

DC Kupwara reviews road safety measures, traffic management

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KUPWARA: Deputy Commissioner Kupwara, Shrikant Suse, chaired the District Road Safety Committee (DRSC) meeting here in his office chamber to review road safety measures and traffic management across the district. On the occasion, the DC directed enforcement agencies to ramp up on-ground checks and take stringent action against violators, particularly targeting underage and teenage driving, overloading, and speeding. Traffic police was instructed to increase surprise inspections, deploy more personnel at critical junctions and market areas, while municipal councils and the revenue department conduct frequent anti-encroachment



drives to alleviate congestion. Extensive awareness campaigns were called for in schools and colleges, aimed at students, youth, and commercial drivers, to be carried out by the ARTO, Traffic Police, and Chief Education Officer. The meeting also covered progress on school bus audits, driving school inspections by ARTO, road safety audits on hilly roads and highways by PWD/

PMGSY and BEACON, black spot identification and rectification, curve improvements, timely road repairs, signage at blind curves, and full safety compliance. For emergency response, the DC emphasized strategic ambulance deployment at accident-prone spots and readiness of health institutions. Detailed discussions held on proposals sent by various departments under the Road

Safety Action Plan to enhance infrastructure and medical care, with a focus on iRAD portal-listed hotspots. Discussions also held regarding PM-Road Accident Victims Hospitalization and Assured Treatment (PM-RAHAT) Scheme, aiming to provide timely medical aid to the road accident victims. Scheme ensures cashless treatment up to Rs 1.5 lakh per victim in designated hospitals during the critical "Golden Hour", covering up to 7 days from the accident date, thereby ensuring immediate medical care and significantly improving the chances of survival. SSP Kupwara, SSP Handwara, SE R&B, ACD, CEO, CMO, ARTO Kupwara, Executive Engineers (PWD), EO MC, and other officials attended the meeting.

Constipation no longer a minor complaint, doctors warn

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SRINAGAR: Doctors in Kashmir are warning that constipation – long dismissed as a minor inconvenience – is becoming increasingly prevalent due to low dietary fibre intake, sedentary lifestyles and dependence on processed foods, and can lead to serious complications if left unaddressed. Constipation is typically identified by fewer than three bowel movements per week, accompanied by hard stools, difficulty during passage and a lingering sensation of incomplete evacuation. While occasional episodes are common, persistent or chronic constipation requires medical attention. Dr Aabid Reshie, a general physician at DHSK,

said diet was the primary factor in digestive health. "Fibre is essential as it increases stool bulk and facilitates smoother movement through the intestines," he said, adding that insufficient fibre intake, low water consumption and processed food dependence were the leading contributors to the condition. Dr Reshie added that modern lifestyle patterns – long hours of sitting, minimal physical activity, irregular eating schedules and ignoring the natural urge for bowel movements – were aggravating the problem across all age groups. Stress, he said, was another factor that negatively impacted bowel function. Doctors pointed out that constipation was not al-

ways lifestyle-related and could be linked to underlying conditions, including irritable bowel syndrome, thyroid disorders, diabetes, neurological issues and intestinal obstructions. Hormonal changes during pregnancy and age-related decline in metabolism and muscle strength could also contribute. Certain medications, including opioid-based painkillers, antidepressants, iron supplements and some antacids, were also known to worsen the condition. Another doctor warned that untreated chronic constipation could result in haemorrhoids, anal fissures, faecal impaction, rectal prolapse and mental distress. "Repeated straining exerts pressure on the rectal region, increasing

the likelihood of painful and sometimes severe conditions," said Dr Rayees Ahmad Lone. Doctors recommend consuming fibre-rich foods – fruits, vegetables, whole grains and legumes – drinking six to eight glasses of water daily and engaging in regular physical activity such as walking. Establishing a regular bowel routine and not delaying the urge to pass stool are also important. They advised anyone experiencing persistent constipation lasting more than three weeks, severe pain during bowel movements, blood in stools or sudden changes in bowel habits to seek prompt medical evaluation, as these symptoms may indicate underlying conditions requiring timely treatment.

Stranded Indian students offered alternative exit via Armenia

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SRINAGAR: In a significant development amid ongoing evacuation challenges, Indian students stranded at the Azerbaijan border have now been given the option to exit via Armenia, offering a potential breakthrough for those facing prolonged delays. As per the details nearly 150 Indian students remain stranded at the Azerbaijan border, particularly in the Astara region, where delays in the issuance of mandatory exit codes have left them in a state of uncertainty for around a week. Officials and coordinators involved in evacuation efforts have now advised stranded students to consider an alternative route through Armenia. Under this arrangement, students are expected to receive vi-

sas on arrival in Armenia. However, they will be required to arrange and book their own travel tickets back to India after crossing the border. A large number of affected students belong to institutions such as the Islamic Azad University and the Iran University of Medical Sciences. Meanwhile, evacuation efforts have seen partial success. Around 200-300 students have already reached Armenia, from where they are expected to return to India over the next few days, depending on flight availability. Many of them are currently waiting for confirmed flight schedules as airlines continue to operate limited but regular services. However, the situation remains challenging for others. Approximately 400 students are still stranded



in different parts of Iran, awaiting transportation to Armenia as part of the ongoing evacuation process. Authorities are working to facilitate their movement at the earliest. Several students from prominent institutions, including Tehran University of Medical Sciences, Sha-

hid Beheshti University of Medical Sciences, and Urmia University of Medical Sciences, have already managed to return safely to India. Dr Mohammad Momin Khan, who has been closely monitoring the situation, stated that flights are operating on a daily basis to

assist in the evacuation. He, however, noted that the Armenia route has so far proven to be relatively smoother compared to the Azerbaijan border, where procedural delays continue to hamper movement. Parents of stranded students have expressed growing concern, urging the Government of India and relevant authorities to step in more actively to ensure the safe and swift return of their children. Many families have reported bearing the financial burden of travel and accommodation on their own, calling for logistical and financial support from the authorities. They have appealed to higher officials to streamline the evacuation process, expedite clearances, and provide coordinated assistance so that no student is left stranded in uncertain conditions.

1.55 Lakh sheep transported to Kashmir in Ramadan

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SRINAGAR: More than 1.55 lakh sheep were transported to Kashmir in the holy month of Ramadan. The figures reveal that as many as 1,55,550 sheep were transported into Kashmir during the holy month of Ramadan. The figures further reveal that over 915 trucks carrying livestock arrived in the Valley from February 19 till March 19. General Secretary of the Mutton Dealers Association, Mehraj-ud-Din told that from February-19 till March-12, around 30 trucks of sheep were arriving daily to Kashmir. "This steady supply kept markets well-stocked during most of the fasting month," he said. Demand surged sharply



in the last week between March-13 and March-19. During that period, 255 trucks carrying sheep entered the Valley, showing a clear spike in consumption," he added. He said each truck carries nearly 170 sheep, that amounts to 1,55,550 sheep that were transported to Kashmir valley during the Ramadan. Traders said the continuous inflow has ensured avail-

ability of mutton across markets, even as demand peaks during iftar and evening meals. Residents also said the surge reflects both seasonal demand and Kashmir's strong preference for mutton, especially during religious occasions. Pertinently, the mutton price had taken a jump to Rs 740 per kg last week after a revision by the Butchers' Association.

On Eid eve, SSP Traffic urges people to follow traffic advisories

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SRINAGAR: As Jammu and Kashmir gears up to celebrate Eid-ul-Fitr on Saturday, Senior Superintendent of Police (SSP) Traffic Ajaz Ahmed Bhat has appealed to the people to follow traffic advisories and ensure safety of the children. Talking to the reporters here, SSP Bhat said, "Arrangements for the major Eid congregation at the Dargah on city outskirts have been finalised." While sharing the detailed parking guidelines, the SSP said, "Vehicles coming from Tailbal and Habbak have been allocated parking at Naseem Bagh. Vehicles from Dalgate and Downtown areas can enter through Sir Syed Gate of University, where parking spaces are arranged. For the elderly, rickshaw services are available to reach Asar-e-Sharif comfortably."

SSP Bhat also addressed concerns over reckless driving by teenage boys: "Many teenagers take bikes without supervision, causing accidents and distress to families and society. Traffic police take action against violators, including their parents, wherever notices are served," he said. The SSP appealed directly to parents, urging them to supervise their children: "Keep your children and their bikes under control. If someone gives a child a license, ensure they wear proper gear, especially helmets and drive safely. On Eid, we often see laxity in supervision, but please prevent unsafe activities and guide your children responsibly." "Until people understand the value of being responsible citizens, accidents will continue. Let's make Eid a time of celebration, safety and responsibility," he said.

2 drug peddlers arrested in Awantipora; Contraband substance recovered: Police



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SRINAGAR: Continuing its drive against the drug peddlers, Police in Awantipora have arrested two drug peddlers from Reshipora, Awantipora. According to a statement issued, a Police party of Police Post Reshipora at a checkpoint established at Reshipora-Panzgam Crossing, arrested 02 drug peddler identified as Nazim Hamid son of Ab Hamid Mir resident of Kawani and Faisal Ahmad Bhat son of Gulz-

ar Ahmad Bhat resident of Dogripora. The arrested persons were travelling in a vehicle (swift) and during search 320 grams of Charas like substance wrapped in maize husk was recovered from their possession. Vehicle bearing registration number JK13J-0219 used in the commission of crime has also been seized. Accordingly, a case vide FIR Number 64/2026 under relevant section of law has been registered at Police Station Awantipora and investigation has been initiated.

Pulwama B.Sc Nursing students seek relocation of exam centre

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SRINAGAR: Students of B.Sc Nursing 7th Semester (Batch 2022) from various institutions in south Kashmir have voiced serious concern over the allotment of their examination centre by the University of Kashmir, citing logistical challenges and lack of adequate transport facilities. The affected students belong to Ramzaan College of Nursing, Pulwama, Dolphin Institute of Medical Sciences & Technology, Pulwama, and Government Nursing College, Pulwama. According to them, the recently issued centre notice—Notification No: F. Centre-Notice B.Sc. Nursing 7th Sem DU/KU/26 dated March 16, 2026—has scheduled their examination at 2:00 PM at the



South Campus of the university in Anantnag. Students said that a majority of candidates are residents of Pulwama, Srinagar, and adjoining areas, making the allocated centre at South Campus, Anantnag, inconvenient and difficult to access. They said the campus is located at a considerable distance from the main town of Anantnag, further compounding travel-re-

lated issues. Highlighting the lack of reliable public transport between Pulwama and Anantnag, the students said that reaching the examination centre on time would be a significant challenge, particularly given the afternoon timing of the exam. They also raised concerns about safety and the availability of transport while returning home after the exam-

ination. "The current centre allotment is not feasible for many of us. Limited transport options and long travel distances could adversely affect our ability to appear in the examination without stress," a group of students said. The students have appealed to the Controller of Examinations, University of Kashmir, to reconsider the decision and relocate the examination centre to the main campus at Hazratbal or any other suitable location closer to their respective colleges. The students expressed hope that the university authorities will take a compassionate and timely decision to ensure convenience, accessibility, and a stress-free environment for all candidates appearing in the examination.

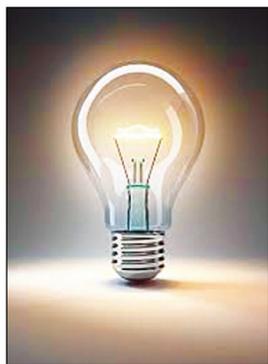
Authorities in Sopore divert traffic, mark no-parking zones ahead of Eid

SRINAGAR: Authorities issued a traffic advisory for Sopore town ahead of Eid-ul-Fitr prayers, citing continuous rainfall and forecast of further inclement weather. As per the advisory, Eid congregational prayers will not be held at Eidgah Noorgah this year. The decision follows announcements by Auqaf committees managing Jamia Masjid Sopore and Khanqah-e-Moula Sopore, where major gatherings are expected instead. Officials said both locations lie in the congested core of Sopore town and have limited parking space. Traffic restrictions and diversions have been put in place to prevent congestion and ensure smooth movement. According to the plan, traffic from Chinkipora, Arampora and Shalpora will not be allowed beyond Shalpora Chowk towards the main town centre. Commuters from Iqbal Market side will be stopped at the Clock Tower, while vehicles from Degree College crossing will not be permitted towards the main chowk via Shah Dargah. Traffic from Tarzoo and Ningli will be diverted through Sofi Akbar Road. Movement towards Hathishah Bridge has been restricted, with the route reserved for emergency vehicles.

Peak power demand in J&K likely to surge by 6%

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SRINAGAR: Jammu and Kashmir is likely to face a four percent Compound Annual Growth Rate (CAGR) increase in electricity requirement and six percent increase in peak electricity demand for the period of 2025-26 to 2035-36. The official documents reveal that it has considered electrical energy requirement projections as per J&K State Load Despatch Center (SLDC). The documents reveal that the SLDC has projected that the annual electrical energy requirement of the UT is likely to grow at a CAGR of 4 percent while the peak electricity demand for the utility is likely to grow at a CAGR of 6 percent for the period of 2025-26 to 2035-36. About the day-wise surplus coal capacity, the documents said that the surplus capacity is available with the Union Territory due to RE availability, demand variation etcetera. "The UT has likely surplus



capacity of around 700-900 MW during May to June months and 500 MW from July to September in 2028-29 which can be shared with other states and Discoms," it reads. It also said that this capacity can be shared with other states and Discoms and reduce the fixed cost burden on the utility resulting in reduction in the cost to consumer. Earlier in previous it was

reported that Jammu and Kashmir and Ladakh are likely to depend on nearly 30 percent of coal based energy by the year 2030. The official documents available in this regard reveal that the likely total projected contracted capacity for the year 2035-36 is around 11,001 Megawatts (MW). "The projected contracted capacity consists of 3239 MW from coal, 129 MW from gas, 68 MW from nuclear, 3666 MW from hydro, 2040 MW from solar, 598 MW from Distributed Renewal Energy (DRE) and 1261 MW from MTOA or STOA," it reads. The documents further reveal that the capacity shall be able to meet the projected demand with prescribed reliability criteria. It also said that any deviations in the commissioning schedule of the planned capacity could result in a situation where the UT is unable to meet the projected peak demand and energy requirements identified with the available resources.

District Admin finalizes arrangements for 'Vande Mataram' Special Phase event

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BANDIPORA: District Administration Bandipora on Friday finalized the preparations for the celebration of "Vande Mataram" Special Phase, commemorating 150 years of national pride, scheduled to be observed from March 23 to March 31, 2026. The preparations were reviewed during a virtual meeting chaired by Additional Deputy Commissioner (ADC) Bandipora, Zaffar Husson Shawl, to discuss and finalize necessary arrangements for the smooth conduct of the programme across the district. During the meeting, detailed discussions were held regarding the organization of activities aimed at ensuring wide participation from educational institutions and the general public to mark the historic occasion. The ADC stressed the importance of coordinated efforts among departments to celebrate the spirit of patriotism and honour the sacrifices of the nation's bravehearts. It was informed that a series of activities including mass singing of "Vande Mataram," awareness programmes, and cultural events would be organized across



schools, colleges, and public institutions during the celebration period. The meeting also highlighted the need to create awareness about the historical significance of "Vande Mataram" and encourage public involvement in the celebrations. Among others, the meeting was attended virtually by Programme Officer ICDS Bandipora; Sub-Divisional Magistrates of Sumbal and Gurez; principals of degree colleges across Bandipora, Ajas, Sumbal, Hajin, Gurez and Tulail; Deputy Superintendent of Police (Headquarters); District Information Officer; Assistant Regional Transport Officer, and other concerned officers.