hindu contractor fraternity and their families, praying that the festival brings light, success, and good fortune to every household. He emphasized that festivals

like Diwali are instrumental in fostering unity and mutual respect among diverse communities, adding that Jammu and Kashmir has long been admired for its rich tradition of communal harmony and composite culture.

Jeelani Purza further urged people to share happiness with the underprivileged and spread the light of hope, compassion, and humanity. He said that true celebration of Diwali lies in bringing smiles to others and ensuring that the light of joy reaches every corner of society.

The Executive Body and General Members of JKCCC also joined in extending their Diwali greetings to the people of Jammu and Kashmir and across India. They collectively wished for peace, prosperity, and strengthened communal harmony, encouraging everyone to celebrate the festival in the true spirit of inclusiveness and unity.

The JKCCC leadership reiterated that Diwali is not just a festival of lights but a celebration of love, togeth-

ness, and goodwill. They said such occasions remind everyone of the values of compassion, mutual respect, and brotherhood that form the foundation of Jammu and Kashmir's cultural identity.

Ajeet Bhagat greets people on Diwali

TP CORRESPONDENT

KISHTWAR, Oct 20: Senior leader of Jammu and Kashmir National Conference, Chenab Valley Region Spokesperson Ajeet Bhagat today greeted the people of Jammu and Kashmir, especially the people of Chenab Valley Region, on the occasion of Diwali.

In his message, The National Conference leader appealed to the people of Jammu and Kashmir to use the auspicious day of the Festival of Lights to brighten the lives of others by celebrating togetherness and harmony.

Javid Dar inaugurates Autumn Flower Festival (Chrysanthemum Show) at SKUAST-K

TP CORRESPONDENT

SRINAGAR, Oct 20: Minister for Agriculture Production, Rural Development, Panchayati Raj, Cooperative and Election Departments, Javid Ahmad Dar, today inaugurated Autumn Flower Festival (Chrysanthemum Show) at Sher-e-Kashmir University of Agricultural Sciences and Technology-Kashmir (SKUAST-K) here.

Speaking on the occasion, Minister Dar congratulated the university authorities, particularly the Faculty of Floriculture, for organizing the colourful event that celebrates Kashmir's floral diversity and artistic traditions. He said that the festival aims to showcase the natural beauty of Kashmir's



flora while attracting tourists, students, and entrepreneurs to explore the vast potential of floriculture in the region. Highlighting the

significance of the event, Javid Dar said that the Autumn Flower Festival, featuring 15 indigenous varieties and over 80

colours of chrysanthemums, marks the first major attempt to promote autumn tourism in the Valley, complementing the region's tra-

ditional spring, summer and winter attractions.

Minister Dar emphasized that the initiative aligns with the government's broader vision of diversifying tourism and creating livelihood opportunities through agriculture and allied sectors. He said that the Agriculture Production Department is encouraging farmers to adopt floriculture as a viable business venture alongside their routine farming, given its growing market demand and export potential.

MLA Sonawari Hilal Akbar Lone; Vice Chancellor SKUAST-K Prof. Nazir Ahmad Ganie; Director Sheep Husbandry Kashmir, and other senior officers and scientists were present on the occasion.

Soldiers, civilians kindled a shared Diwali in Gohallan



TP CORRESPONDENT

BARAMULLA, Oct 20: The Indian Army celebrated Diwali with the residents of the remote village of Gohallan along the Line of Control (LoC) District Baramulla on 19 October 2025 reflecting the enduring bond between soldiers and local communities in border areas.

The celebration featured, lighting of diyas and the sharing of sweets, filling the village with warmth and festival cheers despite its isolation. The occasion brought joy to the villagers and offered soldiers stationed far from their families a sense of belonging

and togetherness during the festival of lights.

The celebration of Diwali by soldiers and villagers at the remote location epitomised the strong bond between the Indian Army and local population. The celebration stood as a poignant symbol of unity and shared cultural heritage. For the villagers of Gohallan, the Army's presence during the festival symbolised reassurance and companionship; for the soldiers, it was a moment of heartfelt connection with the people they protect. Together, they illuminated the remote village with the radiant spirit of Diwali - a celebration of light, hope and solidarity.

Diwali Celebration at Police Station Gangyal



TP CORRESPONDENT

JAMMU, Oct 20 In a truly memorable manner, Police Station Gangyal celebrated the festival of Diwali with great enthusiasm and devotion. The celebration was graced by the presence of SP South Jammu, SDPO South Jammu, and SHO Police Station Gangyal, who collectively lit the ceremonial lamp, symbolizing the victory of light over darkness and good over evil.

The entire police staff of PS Gangyal actively participated in the celebration, creating an atmosphere of unity, positivity, and festive joy. On this occasion, SP South Jammu addressed the

police personnel, motivating them to remain alert and dedicated during the upcoming festive days, ensuring that every citizen of Jammu can celebrate Diwali peacefully and without any inconvenience.

Sweets were distributed among the staff as a gesture of brotherhood and goodwill.

The event reflected the strong spirit of teamwork, discipline, and compassion within the police force. Police Station Gangyal extended warm Diwali greetings to all citizens, urging everyone to celebrate safely, respect the environment, and spread happiness and harmony this festive season

Secretary RDD Mohammad Aijaz Asad Inaugurates BDC Building at Planghar



TP CORRESPONDENT

RAJOURI, Oct 20: Secretary, Rural Development Department (RDD) and Panchayati Raj, Mohammad Aijaz Asad (IAS) today inaugurated the newly constructed Block Development Council (BDC) building at Planghar, marking a significant milestone in strengthening rural governance and administrative infrastructure in the area.

The inauguration ceremony was held in the presence of Deputy Commissioner Rajouri, Abhishek Sharma (IAS), and Additional District Development

Commissioner Rajouri, Malikzada Sheraz Ul Haq (KAS), along with officers of the RDD, PRI members, and local residents.

Speaking on the occasion, Secretary Aijaz Asad said that the inauguration of the BDC building will bring much-needed relief to the public by providing a dedicated space for administrative and developmental activities. He emphasized that the new facility will serve as a hub for better coordination between the administration and the people, ensuring efficient service delivery at the grassroots level.

Terming it a proud

moment for the people of Block Planghar, Aijaz Asad appreciated the efforts of the district administration and RDD officials for completing the project. He further announced that the library building adjacent to the BDC office will also be properly developed to provide an added resource for the local community.

The event concluded with a vote of thanks by local representatives who expressed their gratitude to the Secretary RDD for his continued focus on strengthening rural infrastructure and empowering Panchayati Raj Institutions in the district.

Randhawa launches restoration work of Gorkha Nagar Cremation Ground



TP CORRESPONDENT

JAMMU, Oct 20: Continuing his commitment to serve the people with compassion and dedication, MLA Bahu Ch. Vikram Randhawa today kick-started the restoration work of the Cremation Ground at Gorkha Nagar, which is being undertaken by the Jammu Municipal Corporation (JMC).

The cremation ground had been completely washed away during the recent floods, causing great hardship to the local residents. Responding to public concern, MLA Randhawa announced ?10 lakh from his Constituency Development Fund (CDF)

for immediate restoration of the facility.

In addition to this, the MP Jugal Kishore Sharma also give Rs 10 lakh from his MPLAD Fund, while the Jammu Municipal Corporation (JMC) has also extended full financial and technical support to ensure the project's timely completion with modern amenities. The event witnessed the presence of JMC officials, former Corporators of Ward No. 47 and Ward No. 48, and several prominent citizens of the area.

Speaking on the occasion, MLA Ch. Vikram Randhawa said, "The cremation ground is the last and permanent house of every individual. It is not

just a place of rituals, but a sacred space that deserves dignity, respect, and care. We are committed to rebuilding it with all modern facilities such as a waiting shed, solar lighting, greenery, and proper boundary walls. I sincerely thank the Hon'ble Member of Parliament and JMC for joining hands in this noble cause."

He further added, "Development is meaningful only when it touches human lives with sensitivity. My mission is to ensure that Bahu Constituency becomes a model of cleanliness, infrastructure, and compassion - where every public facility, big or small, reflects respect for the people."

Dogri Sangeet Sandhya- "Ek Shaam Buzurgon Ke Naam" spreads festive cheer, cultural harmony

TP CORRESPONDENT

JAMMU, Oct 20: In a touching gesture celebrating culture, compassion, and togetherness, a soulful musical evening titled "Dogri Sangeet Sandhya - Ek Shaam Buzurgon Ke Naam" was organized at the Home for the Aged & Infirm (Vridh Ashram), Ambphalla, Jammu on the eve of Diwali. The event, jointly hosted by the Jammu & Kashmir Academy of Art, Culture and Languages (JKAACL) and Nami Dogri Sanshtha (NDS), was dedicated to honouring the elderly residents and bringing festive joy to their lives.

The event was graced by Shri Brij Mohan Sharma, IFS, Principal Secretary, Culture Department, J&K Government, as the Chief Guest. Among the dignitaries present were Harvinder Kaur, JKAS, Secretary; Ms. Sonali Arun Gupta, JKAS, Additional Secretary



Shagun, Incharge Mission Shakti; Yati Satya Priya, Ex. Mayor, Sunder Nagar (H.P.); Sh. O.P. Sharma Vidyarthi; Capt. L.K. Sharma; Anupma Sharma; Advocate Dogra Harish Kaila, President NDS; Vijay Gupta, Joint Secretary; R.C. Vaid and Sat Pal Sharma, Members; S. Rajinder Singh and Dr. R. Thappa.

At the outset, Er. Pankaj Gupta, MCM of the Home, extended a warm welcome to the guests, artists, and

participants. He expressed heartfelt gratitude to JKAACL and Nami Dogri Sanshtha for organizing the event at the Vridh Ashram, especially during the festival of Diwali - a time symbolizing light, compassion, and care for others.

The evening featured captivating Dogri musical performances by renowned local artists who presented melodious songs that celebrated the rich heritage of Duggar. The soulful rendi-

tions struck an emotional chord with the elderly audience, who listened with joy and nostalgia. The event brought smiles, laughter, and heartfelt emotions, turning the Ashram into a space of warmth and togetherness.

In his address, Brij Mohan Sharma praised the organizers for hosting an event that blended cultural celebration with social responsibility. He emphasized that such initiatives strengthen the bond between

generations and promote the preservation of regional art forms while caring for senior citizens. He also assured continued support for organizing similar programs in the Home for the Aged & Infirm and other institutions such as SOS Homes and Children Homes.

Harvinder Kaur and Advocate Dogra Harish Kaila also lauded the collaborative effort of the Home and the participating organizations, highlighting the event as a noble example of uniting cultural heritage with humanitarian values.

The evening concluded with a heartfelt vote of thanks by Dr. Dinesh Gupta, Secretary of the Home, followed by interaction with the elderly residents and exchange of Diwali greetings. The entire atmosphere radiated happiness, warmth, and love - perfectly embodying the true spirit of Diwali: spreading light, care, and harmony.

J&K Police observes Police Commemoration Day with blood donation camp



TP CORRESPONDENT

JAMMU, Oct 20: As part of the observance of Police Commemoration Day, the Jammu and Kashmir Police organized a Blood Donation Camp at the Police Auditorium, Gulshan Ground, Jammu, on Monday.

The camp was inaugurated by Bhim Sen Tuti, Inspector General of Police, Jammu Zone, and was organised under the supervision of IRP 15th Battalion.

The initiative was a humble tribute to the brave martyrs of the Jammu and Kashmir Police who laid down their lives in the line of duty. It also aimed to promote the values of service, sacrifice, and compassion, which form the foundation of the Police force.

Police personnel from various wings, battalions, and district units across Jammu Zone participated with great enthusiasm, donating blood as a gesture

of solidarity and humanitarian commitment. A total of 125 police personnel voluntarily donated blood during the camp.

The event was graced by senior officers including Dr. Ajay Misri; Vinod Kumar, DIG IRP Jammu; Shiv Kumar Sharma, DIG Jammu-Kathua-Samba Range; Sargun Shukla, Commandant IRP 15th Battalion; Joginder Singh, SSP Jammu; Shamsheer Hussain, SO to IGP Jammu and several other officers of Jammu Zone, whose presence added encouragement and significance to the occasion.

The camp was organised in coordination with the Police Hospital, Jammu, under the guidance of the Medical Superintendent, whose team of doctors, nurses, and paramedical staff ensured proper medical care, hygiene, and safety protocols throughout the event. Speaking on the occasion, IGP Jammu, Bhim

Sen Tuti, appreciated the overwhelming response and voluntary participation of police personnel in the camp. He stated that holding such an event on the eve of Police Commemoration Day is a noble way to remember and honour the supreme sacrifices of J&K Police martyrs by serving humanity and saving lives in their memory.

He further highlighted that the Jammu and Kashmir Police continues to remain at the forefront of humanitarian and community welfare initiatives, reflecting its enduring ethos of service, sacrifice, and compassion. The event concluded with expressions of gratitude for all the donors, officers, and medical staff whose collective efforts made the Blood Donation Camp a meaningful tribute to the valour, dedication, and selfless service of the Jammu and Kashmir Police martyrs being commemorated on this solemn occasion.

Turban Queen Shivani, A devout Promoter of Native Dogra Culture and Tradition, achieves another milestone with the Grand Opening of her Traditional Wear Showroom



TP CORRESPONDENT

JAMMU, Oct 20: "SAB-

HAYATA: The Traditional Wear." The Showroom, located in the Heart of the

Old City Jammu at Shivaji Chowk, Lower Mastgarh, in Lane Opposite Pahalwan-Di-Hatti, Peer Mitha, Jammu Tawi, had a Grand Opening through the August Hands of Mrs. Priya Sethi, Ex. Education Minister and Senior Leader Bhartiya Janta Party.

The occasion was also graced by Kunwar Ajatshatru and his wife Ku. Ritu Rani ji, the Icons of Dogra Dynasty, who are prominent social Activists dedicated to the preservation and promotion of Dogra Heritage, culture and Tradition.

They participated in the event through visual mode to bless Turban Queen Shivani, wish her great success and to reassure her, their fill support and cooperation. A large number of the invitees and customers too thronged the venue. Mrs. Priya Sethi, while speaking

on the occasion, congratulated Turban Queen Shivani and praised her devotion towards the promotion of the Dogra Culture and Tradition. She added that when the Society in General and the Younger Generation (Gen-Z) in particular is blindly following the Western Culture, Life Style and is alienated towards their own Rich Cultural Heritage and Traditions, SHIVANI'S SABHAYATA; The Traditional Wear, is a clarion call for Coming Back to Home, which is the burning need of the hour, in recognition of our glorious past, rich cultural heritage as well as our civilisational grandeur.

She further added that it is the most opportune and appropriate time for such adventure when our country is taking big strides in all the fields and to regain its lost prestige of "Vishavaguru". Let us all support and stand by Shivani, in the wider interest of the Nation, Civilization, Culture and Tradition.

A wide range of uniquely blended, Exquisite Collection of the Best Fabrics, the Traditional Dogra Wear, and the Modern Fashion Styles, meant for all seasons and all occasions, for both Men and Women, at very affordable rates, was meticulously displayed at the showroom on this Occasion.

All the present were mesmerised by the display of Magnificent, Aristocratic, Elegant, and Spectacular traditional attire on the Display. While speaking on the occasion, Turban Queen Shivani, narrated that the

Grand Opening of the Brand 'SABHAYATA - The Traditional Wear' is not merely a matter of business for her, it is her mission, motive, and objective, and a dream come true for her. She said I was deeply impressed by the richness and grandeur of the Dogra Culture, Tradition, and the Attire since childhood and wished to restore and revive it, I am sure that with the blessings, active support, and co-operation from all of you, my mission of revival of Dogri culture, tradition, and Dogri attire shall turn into a movement.

Besides all of you I am greatly thankful to all around me who extended helping hand to me and specially my family, my mother and my Life Partner Mr. Rajan Gupta, who stood like a rock behind me, for their blessings, encouragement, and active support, without which it would not have been possible for me to accomplish this dream. Now, the overwhelming support, words of praise and admiration, received from all of you, who have graced this occasion by their benign presence, has further boosted my morale.

I am heartedly grateful to all of you and extend my heartiest thanks to all of you, specifically Smt. Priya Sethi Ji Ex. Education Minister for sparing their valuable time from their busy schedule, to bless, encourage and to guide me as friends and philosophers. I hope all of you will always support me in this endeavour of mine.

Director Agriculture Jammu reviews departmental activities at Billawar



TP CORRESPONDENT

JAMMU, Oct 20: Director Agriculture Jammu, Anil Gupta on Monday conducted an extensive tour of District Kathua, Sub-Division Billawar. At the outset, the Director chaired a meeting at the office of the Sub-Divisional Agriculture Officer Billawar to review the ongoing departmental activities, physical and financial progress under various centrally sponsored schemes, CAPEX, NABARD and HADP. The meeting was attended by SDAO Billawar, Subject Matter Specialists, Agriculture Extension Officers, Junior Agriculture Extension Officers, Agriculture Extension Assistants, and other field

functionaries of the department. During the tour, the Director Agriculture visited the Mushroom Shed of Kartar Chand, resident of Bhaddu Billawar, District Kathua.

The visit aimed to assess on-ground mushroom cultivation practices and to encourage progressive farmers engaged in mushroom production. Director Anil Gupta appreciated the efforts of the farmer and stressed upon the promotion of mushroom cultivation as a viable source of income generation and rural employment.

Director Agriculture also inspected the Toria crop field of Amir Singh, son of Bhagat Ram, resident of Bhaddu Billawar, where a total of 12 kanals of land has

been brought under oilseed cultivation. He appreciated the efforts of the farmer for adopting crop diversification and emphasized the importance of timely agronomic interventions, integrated nutrient management, and the use of quality seed for achieving higher productivity.

Speaking on the occasion, Director Agriculture Jammu, Anil Gupta impressed upon the officers to work in close coordination with the farming community to ensure the effective implementation of departmental schemes at the grassroots level. He exhorted farmers to avail the benefits of various government initiatives and adopt modern scientific practices for enhanced production and profitability.

Bail of drug kingpin rejected by Court forth time

TP CORRESPONDENT

JAMMU, Oct 20: In the investigation of case FIR No. 23/2025, U/s 08/20/29/27-A, NDPS Act of PS GRP Jammu has arrested, Drug Kingpin Dinesh Kumar S/o Janak Raj Yadu R/o Ward No. 5, Rampur, Shamchand, Vaishali, Bihar figured in the case who hatched a conspiracy of smuggling Ganja from Bihar to Jammu with the primary accused in the said case.

The said accused Dinesh Kumar is also involved in case FIR No. 231/2018 U/s 08/20 NDPS Act of PS Bahu Fort Jammu. Hon'ble



Court has fourth time rejected the bail of accused Dinesh Kumar. GRP

Jammu has been successful in collecting all relevant evidences on scientific basis and presenting them before the judge.

Sakeena Itoo visits Baramulla, inaugurates Additional Accommodation at GHSS Boniyar, lays foundation stone for additional classrooms

Also e-Inaugurates key educational projects for various Assembly Constituencies of North Kashmir



TP CORRESPONDENT

BARAMULLA, Oct 20: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo today inaugurated newly constructed Additional Accommodation at Government Higher Secondary School Boniyar, Uri.

The Minister also laid the foundation for additional classrooms at HSS Boniyar, being constructed under SAMGRA, further strengthening the educational infrastructure in the region.

Speaking on the occasion, the Minister highlighted that the government is working tirelessly to ensure that students in every corner of the Union Territory have access to modern, well-equipped educational facilities. "Education is the cornerstone of progress. Our goal is to bridge the infrastructure gap and create inclusive learning spaces that nurture the potential of every student," the Minister said.

The Minister also interacted with students and faculty members, encouraging them to make the best use of the improved facilities and to continue striving for academic excellence. He

emphasized the importance of community participation in maintaining educational assets and supporting local schools.

Later, the Minister visited Government Girls Higher Secondary School (GHSS) Baramulla and participated in Annual Day celebrations of the institution.

MLA Baramulla Javid Hassan Baigh; MLA, Sopore Irshad Rasool Kar; MLA Pattan Riyaz Bedar; MLA Gulmarg, Farooq Ahmad Shah; MLA Uri Dr. Sajad Shafi; Director General of School Education Kashmir, Dr. GN Itoo; district officers of various departments, faculty members and large number of students were also present on the occasion.

During the program, Minister Sakeena, along with MLAs, inspected stalls installed by the students, showcasing innovative projects developed in Atal Tinkering Labs.

Speaking on the occasion, Minister Sakeena emphasized on the importance of education, innovation, and holistic student development. She encouraged students to excel in academics, sports, and co-curricular activities and highlighted

the government's commitment to providing modern facilities and resources to support student learning and growth.

Minister Sakeena further said that the projects of students in exhibition reflected the creativity and technical skills of the students, adding that it showcases the government's efforts of promoting innovation at school level. The Minister, during the celebrations, also felicitated meritorious students and those who participated in various cultural and other competitions at UT and national levels. Students who performed exceptionally in academic, cultural, and sports activities were also recognized for their achievements, inspiring all attendees to pursue excellence.

As part of the Annual Day celebrations, students presented vibrant and energetic cultural performances, adding colour and enthusiasm to the celebrations. The performances included traditional dances, music, and dramatizations that enthralled the audience and demonstrated the all-round development of the students.

THE Jammu and Kashmir Police has been rendering yeoman's service as far as containing the drug menace in the Union Territory is concerned. In this context, the men in Khaki have busted two major drug peddling networks and arrested eight peddlers, including four women, recovering heroin worth crores of rupees. These gangs were busted from Rajiv Nagar and R S Pura areas following investigations in separate cases. It is necessary for the cops to follow zero tolerance policy against the drug peddlers and suppliers because this menace has ruined lives of the young people in the region. The police has accomplished the investigation in a highly professional manner leading to a large number of arrests. Reportedly, a notorious drug peddler Vishal Kumar, a resident of Rajiv Nagar, was arrested with 275 grams of heroin and an electronic weighing machine. His questioning led to the arrest of Reena and the recovery of 55 grams of heroin, another weighing machine, and Rs 33,490 in cash from her residence in Rajiv Nagar. Their three women associates, Sheetal, Payal, and Kajal, were also arrested, and 13 grams of heroin, two weighing machines, and Rs 3,050 in cash were seized from them. In another operation, three drug peddlers Inderjeet and Vishal Kumar of Punjab, and Jagdish Raj were arrested from Chak Talab area of R S Pura, and 186 grams of heroin was recovered from them. It is necessary that police in J&K should carry out investigation of drug related crimes in the same manner to tighten noose around all the peddlers associated with the ones who got arrested to wipe out the drug menace fully from the soil of J&K. These successful operations are a testament to the commitment and professionalism of the Jammu and Kashmir Police in combating the drug menace. However, this is just one chapter in a long and challenging battle. It is crucial that the momentum is not lost and similar operations continue with the same intensity across all districts. The networks that fuel this crisis are deep-rooted and widespread, and dismantling them requires consistent vigilance, community support, and an unwavering zero-tolerance approach.

Deepawali : The Festival of Lights



By Er. Prabhat Kishore

BHARATVARSHAIHS the land of festivals. Deepawali or Diwali is one of them, which is celebrated on the Amavasya Tithi of Kartik Krishna Paksha month. The Shanti Mantra from Brihadaranyaka Upanishad "Tamsoma Jyotirgamya" i.e. "Lead me from darkness to light" reveals its spiritual spirit. Deepawali is a 5-day long festival, which starts from Dhanteras and ends on Bhaiya Dooj. Deepawali is mentioned in Padma Puran and Skand Puran. It is composed of two Sanskrit words "Deep" i.e. light or candle and "mangal" i.e. auspicious. Thus Deepawali means "Rows of Lights" or "Festival of Lights". The first day, Dhanvantari Trayodashi or Dhanteras is celebrated to commemorate the arrival of Devi Lakshmi

from KshirSagar (Ocean) during the Samudra Manthan (churning of the cosmic ocean of milk) by the Devas and Asuras to receive the Amrit (nectar). On this day, Bhagwan Dhanvantari also came out of the ocean with Ayurved for mankind. Bhagwan Kubera, the lord of wealth is also worshipped. Shopping for new items on this day is considered auspicious. Chhoti Diwali, also termed as Narak Chaturdashi or Roop Chaudash, is the second day of the festival. It is celebrated because Bhagwan Krishna and his wife Satyabhama had killed demon king Narkasur of Pragjyotish and released nearly 16000 girls from demon's captivity. It is also believed that Devi Kali had made Narkasur disappear. On the third day, the main Diwali is celebrated with great enthusiasm all over the world by lighting Deeyas (lamps) and bursting crackers. Devi Lakshmi and Bhagwan Ganesh are worshipped together to achieve the blessing of wealth & prosperity. Bhagwan Kubera is also worshipped by the devotees on this auspicious day. According to mythology, once Devi Lakshmi was proud of herself that the whole world worships her and yearns to get her. Bhagwan Vishnu understood this feeling of his con-

science and with the aim of breaking Lakshmi's pride, he said that "Devi, even though the whole universe yearns to have you, you are not yet complete". Lakshmi narrated her woes to her Sakhi (friend) Parvati and asked her to adopt Ganesh, one of her two sons. Lakshmi adopted Ganesh with the consent of Parvati and since then Ganesh was called the adopted son of Devi Lakshmi. Being very pleased Devi Lakshmi gave a boon to Ganesh that "I will fulfill the wishes of the devotees only when they will worship you along with me". For this reason, there is a Vidhan (law) to worship Ganesh along with Lakshmi in Diwali. There are several beliefs behind this festival. In Treta Yuga, Raja Ramchandra along with Sita, Lakshman & Hanuman returned to Ayodhya from Lanka on this day after victory over Ravana and people celebrated the occasion by lighting Deeyas and decorating Rangolis. On this auspicious day the Nirvan Diwas of Bhagwan Mahavir, 24th Tirthankar of Jain, is observed by the followers of Jainism. The Sikh community celebrates this day to mark the release of Guru Hargovind ji Maharaj from Mughal prison and his arrival at the Holy Swamandir, Amritsar. The fourth day is the



Govardhan Puja or Padwa. Bhagwan Krishna had lifted the Govardhan parvat and held it up to protect the people and cattle from the rain & thunder produced by the angry Indra. When Indra conceded defeat, the people of Brajhoomistarted performing the Govardhan Puja on the request of Krishna. Bhatri-Dwitiya or Bhaiya Dooj or Bhai Teeka or Yam-Dwitiya is the fifth and last day of Diwali. This day is dedicated to sisters. Yamraj (the lord of death) had visited his sister Yamuna on this day and gave her a Vardan (boon) that whoever visits his sister on this day will be liberated from all sins and will achieve Moksha or final emancipation. As per another belief, Krishna had visited his sister Subhadra after defeating Narakasur, who

welcomed him with a tilak on his forehead. The festival of Deepawali not only has religious or spiritual significance, but it also has scientific importance. The clay Deeyas with oil and cotton wick are eco-friendly and do not leave any harmful residue. During monsoon, the air is moist and full of bacteria & fungus. The heat generated from the Deeya destroys the bacteria, insects, fungus and thus cleans the air. The magnesium present in the Deeya's oil reacts with harmful Sulphur and Carbon Dioxide present in the air to form Sulphate and Carbonates and purify the environment. The Panch Tatwa (five elements of the universe)- Kshiti (Earth), Jal (Water), Pawak (Fire), Gagan (Sky)

and Sameer (Air)- is represented by the Deeya. The Earth element is represented by the clay Deeya, oil & cotton wick. Water is produced during the combustion of oil. Fire is represented by the light generated, Sky by the light around the flame, and Air by the oxygen diffused to the wick. Deepawali symbolizes the victory of light over darkness, good over evil, knowledge over ignorance and hope over despair. It is the season of celebration and there is joy, light and happiness everywhere around us. It illuminates the houses as well as hearts and spread the message of global friendship and togetherness. (Author is an Engineer and Educationist)

The Quantity vs. Quality Debate: Examining the Impact of Increased Medical Seats (MBBS/MD/MS)

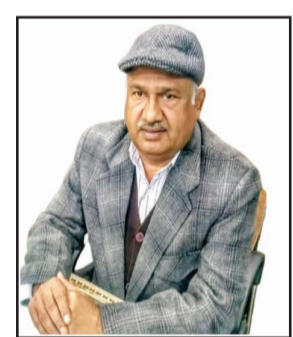
THE rapid expansion of medical education in India, marked by a significant increase in MBBS, MD, and MS seats, is a double-edged sword. While the goal is to address the severe doctor-to-patient ratio and improve healthcare accessibility, particularly in underserved areas, concerns

have been widely raised that this unchecked expansion may lead to a dilution of quality, potentially resulting in a generation of less-skilled doctors. **The Argument for Expansion: Bridging the Gap** Proponents of increasing medical seats, largely

driven by government policy and the National Medical Commission (NMC), highlight the dire need for more doctors: **Addressing Doctor Shortage:** India's doctor-to-population ratio, while improving, still requires a higher density of medical professionals to meet WHO

guidelines and the needs of a massive, growing population. The surge in seats directly tackles this deficit. **Improving Access:** By establishing new medical colleges, often in previously underserved districts, the government aims to localize healthcare access, hoping for better retention of doctors in rural and peripheral areas.

Resource-intensive, requiring robust infrastructure and a high patient load for effective clinical training: **Inadequate Infrastructure:** Newly established colleges often struggle to meet the required standards for labs, equipment, libraries, and hostels. Surveys have flagged poor infrastructure as directly affecting the quality of education.



By Vijay Garg

(MSR) to set benchmarks for infrastructure, faculty, and clinical material. **NEXT (National Exit Test):** The planned introduction of a unified licensing exam, NEXT, aims to standardize the assessment of medical graduates' competencies across all institutions before they can practice, acting as a crucial quality filter. **Integrating Technology:** Using Artificial Intelligence (AI) and e-books is being explored to support faculty and modernize teaching methods. **Conclusion** While the ambition to produce more doctors is commendable and essential for a developing nation, the immediate challenge lies in maintaining the integrity of medical education. The fear that "Quality Doctors [will] go down" is not unfounded if the focus remains solely on quantity. The true test of the expansion will be the government's ability to swiftly match the increase in seats with a proportional investment in qualified faculty, modern clinical infrastructure, and robust quality assurance mechanisms like the NEXT exam. Without this comprehensive approach, the short-term gain of more doctors risks the long-term cost of a compromised public healthcare system reliant on inadequately trained professionals. **Vijay Garg Retired Principal? Educational Columnist Eminent Educationist Malout Punjab**

From Gujarat to Gaza: Tracing India's growing complicity in Israel's war economy

By Rajiv Shah

I have been forwarded a report titled "Profit and Genocide: Indian Investments in Israel". It has been prepared by the advocacy group Centre for Financial Accountability (CFA) and authored by Hajira Puthige. The report was released following the Government of India's signing of a Bilateral Investment Treaty (BIT) with Israel. While the report focuses on top Indian business giants as well as public sector undertakings and their defence ties with Israeli defence firms—stating that India accounts for nearly 45% of Israel's total arms exports—it took me back to the days when Narendra Modi came to power in October 2001 as Gujarat chief minister, doing everything in his capacity to develop ties with what is often termed the Zionist state. In fact, circles around Modi then considered Israel a development model that Gujarat should follow. As the Times of India correspondent covering Gujarat Sachivalaya in Gandhinagar, I was briefed by officials on how Israel—despite being an extremely water-scarce country—had developed technology to increase farm production, particularly through drip irrigation. They also noted that sweet water was being supplied from desalination plants set up along the country's sea coast. Post-2002 Gujarat riots, there were efforts—ironically from Left-wing and Left-of-Centre circles—to put hurdles in Modi's initial moves to get closer to Israel. Excerpts from RSS founders' statements were cited to point out how they had praised Hitler and Nazism, and wished to follow his path. Also cited were Gujarat school textbooks where "internal achievements" of Nazism

were praised while ignoring the pogroms against Jews. I do not recall if the Israelis ever took notice of such references. Yet the fact remains that Modi made strong efforts to establish ties with the Israeli leadership—something in which he succeeded to a considerable degree. In May 2006, Modi, along with Gujarat farm experts, visited Israel to "study" water resource management and desert cultivation that could benefit the dry regions of Gujarat, particularly Kutch, Banaskantha, and Sabarkantha. This happened at a time when the US had revoked his visa, and he was a de facto persona non grata in England for his alleged involvement in the 2002 anti-Muslim riots. Briefing me on the plan of the Modi team, which was to include a few bureaucrats from the chief minister's office (CMO), M.C. Varshney, vice-chancellor of Anand Agriculture University, told me they would be visiting Tel Aviv, Jerusalem, the Red Sea area, and the Negev desert, where dry-land farming is particularly prevalent. This became evident following the ghastly Mumbai terror strike of 2008, when the CMO was flooded with proposals from global security agencies, including from Israel, offering expertise. A senior official in the CMO confirmed having received several such proposals. "We are evaluating all options within the given framework," I was told. Meanwhile, the Israelis decided to set up their first major venture in the country by starting a dairy farm in Gujarat. An Israeli firm, Elbit Imaging, agreed to import 10,000 high-breed milch cows to set up a \$100-million dairy unit at two locations in north Gujarat.

The project, it was made known, was a fallout of Chief Minister Narendra Modi's visit to Israel in May 2006. The Gujarat government even leased out 143 hectares of land in two areas to the firm for 30 years to set up the dairy. Elbit executives claimed that Israeli cows produced around 25-30 litres of milk per day, compared to 3-9 litres from local breeds. Stating that the frozen semen of Israeli bulls would help, it was pointed out that Gujarat's cattle breeders could gain considerably in terms of technique and yield from the project. It's another matter that the project never took off. The move was significant because, while the US government was still keeping Modi's Gujarat at bay by denying him a visa, the Jewish nation had extended a hand of friendship to an Indian state where the leadership claimed to have taken a firm stance against terrorism. A few weeks before I retired in January 2013, I had an animated interaction with a key Gujarat bureaucrat handling home affairs. We were discussing whether there was any unofficial phone tapping of top officials. He confirmed that he had personally seen the demonstration of an Israeli phone-tapping device, shown to him in the presence of former state home minister Amit Shah and several police officials. He added, however, "I don't know if the device was installed." "You just enter certain mobile numbers, and you could hear, at random, whichever phones you wanted," this bureaucrat told me, adding, "I don't know whether, after seeing the demonstration from the Israeli firm, Shah decided to buy it or

where it was installed, but it has left a lurking suspicion among us all—that our phones are being tapped." In 2014, on becoming Prime Minister, it became clear that Modi favoured changing India's foreign policy, which had traditionally leaned toward Palestine. A major reason for the unceremonious sacking of foreign secretary Sujatha Singh in January 2015 was reported to be Modi's unhappiness with her for agreeing to insert a paragraph in a BRICS resolution critical of Israel, a country Modi had declared as a priority partner. This was followed by India voting against Israel at the UNHRC—along the lines of India's traditional stance, but at odds with the position of the new government. In fact, an abstention was not even considered, which the PMO objected to. "It was, therefore, no surprise that Modi chose to meet Benjamin Netanyahu in New York," the Times of India reported on January 30, 2015. A decade of Modi rule shows how ties between India and Israel have not only fructified but become a cornerstone of Modi's foreign policy. Not only has Modi met Israeli leader Benjamin Netanyahu thrice, apart from having four conversations with him, but the CFA report also claims that today India is one of Israel's biggest defence clients. It offers examples of several top Indian companies having defence ties with their Israeli counterparts. One of them is Adani Defence Systems and Technologies Ltd., which has acquired stakes in two major Israeli weapon manufacturing companies, Elbit Systems Ltd. and Israel Weapon Industries (IWI), through its joint venture PLR Systems.

The Quality Concern: The Risk of Dilution The central fear is that the rapid pace of expansion is outpacing the necessary foundational resources, leading to a compromised learning environment: **1. Faculty Shortage** The most critical bottleneck is the scarcity of qualified medical faculty, especially in new and private colleges. Experts warn that: **An inadequate number of teachers per student (poor teacher-to-student ratio) limits personalized attention and mentorship, which is vital for clinical training.** **Many existing faculty positions, even in premier institutions, remain unfilled, forcing colleges to rely on "stop-gap measures" or overworking the existing staff.** **Relaxations in faculty recruitment norms (such as allowing MSc/PhD candidates or experienced government specialists without mandatory residency to teach) are viewed by some as necessary to fill immediate gaps, but by others as a compromise on the teaching quality.** **2. Infrastructure and Clinical Exposure** Medical education is

Limited Patient Exposure: For clinical subjects, "hands-on" training is non-negotiable. If the patient-to-student ratio is too low, the new cohort of doctors will graduate without sufficient practical experience, affecting their clinical readiness for independent practice. This concern is particularly acute in new colleges with developing hospitals. **Functioning Skills Labs:** The availability and functionality of skills labs, where students practice procedures in a controlled environment, remain inadequate in many colleges, further widening the gap between theoretical knowledge and practical competency. **3. Vacant Seats and Affordability** Paradoxically, despite the high demand for medical education, thousands of seats often go vacant, primarily in private colleges. This is attributed to: **Exorbitant Fees:** The high cost of private medical seats makes them inaccessible to many qualified candidates. **Counselling and Quality Concerns:** Candidates often avoid newer or less-reputed colleges due to concerns over the quality of education, accreditation, and uncertain career prospects. **Mitigation Efforts and The Way Forward** The government and the National Medical Commission (NMC) are aware of these challenges and have initiated measures to safeguard quality: **Regulatory Reforms:** The NMC has introduced Minimum Standard Requirement Regulations

DSS holds Shok Sabha/ Shardhanjali Meet for Th. Gulchain Singh Charak



TP CORRESPONDENT

JAMMU, OCT. 21 : Dogra Sadar Sabha in an extraordinary meeting paid rich tributes to late Th. Gulchain Singh Charak on his tragic and sudden demise as Sabha's beloved President who took to his heavenly abode on the 17th of October 2025.

An ardent believer of Dogriyat and secularism, bold and courageous promoter of the cause of Dogras and communal harmony, Th. Gulchain Singh Charak devoted his life for the wellbeing and upliftment of Dogras as he pur-

sued their concerns in every walk of life and spontaneously helped one and all sincerely. He held many responsible positions in life and remained in the frontline of activities in J&K. He was Minister of Education & R&B (PWD), MLC, General Secretary of AICC, President Rajput Sabha, Patron Akhil Bhartiya Khatriya Mahasabha, Chairman Dogra Education trust, President Laxmi Narayan Mandir Management Trust & President of the Dogra Sadar Sabha. He put untiring efforts to promote the revival of Dogra Heritage

sites, cause of grassroots leadership, Panchayatraj, Numberdar/ Chowkidars and to help the suffering population of Ramban and border areas. His sudden demise after a brief illness has left a great vacuum in the society that will be difficult to fill. Rich tributes charged by emotions were paid by various dignitaries, his fans and lovers.

His cheerful affectionate nature and ever ready response to help everybody as a leader readily without discrimination made him dear to all who came in touch with him from any walk of

life. Prominent persons from all walks of life participated in the Shok Sabha/ Shardhanjali. Among those who spoke during the Shok Sabha were Col Karan Singh, Adv. HC Jalmaria, G A Khwaja, Arvinder Singh Ann, Col. Virendra K Sahi, VrC, Prem sagar Gupta, H A Siddiqui, Abdul Majid, Dr. S P Verma, Lt Gen. Rakesh Sharma, Brig Vijay Sagar Dhiman, Jagmohan Sharma, Madan Rangeela, J S Babli and others. Others who participated in the shok Sabha were Maj Gen Sunita Kapoor, Jagdeep Singh, Chhankar Singh, Mrs Lalita Tapasvi, Rajinder Gupta, Dr Kamal Sharma, Ms Katoch, Dr. G S Charak, Ehtsham ul Haq., sandesh Vir, Mohd Shabir, Krishan Kumar Farid Khan, Rashid Ahmed, Arun Bakshi, Shankar Singh, Ramant Singh, Pawan Sharma, Kuldeep Wahib, Harbans Sharma, Narinder Singh, Ravi Singh Slathia and others.

KVK-Ramban reaches out to vegetable growers

TP CORRESPONDENT

JAMMU, OCT. 21 : An awareness programme cum field day on scientific vegetable production was organized by KVK-Ramban at village Kasal in block Batote of district Ramban. About 15 progressive vegetable growers including farm women attended this outreach extension activity of KVK-Ramban. Deliberating upon today's event, Dr. Parveen Kumar SMS (Ag. Extension) at the Kendra told that to update the knowledge and skills of farming community, Kendra from time to time organizes various activities including field days, field and diagnostic visits and scientific interactions.

Today's activity was also a part of endeavour of KVK-Ramban to provide timely, relevant and scientific knowledge to farming community of district. Farmers were sensitized on production technology of various vegetables to be grown in the ensuing Rabi season. They were also briefed on the importance of good quality seeds, proper seed depth and spacing and insect pest and disease management of vegetables for obtaining a good yield.

Adbi Kunj Celebrates its 51st. Annual Foundation day

TP CORRESPONDENT

JAMMU, OCT. 21 : An outstanding multilingual literary organisation 'Adbi Kunj J&K Jammu' (Regd.) have celebrated its 51st Annual Foundation Day at Writers Club of JKAACL. Six prominent literary bureaucrats were honoured in this Programme. Ashok Angu IAS, the chief guest was honoured with Dinu Bhai Pant Literary Award. Shailender Singh IAS (SSP Railway) was honoured with Dr. Ved Kumar Literary Award. Pritpal Singh 'Betab' IAS (Retd Labour Commissioner) who was presiding the function was honoured with O.P. Sharma Sarthi Literary Award. Khalid Hussain KAS (Retd Dy. Comnr.) was honoured with Sapan Mala Literary Award. Suhail Kazmi (Prominent Journalist & Member Waqaf Board) was honoured with Lala Mulkray Literary Award and Nowab Din KAS (Custodian General) was honoured with a Lifetime Achievement award. His



Short Story Book 'Paigham' was Released by the stage personalities. After this five Writers and poets writing in Urdu, Hindi, Dogri and Punjabi languages O.P. Shaker (Urdu Poet), Bharat Bhushan Sharma (Hindi Writer), Sushil Begana (Dogri Poet) and Harjit Singh Uppal (Punjabi Poet), Pro. Mushtaq Hussain Wani (Literary Person) are honoured with Sham Talib Award on this Occasion. Many famous Poets, Singers and a big number of Oudians were participating in this Programme.

The president Aarsh Dalmotra presented the Wel come Address and Mr. Ramesh 'Raaz' Kishtwari and Santosh Shah 'Nadaan' read the papers regarding imprintance and the achievements of Adbi Kunj. The

Hosts in this Programme Were so as:- Pyaasa Anjum, 'Aarsh' Dalmotra, Gh. Sarwar Chohan 'Habeeb', Santosh Shah 'Nadaan', M.S. Kaamra, Rajan Singh Rajan, Ram Krishan Aabid K.R. 'Saathi' Salgotra, Ramesh Rahi, Rahul Armaan, Ashok Sharma 'Paras' Abdul Qadar Kunderia P.L.Parihar, Bishan Das Khaak, Ashok Dogra Ashk, Raj Kumar Raaz, Iqbal Khullar, Vandna Bharti, Rohini Charak, Uttam Singh Rahi and the number of respected audians were also presented in the Hall. In the end Pyaasa Anjum the Chairman of Adbi Kuj present the Vote of thanks for the staged personalities, the respected audience, Press, and the Academy of Art Culture and Languages for their Best Co-opration.

MLA Jasrotia inaugurates Paddy Procurement Mandi at Dhanni Bhakhta, Barnoti



TP CORRESPONDENT

KATHUA, OCT. 21 : In a landmark move for the agrarian landscape of Jasrota, Rajiv Jasrotia, MLA Jasrota, today inaugurated the Paddy Procurement Mandi (Registration-cum-Facilitation Centre) at Dhanni Bhakhta, Block Barnoti a remote Kandi region that now stands to benefit more than 35 Panchayats. Prominent among those present on the occasion included Chief Agriculture Officer Kathua, Jitendra Khajuria and his worthy team, SDAO Ashwani Sharma, BDO Barnoti Suraj Singh, AEE PWD Mahesh, AEE PHE Himanshu, XEN Flood Control Kathua, Abnish Kumar, Sarpnachs Shivdev Singh, Balwant Singh, Randeep Singh, several Pancha and hundreds of prominent citizens in the area.

Speaking on the occa-

sion, Jasrotia said that newly-established centre is designed to ensure smooth, transparent, and timely procurement of paddy at the Minimum Support Price (MSP) of ₹2,369 per quintal for Common Paddy and ₹2,389 per quintal for Grade-A Paddy, thereby guaranteeing fair and assured returns to local farmers. He emphasised that such centres will strengthen the rural economy, eliminate middlemen and empower farming communities. He noted that the establishment of the Paddy Mandi in Jasrota Constituency fulfils a persistent demand of local farmers, offering better accessibility and convenience. Jasrotia reiterated the government's unwavering commitment to farmer welfare through improved procurement infrastructure, enhanced transparency, and prompt payment disbursement. He called upon the Agriculture Department

and Food Corporation of India (FCI) to ensure efficient operations and timely payments. He urged field officers to extend full assistance to farmers, ensuring no inconvenience during procurement. He encouraged farmers to utilise the registration-cum-facilitation centre for seamless documentation and quick processing.

Jasrotia highlighted that awareness campaigns through Panchayat-level meetings, posters, and social media are being amplified to keep every farmer well-informed about MSP benefits and mandi operations. He affirmed that the centre will revolutionise paddy procurement in the Kandi belt, fostering prosperity and equity for the farming fraternity of Jasrota. By eliminating middlemen, we empower local farming communities and boost the rural economy. The long-standing demand for a procurement hub in Jasrota Constituency is finally fulfilled, bringing the mandi closer to homes and fields. Together, we are sowing the seeds of prosperity. Let this mandi become the cornerstone of a thriving Jasrota, where every farmer's toil is honored and rewarded, said Jasrotia.

KCCI holds its 91st Annual General Meeting



TP CORRESPONDENT

SRINAGAR, OCT. 21 : The Kashmir Chamber of Commerce and Industry (KCCI) today held its adjourned 91st Annual General Meeting (AGM) at Hotel The Kabo, Srinagar, marking a significant occasion in the Chamber's long history of service to the business community of Jammu and Kashmir.

The meeting was convened under the chairmanship of Mushtaq Ahmad Wani, Chairman, Election Commission, Executive Committee (2025-27) of KCCI, who declared the official results of the Executive Committee Elections held on October 6, 2025, at the Kashmir Government Arts Emporium. Out of 30 contesting candidates, 21 members blend of experience and youth were elected to constitute the Executive Committee of KCCI for the term 2025-27.

Following the declaration, the collegium of elected members elected the new office bearers for the Chamber. The newly elected leadership includes: President Javid Ahmad Tenga, Senior Vice President Dr. Umer Nazir Tibetbaqal, Vice President Farooq Amin, General Secretary Faiz Ahmad Bakshi, Joint General Secretary Akib Chaya and Treasurer Amir Manzoor Guna. The office bearers will serve a two-year term (2025-27) commencing from today. Both Javid Tenga & Faiz Bakshi have been elected as President and Secretary General respectively for third time.

The meeting was well attended by a large number of members, including past presidents, senior members, and prominent business leaders, reflecting the Chamber's broad-based participation and commitment to collective decision-making.

An official of District Administration attended the meeting as an observer.

In his presidential address, Mr Javid Ahmad Tenga expressed deep gratitude to the members of KCCI, past presidents, and the business community for their trust and continued support. We are beginning a new chapter with renewed energy and collective responsibility, said Mr. Tenga. Our foremost priority is the revival and strengthening of the local economy, which continues to face multiple challenges. The tourism sector, one of the vital pillars of our economy, has been under stress due to fluctuating visitor inflow especially April, 2025, compounded by infrastructural bottlenecks. We will actively engage with the government and stakeholders to ensure sustained support and policy facilitation for this sector. He especially spoke about the leasehold policy of the Government across Jammu & Kashmir. He added, the horticulture sector has suffered significant losses due to frequent highway closures. KCCI will vociferously demand the introduction of a special freight train service during the harvest season and winter months to ensure the timely transportation of fruit produce.

Shamim Begum files Nomination for 77- Nagrota Assembly Segment

TP CORRESPONDENT

JAMMU, OCT. 21 : Party Senior leader and DDC Member Dansal Shamim Begum today filed her nomination papers as a Jammu and Kashmir National Conference candidate for the 77-Nagrota Assembly Constituency. The nomination was filed in the presence of several senior party leaders and legislators, including Deputy Chief Minister Surinder Choudhary, Cabinet Ministers Javed Ahmad Rana and Satish Sharma, former Minister and Additional General Secretary Ajay Kumar Sadhotra, and Provincial President Jammu Rattan Lal Gupta. The event witnessed enthusiastic support from party workers and supporters, reflecting growing momentum and public confidence in Shamim Begum's candidacy. Leaders present expressed their faith in her commitment to public service and her vision for the development of Nagrota. The leadership reiterated their unity and determination to strengthen democratic values and serve the aspirations of the people of Jammu and Kashmir. Earlier it's relevant to

mention that Shamim Begum Candidature was announced for the bye-election to Nagrota assembly segment. She is presently DDC Member from Dansal area of Nagrota Constituency and serving the people with great dedication and national spirit. Among those who were present on this occasion included: Sheikh Bashir Ahmad, Pardeep Bali Provincial Secretaries Jammu, Vijay Lochan Chairman SC Cell, S. Tejinder Pal Singh Aman Provincial President YNC Jammu, Rakesh Singh Raka Vice President Central Zone, D.S Chouhan President Legal Cell, Chander Mohan Sharma District President Jammu Urban, Ragbir Singh Manhas District President Jammu Rural A, Ch. Rehmat Ali former BDC Chairman, Harsh Vardhan Singh President NCSU, Dilshad Malik Vice President Central Zone, Thoru Ram Block President Nagrota, Siraj Din Block President Dansal, Saif Ali Nambardar, S. Gurnam Singh Block President Jammu West, Zamir Quersh, S. Arunpal Singh, Vishal Thakur, Balwant Singh and others.

Dimple, traders celebrated Diwali Milan



TP CORRESPONDENT

JAMMU, OCT. 21 : Sunil Dimple President Mission Statehood Jammu Kashmir alongwith traders celebrated Diwali Milan party and starting of the Darbar Move party.

Addressing the traders, people large gathering, Sunil Dimple said this Diwali Milan party has been held to celebrate the Diwali and the starting of Darbar Move.

He pledged our next fight is for the return of Articles 370, 35-A, will Intensify the struggle for the restoration of J&K state, state subject system, special status and to bring back lost glory and the respect of Maharaja Harisingh ji princely J&K State.

Dimple said the real tribute to Maharaja Hari Singh ji will be when we will

implement the standstill agreement signed by maharaja of instrument of accession conditions, state subject system, unification of Ladakh, POK, Gilgit, Baltistan in J&K state. He prayed Lord Bhagwan Ramchandra ji for the restoration of Dogra Jammu Kashmir statehood. He demanded 200 unit free electricity, 12 free gas cylinders, double ration one lakh govt jobs and free drinking water to all.

Dimple demanded for the restoration of J&K Dogra Princely State with State Subject, Special Status & for the implementation of the instrument of accession conditions.

He said our fight politically & judicially for the early restoration of the J&K Dogra State, Special Status, 370, for the implementation of the instrument of accession conditions.

The-Sara distributes water purifiers among landslide victims of Pathi



TP CORRESPONDENT

UDHAMPUR OCT. 21 : In a compassionate outreach to families affected by recent landslides in Village Pathi, Pancheri Tehsil of Udhampur District, a registered Non-governmental organization 'The -Sara' organized a relief distribution program, providing water purifiers and hygiene kits to 25 affected families. The initiative was aimed at ensuring access to safe drinking water and promoting personal and community hygiene in the aftermath of the disaster.

The landslides in Pathi caused severe damage to homes, drinking water sources, and local infrastructure, leaving many families vulnerable to health risks and water-borne diseases. Responding promptly, 'The -Sara' mobilized its team under Mission T.A.W.I to deliver immediate and practical support to the affected area.

During the distribution drive, 25 families received household water purifiers, enabling them to access clean drinking water, along with hygiene kits containing essential items such as soap,

detergent, sanitary pads, toothpaste, and disinfectants. These supplies were intended to reduce the risk of infection and disease spread during the recovery phase.

The event witnessed participation from local PRI members, community representatives, and volunteers, who appreciated the timely intervention by 'The -Sara'. The team from 'The -Sara' interacted with the affected families, assessed their ongoing needs, and assured continued support in coordination with local authorities.

JKTA to hold selection trials on Oct 23

TP CORRESPONDENT

JAMMU, Oct 20: The Jammu and Kashmir Taekwondo Association (JKTA) has announced that it will conduct selection trials for the Junior Taekwondo Teams on 23rd October 2025 at the Taekwondo Training Centre, M.A Stadium, Jammu. The trials aim to select participants for the upcoming 42nd National Kyorugi and 15th National Junior Poomsae Taekwondo Championships 2025.

The prestigious National Championships, organized by the Taekwondo Federation of India (TFI), are scheduled to take place from 31st October to 2nd November 2025 at the Koramangala Indoor Stadium in Bengaluru, Karnataka.

To ensure a transparent and merit-based selection process, the Selection Committee has been constituted with Amit Kumar (National Coach/Player/Referee) as Convenor, Anuj Sharma (Joint Secretary, JKTA) as Organizing Secretary, and Chandeeep Singh (International Player) along with Dushyant Kapta (National Player) as Members. The committee will oversee all aspects of the trials, maintaining the highest standards of fairness and professionalism.

The weigh-in for all participating athletes will be conducted on 22nd October 2025 at the M.A Stadium, Jammu. Both Kyorugi and Poomsae events will be held from 11:00 AM to 5:00 PM on 23rd October 2025. The association has urged all eli-

gible athletes to participate and showcase their skills, emphasizing that the event will serve as a key platform for young talent to represent Jammu and Kashmir at the national level.

Participants are required to bring the following documents for verification during the trials - Black Belt Certificate, Medical Fitness Certificate, Domicile Certificate, Passport Size Photographs, JKTA Athlete License, Date of Birth Certificate, and Aadhar Card.

Army spreads Diwali cheer at Palash Orphanage

TP CORRESPONDENT

NOWSHERA, Oct 20: This Diwali, the Indian Army brought the true spirit of the festival to the children of Palash Orphanage in Naushera.

Amidst the glow of diyas and the warmth of togetherness, the Army shared joy by gifting tracksuits and sweets to 28 children, creating a memorable evening filled with smiles, laughter, and love.

The event, designed to uplift the spirits of the children, emphasized the importance of compassion during the festive season. Each smile that lit up the evening was a reminder that festivals shine brightest when shared with those who need it the most.



Can TikTok's '75 Soft Challenge' Fitness Trend Help You Lose Weight?

lifestyle changes over 75 days. It also asks participants to eat a healthy diet like the 75 Hard. However, it is more relaxed and allows for alcohol use on social occasions, Garcia said. Additionally, individuals must exercise for 45 minutes per day, but there is no second workout required. An active rest day is also built into each week's schedule, Garcia explained.

The water requirements have been loosened a bit. Those following the 75 Soft Challenge should drink 3 liters of water per day versus the gallon required in the 75 Hard.

The requirement to read 10 pages per day remains the same, he said. Garcia added that the 75 Soft Challenge is not as restrictive as the 75 Hard, which requires a strict diet with no cheat meals or alcohol and two daily exercise sessions, one of which

is outdoors.

It also doesn't have the same requirement to restart the entire challenge if any daily tasks are missed. "The emphasis of the 75 Soft Challenge is still on consistency, self-discipline, and personal growth," he explained, "but with more room for individualization and adaptability to different lifestyles and fitness levels."

75 Soft Challenge may promote weight loss. Given the word "soft" in its name, you might think that the 75 Soft Challenge won't help you achieve your weight loss goals.

However, Garcia noted that there are several benefits to be gained from following the plan.

"Engaging in daily physical activity will increase the individual's overall health and fitness, leading to improvements in muscle strength and endurance," he said. Additionally, daily

physical activity paired with a healthy diet can help with weight management. Good hydration is also essential for maintaining metabolism and digestion, he noted.

Garcia added that the 75 Soft Challenge can also help you in other ways.

"Following the guidelines of the challenge requires a high level of self-discipline," he said. "By adhering to these habits, participants can develop stronger self-discipline, which can then translate into other areas in their lives." Garcia further spoke about the benefits of regular exercise in reducing stress and anxiety, adding that reading can also help promote relaxation.

"As individuals progress through the challenge, they gain a sense of accomplishment in their abilities, which can positively impact overall confidence levels," said Garcia.

How to get started with the 75 Soft Challenge

Alexa Duckworth-Briggs, a certified running coach at We Run, said the 75 Hard program is for anyone who is looking to build healthy habits but doesn't have the time or desire to commit to a more rigid program.

"To get started with 75 Soft you need to define your personal weight loss and fitness goals first," she said.

Duckworth-Briggs added you should be more mindful about what you eat. "Set daily protein and fiber goals and focus on adding nutritious foods to your diet," she said.

Setting reminders or using a marked water bottle makes it easy to track your water consumption, Duckworth-Briggs noted.

"Then choose a book you're excited about and set a fixed time to read 10 pages every day," she said.

Planetary Health Diet May Help Lower Your Risk of Early Death by 30%



Looking for a way to improve your health and lower your carbon footprint? New research has found the Planetary Health Diet is associated with a lower risk of premature death and lower environmental impact.

A study published this week, led by Harvard T.H. Chan School of Public Health, found that people whose diets most closely adhered to the Planetary Health Diet had a 30% lower risk of premature death compared to those with the lowest adherence.

Every major cause of death, including cancer, heart disease, and lung disease, was lower with greater adherence to this dietary pattern.

In addition, diets adhering to the Planetary Health Diet pattern had substantially lower environmental impact, including 29% lower greenhouse gas emissions and 51% less land use.

The large study evaluated health data from more than 200,000 participants. They completed dietary questionnaires every four years for up to 34 years.

Their diets were scored based on intake of 15 food groups—including whole grains, vegetables, poultry, and nuts—to quantify adherence to the Planetary Health Diet.

Planetary Health Diet: What is it, and how can it lower the risk of premature death?

Nutritionist GQ Jordan, who was not involved in the study, says these findings align well with what we know about the power of whole foods in our diets.

"It's encouraging to see quantitative data supporting the idea that what's good for us can also be good for our planet," she points out.

The Planetary Health Diet focuses on increasing fruits, veggies, nuts, and whole grains in your diet while keeping meat and dairy to a moderate level and processed foods at a minimum.

"It's about balancing our nutritional needs with environmental sustainability," Jordan surmises.

Looking at human health specifically, the Planetary Health Diet appears to offer a wealth of benefits.

"Having eating habits that adhere to the Planetary Health Diet will significantly reduce the risk of premature death by enhancing metabolic health," explains Jordan.

"This diet's high intake of nutrient-dense, minimally processed foods like fruits, vegetables, nuts, and whole grains delivers essential vitamins, minerals, and antioxidants that support the body to function optimally, too," she says.

These nutrients help regulate blood sugar, improve cholesterol levels, and maintain healthy blood pressure, all of which can lower your risk of premature death.

Jordan says the diet's emphasis on fiber improves digestive health and aids in managing body weight.

This, she says, is important because it mitigates obesity-related health risks, further decreasing the likelihood of major diseases.

"Meanwhile, the reduction in processed foods and saturated fats from red and processed meats contributes to better lipid profiles and reduces inflammation, which is often a precursor to metabolic disorders such as type 2 diabetes and heart disease," Jordan explains.

Why the Planetary Health Diet may help protect against major diseases

The study notes that every major cause of death, including cancer, heart disease, and lung disease, was lower with greater adherence to this dietary pattern. Jordan isn't surprised.

"The lower rates of cancer, heart disease, and lung disease among those adhering to the Planetary Health Diet can be attributed to its high content of antioxidants and fiber, which reduce oxidative stress and support heart and digestive health," she explains.

The inclusion of Omega-3 fatty acids also plays a role. "Omega-3 fatty acids from plants and fatty fish contribute to cardiovascular health and may help lower cancer risks," Jordan explains.

Eating moderate amounts of meat and dairy is good for you and the environment, too

Vegan and vegetarian diets have grown in popularity in recent years, both for their purported health benefits and their lower environmental impact.

The Planetary Health Diet, however, differs from these two eating styles as it includes moderate amounts of meat and dairy.

Registered nutritionist Laura Wyness, who was not involved in the study, says meat and dairy are important nutrient sources, including essential vitamins and minerals such as iodine, calcium, zinc, iron, vitamin B12, and selenium. "Reducing meat and dairy without careful consideration of plant foods that provide key nutrients is likely to increase the risk of inadequate intakes of some essential vitamins and minerals," she warns.

"Diets that aim to reduce environmental impact can result in lower intakes and status of micronutrients that are already in short supply for some groups of the population," she explains.

Similarly, Jordan says the inclusion of a moderate intake of meat and dairy can be beneficial, as it can be harder to obtain certain nutrients in sufficient quantities from a strictly plant-based diet.

Tips for switching to a Planetary Health Diet
If you want to follow a Planetary Health Diet, Wyness recommends making a few small changes at a time.

She says including more plant-protein foods is a good place to start. "Adding a can of chickpeas or beans to a casserole, curry, or stew will make the meat go further and save some money," she points out.

"You could also make a regular meal completely plant-based by replacing the meat with a mixture of pulses and vegetables. Canned pulses provide a useful balance of plant protein, beneficial fiber, and other essential nutrients." She says the addition of lentils is another great way of adding fiber and nutrients.

Jordan believes shifting the focus of protein intake away from red meats toward fish, poultry, and plant-based proteins is key. "Fish such as salmon and mackerel are rich in omega-3 fatty acids, which are beneficial for heart health and reducing inflammation in the body."

Meat Substitutes Linked to 42% Higher Depression Risk in Vegetarians

As concern over the environmental impacts of meat consumption grows, more consumers are switching to plant-based meat alternatives.

These processed foods, which can be based on soy, almonds, other nuts, or even fungi, offer convenient and tasty ways to add protein to your diet without relying on beef, chicken, or other meat sources.

Like other processed foods, some plant-based meat alternatives contain high amounts of sodium or other less-than-healthy ingredients, although the exact amount varies depending on how the products are manufactured.

Research on the health-related benefits and risks of plant-based meat alternatives has been limited, but a new study, published December 16 in Food Frontiers Trusted Source, aimed to change that.

The findings showed that eating plant-based meat alternatives didn't have any extra health risks — or benefits — compared to not eating those processed foods.

However, the researchers observed that vegetarians who consumed plant-based meat alternatives had a 42% higher risk of depression as well as signs of greater inflammation compared to those who stuck to traditional vegetarian protein sources.

"The overall findings are reassuring, suggesting that plant-based meat alternatives may be a safe option when they are part of an overall balanced diet," said study author Nophar Geifman, PhD, a professor of health and biomedical informatics at the University of Surrey in the United Kingdom, said in a news release.

"However, the potential link between these types of food, inflammation and depression warrants further investigation," Geifman noted.

Health risks of plant-based meat alterna-

tives
The new study compared the health of vegetarians who reported consuming plant-based meat alternatives to those who didn't.

Plant-based meat alternatives range from lightly processed to highly processed and include:

- tofu, made from soy beans
- tempeh, made from fermented soy beans
- seitan, which is basically wheat gluten
- vegetarian burgers made from beans, nuts or other protein sources
- vegetarian bacon, hot dogs, chicken nuggets, or fish sticks made from pea protein, soy protein, textured vegetable protein, or wheat gluten

The cohort included over 3,300 vegetarians — including vegans — who were participating in the larger UK Biobank study.

Researchers confirmed that people were vegetarians using a 24-hour dietary recall questionnaire, which everyone completed at least two of.

Vegetarians who reported occasionally eating meat were excluded from the study, but those who ate fish were included. At the start of the study, people with diabetes, cancer, high blood pressure, or vascular or heart problems were also excluded.

Based on the dietary surveys, researchers divided participants into two groups — those who ate plant-based meat alternatives and those who didn't.

The researchers pointed out that although non-consumers didn't eat these processed foods during the 24-hour dietary recall, they may have eaten them at other times. Traditional plant-based diets include natural whole fruits, vegetables, grains, legumes, nuts and seeds. This kind of diet offers heart-related and other health benefits Trusted Source compared to diets that include meat.

Plant-Based Ultra-Processed Foods May Raise Your Risk of Heart Disease and Early Death

Plant-based diets have grown in popularity thanks to their purported health benefits and lower environmental impact. However, new research suggests that the kind of plant-based foods you eat matters.

Research published Trusted Source this week in the journal The Lancet Regional Health — Europe has found that plant-based ultra-processed foods are linked with heart disease and early death.

More than 118,000 people between the ages of 40 and 69 answered questions about their diet. The information was later linked to hospital and mortality records on the development of cardiovascular risk factors.

The study found that ultra-processed foods made from plants increased the risk of cardiovascular disease by 5% and the risk of early death by 13%.

On the flip side, each 10% replacement of plant-based ultra-processed foods with fresh, frozen, or minimally processed plants lowered the risk of developing cardiovascular disease by 7% and the risk of dying from heart disease by 13%.

How plant-based ultra-processed foods can affect heart health

"The results of this study do not surprise me," Michelle Routhenstein, preventive cardiology dietitian at Entirely Nourished, said. "I have seen many people who are on a vegan diet have high cholesterol or even suffer from a cardiovascular event, and the details of their diet is an integral part in evaluating how truly heart healthy it is."

Routhenstein said many vegan products available on the market today are rich in saturated fat and sodium, yet they are deficient in heart-protective nutrients.

She said this imbalance contributes to elevated cardiometabolic indicators such

as high blood pressure, elevated cholesterol levels, and insulin resistance, which increases the risk of heart disease.

The increased risk of heart disease and early death associated with these foods has a lot to do with how they are processed.

"The processing and cooking methods used in the production of ultra-processed plant-based foods can lead to the formation of advanced glycation end products (AGEs)," Rothenstein explained.

AGEs are harmful compounds that form when sugars react with proteins or fats during high-heat cooking processes.

Rothenstein said excessive consumption of AGEs has been linked to inflammation, oxidative stress, and an increased risk of cardiovascular diseases.

Like Rothenstein, Nichola Ludlam-Raine, dietitian and author of How Not to Eat Ultra-Processed, agreed that the results of this study are concerning but not surprising.

She said plant-based ultra-processed foods negatively impact heart health for several reasons.

"Firstly, they can still be high in salt and 'free sugar,' which can lead to high blood pressure, obesity, and diabetes," she said. "Secondly, they may still be high in saturated fat or contain trans fats, which can have a detrimental impact on blood cholesterol levels."

In addition, Ludlam-Raine pointed out that the level of processing involved strips away nutrients such as fiber, vitamins, and minerals.

They're also easy to overeat.

"The concoction of emulsifiers, flavorings, modified starches, and preservatives can lead to passive overconsumption and even an altered gut microbiome. The latter can influence everything from mood to the immune system," she said.

Bipolar Disorder Mood Tracking: Benefits and How It Works

Living with bipolar disorder can be overwhelming at times. The shifts between emotional highs and lows can feel unpredictable and exhausting, not just for those experiencing them, but for loved ones too.

Finding a sense of balance may feel out of reach, especially when symptoms seem to take over without warning.

But you are not alone, and there are tools that can help you feel more in control. One of the most empowering tools available is mood tracking.

By paying attention to your daily emotional states and the factors that influence them, you can begin to notice patterns, recognize early signs of mood changes, and make choices that support your stability and well-being.

Learn more about how mood tracking works, why it matters, and how it can become a meaningful part of your self-care and treatment journey.

What is mood tracking for bipolar disorder?

Mood tracking is the practice of regularly recording your emotional state, sleep, stress levels, and other related behaviors. It is a key self-management skill for people with bipolar disorder, empowering them to take a

more active role in managing their health.

The core purpose of mood tracking is to understand how bipolar disorder unfolds over time and to recognize the early warning signs of mood episodes before they escalate.

By tracking daily symptoms and behaviors, people can often intervene early and potentially avoid a full manic or depressive episode.

Benefits of mood tracking
There are several benefits of tracking bipolar disorder symptoms, but all relate to more effective treatment.

Pattern recognition
Consistent mood tracking helps uncover patterns that might otherwise go unnoticed.

For example, you might notice that poor sleep often comes before a depressive episode or that stressful life events trigger mood changes.

Recognizing these patterns can guide preventive action Trusted Source and lifestyle changes.

Early intervention

One of the most important benefits of mood tracking is spotting early signs of mood episodes. For instance, subtle changes like increased irritability, racing thoughts, or decreased need for sleep might signal the start of mania or hypomania.

Got a Sweet Tooth? Here's Why Your Risk of Depression, Diabetes, and Stroke May be Higher

Do you have a sweet tooth? According to Statista, many people in the U.S. do. In fact, when they surveyed Americans in 2022 and 2023, 41% said they ate sweets regularly.

However, if you consume a lot of sugary foods, research indicates that you may want to reconsider your choices.

In the October 2024 study Trusted Source, which was published in the Journal of Translational Medicine, the researchers found that people who favored sweets had a higher risk of depression than those who preferred healthier foods. These individuals also had higher levels of inflammation, blood sugar, and lipids, which can indicate a risk of metabolic disease. On the other hand, those people who had a more health-conscious eating pattern had reduced risk of heart disease and stroke, per the authors.

How having a sweet tooth affects metabolic disease risk

The researchers examined data from blood samples taken from the UK Biobank, a large database containing health and genetic information for

half a million volunteers in the U.K.

The data contained information about 2,923 proteins and 168 metabolites that had been measured to look for changes.

The research team used unsupervised machine learning to look for patterns in this data, finding three distinct groups based on people's food preferences: Health-conscious (preferring vegetables and fresh fruit to animal-based foods and sweets), Omnivore (preferring all foods), and Sweet-tooth (having a high preference for sweet foods and beverages).

Looking at the various proteins and metabolites, they found those in the sweet tooth group had higher C-reactive protein, a marker for inflammation.

They also had higher blood sugar and worse lipids, elevating their risk of metabolic conditions like diabetes and heart disease. <

The team further found that having a preference for sweets was linked with a greater likelihood of having depression, diabetes, and cardiovascular disease compared with the other two groups.



On the other hand, the Health-conscious group had a reduced risk of heart failure, chronic kidney disease, and stroke; and the Omnivore group had only moderate health risks.

While they did not directly observe what people ate, the researchers noted that food preferences alone could potentially be used to predict people's risk for metabolic diseases.

However, more research is required to confirm their findings.

Why having a sweet tooth might increase health risks

Dr. Michael O. McKinney, a physician and nutritionist with Healthy Outlook, said that the risks to physical and mental health increase when we eat a lot of sugar because of how sugar affects the body's functioning.

He said that when you consume sugar, your blood sugar rises, which in turn increases the amount of insulin produced to cope with the added sugar.

"The consumption of food items containing excessively high glucose levels in the long course can result in insulin resistance," said McKinney, "which is a root cause of metabolic illnesses such as Type II diabetes."

Ingesting excess sugar and carbohydrates can also lead to high levels of inflammation, he said, which is linked with heart disease, stroke, and mental health conditions like depression and anxiety.

"Inflammation can damage the brain and impair the body's capacity to govern emotions, increasing mental illness susceptibilities," explained McKinney.

'Very Poor' Air Quality On Diwali Morning In Delhi After Night Of Crackers

NEW DELHI: Delhi woke up to toxic air on Diwali morning with the air quality index (AQI) worsening to the "very poor" category. According to the Central Pollution Control Board (CPCB), the city recorded an overall AQI of 335 at 8 am after people burst crackers, causing severe noise pollution and blanketing the national capital in smoke.



Out of approximately 38 monitoring stations in Delhi, most recorded AQI levels above 300 ("very poor"), while Anand Vihar (414) and Wazirpur (407) were in the "severe" category.

Two monitoring stations -- Sri Aurobindo Marg (165) and DTU (198) -- were in the "moderate" category.

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

The Board's forecast for the coming days indicates a similar trend, with the air quality expected

to deteriorate further into the "severe" category on Tuesday and Wednesday.

Only Green Crackers Allowed On Diwali

The Supreme Court has permitted the sale and bursting of only green firecrackers in Delhi-NCR during Diwali with certain conditions.

The use of green crackers will be confined to specific hours -- 6 am to 7 pm on the day before Diwali and 8 am to 10 pm on the festival day.

There was a blanket ban on the manufacture, sale and use of fireworks before.

Enhanced Anti-Pollution Curbs In Delhi

The Commission for Air Quality Management (CAQM) on Sunday evening invoked Stage II of the Graded Response Action Plan (GRAP) across Delhi-NCR, in addition to Stage I actions already in force since October 14.

The move came after the Sub-Committee on GRAP on Saturday reviewed the worsening pollution levels and forecasts by the India Meteorological Department (IMD) and the Indian Institute of Tropical Meteorology (IITM), which warned of further deterioration in the coming days.

Under Stage II of GRAP, several curbs and intensified actions include daily mechanical or vacuum sweeping and water sprinkling on identified roads, preferably before peak traffic hours, to control dust.

Construction and demolition sites face intensified inspections to ensure strict enforcement of dust control measures.

To promote cleaner mobility, the GRAP Stage II mandates augmentation of public transport services through additional CNG and electric buses and increased frequency of metro services, along with differential fare rates to encourage off-peak travel.

Resident welfare associations (RWAs) are required to provide electric heaters to staff such as guards, gardeners and sanitation workers to prevent open burning of biomass and solid waste during winters.

Ola Moves High Court After Employee's Suicide Note Alleges Exploitation

Ola Electric has moved the Karnataka High Court challenging a First Information Report (FIR) against the company over the suicide of a 38-year-old employee, allegedly due to mental harassment and financial exploitation.



In a statement issued on Monday, the company said the victim - A Aravind - "had not raised any complaint or grievance regarding this employment or any harassment". "His role also did not involve any direct interaction with the company's top management, including the promoter," it said.

"We have challenged the registration of the FIR before the Honble Karnataka High Court and protective orders have been passed in favor of Ola Electric and its officials," it added.

The employee left behind a suicide note in which he

accused his seniors, including Ola founder Bhavish Aggarwal, of mental harassment and financial exploitation.

"We are deeply saddened by the unfortunate demise of our colleague, Aravind, and our thoughts remain with his family during this difficult time.

Aravind had been associated with Ola Electric for over three and a half years and was based at our head-

quarters in Bangalore," the company spokesperson said.

In order to provide immediate support to the family, the company promptly facilitated the full and final settlement to his bank account. Ola Electric is fully cooperating with the authorities in their ongoing investigation and remains committed to maintaining a safe, respectful, and supportive workplace for all employees," it added.

Passenger's Power Bank Catches Fire On Board IndiGo Flight At Delhi Airport

NEW DELHI: A passenger's power bank caught fire on board a Dimapur-bound IndiGo plane while taxiing at the Delhi airport on Sunday, which was extinguished by the cabin crew, sources said.

No injuries were reported in the incident, and all passengers and crew on board were safe, IndiGo said.

The airline said in a statement that flight 6E 2107 operating from Delhi to Dimapur, Nagaland, on October 19 returned to bay due to a minor fire triggered by a passenger's personal electronic equipment stored in the seat-back pocket on board.

The sources said a power bank caught fire when the aircraft was taxiing at the airport.

"The crew managed the situation quickly by diligently following the standard operating procedure, and the incident was controlled within seconds," the statement said.

According to information available on flight tracking website Flightradar24.com, the flight AI2107, operated with an Airbus A320 neo aircraft, took off from the Delhi airport at 14:33 hours and landed at Dimapur (Nagaland) at 16:45 hours. The flight was scheduled to take off from the Delhi airport at 12:25 hours.

Relevant authorities were informed immediately in line with the set protocol, IndiGo said, adding that after all the necessary checks, the aircraft was cleared for operations.

"We thank our valued customers for remaining calm and cooperative during this incident. Our teams made all possible efforts to minimise inconvenience to passengers, including offering them refreshments," the airline said.

11-Year-Old Boy Killed, 5 Of Family Injured In Fire At House In Indore

A woman slit her wrist inside a police station in Uttar Pradesh's Sitapur after her nephew refused to continue their relationship.

Pooja Mishra, originally from Delhi, is married to Lalit Kumar Mishra and is a mother to two sons of ages seven and six years. She met her husband's nephew Alok Mishra, 15 years younger to her, when he was called to help with work. It was during Alok's stay with the family that he and Pooja developed a romantic relationship.

On learning of the affair, Lalit sent Alok away. But Pooja left her children and moved to Bareilly, where they lived together for around seven months.

Diwali Cheer On Dalal Street As Sensex Rises 661 Points, Nifty at 25,901



Indian stock markets witnessed a sparkling start on the occasion of Diwali, with benchmark indices jumping over half a per cent in early trade on Monday.

The Sensex opened higher by 661 points, or 0.8 per cent, to trade at 84,614, while the Nifty climbed 191 points, or 0.74 per cent, to 25,901. "Fresh long positions should be considered only if the Nifty sustains above the 26,000 mark. While the broader market undertone remains cautiously bullish, close monitoring of key technical levels and global developments will be crucial in the sessions

ahead," market experts said.

Strong buying was seen in banking and heavyweight stocks. Kotak Mahindra Bank, Axis Bank, HDFC Bank, and Bajaj twins were among the top gainers on the Sensex, rising up to 3 per cent. On the other hand, ICICI Bank was the top loser, slipping 2.2 per cent as investors booked profits after the lender's Q2 results. Ultratech Cement and Mahindra & Mahindra also traded lower in early deals.

In the broader market, the Nifty MidCap index gained 0.66 per cent, while the Nifty SmallCap index added 0.19 per cent.

The Bank Nifty index touched a fresh record high, rising 0.7 per cent during the session. All major sectoral indices were in the green, with Nifty IT, Private Bank, and Pharma indices leading the rally, each up around 0.7 per cent.

Foreign Institutional Investors (FIIs) extended their buying streak for the second consecutive day, purchasing equities worth Rs 309 crore on October 17, while Domestic Institutional Investors (DIIs) continued their strong support, buying equities worth over Rs 1,526 crore on the same day.

The festive cheer on Dalal Street reflected strong investor sentiment as markets kicked off the Diwali week on a positive note.

Analysts said that in the current environment of heightened volatility and mixed market cues, traders are advised to maintain a cautious "buy-on-dips" approach, particularly when using leverage.

Open Schooling Sees 70% Failure Rate in 10th Grade Exams Over Last 4 Years

NEW DELHI: Under the 'NIOS Project', an average of 70 per cent of students who took the 10th grade examination have failed in the last four years - this was revealed by the Delhi's Directorate of Education (DoE) in response to a Right to Information (RTI) application filed by agency.

The project was launched by the Delhi government to reduce the rate of students failing in the 9th and 10th grades and the number of students dropping out of school.

Under this project, students who fail in the 9th and 10th grades and those who are weak in academics are registered with the National Institute of Open Schooling (NIOS) and separate classes are held for them.

According to information received from the DoE, in 2024, 7,794 students were registered for the 10th

grade under the 'NIOS Project', of whom only 37 per cent, i.e., 2,842, passed the examination.

The Directorate informed that 8,563 children were registered in 2017, 18,344 in 2018, 18,624 in 2019, 15,061 in 2020, 11,322 in 2021, 10,598 in 2022 and 29,436 in 2023 under the project. As per the information received through RTI, only 3,748 students could pass the examination in 2017, 12,096 in 2018, 17,737 in 2019, 14,995 in 2020, 2,760 in 2021, 3,480 in 2022 and 7,658 in 2023. This shows that in the last four years, only 30 per cent of NIOS students passed the exam.

The principals of the respective schools are responsible for registering students under this scheme.

For students registering under the NIOS Project, an examination fee of Rs 500 per subject has been set. If a subject includes practi-

cal, such as painting, home science or computer science, an additional Rs 120 is required for each practical subject.

In addition, the registration fee for five subjects is Rs 500, with an additional Rs 200 per subject, and a separate Rs 230 per subject is charged for Transfer of Credit (TOC).

A teacher from a government school in Delhi, speaking on condition of anonymity, said, "There are two main reasons behind children's failure. The first is no coordination." He explained that teachers associated with the project do not inform the parents of registered children whether their children are attending school or not.

Another reason, he said, is that students involved in the project do not experience the same school environment as other children, as teachers do not hold classes for academically

weaker students. Besides this, a major factor is that the principals, to improve their school's 10th-grade results, enrol students in NIOS who are weak in their studies. This separates these children from other students, the teacher pointed out.

Ashok Agarwal, president of the All India Parents Association and a senior advocate at the Delhi High Court, told PTI, "Weak children from poor families come to school for regular education, but to improve their 10th grade results, government schools select these students and send them to NIOS, which offers a very substandard curriculum, unlike the Central Board of Secondary Education (CBSE) curriculum." Aggarwal said that even if children pass the exam, they will only be admitted to the Arts stream in 11th grade.

Puja Khedkar's Father Refutes Kidnapping Charges, Calls It "False Allegations"

Dilip Khedkar, the father of former IAS probationer Puja Khedkar, on Monday refuted the allegations of kidnapping a truck driver following a road rage incident against him, saying they are "completely false".



According to him, if the assault had taken place, then there would have been "medical evidence to prove it".

"All the allegations made against us are completely false. Nothing like what has been claimed actually happened. There is no question of us doing anything like that, because he was a helper. If such an assault had actually taken place, there would have been some medical evidence

to prove it," he said.

The kidnapping case unfolded last month when a concrete mixer truck, driven by Prahlad Kumar (22), brushed against a Land Cruiser on the Mulund-Airoli Road, triggering an argument with two occupants of the car. Investigation revealed that Khedkar's father and his bodyguard allegedly bundled the truck driver in the SUV and took him to Khedkar's bungalow - in a bid to get compensation for the damage

caused to the car.

When the cops traced the truck driver's location, Khedkar's mother blocked them from entering the premises of the bungalow, officials said.

Later, she assured the police that she would bring the two accused, who were involved in the abduction case, to the Chaturshringi police station in Pune by 3 pm. Believing her, the officials left the spot. However, when the police did not hear from Khedkar's mother, she refused to help.

When the cops returned to the bungalow, they found that the car involved in the crime was missing,

along with Khedkar's father and their bodyguard. As they tried to enter the premises, Manorama unleashed two ferocious dogs to scare them. A day later, the police visited the bungalow again, but Manorama also fled.

The truck driver, however, was rescued. Both Manorama and Dilip have been granted anticipatory bail in the case.

Earlier this month, Manorama said she is being "targeted" by the police. "I am cooperating with the police in the investigation, yet I am being accused, targeted. I have not committed any crime, so there is nothing to fear. I have no involvement in this," she said.

Udhayanidhi Stalin's Diwali Wish 'For Those With Faith' Draws BJP's Barbs

Tamil Nadu Deputy Chief Minister Udhayanidhi Stalin's Diwali wish for "those who have faith" has sparked a row, with BJP leaders accusing him of discrimination against Hindus.



Stalin, son of Tamil Nadu Chief Minister and party chief MK Stalin, said people were hesitant to wish him on Diwali. Speaking about an event, he said, "When I reached the stage, many gave me bouquets, books, and some didn't know what to tell me. Some hesitated whether to wish me on Diwali or not. They thought, 'What if he gets angry if we wish?' I am saying Happy Diwali to those who have faith."

The 47-year-old leader's remarks drew a

sharp response from the BJP Senior BJP leader and former Governor

Tamilisai Soudarajan extended Diwali greetings to Chief Minister MK Stalin and Deputy Chief Minister Udhayanidhi Stalin.

"They are fundamentally Hindu, irrespective of whether they agree or not. We will not wish only those who believe. I strongly condemn Udhayanidhi's remarks," she said.

"When you greet people from other religions, you don't say it is for those who believe. But when it comes to the

Hindu religion, you say it's for those who believe," she said.

Tamil Nadu BJP spokesperson ANS Prasad said the DMK government lacks basic grace to greet Hindus during festivals.

"It's common knowledge that the DMK is an anti-Hindu party. Once ensconced in power, they are duty-bound to treat every citizen with absolute equality. The Constitution, meticulously crafted by Dr. Babasaheb Ambedkar, underscores this imperative with unyielding clarity.

Cyclone Alert Issued For Andaman And Nicobar Islands

The India Meteorological Department (IMD) has issued a 'cyclone alert' in Andaman and Nicobar Islands due to a cyclonic circulation over the Bay of Bengal, which is likely to intensify from October 21, officials said on Monday.

Local port warnings have been issued in the wake of the weather system, which is likely to cause heavy rainfall till October 23, they said.

"Heavy rain (7-11 cm) is very likely to occur at one or two places over Nicobar Islands. Thunderstorms with gusty wind (40-50 kmph) and lightning are very likely to occur at one or two places over Andaman and Nicobar Islands on October 21, 22 and 23," an official said.

Thunderstorms with gusty wind (40-50 kmph) and lightning are very likely to occur at one or two places over Andaman and Nicobar Islands on October 24 and 25, he said.

"Squally weather with surface wind speed reaching 35-45 kmph gusting to 55 kmph is very likely over the Andaman Sea from October 22 to 23. In the coming five days, sea conditions are likely to be rough and fishermen have been advised not to venture into the sea along and off the Andaman Sea and Andaman and Nicobar coast till October 24," he said. Due to the possibility of surging waves, boat owners, Islanders and tourists have been advised by the administration to ply their boats with utmost vigilance, and recreation activities have to be carried out with due care. Tourists and the general public were advised not to venture into the sea and requested to follow all safety guidelines issued by the local administration.

In Massive Assam Police Reshuffle, Over 30 Senior Officers Transferred

NEW DELHI: Spewing venom about the Rashtriya Swayamsevak Sangh (RSS) has become the Congress's habit, a top leader of the organisation has said.



Indresh Kumar, a member of the RSS national executive, responded to Karnataka minister and Congress leader Priyank Kharge's remarks criticising the RSS.

"It is the country's continuing misfortune that instead of fostering freedom, Congress has caused division. Criticising the Rashtriya Swayamsevak Sangh has become a habit for that party. Now, it has become a habit of the Congress party to spew venom about the RSS. They should understand RSS better and should stop talking about RSS," Kumar said.

Kharge has sparked a row after he requested Karnataka Chief Minister Siddaramaiah not to allow RSS activities

in government schools and colleges.

"RSS's activities brainwash young minds, which is not helping the nation or society. I've written to the Chief Minister to not allow RSS activities or their 'Baithaks', even in archaeological temples or state-owned temples. Let them do it in private homes. We have no problem with that, but you can't use government grounds for their mass brainwashing," he said.

The minister later said he had received threats after he made the remarks. In

another letter to the Chief Minister, Kharge urged that government officers and employees be strictly prohibited from being members or participating in activities organised by any organisation.

The BJP has hit back at the minister, with state party chief Vijayendra Yediyurappa saying his remarks reflect a "perverse and anti-Hindu mindset" of the Congress.

Accusing the state government of targeting officials for participating in RSS activities, he said, "The Congress, infamous for imposing an emergency on the nation and strangulating the democratic system in the past, is now proceeding on the same path in Karnataka. History bears witness that if divisive politics and authoritarian tendencies are flaunted, the people of this country will reduce them to nothing, as evidenced by the pages of history."

Wife Can Stay In Shared House Even If In-Laws Disown Husband: High Court

NEW DELHI: The Delhi High Court has held that a wife residing in the house immediately after her marriage constitutes "shared household" and is entitled to reside there despite the husband being disowned by his parents later.

Justice Sanjeev Narula made the observation while dismissing an application filed by the woman's mother-in-law and late father-in-law. In an order passed on October 16, the judge held that the daughter-in-law cannot be dispossessed except through due legal process.

Advocate Samvedna Verma represented the daughter-in-law, while the parents-in-law were represented by advocate Kajal Chandra.

According to the petition, the dispute, spanning over a

decade, arose after the daughter-in-law's marriage to the petitioner's son in 2010 and her subsequent residence with her in-laws at the property.

The matrimonial relationship soured in 2011, leading to multiple civil and criminal proceedings between the parties.

The petitioners contended that the property was the self-acquired estate of the late Daljit Singh and, therefore, could not be deemed a shared household under the Protection of Women from Domestic Violence Act.

The court, however, maintained that the existing arrangement -- where the mother-in-law resides on the first floor and the daughter-in-law on the ground floor -- adequately balances both parties' interests.

Bangladesh Apparel Sector Faces \$1 Billion Blow After Airport Cargo Fire



Garment exporters in Bangladesh are bracing for losses of up to USD 1 billion following a massive fire that tore through the cargo complex at Dhaka's Hazrat Shahjalal International Airport, just as the industry enters its busiest export season, Al Jazeera reported.

The blaze, which erupted on Saturday in the airport's cargo import section, destroyed large volumes of imported raw materials, finished garments, and vital product samples.

"It's a devastating sight," said Faisal Samad, director of the Bangladesh Garment Manufacturers and Exporters Association (BGMEA). "The entire import section has been reduced to ashes," he added, warning that financial losses could run as high

December peak period, as reported by Al Jazeera.

"Each day, roughly 200 to 250 factories rely on air freight from this facility," Khan noted. "The financial impact is enormous given the scale." Authorities have yet to determine the cause of the fire, and an investigation is ongoing. This incident is the third major fire in Bangladesh in the past week. As per Al Jazeera, on Tuesday, a blaze at a garment factory and nearby chemical warehouse in Dhaka claimed at least 16 lives. On Thursday, another fire engulfed a seven-storey garment factory in a Chittagong export processing zone. The government has vowed to investigate each case thoroughly and warned that if sabotage or arson is found, it will respond "swiftly and decisively". Bangladesh is the world's second-largest apparel exporter after China. The industry employs about four million people and accounts for more than 10 per cent of the country's GDP, supplying major global brands like Walmart, H&M, and Gap, as reported by Al Jazeera.

as USD 1 billion, as reported by Al Jazeera. On Sunday, smoke was still rising from the scorched site as firefighters and airport officials surveyed the damage. Among the destroyed goods were urgent shipments and critical samples used to secure new business deals.

"These samples are essential to attracting new buyers and increasing orders," said Inamul Haq Khan, senior vice-president of BGMEA, as quoted by Al Jazeera.

"Losing them could seriously impact our future prospects," he added.

The affected cargo village is one of Bangladesh's key logistics hubs, handling more than 600 metric tonnes of dry cargo each day, a volume that typically doubles during the October to

Terminally Ill Woman, Son Lose Rs 3.7 Crore In 'Spiritual' Scam In Taiwan

A terminally sick Taiwanese mother and her son were allegedly duped by a coercive "spiritual" programme, and they lost more than NT\$13 million (Rs 3.7 crore) after selling their house to pay for it.

The woman, known only by her last name, Wang, enrolled in a purported "spiritual growth course" in August 2013. She had been diagnosed with terminal cancer at the time, the South China Morning Post reported on October 19. Her son later joined the same spiritual course in April 2021.

The programme, which claimed to provide spiritual growth and atonement, was run by two other women - Zhang and Chen. They demanded NT\$2 million (Rs 57 lakh) for an "Energy Purification Master" course, penalised people for non-compliance (example - missing a phone call).

After selling their home, the mother paid NT\$6.8 million (about Rs 2 crore) and the son NT\$6.5 million.

In addition to financial extortion, the allegedly spiritual rituals included unsettling elements of

coercion and humiliation, such as forcing participants to kneel by the side of the road, licking the toes of other participants, and enduring forced same-sex marriages.

Wang and her son were pressured into same-sex "marriages" in 2021, following which they were compelled to divorce and remarry inside the group.

Wang was told that she would "die horribly" if she refused to follow orders, a warning she felt obliged to accept because of her terminal illness.

In April 2024, the mother and son filed a lawsuit, claiming they had been duped and forced. A court decided in their favour and granted them compensation of NT\$13.3 million (Rs 3.8 crore).

Zhang and Chen contended during the court case that Wang and her son had been enrolled in programmes for a decade, which they said justified the exorbitant fees.

The two women who oversaw the programme insisted that participation was entirely voluntary and that there was no scientific way to verify the spiritual benefits.

Israel Resumes Ceasefire In Gaza, Says Aid Deliveries Will Restart Monday

Gaza's fragile ceasefire faced its first major test Sunday as Israeli forces launched a wave of deadly strikes, saying Hamas militants had killed two soldiers, and an Israeli security official said the transfer of aid into the territory was halted.

The military later said it resumed enforcing the ceasefire, and the official confirmed that aid deliveries would resume Monday. The official spoke on condition of anonymity because he's not authorized to discuss the issue with the media.

A little over a week has passed since the start of the U.S.-proposed ceasefire aimed at ending two years of war. U.S. President Donald Trump said the ceasefire remained in place and "we want to make sure it's going to be very peaceful."

He told reporters aboard Air Force One on Sunday that Hamas has been "quite rambunctious" and "they've been doing some shooting." He suggested that the violence might be the fault of "rebels" within the organization rather than its leadership. "It's going to be handled



toughly but properly," he said. Trump did not say whether he thought the Israeli strikes were justified, saying "it's under review."

Vice President JD Vance said Sunday that he may visit Israel in the coming days.

"We're trying to figure it out," he told reporters, saying the administration wants to "go and check on how things are going." Regarding the ceasefire, he said that "there's going to be fits and starts."

Health officials said at least 36 Palestinians were killed across Gaza, including children. Israel's military said it struck dozens of Hamas targets after its troops came under fire. A senior Egyptian official involved in the ceasefire negotiations said "round-the-clock" contacts were

underway to de-escalate the situation. The official spoke on condition of anonymity because he wasn't authorized to speak to reporters.

Israeli Prime Minister Benjamin Netanyahu directed the military to take "strong action" against any ceasefire violations but didn't threaten to return to war.

Israel's military said militants had fired at troops in areas of Rafah city that are Israeli-controlled according to agreed-upon ceasefire lines. Hamas, which continued to accuse Israel of multiple ceasefire violations, said communication with its remaining units in Rafah had been cut off for months and "we are not responsible for any incidents occurring in those areas."

2 Dead As Cargo Plane Skids Off Hong Kong Airport Runway Into Sea

HONG KONG: A cargo plane flying from Dubai skidded off the runway into the sea while landing at Hong Kong International Airport early on Monday, the city's airport operator said, with local media reporting the deaths of two people.

Photos taken after the accident showed a Boeing 747 cargo aircraft with AirACT livery partially submerged in water near the airport's sea wall with an escape slide deployed and the nose and tail sections separated.

The four crew members on board the plane were rescued, the Hong Kong airport said in a statement. Two people who were inside a ground vehicle near the runway that was suspected to have been struck by the aircraft have died, the South China Morning Post reported, citing police.

Police did not immediately respond to a request for comment.

The northern runway at the world's busiest cargo air-

port is closed after the incident, Hong Kong International Airport said, adding the south and central runways would continue to operate.

The accident occurred around 3:50 am Hong Kong time on Monday (1950 GMT on Sunday).

Hong Kong's Civil Aviation Department said in a statement on Monday that the aircraft had "deviated from the north runway after landing and ditched into the sea."

"Two ground staff were affected and fell into the sea, and their conditions are pending confirmation."

Emirates said in a statement that flight EK9788 sustained damage on landing in Hong Kong on Monday and was a Boeing 747 cargo aircraft wet-leased from and operated by ACT Airlines.

"Crew are confirmed to be safe and there was no cargo onboard," Emirates said.

ACT Airlines is a Turkish carrier that provides extra cargo capacity to major airlines.

Paris' Louvre Heist Lays Bare Museum Security Complaints

A raid on France's top museum that saw thieves flee with royal jewels has raised awkward questions about how well the country's priceless cultural heritage is being protected.

How could robbers with power tools break in and steal crowns and sapphire and emerald necklaces? And how can a museum spanning 73,000 square metres and housing around 35,000 works of art be secured?

The government said authorities had already begun reviewing security at the vast Paris venue before the heist. Labour unions there have complained that security staff positions there have been cut.

Here are some of the issues raised by Sunday's drama: Security warning decades ago

The Louvre's then director Pierre Rosenberg warned



that the museum's security was "fragile", after a painting by French master Camille Corot was stolen in broad daylight in 1998.

Taking over in 2021, its current director Laurence des Cars asked the Paris police to conduct a security audit of the museum.

Following this audit, recommendations were made "a few weeks, a few months ago", said Culture Minister Rachida Dati on Sunday after the raid.

They "are beginning to be implemented," she said,

without elaborating. Contacted by AFP, the Louvre did not comment.

The culture ministry said in a statement that alarms linked to the windows of the Apollo Gallery went off when the thieves penetrated them in a "particularly fast and brutal break-in".

It said five museum guards present in the gallery and nearby spaces "immediately intervened to implement security protocol", prompting the thieves to flee. No one was hurt, it said. Security staff cuts

FBI Probes Hunting Stand With Direct View Of Trump's Air Force One Exit



The Federal Bureau of Investigation (FBI) on Sunday (local time) stated that it has launched an investigation after the US Secret Service (USSS) discovered a suspicious hunting stand with a direct line of sight to the area where US President Donald Trump exits Air Force One at Palm Beach International Airport, Fox News reported, citing officials. According to Fox News, the elevated stand was found on Thursday during routine security checks ahead of the US President's planned return to West Palm Beach.

FBI Director Kash Patel confirmed that while the

structure has not yet been linked to any individual, federal agents are actively investigating.

"Prior to the President's return to West Palm Beach, USSS discovered what appeared to be an elevated hunting stand within the sight line of the Air Force One landing zone," the FBI Director said, as quoted by Fox News.

"No individuals were located at the scene. The FBI has since taken the investigatory lead, flying in resources to collect all evidence from the scene and deploying our cell phone analytics capabilities," he added.

Anthony Guglielmi, chief of communications for the Secret Service, confirmed the agency is working closely with the FBI and local law enforcement in Palm Beach County.

He added that the stand was identified as part of "advance security preparations" ahead of Trump's arrival and emphasised that there was "no impact to any movements" and no individuals were found at the scene.

"There was no impact to any movements, and no individuals were present or involved at the location," Guglielmi said, as quoted by Fox News.

"While we are not able to provide details about the specific items or their intent, this incident underscores the importance of our layered security measures," he added. A law enforcement source further told Fox News that the hunting structure appeared to have been in place "for months".

All About Durand Line, Afghan-Pak Border That Kabul Refuses To Recognise

Following the Afghanistan-Pakistan peace talks in Doha, the Taliban's Defence Minister, Mohammad Yaqoob Mujahid, accused Pakistan of creating a false narrative about the Durand Line-- the international boundary line between both nations. Addressing the media, Mujahid stressed that the Durand Line was "imaginary" and was not discussed as part of the truce agreement between Kabul and Islamabad. "The use of the term 'border' by the State of Qatar is not based on our agreement, and we have not consented to it. There is nothing regarding this in any agreement between us and them. The Durand Line represents the Afghans position, and it will never be called a 'border'. We have not reached any agreement with them

on this matter, nor is this the work of any government. This is a matter of national identity, and the nation will decide on it," Mujahid said, according to Tolo News.

Following Afghanistan's protest, Qatar updated its official statement on the recent ceasefire agreement between Pakistan and Afghanistan by removing the word "border".

Qatar's Ministry of Foreign Affairs removed the phrase "on the border between the two brotherly countries", replacing it with "between the two brotherly countries" in the revised statement.

What Is the Durand Line? Established in the Hindu Kush in 1893, the Durand Line runs through the tribal lands between Afghanistan and British India.

US Strikes Another Colombian Drug-Running Boat, This Time A Rebel Vessel

The United States announced Sunday another strike against what it called a drug-running boat, this time attacking an alleged Colombian leftist rebel vessel in an apparent expansion of a US military operation off the coasts of South America.

Word of the attack from Pentagon chief Pete Hegseth came as President Donald Trump said the United States is halting financial aid to Colombia, accusing its president of condoning the production of drugs. This took embattled relations between two longstanding allies to a new low.

The United States has had warships deployed in the Caribbean off Venezuela since August and attacked at least six boats it said were running drugs toward the United States, killing at least 27 people so far.

Experts question the legality of attacking such boats in international waters without



trying to intercept them or arrest the crew members and bring them to trial.

The flotilla has created acute tension with Venezuela amid fears the ultimate goal of the operation might be to oust leftist President Nicolas Maduro, who Washington says leads a drug cartel.

In a strike carried out Friday, Hegseth said US forces attacked a vessel he said was affiliated with Colombia's National Liberation Army, a leftist guerrilla group known as ELN in Spanish. Three crew members were killed, he said. Hegseth said the vessel was travelling in international waters in an area under the

purview of the US Southern Command, which oversees US military operations in Latin America. He did not specify where. Colombia has both Caribbean and Pacific coasts. Trump has clashed repeatedly of late with President Gustavo Petro, a former guerrilla leader who has been highly critical of the US naval deployment.

As recently as Saturday, Petro accused the United States of murder in the death of a Colombian fisherman killed in a US strike in September. The harsh verbal exchanges have taken relations between two historic allies to their lowest point in decades.

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China's Economic Growth Slows To Lowest In A Year At 4.8% Amid Trade Tensions

China's economic growth slipped below five percent in the third quarter of 2025, official data showed Monday, the slowest pace in a year in the face of trade headwinds and a continued domestic consumer slump.

The data was released just hours before state news agency Xinhua announced the start of a closely watched four-day meeting in Beijing with top Communist Party officials focused on long-term economic planning. It also comes ahead of in-

son discussions later this month between top Chinese and US trade officials -- as well as a potential meeting between presidents Donald Trump and Xi Jinping. Trump earlier this month threatened blistering 100 percent tariffs on Chinese goods from November 1, in response to Beijing's sweeping export controls in the strategic rare earths sector.

Gross domestic product in the July-September quarter expanded 4.8 percent year-on-year, the National Bureau

of Statistics (NBS) said, down from 5.2 percent in the previous three months. The figure was on par with an AFP forecast based on a survey of analysts. It also represented the slowest growth since the same quarter last year, when GDP expanded 4.6 percent.

As trade pressure builds, experts say China must adjust to a growth model driven more by domestic household spending than exports and manufacturing. Fixed-asset investment in

the first three quarters saw a slight decline of 0.5 percent year-on-year, the data showed, largely because of a sharp contraction in real estate investment.

That decline is "rare and alarming", Zhiwei Zhang, president and chief economist at Pinpoint Asset Management, wrote in a note. Zhang noted that recent stimulus measures "should help to mitigate the downward pressure on investment" in the fourth quarter. "Nonetheless, the risk to

GDP growth in Q4 is likely on the downside," he added.

Consumer slump Domestic spending has lagged in recent years, having failed to fully recover from the Covid-19 pandemic, which hammered consumer sentiment.

In a further sign of weakness, the NBS said retail sales growth slid to three percent year-on-year in September, in line with estimates in a Bloomberg survey but down from August and the slowest rate since November.

BJP celebrates Deepawali with religious fervour

TP CORRESPONDENT

JAMMU, Oct 20: Bharatiya Janata Party (BJP), Jammu & Kashmir, organized Deepawali Milan and celebrated the occasion with religious fervour amid Vedic Aarti, distributed sweets and burst crackers, at the party headquarter, Trikuta Nagar, Jammu.



J&K BJP President Sat Sharma CA, and general secretary (Org.) Ashok Koul accompanied by Priya Sethi, Rajiv Charak, Rekha Mahajan, Sanjita Dogra, Baldev Billawaria, Yudhvir Sethi, Ashwani Sharma, Surinder Ambar, Prabh Singh, Tilak Raj Gupta, Adv. Purnima Sharma, Dr. Pardeep Mahotra, Dr. Tahir Choudhary, Adv. Parimoksh Seth, S. Varinderjit Singh, Naresh Singh Jasrotia, Ajay Vaid, Anuradha Charak, Neha Mahajan, Dharminder, Brahmjyot, Arun Dev

Jamwal, Kulbhushan Mohtra, Mookherjee Sharma, Ayodhya Gupta, Parduman Singh, Abhay Mahajan, Prem Gupta, Parmod Kapahi, Shailja Gupta, Vikrant Gupta, Hans Raj Loria, Ramesh Katoch, and others participated in the Aarti and the celebration of Deepawali.

Sat Sharma, while extending his greetings on the auspicious occasion of Deepawali, celebrated on Kartik Amavasya, conveyed his heartfelt wishes to all fellow citizens. He said that the festival marks the triumphant return of God Shri Ram to Ayodhya, symbolizing the victory of good over

evil. He further added that this sacred day also commemorates the divine incarnation of Mata Lakshmi. Wishing good fortune to all, Sat Sharma prayed that the festival of lights may illuminate everyone's lives with joy, prosperity, and happiness. He also highlighted the

unwavering commitment of Prime Minister Narendra Modi towards the welfare and prosperity of every citizen as he leads the nation for the third consecutive term. Sat Sharma emphasized that the true essence of festivals lies in rising above differences and embracing each other as one family bound by harmony and affection. Ashok Koul, in his message, also extended warm greetings to all BJP activists and fellow citizens. He said that Deepawali inspires everyone to follow the path of truth and to stand firmly for righteousness. On this sacred occasion, he prayed that the Almighty blesses all with virtue, wisdom, and a spirit of unity, so that humankind progresses with the world as one global family. He further wished that the divine light of the festival brings enduring peace, prosperity, and good health to the people of the nation and the entire world.

Sunil Sharma, Ashok Koul address nomination rally of Aga Syed Mohsin at Budgam

Sunil Sharma denies govt formation with NC, vows to keep distance from culprits of common Kashmiris



TP CORRESPONDENT

BUDGAM, Oct 20: Leader of Opposition (LoP) in J&K Assembly Sunil Sharma, J&K BJP General Secretary (Org.) Ashok Koul and General Secretary Anwar Khan joined the nomination rally of BJP Budgam Candidate Aga Syed Mohsin at Budgam.

The rally witnessed enthusiastic participation from people across different regions, reflecting the increasing faith on people on the party. Mudasir Wani, State Secretary, Arif Raja, State Secretary, Hakeem Ghazi Ruhullah, DP Budgam, Aga Syed Mohsin, Candidate, Dr Ali Mohammad Mir, Senior Leader, Prabhari Budgam Sheikh Bashir, Bhat Imtiyaz, Budgam Election Incharge, Bilal Parray, Co-Incharge All Cells, Er Aijaz, Co-Incharge Minority Morcha, Manzoor bhat, Spokesperson, Ashraf Azad, Senior Leader and others were also present.

Sunil Sharma made a strong and clear statement during a massive nomination rally today, asserting that his party will never align with the National Conference (NC) under any circumstances. Addressing a charged gathering of supporters and workers, Sharma emphasized that his party stands firmly for the dignity, peace, and progress of the people of Jammu & Kashmir and will not compromise those principles for political gain. "We will never form the government with NC, nor do we have any need for it," Shri Sharma declared amid loud applause. "We will never join hands with those whose hands are soaked with the blood of innocent Kashmiris. Our commitment is to the people of Jammu & Kashmir, not to power politics or opportunistic alliances."

JKRERA hosts awareness programme on Real Estate Regulation & Development Act-2016 at Udhampur DC hands over registration certificate to first Real Estate Promoter of the District



TP CORRESPONDENT

UDHAMPUR, Oct 20: Deputy Commissioner Saloni Rai today handed over the first-ever Real Estate Project Registration Certificate issued by the Jammu & Kashmir Real Estate Regulatory Authority of Udhampur District to the project titled Universal Housing Colony, Lota Garnai at a brief function held in Conference Hall, DC Office Complex. Deputy Commissioner was the chief guest at the event attended by Additional Deputy Commissioner Prem Singh; Assistant Commissioner Revenue, Dr Umesh Shan and other officers, besides a large number of stakeholders from the real estate sector. On the occasion, an awareness-cum-sensitization programme on the Real Estate Regulation and Development Act, 2016 was also organised for the stakeholders including promot-

ers, real estate agents and Revenue staff. Addressing the gathering, the Deputy Commissioner highlighted the significance of JKRERA in ensuring transparency, accountability and consumer protection in the real estate sector. She urged the promoters and real estate agents operating in the district to register their projects and business activities with JKRERA as mandated under the Act. She emphasized the need for planned and regulated urban development, protection of consumer interests and enhancement of credibility and transparency in real estate dealings. The DC reiterated that the district administration would extend all possible assistance to promote fair and sustainable growth in the real estate sector. Earlier, Deputy Secretary JK RERA Esha Chib gave a detailed PowerPoint presentation on various aspects of the RERA Act. She

explained the registration process for projects and agents, documents required, functions and duties of promoters and agents, rights and responsibilities of homebuyers and the grievance redressal mechanism under the Act. She also highlighted the positive impact of RERA on promoting transparency, accountability and investor confidence in the real estate market. She further informed the participants that the primary objective of the programme was to enhance awareness about the role, duties and obligations of promoters and real estate agents under the Act and to encourage greater participation in the registration process. A question-and-answer session was also held, during which RERA experts addressed and resolved the queries raised by participants regarding registration procedures and compliance requirements.

Vivek Tankha sanctions Rs 10 lakh for KP Cultural & Heritage Centre



TP CORRESPONDENT

JAMMU, Oct 20: In a significant gesture towards preserving the cultural legacy of the Kashmiri Pandit community, Rajya Sabha MP Vivek Tankha, the only parliamentarian of Kashmiri origin, has sanctioned Rs 10 lakh from his MPLAD fund for the establishment of a Kashmiri Pandit Cultural and Heritage Centre in New Delhi. The announcement was made during a Diwali Milan function held at Samavar, Pamposh Enclave, where Vivek Tankha formally presented the sanction letter to Padma Shri Rameshwar Bamzai, head of the Kashmiri Education, Culture and Science Society (KECSS), in the presence of several distinguished members of the Kashmiri Pandit community. The sanctioned amount will be utilized by KECS for setting up a museum and library dedicated to showcasing the heritage, traditions, and contributions of the Kashmiri Pandit community. Dr. Ashfaq Lone, who was present at the event, appreciated the move and said that such initiatives strengthen the bond between the Kashmiri diaspora and their homeland by keeping their cultural roots alive. He added that the upcoming centre will serve as an important platform for cultural events, exhibitions, and academic research related to Kashmiri heritage.

The initiative came after All India Kashmiri Samaj (AIKS) president Ravinder Pandita raised the demand with Vivek Tankha, who readily agreed to extend his support. Ravinder Pandita expressed his gratitude to the MP for his generous contribution and termed it a meaningful step towards safeguarding the cultural identity of displaced Kashmiri Pandits. Dr. Ashfaq Lone, who was present at the event, appreciated the move and said that such initiatives strengthen the bond between the Kashmiri diaspora and their homeland by keeping their cultural roots alive. He added that the upcoming centre will serve as an important platform for cultural events, exhibitions, and academic research related to Kashmiri heritage.

porters and workers, Sharma emphasized that his party stands firmly for the dignity, peace, and progress of the people of Jammu & Kashmir and will not compromise those principles for political gain. "We will never form the government with NC, nor do we have any need for it," Shri Sharma declared amid loud applause. "We will never join hands with those whose hands are soaked with the blood of innocent Kashmiris. Our commitment is to the people of Jammu & Kashmir, not to power politics or opportunistic alliances."

The LoP said that the days of dynastic politics and exploitation are over and that the people of Jammu & Kashmir have now seen through the divisive politics of the past. "Those who ruled this land for decades pushed our youth towards violence, destroyed institutions, and looted public resources. We are here to build a new, transparent, and accountable political culture that will restore faith in democracy and governance," he added. Sharma further stated that his party is capable of forming the government on its own strength whenever it chooses to do so, underscoring the growing trust and support among the people.

"Whenever we want, we will form the government. The people of J&K are with us because they see in us a promise of peace, progress, and justice," he said. Ashok Koul, in his address, said that the massive turnout at Budgam reflects the growing trust of people in BJP's vision and leadership. He emphasized that the party's strength lies in its commitment to service, unity, and the welfare of every citizen of Jammu & Kashmir. Anwar Khan stated that BJP is the only party that believes in real empowerment and equitable development. He said that the people of Budgam have shown faith in BJP's agenda of inclusive growth and transparent governance, which will soon bring visible change on the ground. Aga Syed Mohsin, the BJP candidate from Budgam, expressed heartfelt gratitude to the people for their overwhelming support. He appealed to every voter to come forward and strengthen the hands of Prime Minister Narendra Modi by voting for BJP. Mohsin said that he is committed to serve the people with honesty, dedication, and transparency. Together, we will build a prosperous Budgam that reflects peace, progress, and unity, he added.

DC Rajouri celebrates Diwali with Children from Palaash Distributes sweets and shares festive joy

TP CORRESPONDENT

RAJOURI, Oct 20: Deputy Commissioner Rajouri, Abhishek Sharma today celebrated the festival of lights, Deepawali with children from Palaash at Nowshera—an institution for orphan and underprivileged children. The event was filled with warmth, joy and the true spirit of inclusion as the DC interacted affectionately with the children and distributed sweets among them. The celebration aimed to bring smiles to the faces of the children and ensure that they too share in the joy, hope and togetherness that Diwali symbolizes. The Deputy Commissioner spent quality time with the children, encouraged them to participate in festive activi-



ties and lauded the sincere efforts of the caregivers and staff working for their welfare. Speaking on the occasion, DC Abhishek Sharma said that Diwali is not merely about lights and decorations, but about spreading happiness, compassion and kindness among those who need it the most. He empha-

sized that celebrating festivals with such children fosters empathy and reminds society of its shared duty to build an inclusive and caring community. The Deputy Commissioner was accompanied by ADC Nowshera Pritam Lal Thapa, Tehsildar Nowshera and other district and sectoral officers.

DC Ramban inspects facilities at 'Tatapani' Hot Water Spring

TP CORRESPONDENT

RAMBAN, Oct 20: Deputy Commissioner Ramban, Mohammad Alyas Khan today visited the Tatapani area in Subdivision Gool to review facilities and take first hand feedback from visitors regarding the amenities available at the popular spot. The Hot Water Spring at 'Tatapani' Sangaldan is a natural geothermal marvel renowned for its therapeutic and medicinal properties. The spring continuously emits naturally heated water believed to possess significant healing qualities that provide relief from various ailments. Owing to its curative potential, Tatapani has become a popular destination, drawing visitors from various parts of Jammu and Kashmir and neighboring regions. The Deputy Commissioner inspected the Hot Water spring, bathing points, changing facilities and sanitation infrastructure, emphasizing the need to maintain cleanliness, hygiene, and safety standards to ensure a better visitor experience. He interacted with visitors and local service providers

about the requirements for improving the site's infrastructure and accessibility. During the inspection, the DC directed the PWD and RDD departments to undertake immediate maintenance of roads, sanitation units and approach paths leading to the site. He specifically instructed officials not to use any unsafe or dilapidated infrastructure until it is fully repaired and made secure for visitors. He further directed the Sub-Divisional Administration and Police Department to ensure adequate civil, traffic regulation and security arrangements at the destination to facilitate smooth movement of visitors especially during ongoing peak season. Keeping in view the tourism potential of Tatapani, the Deputy Commissioner said that the destination would be developed as a clean, sustainable, and visitor-friendly health destination aligning with the district's broader goal of promoting eco-tourism and local economic development. The DC also stressed on maintaining the natural ecosystem and aesthetic beauty of the site, while

encouraging the involvement of local youth in tourism-related activities to generate employment and entrepreneurship opportunities. He assured that the District Administration would continue to

monitor and upgrade facilities at Tatapani in coordination with the concerned departments to make it one of the most attractive wellness and recreation spots in Ramban district.



Ishaan wins Diwali Cup at Vivek Chess Academy



TP CORRESPONDENT

JAMMU, Oct 20: Vivek Chess Academy, Mast Garh Jammu, organized the Diwali Cup 2025, featuring Chess, Carrom Board, and other indoor games among its academy players. The week-long event, held from October 13 to 20, witnessed enthusiastic participation from 18 players who competed in various categories. The atmosphere at the academy remained festive throughout the tournament as young and senior players showcased their talent and sportsmanship. The main

highlight of the competition was the final round of the Chess event, where Ishaan Chowdhary emerged as the overall winner, bagging the first prize of Rs 1000 and a trophy. In the women's category, Amrita Gupta clinched the Best Women Gold award, while Anjali and Avni secured Silver and Bronze positions respectively. In the Under-12 category, Nitika won the Gold medal, followed by Gunjan and Pearl, who bagged Silver and Bronze respectively. The prize distribution ceremony was graced by Retd. Lecturer Subhash Chander

Gupta, who distributed the trophies and medals among the winners. He extended his warm Diwali greetings to all the participants and appreciated the efforts of the academy for promoting indoor sports and nurturing young talent in Jammu. The organizers of Vivek Chess Academy expressed gratitude to all players and parents for their cooperation and support. They said the Diwali Cup aimed to encourage healthy competition, teamwork, and the spirit of celebration among young minds during the festive season.

Army inspires festivity with distribution of sports equipment to locals at Balnoi



TP CORRESPONDENT

RAJOURI, Oct 20: In celebration of Diwali, the festival of lights, Balnoi Battalion organized a heart-warming event aimed at spreading joy and fostering community spirit. The occasion featured the distribution of sports equipment, cricket kits and festive treats to locals, youth and children, emphasizing the values of physical fitness and teamwork. The event drew enthusiastic

young athletes from neighbouring villages such as Balnoi, Mankote, Sagra, Dabraj and nearby areas along the LOC. Participants received new cricket kits, sports gear and essentials, symbolizing inspiration and the power of collaboration. The inclusion of sweets added a traditional, festive touch, creating lasting memories and joy among the locals. A representative of Balnoi Battalion remarked, "Diwali symbolizes light,

joy and hope. Through this initiative, we aim to empower our youth and inspire them to channel their energies into sports and positive endeavours." This program underscored Indian Army's unwavering commitment to community welfare and youth development. By blending the festive spirit with the values of sportsmanship, the initiative reinforced themes of unity, health and comprehensive celebration.

Rangyug and 92.7 BIG FM Distribute Relief Cheques worth Rs. 2 lacs to Flood-Affected Families of Jammu on Diwali



TP CORRESPONDENT

JAMMU, Oct 20: In a heartfelt initiative to support families affected by the recent floods in Jammu, Rangyug : Theatre for Social Change and Self Realisation in collaboration with 92.7 BIG FM distributed relief cheques worth Rs 20000 each to among 10 flood affected families, with the assistance of the District Administration, Jammu. The distribution ceremony was held at the DC Office Jammu in the presence of ADC Jammu Ansuya

Jamwal JKAS and local officials. The funds were raised through the special charity performance of Rangyug's acclaimed Dogri solo play "Chanchlo" performed by RJ Juhie, dedicated to the flood victims. The proceeds collected from the event were today handed over to ten deserving families who are still struggling to make for the losses they suffered. Speaking on the occasion, Ansuya Jamwal appreciated the collaborative effort, saying, "This initiative beautiful-

ly reflects the power of art and community. Rangyug and BIG FM have shown how culture and compassion can come together to bring hope." Deepak Kumar, Founder-Director of Rangyug thanked all the contributors who supported the charity show through open donations and tickets and said, "Through 'Chanchlo', we wanted to use art as a means of healing and solidarity. The people of Jammu once again proved that empathy is our greatest strength. The Jammu people deserve all

JTGC, Tourism Deptt Jammu organize Monsoon Tee off Diwali Cup 2025 Golf Tournament

TP CORRESPONDENT

JAMMU, Oct 20: The Jammu Tawi Golf Course (JTGC) in collaboration with Tourism Department Jammu organized a Monsoon Tee off (Diwali Cup 2025) Golf Tournament under the guidance of Ashish Chandra Verma, Financial Commissioner (Additional Chief Secretary), Tourism Department to Government of Jammu & Kashmir.

Vikas Gupta, Director Tourism, Jammu Tee off the first ball of the event accompanied by Secretary Jammu Tawi Golf Course Manav Gupta. As many as 83 players participated during the day-long tournament, who were divided into 21 four-balls. Sanjay Mahajan and Dr. Anil Slathia/Atharv Rishi were adjudged as the overall winner and Runner up respectively of the tournament.

Gurdeep Singh bagged the award for the straight drive at Hole No.06. The longest drive award went to Col. Amit Gupta, Rajeev Thakur and Vedant Handa. While Closest to the pin went to Sunita Kapoor, Col. J.B Singh and Jaideep Manocha. Winner best net for Senior Citizen Category went to Danesh Chopra and



Runner up Col. Vijay Mahajan. Best among Fourball went to Garib Dass, Rakesh Gupta, Ashkoor Wani, Col. Manav Sharma, S.S Pathania, Col. Amit Gupta, Rohit Bhalla, Pankaj Thakur, Col. J.B Singh, Sanjay Mahajan, Faizan Choudhary, Akash Bhola, Sunand Kumar, Col. Yashpal Tora, Varun Raina, Firdous Masoodi, Hemant Kumar Sharma, Col. Vijay Mahajan, Danesh Chopra, Swarn Singh and Danin Khan.

Besides that, Women's putting competition was also conducted at Jammu Tawi Golf Course, in which 13 women golfers participated i.e Shafiq Banoo, Karuna Pathania, Simridhi Pathania, Meenakshi, Pratibha Sharma, Farhat-un-

Nisa, Arya, Wedhana, Shridha Gupta, Ms. Sambhavi Gupta, Tanvi Gupta, Ritu Slathia, Ekta Sharma participated in the Tournament wherein Farhat-un-Nisa was adjudged as winner and Wedhana was adjudged as runner-up and Shaheen Wahid was

adjudged as 2nd runner-up. Later, Minister for (Food, Civil Supplies & consumer Affairs, Transport, Science & Technology, information Technology, Youth Services & Sports and ARI & Training) Satish Sharma who was the Special Guest, Manav Gupta Secretary,

Jammu Tawi Golf Course, Vikas Gupta, Director Tourism Jammu and Aijaz Qaiser, Joint Director Tourism presented trophies and mementoes to the winners, runner-ups and other players, who were adjudged best in different categories.

Manav Gupta informed that several big international level tournaments i.e PGTI were conducted in 2022, 2023 & 2024 at Jammu Tawi Golf Course, in which many professional Golfers from all over India/ South-East Participated. Those events bring Jammu & Kashmir on the international Golfing map with an opportunity for local talent to showcase their skills. He also said that such Tournaments and other Events shall be organized at Jammu Tawi Golf Course on a regular basis.

GOVERNMENT OF JAMMU AND KASHMIR
OFFICE OF THE DIVISIONAL FOREST OFFICER
BASOHLI FOREST DIVISION
BASOHLI
Ph./Fax No. 01921-251050

SHORT TERM NOTICE INVITING e-TENDERS

Tender Notice No. : e-NIT No. 39 of 2025-26 dated: 18-10-2025

For and on behalf of the Lt. Governor, Union Territory of Jammu & Kashmir, e-tenders are invited from approved and eligible contractors registered with J&K Govt./Central Govt. Organizations for the following works:

S. No.	Detail of works	Adv. Cost (In lac)	Cost of Tender Document (in Rs.)	Earnest Money (in Rs.)	Time of completion	Class of Contractor
1.	Construction of Eco Hut Phase-II at Dambra under CAPEX for the year 2025-26 in BASOHLI FOREST DIVISION.	12.00	600	3% of Advertised Cost	60 days	All classes

1. Position of funds: Budgeted.
 2. Position of TS/AA: Accorded Vide No: CCF/J/Plg/25-26/37/2450-52 dt. 24-09-2025.
- The important dates are as under:

Publishing Date	18-10-2025
Download Start Date	18-10-2025
Bid Submission Start Date	18-10-2025
Bid submission End Date	24-10-2025 12:00 Noon
Date of opening of Bid (Online)	24-10-2025 at 2:00 PM

The e-NIT consisting of qualifying information, eligibility criteria, specifications, bill of quantities, (B.O.Q), Set of Terms & Conditions of contract and other details can be seen/downloaded from the departmental Website: - www.jktenders.gov.in

(Suresh Kumar Sharma) JKFS
Divisional Forest Officer
Basohli Forest Division,
Basohli

No: DFO/Bsl/2025-26/3069-73 Dated: - 18-10-2025

DIP/J-1126/25

Director School Education, Jammu extends Diwali greetings

TP CORRESPONDENT

JAMMU, Oct 20: In a heartfelt message imbued with light and goodwill, the Director School Education, Jammu, Mr. Naseem Javaid Chowdhary extended warm greetings to the students, teaching fraternity and all officers and officials of the department on the auspicious occasion of Diwali.

He described Diwali as "a festival where the outer illumination mirrors an inner awakening" — a reminder that education, too, is an act

of lighting lamps in the corridors of the mind. Mr. Chowdhary urged the teaching community to continue being custodians of that sacred flame which dispels ignorance and nurtures wisdom.

To the students, he conveyed that every spark of learning they kindle today becomes the guiding lantern of tomorrow. He further wished that this Diwali bring peace, prosperity and renewed purpose to every home and every classroom across the Jammu region.

Activist Raja Shakeel condemns J&K Government's move to reduce RBA quota

TP CORRESPONDENT

DODA, Oct 20: Social

activist Raja Shakeel has strongly condemned the Jammu and Kashmir government's decision to reduce or eliminate the Resident of Backward Area (RBA) quota, calling it a grave injustice to the people of remote regions, particularly the Chenab Valley.

Shakeel stated that the previous administration had already reduced the RBA quota by 10 percent, and its complete termination is a direct attack on the Chenabi youth's future. "It was this very quota that opened doors for our local youth to become doctors, KAS officers, engineers, teachers, and professionals in various fields," he said.

He warned that the decision would severely impact the Chenabi youth and called for unified resistance. "We will not stay silent.

The Chenabi people must unite and raise their voice against this injustice. Instead of reducing it, the government should increase the RBA quota to 20 percent to ensure fair representation and equal opportunities for our backward regions," Shakeel added.

Shakeel emphasized that the Chenab Valley, as a backward area, deserves special reservations for the upliftment of the Chenabi people, and tampering with the already reduced RBA quota is unacceptable.

DIRECTORATE OF FIRE & EMERGENCY SERVICES, J&K
JAMMU/SRINAGAR.
Tel:- 0191-2457821, 2453013, 0194-2455061, 2455072 E-mail: info.fesjk@jk.gov.in

Safety Advisory for general public on the eve of Diwali.

In order to ensure a safe and joyful Diwali and to avoid occurrence of any mishap during Diwali celebrations, the general public is advised to take certain safety precautions, as detailed below, while lighting of lamps and bursting of crackers and shall follow the **Dos** and **DON'Ts**:-

DOS:

1. Buy crackers from licensed vendors only.
2. While purchasing, check cracker packaging for safety certifications.
3. Read instructions before bursting crackers.
4. Burst crackers in open spaces, away from buildings.
5. Keep water and fire extinguishers nearby.
6. Wear protective clothing (gloves, goggles and shoes) while bursting crackers and avoid loose and synthetic clothes.
7. Ensure prevention of entry of any fire cracker inside the buildings.
8. Light crackers in a safe and stable position.
9. Tie your hair while bursting the crackers.
10. Keep children and pets at a safe distance.
11. Dispose of used crackers responsibly.
12. Follow local noise pollution regulations.
13. The children shall be taught proper and handling of crackers and shall be allowed to burst crackers under adult supervision.
14. The children shall be kept away from direct sounds of crackers.
15. In case of cracker related injuries use following First Aid tips.
 - a. Burns: cool with water, apply antibiotic ointment.
 - b. Cuts: Apply pressure, clean with antiseptic.
 - c. Eye injuries: Flush with water, seek medical help.
 - d. Hearing damage: Seek medical attention.

DON'Ts:

1. Don't burst fire crackers without reading instructions;
2. Don't burst crackers near hospitals, schools, or animal shelters.
3. Avoid bursting crackers in crowded areas.
4. Never hold crackers in hand while lighting.
5. Don't point crackers at people or animals.
6. Refrain from bursting crackers near flammable materials.
7. Don't light the Diyas near exposed electric wires, curtains etc.
8. Don't allow children to burst crackers unsupervised.
9. Avoid wearing loose and synthetic clothing near crackers.
10. Don't burst crackers indoors or in enclosed spaces.
11. Never try to relight failed crackers and don't fiddle with the un-burst crackers.
12. Don't throw crackers at others.

Alok Kumar-IPS(ADGP)
Director,
Fire & Emergency Services,J&K
Jammu/Srinagar.

DIP/J-7141/25

Govt plans incentive policy..

to encourage doctors to serve in rural and far-flung areas of Jammu and Kashmir.

The move, she said, aims to strengthen healthcare delivery in underserved regions and ensure equitable access to medical services.

Speaking to reporters during her visit to Uri in north Kashmir's Baramulla district, Sakina Itoo said that the government recognizes the challenges faced by medical professionals working in remote areas and is determined to address them through structured incentives and better facilities.

"Doctors are an integral part of our health system, and they must also serve in rural and difficult terrains. Unfortunately, incentives are often directed toward those working in urban centres, while doctors in remote areas deserve them more. The government is reviewing this imbalance," she said.

The minister revealed that a new framework is being formulated to provide financial and professional benefits to doctors who opt for postings in far-off locations. "Just as city doctors receive incentives, those serving in villages should get even more. Our priority is to ensure that no rural health centre suffers due to lack of doctors or resources," she added.

Highlighting the government's focus on infrastructure development, Sakina Itoo said that several rural hospitals have already been upgraded with modern medical equipment. "People have been demanding advanced facilities, and we have acted upon those requests. Many hospitals have received new machines, and we are committed to equipping every health centre, especially in distant areas," she said.

Responding to concerns about the alleged shortage of senior doctors at Government Medical College (GMC) Baramulla, the minister refuted the claims, asserting that all senior doctors are present and performing their duties. "We have issued clear instructions to ensure regular attendance and accountability of all medical staff," she clarified.

Addressing complaints about the QR code-based patient registration system, which has reportedly caused inconvenience to patients without smartphones, Sakina Itoo said that an alternative offline system has been directed to be made available. "No patient should face hardship due to technological barriers. Those without smartphones will be registered manually," she said.

The minister concluded by reiterating the government's commitment to ensuring quality healthcare for all, particularly in rural and border regions like Uri. "Our mission is to bridge the urban-rural healthcare gap and ensure that every citizen receives reliable medical attention, regardless of location," she emphasized.

Parvez Rasool Bids Farewell to Cricket

and Kashmir to represent India, has announced his retirement from all formats of the game, drawing curtains on a remarkable 17-year-long career marked by consistency, resilience, and historic milestones.

The 36-year-old all-rounder from Bijbehara in South Kashmir, who inspired a generation of young cricketers from the Valley, formally informed the Board of Control for Cricket in India (BCCI) of his decision.

Rasool represented India in one One-Day International (ODI) and one T20 International and featured in the Indian Premier League (IPL) for Pune Warriors India and Royal Challengers Bangalore.

Reflecting on his journey, Rasool said he felt proud to have been part of Jammu and Kashmir cricket's growth story over the years.

A proven match-winner in domestic cricket, Rasool scored 5,648 runs and claimed 352 wickets in First-Class matches. His outstanding all-round performances earned him the Lala Amarnath Award for Best All-Rounder in the Ranji Trophy twice - in 2013-14 and 2017-18.

Rasool's breakout season came in 2012-13, when he amassed 594 runs and took 33 wickets, a performance that opened the doors to national and IPL recognition.

As he bids adieu to the game, Rasool leaves behind a legacy that continues to inspire young cricketers from Jammu and Kashmir to dream big and aim higher.

Lt Gen Pratik Sharma celebrates...

lauded their unwavering dedication, professionalism, and exceptional state of readiness in safeguarding the nation's borders under challenging conditions. His inspiring words and presence greatly boosted the morale of the soldiers and reaffirmed their commitment to upholding the sovereignty and security of the nation. Meanwhile, Indian Army personnel stationed along the Line of Control (LoC) in the Rajouri and Poonch districts of Jammu and Kashmir celebrated Diwali 2025 with great zeal and enthusiasm, blending devotion with duty. The celebrations were held at forward posts in the Mendhar and Balnoi sectors where troops lit diyas, performed prayers and exchanged sweets symbolizing hope, harmony and resilience amid harsh terrain and high-alert conditions.

In the Balnoi sector of Poonch, soldiers from the Krishna Ghati Brigade marked the festival by sharing sweets with local residents near the LoC, further strengthening the bond between the Army and the local community in the spirit of peace and unity. Despite freezing temperatures and the continuous need for vigilance, the troops celebrated with high spirits while maintaining operational alertness along the border. These celebrations stand as a testament to the indomitable spirit, commitment and morale of the Indian Army whose personnel continue to guard the nation's frontiers with pride and devotion-even during festivals when families across the country gather in celebration.

NC, PDP, BJP candidates file..

seats on Monday-the last day for filling nominations papers.

National Conference candidate Aga Syed Mehmood was accompanied by Chief Minister Omar Abdullah filed his nomination papers, and candidate, Aga Syed Muntazir Mehdi was accompanied by MLA Waheed Rehman Parra.

Meanwhile, BJP candidate Aga Syed Mohsin also filed his nomination today. He was accompanied by Leader of Opposition Sunil Sharma.

The Budgam by-election will be held on November 11, while counting of votes will take place on November 14.

The by-election was necessitated after Chief Minister Omar Abdullah vacated the Budgam seat, retaining traditional stronghold Ganderbal following the 2024 Assembly elections.

Many surprises for Rajya Sabha polls..

votes for them he is a friend and not an opponent. "Many surprises will be there on October 24. NC will bag all the four seats," he said.

He said that the NC will get support in Rajya Sabha elections from the people who are not part of the alliance. "There is also an opportunity for us to win the Nagrota seat this time. Shamim Begum, the party candidate, got a good number of votes last time. Congress will also support us and there are some reports coming that some locals disgruntled with the BJP will also support us. We have also nominated Aga Mehmood for Budgam seat after thorough discussions. We expect to secure both seats" he said.

He added that they have many issues to put forth before the people and expect voters to support them like they did in

the last 2024 assembly elections.

"There is no rift with the Congress and the party preferred the NC candidate for Nagrota as in the last election, the party stood second. We will put our efforts to win all the elections that are being held in the next one month," he said.

On AIMIM Chief Assaduddin Owaisi's PSA remark, he asked where was he in 2019 when people of J&K were being suppressed. "He was then sitting with the BJP and didn't say anything. Now, when the time has come to serve the people, he raised his fingers. I want to make an appeal to him to focus on Hyderabad. We have got a mandate from the people and we will do our job," he added.

J&K bypolls: NC fields DDC member..

next month, after Congress decided not to contest from there to realize their 'larger goal' of defeating BJP despite being offered the seat by the ruling party.

Both coalition partners had fought last year's assembly elections together but the alliance has been going through a rough patch ever since the National Conference (NC) refused a safe seat to the Congress for the Rajya Sabha elections.

Elections to the four Rajya Sabha seats in the Union Territory will be held on October 24.

Bypolls are scheduled for Nagrota and Budgam assembly segments on November 11.

A by-election was necessitated in Nagrota by the demise of BJP legislator Devender Singh Rana on October 31 last year, while the Budgam seat fell vacant after Chief Minister Omar Abdullah retained Ganderbal his family's bastion after winning the two assembly seats.

"The party leadership has given mandate to DDC member Shamim Begum from Nagrota constituency after Congress decided not to contest from there. She is filing her nomination papers from the seat within the next couple of hours," NC Provincial President Rattan Lal Gupta said.

Begum, who won from Nagrota's Dansal block in December 2020 DDC elections, thanked the party leadership for reposing faith and giving mandate to her to fight the by-election from her home constituency.

"The people know me very well. They have seen my work as a DDC member over the last four years and they will support me whole-heartedly to give me a chance to represent them in the assembly," she said.

Earlier, Jammu and Kashmir Pradesh Congress Committee (JKPCC) chief spokesperson Ravinder Sharma said the Indian National Congress has decided to leave the Nagrota assembly seat to its ally National Conference, keeping in view the larger interest and goal of defeating the BJP.

Downplaying rift with the Congress over seat-sharing in Rajya Sabha elections, NC vice-president and Chief Minister Omar Abdullah on Thursday said that "if the Congress has a better candidate for Nagrota, we are ready to compromise (by supporting Congress and not fight the election). We have no objection".

Sharma said the decision follows detailed deliberations over a JKPCC report and also after considering various factors, including that the NC had emerged second in Nagrota in 2024 assembly elections.

"Taking into account the broader parameters and principles of coalition, the INC central leadership has decided to leave the (Nagrota) seat to its ally NC, in furtherance of larger interests and goals of defeating the BJP," Sharma said in a statement.

On Sunday, the NC announced senior party leader Agha Syed Mehmood as its candidate for Budgam.

Monday is the last date to file nominations. The scrutiny of applications will be done by October 22 and the last date for withdrawal of candidatures is on October 24.

The BJP has fielded Devyani Rana, daughter of Devender Singh Rana, from Nagrota. Devyani, along with JKNPP-I president Harsh Dev Singh, filed their nomination papers from the constituency on Saturday.

Devender Singh Rana had won the seat in 2024 assembly elections by a record margin of 30,472 votes, defeating his nearest NC candidate Joginder Singh who had got 17,641 votes. Congress candidate Balbir Singh was pushed to the third position with 5,979 votes.

He won the seat in the 2014 elections on NC ticket, but later switched to BJP in 2021.

NC deceived J&K people, Voters..

that the NC has lost public trust and that voters are now looking for alternatives.

"NC has deceived people in Jammu and Kashmir for decades. Recently, it took a u-turn on smart meters. People are now seeking alternatives," Sharma said, adding that the Abdullah family has maintained control over politics in the region.

"People have started a fight against Abdullah family and will reject them. A big fight has begun in Kashmir against family dominance," Sharma said.

He alleged that the public is no longer willing to tolerate dynastic politics. "The National Conference will soon collapse like a pack of cards and its MLAs will be seen scattered," he said.

He also criticised what he called "double standards" on governance issues, referring to the issue of smart meters and other policies. "Those who eat with silver spoons can never understand the pain of poor people," Sharma said.

Sharma also said that the BJP would implement policies at the ground level in Budgam and across the region. "PM Modi's policies are pro-poor. The BJP will take these welfare measures to the people in Budgam and throughout Kashmir," he said.

LG Manoj Sinha returns to India..

India's Deputy Chief of Mission Nikhilesh Giri.

The sacred relics, recognised as a National Treasure of India, were brought to the capital city of Elista by a high-level delegation, led by Shri Keshav Prasad Maurya, Deputy Chief Minister of Uttar Pradesh, and including senior Indian monks. The delegation is conducting special religious services and blessings for the predominantly Buddhist population of Kalmykia, the only region in Europe where Buddhism is the predominant religion.

This historic exposition, the first of its kind in the Russian Republic, is a testament to the deep civilizational bonds between India and Russia. It revives the enduring legacy of the 19th Kushok Bakula Rinpoche, the revered Buddhist monk and diplomat from Ladakh, who was instrumental in reviving Buddhism in Mongolia and reigniting interest in the Buddha Dharma in Russian regions like Kalmykia, Buryatia, and Tuva.

The event has been organised by the BTI section of the Ministry of Culture, Government of India, in collaboration with the International Buddhist Confederation (IBC), the National Museum, and the Indira Gandhi National Centre for the Arts (IGNCA). The exposition will continue in the capital city of Elista until October 18, 2025.

PM celebrates Diwali on board..

extraordinary skill demonstrated by the Indian Air Force, and the bravery of the Indian Army, along with the exceptional coordination among all three services, compelled Pakistan to surrender swiftly during Operation Sindoor.

He said INS Vikrant is a warship whose name alone is enough to put an end to the enemy's audacity.

"Missiles like BrahMos and Akash have proven their capabilities during Operation Sindoor. Several countries

around the world are now interested in purchasing these missiles", said the Prime Minister, emphasising that India is building the capacity to export weapons and equipment for all three armed forces.

He said "India's goal is to be counted among the world's top defence exporters" and over the past decade, India's defence exports have increased more than 30-fold. He credited this success significantly to the contributions of defence start-ups and indigenous defence units.

INS Vikrant is not just a warship, it is a testimony to 21st-century India's hard work, talent, impact and commitment, he said while addressing Navy and described INS Vikrant as a towering symbol of Aatmanirbhar Bharat and Made in India. He lauded the extraordinary coordination among the three services which compelled Pakistan to surrender during Operation Sindoor.

He said that over the past decade, India's Defence forces had steadily moved towards becoming self-reliant. "Our goal is to make India one of the world's top defence exporters," the Prime Minister asserted.

Describing Indian Navy as the "guardian of the Indian Ocean" the Prime Minister said the nation had achieved a significant milestone and Maoist terrorism is now being terminated.

"On one side lies the vast ocean and on the other, the immense strength of Mother India's brave soldiers," he said INS Vikrant is not merely a warship, it is a testament to 21st-century India's hard work, talent, impact, and commitment".

He said India's forces had steadily advanced towards self-reliance over the past decade. The armed forces have identified thousands of items that will no longer be imported, resulting in most essential military equipment now being manufactured domestically.

He highlighted that in the last 11 years, India's defence production has more than tripled, crossing Rs 1.5 lakh crore last year.

Prime Minister Modi said 66 percent of the world's oil supply and 50 percent of container shipments pass through the Indian Ocean. The Indian Navy is deployed as the guardian of the Indian Ocean to secure these routes.

Additionally, through mission-based deployments, anti-piracy patrols, and humanitarian operations, the Indian Navy serves as a global security partner across the region.

"Indian Navy plays a significant role in ensuring the security and integrity of India's islands", he said and added that due to the valour and courage of India's security forces, the nation has achieved a major milestone-eradication of Maoist terrorism.

He highlighted that India is now on the verge of complete freedom from Naxal-Maoist extremism.

Meanwhile, Prme Minister Narendra Modi on Monday asserted that the extraordinary coordination among the armed forces compelled Pakistan to surrender during Operation Sindoor.

"The fear created by the Indian Navy. The amazing skill displayed by the Indian Air Force. The bravery of the Indian Army. The tremendous coordination of the three forces forced Pakistan to surrender so quickly in Operation Sindoor," PM Modi said while addressing a gathering of soldiers onboard INS Vikrant.

The Prime Minister further stated that INS Vikrant was a towering symbol of Aatmanirbhar Bharat (self-reliant India).

"INS Vikrant is a towering symbol of Aatmanirbhar Bharat and Made in India. Indigenous (Swadeshi) INS Vikrant, tearing through the oceans, is a reflection of India's military might," PM Modi said.

Celebrating Diwali with soldiers at INS Vikrant off the coast of Goa and Karwar, PM Modi said, "Today is an amazing day. This scene is memorable. Today, on one side, I have the ocean, and on the other, I have the strength of the brave soldiers of Mother India. I am fortunate that this time I am celebrating this holy festival of Diwali among all you brave soldiers of the Navy."

"Today, on one side, I have infinite horizons, infinite sky, and on the other side, I have this giant, INS Vikrant, embodying infinite powers. The glow of the sun's rays on the ocean's waters is like the Diwali lamps lit by brave soldiers," he added.

Prime Minister Modi on Monday continued his tradition of celebrating the festival of Diwali with soldiers, as he visited the INS Vikrant off the coast of Goa and Karwar.

PM Modi interacted with the soldiers and said he was fortunate to celebrate the festival of lights with the Naval personnel.

The 262-metre-long INS Vikrant has a full displacement of close to 45,000 tonnes, which is much larger and advanced than her predecessor. The ship is powered by four Gas Turbines totalling 88 MW of power and has a maximum speed of 28 Knots. Built at an overall cost of close to Rs. 20,000 Crs, the project has been progressed in three Phases of contract between MoD and CSL, concluded in May 2007, December 2014 and October 2019 respectively.

The ship's keel was laid in February 2009, followed by launching in August 2013. With an overall indigenous content of 76 per cent, IAC is a perfect example of the nation's quest for "Aatma Nirbhar Bharat" and provides thrust to the Government's 'Make in India' initiative. With the delivery of Vikrant, India has joined a select group of nations having the niche capability to indigenously design and build an Aircraft Carrier.

Vikrant has been built with a high degree of automation for machinery operation, ship navigation and survivability, and has been designed to accommodate an assortment of fixed-wing and rotary aircraft. The ship would be capable of operating air wing consisting of 30 aircraft comprising of MIG-29K fighter jets, Kamov-31, MH-60R multi-role helicopters, in addition to indigenously manufactured Advanced Light Helicopters (ALH) and Light Combat Aircraft (LCA) (Navy).

CM Omar extends warm greetings..

truth and righteousness. He noted that the festival is a celebration of hope

and harmony, symbolizing the enduring values of compassion, unity and mutual respect that enrich India's diverse cultural heritage.

Omar Abdullah expressed hope that the festival would bring joy, peace and prosperity to every home.

"May this Diwali usher in a new era of happiness, peace, and progress for Jammu and Kashmir and the entire country," the Chief Minister said.

Pakistan's Worst Nightmare Just..

before adversaries even realize what hit them.

According to reports, the Defence Research and Development Organisation (DRDO) is currently conducting tests to ensure that the conventional (non-nuclear) missile is fully operational by the end of 2027. This isn't just another missile test, this is India announcing to the world that its strategic strike capabilities have entered a league of their own.

The transformation will be staggering: with the ability to strike at a devastating 800 kilometres, Indian Armed Forces can attack with from distances Pakistan's defences cannot counter. Currently designed for ground-to-ground attacks, this supersonic assassin will soon be adapted for air and naval launches, giving India unmatched flexibility to rain

precision death from land, sea, and sky.

The implications for regional security are profound. With this extended range, virtually every strategic target in Pakistan, from military headquarters and terror camps to naval bases, will fall within India's crosshairs, enabling the Indian Armed Forces to neutralize distant threats quickly and with pinpoint accuracy.

Operation Sindoor Proved BrahMos Is The 'Enemy Destroyer'

Pakistan already knows the terror BrahMos brings. During Operation Sindoor in May 2025, India's retaliatory strikes following the Pahalgam terror attack, the Indian Air Force deployed BrahMos missiles launched from Sukhoi-30MKI fighter jets to obliterate nine terrorist camps deep inside Pakistan and Pakistan-occupied Kashmir. The results were devastating: infrastructure used by terror groups like Jaish-e-Mohammed and Lashkar-e-Taiba was reduced to rubble, with over 100 militants eliminated.

Defence Minister Rajnath Singh himself praised BrahMos for its "pinpoint accuracy," calling it a weapon that gives India unparalleled strike precision. When India's Defense Minister vouches for a weapon's lethality after actual combat use, the world listens and adversaries tremble.

The Technology That Makes BrahMos 'Unstoppable'

BrahMos is not just fast, it's impossibly fast. Traveling at Mach 2.8 to 3.0 (nearly three times the speed of sound), this supersonic beast gives enemy air defenses virtually zero reaction time. By the time Pakistani radar systems detect an incoming BrahMos, the missile has already completed its mission and vaporized the target.

Pakistan's Chinese Weapons Don't Stand A Chance

During Operation Sindoor, Pakistan attempted to deploy Chinese-origin J-10 fighters armed with PL-15 beyond-visual-range missiles with ranges exceeding 200 kilometers. They failed miserably. The Indian Air Force adapted and dominated, proving that superior tactics and indigenous technology trump borrowed Chinese hardware any day.

DC Ramban convenes mega public outreach camp at Sangaldan

TP CORRESPONDENT

RAMBAN, Oct 20: Deputy Commissioner Ramban, Mohammad Alyas Khan today conducted a mega public outreach camp at Sangaldan to listen and address the grievances and developmental issues of the people on the spot. The camp was organised as part of the District Administration's ongoing efforts to strengthen public services delivery, promote participatory governance and ensure that government welfare schemes reach every household. The camp witnessed enthusiastic participation from locals and people from different Panchayats of the Sangaldan area.

Chairperson DDC Ramban Dr. Shamshad Shan; Assistant Commissioner Revenue Shokat Hayat Mattoo; Sub-Divisional Magistrate Gool, Imtiaz Ahmed and officers from all line departments were also present.

A large number of individuals and delegations projected their demands pertaining to basic amenities, road connectivity, water and power supply, education, healthcare, sanitation and livelihood opportunities. The Deputy Commissioner gave a patient hearing to all concerns and resolved most of the issues on the spot by issuing necessary directions to the concerned departments. Responding to public demands related to education, the DC directed the Chief Education Officer to rationalize staff if required to ensure smooth functioning of all government schools. He assured that issues regarding vacant posts of Headmasters and Lecturers would be taken up with the higher authorities for early filling of the same.

Regarding the augmentation of sanitation, the DC asked the locals to identify land in coordination with administration for the construction of a community toilet unit in the main market. He further announced the Construction of a tubewell near Sangaldan Railway Station to improve the water supply system.

Addressing youth-centric issues, the DC emphasized the role of self-employment schemes and instructed the banking sector to expedite loan disbursements under Mission YUVA, PMEGP and other livelihood programs to support entrepreneurship and job creation.

The DC also informed that relief compensation has been disbursed among families affected by recent flash floods, heavy rains and landslides, adding that pending or additional cases, if any, would be verified and addressed promptly.

He further directed the Assistant Commissioner Development (ACD) to complete the pending work of Meeting Hall at Sangaldan within the stipulated time frame.

The Deputy Commissioner assured that the District Administration would resolve all public grievances in a transparent and time-bound manner, ensuring equitable development and effective service delivery across the district.

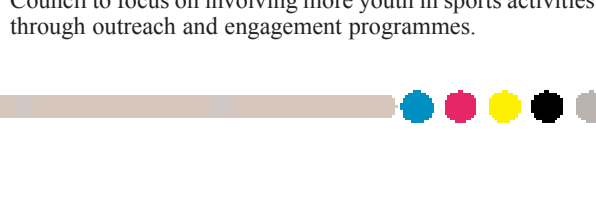
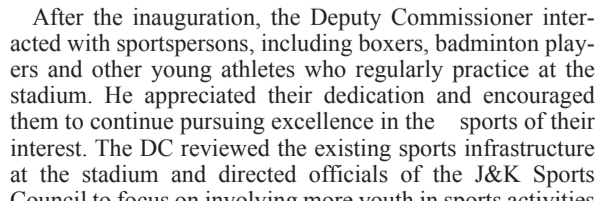
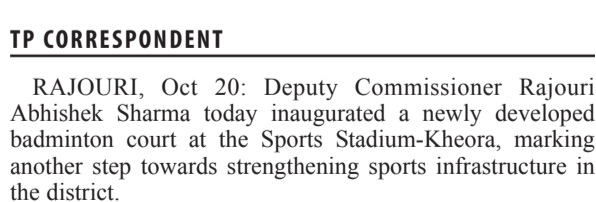
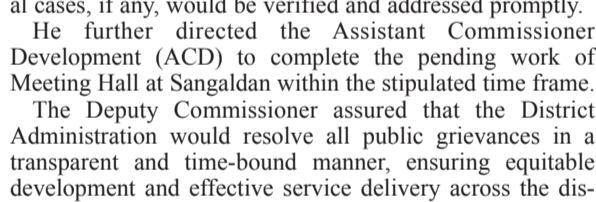
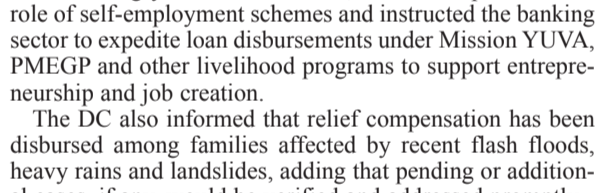
DC Rajouri inaugurates Badminton Court at Sports Stadium Kheora

Reviews sports infrastructure, urges greater youth involvement

TP CORRESPONDENT

RAJOURI, Oct 20: Deputy Commissioner Rajouri Abhishek Sharma today inaugurated a newly developed badminton court at the Sports Stadium-Kheora, marking another step towards strengthening sports infrastructure in the district.

After the inauguration, the Deputy Commissioner interacted with sportspersons, including boxers, badminton players and other young athletes who regularly practice at the stadium. He appreciated their dedication and encouraged them to continue pursuing excellence in the sports of their interest. The DC reviewed the existing sports infrastructure at the stadium and directed officials of the J&K Sports Council to focus on involving more youth in sports activities through outreach and engagement programmes.



'Kasam Sindoor Ki' will remain etched in my memory: PM Modi on attending cultural event, Bada Khana onboard INS Vikrant

TP CORRESPONDENT

GOA, Oct 20: Prime Minister Narendra Modi celebrated Diwali with naval personnel onboard INS Vikrant, where he also took part in Bara Khana (ceremonial feast) and attended cultural programmes.

PM Modi boarded INS Vikrant off the coast of Goa on Sunday evening to participate in the festivities with the soldiers.

The Indian Navy organised a cultural programme where the officers and sailors of the Indian Navy sang various patriotic songs, including a song, 'Kasam Sindoor Ki', specially written by them to commemorate the success of Indian Armed Forces in Operation



Sindoor. "Will always cherish the cultural programme on board INS Vikrant last evening. The naval personnel are truly creative and

versatile. They penned a song 'Kasam Sindoor Ki' which will remain etched in my memory," PM Modi said in a post on X. While

onboard INS Vikrant PM Modi also took part in Bara Khana with naval personnel. "Bara Khana is an integral part of the armed forces tra-

ditions. At INS Vikrant last evening, took part in the Bara Khana with naval personnel," he said.

Additionally, he witnessed the Air Power Demo, as the MiG 29 fighters tookoff and landed on a short runway, both at day and in the dark night.

Sharing a video clip of the Air Power Demo on X, he wrote, "Highlights from INS Vikrant, including the Air Power Demo, a vibrant cultural programme and more..." On Monday morning he joined a Yoga Session on the deck of INS Vikrant. He witnessed a spectacular Steampast and Flypast as well. He delivered an inspiring address to the Navy personnel onboard INS Vikrant and also fed them sweets. The Prime Minister referred to the Indian Armed Forces as "his family" as he kept with his annual tradition over the previous 11 years to celebrate Diwali with the armed forces of the country.

During his address, he said, "It has become a habit of mine to celebrate Diwali with my family, and that's why every year I come to celebrate Diwali with my family," he said.

PM Modi said that he is "fortunate" to celebrate Diwali with Indian soldiers.

"Today, on one side, I have infinite horizons, infinite sky, and on the other side, I have this giant, INS Vikrant, embodying infinite powers. The glow of the sun's rays on the ocean's waters is like the Diwali lamps lit by brave soldiers... I am fortunate that this time I am celebrating this holy festival of Diwali among all you brave soldiers of the Navy," the Prime Minister said.

Hexamed BIG Diwali Mela lights up Jammu with festive spirit, excitement



TP CORRESPONDENT

JAMMU, Oct 20: The much-awaited Hexamed BIG Diwali Mela organised by 92.7 BIG FM lit up Jammu with grandeur, festive cheer, and community spirit. The event witnessed an overwhelming response from every nook and corner of the city as families, shoppers, and well-wishers came together to celebrate the festival of lights with joy, fun, and entertainment.

The evening was graced by Deputy Inspector General of Police, Jammu-Sambathua Range, Shiv Kumar Sharma (IPS), who attended as the Chief Guest. In his address, he appreciated the efforts of the organizers for creating such a vibrant and engaging platform that brought people together beyond the barriers of age and background.

He lauded 92.7 BIG FM, Hexamed Diagnostics, and their partners for promoting togetherness and positivity during the festive season through creative, community-oriented celebrations.

The highlight of the evening was a power-packed live performance by the Agnikosh Band, led by Ricky, whose electrifying vocals and energy set the stage ablaze. The crowd swayed to their beats, adding to the festive fervor that defined the evening.

The much-awaited Lucky Draw brought waves of excitement among the audience. Nargis Nazia won a brand-new Hero Scooty, Rajvika took home an Apple Watch, while Vikram Singh and other participants won Sunshine Kitchen Appliances.

The joy, smiles, and cheers of the winners perfectly captured the true spirit of Diwali happiness, sharing, and good fortune.

The event was beautifully hosted by RJ Juhie, one of Jammu's most popular radio personalities, who kept the audience entertained with her warmth, wit, and festive charm throughout the evening.

Among the dignitaries and brand representatives present were Nigam Gupta, Director, Hexamed Diagnostics & Specialty Clinics; Madan Mohan Rana, Vice President, Wave Mall Jammu; Bharat Bhandari, Director, Wave Mall Jammu; Ranjeev Khajuria from Skoda; and Rajinder Sharma, ASM, Sunshine Appliances J&K; Deepak Gupta, President, Traders Federation Ware House Jammu and representative of Deepak Trading Co.; Vijay Menon, Partner, Aroma Multicuisine Family Restaurant; Dr. Varinder Sharma, Consultant Sonologist, A-One Ultrasound Clinic, Gandhi Nagar; Rishika Kapoor, representative of Arpit Electronix Shoppee; Aashish from Hero Premia Tawi Automobiles; and Vikas Khajuria from JK Yamaha.

The Hexamed BIG Diwali Mela concluded on a high note, leaving the audience with smiles, laughter, and memories to cherish. The celebration not only captured the true essence of Diwali but also strengthened the bond among local brands, business partners, and the community. It was a shining reflection of cultural vibrancy, collaboration, and togetherness living up to 92.7 BIG FM's philosophy, "Dhun Badal Ke Toh Dekho."

Prime Minister Narendra Modi witnesses Air Power Demo with MiG 29 fighters onboard INS Vikrant

TP CORRESPONDENT

GOA, Oct 20: Prime Minister Narendra Modi celebrated Diwali on Monday in the company of India's naval personnel on the western seaboard off Goa and Karwar.

Ahead of his visit, PM Modi had left for Goa in a discreet manner from Delhi on Sunday evening. From there, he went to INS Vikrant off the coast of Goa. This entire journey and visit was done in a very discreet manner.

While onboard INS

Vikrant, PM Modi had an extensive set of engagements. He went to the Flightdeck, surrounded by the MiG 29K fighters.

The Prime Minister witnessed the Air Power Demo, as the MiG 29 fighters tookoff and landed on a short runway, both at day and in the dark night. Sharing a video clip of the Air Power Demo on X, he wrote, "Highlights from INS Vikrant, including the Air Power Demo, a vibrant cultural programme and more..."

He witnessed a vibrant

cultural programme where the officers and sailors of the Indian Navy sang various patriotic songs, including a song specially written by them to commemorate the success of Indian Armed Forces in Operation Sindoor.

PM Modi had dinner with the extended family of naval personnel during the Bara Khana.

On Monday morning he joined a Yoga Session on the deck of INS Vikrant. He witnessed a spectacular Steampast and Flypast as well. He delivered an

inspiring address to the Navy personnel onboard INS Vikrant and also fed them sweets.

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LG Kavinder celebrates Diwali with Army jawans Hails their contribution in safeguarding border areas



TP CORRESPONDENT

LEH Oct 20: The Hon'ble Lieutenant Governor of Ladakh, Shri Kavinder Gupta, today celebrated Diwali with jawans of the Indian Army posted in Ladakh.

In an event organised by Fire & Fury Corps at Rinchin Auditorium, the Lt Governor was joined by Lieutenant General Hitesh Bhalla, General Officer Commanding (GOC), 14 Corps; Major General Praveen Chhabra, General Officer Commanding, 72 Sub Area; Brigadier Umesh

Parab and Brigadier Ajay Katoch in celebrating the festival with uniformed services.

Wishing the jawans on the auspicious occasion of Diwali on behalf of the people of Ladakh, the Lt Governor saluted the bravery, dedication and courage of the Indian Army as they serve in hostile conditions, braving extreme cold, to guard the border areas. He emphasised that while others are busy celebrating festivals like Diwali with their families and friends, the jawans of the Indian Army, away from their families,

maintain a high state of alertness to ensure the safety of the country. He saluted the sacrifices made by the jawans of the Indian Army to ensure the safety and well-being of the citizens of the country, some even sacrificing their lives in the line of duty.

The Lt Governor emphasised that the entire nation remains indebted to the Army jawans for ensuring the safety and security of citizens, allowing them to celebrate Diwali peacefully with their families. He stressed that the Army jawans are like diyas that

- Says UT Administration, Gol committed to their and families' welfare
- Urges people to contribute to nation-building for making Viksit Bharat by 2047

cannot be extinguished by enemy forces, expressing deep admiration for the bravery and resilience of soldiers.

He paid homage to the Indian Army for their exemplary bravery and courage against enemy forces during the Kargil War in 1999 and for standing firm, undeterred, while guarding the nation at Siachen Glacier-one of the highest battlefields in the world, where the temperature plummets to more than -50 degrees.

The Lt Governor, citing Bhagwan Ram, also known as Maryada Purushottam, for choosing the path of righteousness (dharma) and truth (satya), emphasised that Diwali, which exempli-

fies victory of good over evil and light over darkness, showcase his celebration of India's unity in diversity. He reiterated the Government of India and UT Administration's commitment to the welfare of armed forces and ex-servicemen along with their family members.

He also urged the people to contribute to nation-building so that India can become a Viksit Bharat by 2047.

Later, the HLG interacted with the jawans and shared sweets with them. He wished all the Army jawans a bright and prosperous year ahead filled with peace, happiness, and collective progress.

Bye-Election to Budgam AC Relief & Rehabilitation Commissioner reviews arrangements for facilitation of Kashmiri migrant voters

TP CORRESPONDENT

JAMMU, Oct 20: Relief & Rehabilitation Commissioner (M), Dr. Arvind Karwani, today took stock of the arrangements being put in place for facilitation of Kashmiri migrant voters at Jammu, Udhampur and Delhi, for upcoming Bye-Election to Legislative Assembly from 27-Budgam AC, with Assistant Returning Officers stationed at Jammu, Udhampur and New-Delhi.

During the meeting, Dr. Karwani was apprised about the arrangements in place for establishment of Special Polling Stations in Jammu, Udhampur and Delhi, distri-

bution and collection of polling material/EVMs and also the arrangements being put in place for Counting of Votes. Relief Commissioner emphasized on ensuring all requisite Assured Minimum Facilities (AMFs) for voters like permanent ramps, drinking water, toilet facilities as per norms of Election Commission of India. Camp Commandants / Zonal Officers were directed to reach out to the voters and facilitate their participation.

He also emphasized upon the officers for adequate training of polling staff well in advance, and strictly follow the laid down instructions /guidelines for free, fair and impartial polling.

Pertinently, special polling stations have been established for Kashmiri Migrants who are residing outside their territorial jurisdiction of their assembly constituency in Kashmir and who are staying in and around the Relief Camps in Jammu, Udhampur and Delhi, as done in earlier elections. In addition, special arrangements have also been made for those Kashmiri migrant electors who are staying elsewhere in India outside Jammu, Delhi and Udhampur with the option of either to vote in person at the polling stations in Jammu, Udhampur and Delhi or by postal ballot.

Satish Sharma extends Greetings on Diwali

TP CORRESPONDENT

JAMMU, Oct 20: Minister for Food, Civil Supplies & Consumer Affairs, Transport, Information Technology, Youth Services and Sports, Satish Sharma has extended his warm greetings and best wishes to the people of Jammu and Kashmir on the auspicious occasion of Diwali - the Festival of Lights.

In his message, Satish Sharma said that Diwali is a celebration of the eternal victory of light over darkness and righteousness over evil. He said the festival reminds us of the power of truth, compassion, and unity in strengthening the social fabric and fostering a spirit of collective progress.

Sakeena Itoo extends Diwali greetings

TP CORRESPONDENT

SRINAGAR, Oct 20: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo has extended her heartfelt greetings to the people of Jammu and Kashmir on the joyous occasion of Diwali - Festival of Lights.

In her message, the Minister said that Diwali is a festival that symbolizes the triumph of light over darkness and good over evil, and reminds us of the power of hope, compassion and collective effort in building a brighter and healthier future for all.

The Minister also prayed for peace, progress and prosperity of entire Jammu and Kashmir.

India celebrates Diwali with fervour, Delhi AQI worsens

TP CORRESPONDENT

NEW DELHI, Oct 20: Buildings were decorated with colourful lights and earthen lamps dotted houses as people across the country thronged temples and celebrated Diwali with pomp on Monday.

Firecrackers were burst in plenty across the national capital fol-

lowing the Supreme Court's nod to allow the use of certified eco-friendly green crackers this year in Delhi and the NCR under regulated conditions. Prime Minister Narendra Modi greeted people on the occasion and wished that the 'festival of lights illuminate our lives with harmony, happiness and prosperity; and a spirit of positivity prevail all around us'.

He celebrated Diwali with naval personnel onboard the aircraft carrier INS Vikrant off the coast of Goa. "Today, on one side, I have infinite horizons and infinite sky, and on the other side, I have this giant, INS Vikrant, embodying infinite powers. The glow of the sun's rays on the ocean's waters is like the Diwali lamps lit by brave soldiers," he

said. On Monday morning, Modi joined a yoga session on the deck of INS Vikrant and also witnessed a spectacular steampast of warships and a flypast by aircraft. He delivered an inspiring address to the Navy personnel and also distributed sweets among them. Later, Modi met President Droupadi Murmu at the

Rashtrapati Bhavan in Delhi and exchanged Diwali greetings.

Leader of the Opposition in the Lok Sabha, Rahul Gandhi, celebrated the day in a novel way.

He put out a video of himself trying his hand at making 'imarti' and 'besan laddoo' at the famous Ghanetwala sweet shop in Old Delhi, as he greeted people on Diwali and asked them to share

how they are making the festival special.

In Delhi, Chief Minister Rekha Gupta appealed to the people to protect the city from pollution by using only green firecrackers.

As the air quality worsened, she encouraged people to celebrate the festival in traditional ways by lighting diyas, making rangoli and sharing sweets.

