

Winter tutorials return to Govt Schools

EARTH NEWS SERVICE

SRINAGAR: The School Education Department (SED) Tuesday decided to operationalise winter tutorials in government schools during the academic session 2025-26 for Classes 9th to 12th.

Directorate of School Education Kashmir (DSEK) in an order said that the decision was taken in view of the prevailing academic requirements and with the objective of addressing

subject-specific learning gaps among students at the Secondary and Senior Secondary levels.

"In continuation to verbal directions already conveyed on the subject, all Chief Education Officers are directed to ensure the effective implementation of Winter Tutorials in Government Schools, strictly in accordance with the prescribed guidelines," it reads.

DSEK said that the winter tutorials shall be organised exclusively for students of Class-



es 9th to 12th, based on academic needs and availability of competent teachers. "Winter Tutorial Centres shall be established in centrally located and easily accessible schools, so as to cater for the maximum number of students from the respective catchment areas," it reads.

The directorate further

said that preference shall be given to institutions having adequate infrastructure, heating arrangements and ICT facilities. It also said that the enrolment of students shall be subject to mandatory parental consent and declaration.

DSEK said that the prescribed Student-Teacher Ratio (STR) shall be 1:45 for Class-

es 11th-12th, 1:40 for Classes 9th-10th. "Engagement of teachers shall be planned in such a manner that one teacher handles one subject, with a minimum enrollment of 35 students per subject," it reads.

It also said that the experienced and meritorious lecturers, masters or teachers shall be deployed from within the

school, cluster or complex, giving due consideration to experience, subject expertise, pedagogical competence, and student acceptability.

"Teaching-learning activities shall focus primarily on remedial instruction and consolidation of core concepts, rather than syllabus completion," reads the order.

The directorate said that emphasis shall be laid on addressing learning deficits identified through classroom interaction and assessment. "The officers or the officials engaged in Winter Tutorials shall be considered for incentives under Rule 27 of the J&K Civil Services (Leave) Rules, 1979, subject to certification by the respective DDO, CEOs, Joint Directors and verification by the teams constituted at Directorate level," the order reads.

It also said that proper arrangements for heating, seating and basic amenities shall be ensured by

Nearly 10% of 10-19-year-olds in J&K are pre-diabetic

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SRINAGAR: The burden of diabetes is no longer limited to adults; it is increasingly affecting children and teenagers as well. According to the 'Children in India 2025' report by the Ministry of Statistics and Programme Implementation, accessed, 9.7 out of every 10-19-year-old adolescents in Jammu and Kashmir are in a pre-diabetic stage. Doctors say this is very concerning and requires urgent lifestyle changes and public health measures. They said that about 10 per cent of young people in this age group are pre-diabetic, which puts them at high risk of developing full-blown diabetes if no action is taken quickly.

Dr Khurshid Ahmad Mir from DHSK said most of these cases are linked to the excessive consumption of sugary drinks, fast food, and processed foods. "The shift towards convenience foods has replaced traditional diets, leading to poor metabolism even at a young age," he said. Dr Mir further said that increased screen time and decreased outdoor play

have led to a rise in physical inactivity. "This reduces insulin sensitivity, meaning the body needs more insulin to control blood sugar levels, which can speed up the progression from pre-diabetes to diabetes," he said.

He added that obesity is strongly connected to pre-diabetes in adolescents, with overweight teens being over 40 per cent more likely to have early blood sugar problems compared to their normal-weight peers. "Obesity affects every organ and is a disease with lifelong implications, including diabetes, heart disease, and metabolic disorders," he said. Dr Bilal Ahmad Bhat, another doctor, said that early symptoms like fatigue and excessive thirst are often ignored. He called for eating whole foods, which include fruits, vegetables, legumes, and lean proteins, and traditional home-cooked meals to help prevent the disease.

Doctors also recommend reducing sugary, fried, and packaged foods, engaging in regular physical activity, routine health screenings, managing stress, and getting enough sleep.

Pharmacist shifted, sanitary inspector questioned over medicine burning row at DH Bandipora

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BANDIPORA: In swift administrative action following the news carried "Video of expired medicines burnt inside DH Bandipora triggers probe" and "Probe committee set up over burning of expired medicines in Bandipora hospital," the Medical Superintendent, District Hospital Bandipora, has issued key orders reshuffling responsibilities and seeking accountability in the matter.

As per the official order, Shri Altaf Hussain, Pharmacist and In-charge Stores, has been attached to the Office of the Chief Medical Officer (CMO) Bandipora with immediate effect and relieved from the

District Hospital Bandipora. He has been directed to handover complete charge of Stores to Shri Reyaz-ul-Haq Bhat, Pharmacist, immediately.

The handover-takeover process is to be strictly entered as per the rules under the supervision of Dr Umar Qayoom, Medical Officer (Stores).

In a separate but related development, the Medical Superintendent has sought a written explanation from Shri Gh. Mustafa Ganie, Sanitary Inspector, regarding the presence and involvement of sanitary workers during the burning/disposal of expired medicines within the hospital premises.

The order notes that the

involvement of sanitary workers in the burning of medicines is a serious violation of the Biomedical Waste Management Rules, 2016, which clearly mandate that such activities must be carried out only by authorised and trained personnel due to associated health, safety, and environmental risks. The Sanitary Inspector, being the supervisory officer, has been held responsible for failure to ensure compliance with prescribed rules and SOPs. Gh. Mustafa Ganie has been directed to submit his explanation within 24 hours from the issuance of the order, explaining the circumstances under which sanitary workers were allowed at the site.

Proclamation Notice Issued Against Woman Accused in Anti National Content Case

EARTH NEWS SERVICE

KUPWARA: A team of the Counter Intelligence Kashmir on Tuesday executed a proclamation order under Section 82 of the Code of Criminal Procedure in connection with a pending case registered by the CIK Srinagar, officials said.

The CIK team, headed by the Deputy Superintendent of Police, Counter Intelligence Bandipora and accompanied by the Deputy Superintendent of Police, Counter Intelligence Kupwara, reached Police Station Trehgam for execution of the proclamation order issued by the Special Judge NIA Court Srinagar. Officials said the proclamation pertains to FIR No. 07 of 2020 registered under Sections 13 of the Unlawful Activities Prevention Act and Sections 124 A, 153 A and 505 of the Indian Penal Code at CIK Srinagar.

In compliance with the court directions, the proclamation order was pasted at the old joint residential house located in Mukdam Mohalla, Trehgam, belonging to Mohammad Shafi Wani, son of Ghulam Ahmad Wani. The

proclamation was also executed in connection with Rifat Gul Wani, daughter of Ghulam Mohammad Wani, a resident of the same locality, who is involved in the said case, officials said.

Authorities said it is on record that the father of Rifat Gul Wani was affiliated with the JKLF outfit and had crossed the Line of Control illegally in 1988, returned to the Valley in 1989 and crossed over again the same year along with family members, including Rifat Gul Wani. He later reportedly left Pakistan and settled in Malaysia. Officials further said that Rifat Gul Wani was married in Peshawar, Pakistan, to a person identified as Khalid Kazziya. Subsequently, she along with her husband and two children moved from Pakistan to Germany, where she allegedly uploaded anti-India videos and content against India on social media platforms. Following this, the case was registered against her at CIK Srinagar. After completing the legal formalities related to the execution of the proclamation order, the CIK team returned towards Kupwara, officials said.

ANTF Kashmir Seizes Over 8 Kg Charas in Srinagar, One Peddler Arrested

SRINAGAR: ANTF Kashmir on Tuesday seized over eight kilograms of contraband substance in Srinagar and arrested one drug peddler.

Officials said the Anti Narcotics Task Force received specific information from a reliable source indicating that a drug peddler was carrying charas powder for sale to other peddlers at Palpora in Srinagar. Acting swiftly on the input, ANTF teams established a naka at Palpora and intercepted the suspect. During the search, officials recovered 8.33 kilograms of charas powder like substance concealed in a nylon gunny bag from the possession of the accused. He was identified as Mehraj ud Din Sheikh, son of Abdul Ahad Sheikh, a native of Vicharnag, Nowshara area of Srinagar. Following the recovery, a case vide FIR No. 01/2026 under relevant sections of law was registered at Police Station ANTF Kashmir. Officials said further investigation is underway to trace forward and backward linkages connected to the narcotics network. Police said the seizure reflects the sustained efforts of ANTF Kashmir to curb the drug menace and protect the youth from substance abuse. Authorities reiterated that strict legal action would be taken against those involved in drug trafficking and related activities.

Traffic congestion cripples Bandipora's vehicular movement

EARTH NEWS SERVICE

BANDIPORA: Persistent traffic congestion in Bandipora town disrupts the vehicular movement, especially the emergency services, locals said on Monday.

Residents and shopkeepers told that the traffic snarl has worsened in recent months due to the increasing number of vehicles, particularly auto-rickshaws, many of which operate without proper documentation. The congestion often makes it difficult for ambulances, fire trucks, and other emergency vehicles to reach their destinations promptly.

"Recently, an ambulance carrying a patient

for critical treatment was stuck near the main market for more than 10 minutes. It is very worrying," said Shakeel Ahmad, a resident of the town. "The authorities must take immediate measures to regulate traffic. We cannot compromise with our lives."

Pedestrians also expressed concern at the growing chaos. "Crossing the road has become dangerous. Vehicles move in all directions, and there is no proper lane management," said Aisha Bhat, a college student. "Even school children face risks when they walk to school. Something needs to be done before an accident happens." Shopkeepers in the main market allege that unregulated au-

to-rickshaw operations are adding to the problem. "Hundreds of autos ply without proper registration. Besides, the drivers stop their vehicle anywhere—causing jams," said Rafiq Lone, a local trader. "We have repeatedly complained, but no action has been taken."

The residents appealed the district administration and Senior Superintendent of Police (SSP) Bandipora for immediate intervention. "Traffic management in Bandipora town requires urgent attention. We urge the district authorities and SSP to implement strict measures, regulate auto-rickshaws, and create designated lanes for emergency vehicles," said Zahid Hus-



sain, a local social activist. An official said that the department will take con-

crete measures to address the traffic problems in the town. The official further

said that it will take strict action against those found violating regulations."

Sopore Police Nab Peddler, Recover Large Psychotropic Haul

SRINAGAR: Sopore Police have arrested a key drug peddler and recovered a large quantity of psychotropic substances from the Tarzoo area. In a statement Police Station Tarzoo acted on specific, credible intelligence indicating that Mehraj-ud-Din Sheikh, son of Ghulam Mohammad Sheikh, a resident of Ganai Mohalla, Dharnambal Tarzoo, was actively involved in the illicit drug trade and had concealed contraband at his residence.

Acting promptly on this information, authorities registered FIR No. 04/2026 under Sections 8/22 of the Narcotic Drugs and Psychotropic Substances (NDPS) Act and initiated an investigation.

During the investigation, police obtained search warrants from a competent magistrate. A subsequent search of the accused's premises, conducted in the presence of independent witnesses, led to the recovery of 162 strips containing 1,296 capsules of Spasmo-Proxyvon Plus, a banned psychotropic substance. The accused was arrested on the spot, and the seized contraband was processed according to legal procedure. Further investigation is now underway to determine the source of the narcotics, identify forward and backward linkages, and expose the wider network involved.

PDF President Hakeem Yaseen Calls for Unity, Restoration of Statehood, Warns Against Divisive Politics

EARTH NEWS SERVICE

SRINAGAR: People's Democratic Front (PDF) President and former Minister *Hakeem Mohammad Yaseen on Tuesday said that instead of indulging in divisive and region-centric politics, all political parties must work collectively for the overall progress of Jammu and Kashmir and strongly demand the restoration of full and dignified Statehood.



and Kashmir both at the national and international level, and weaken its political and social fabric.

"These developments are not only harmful for Jammu and Kashmir but are also not good for the country as a whole," he added. The PDF president urged all political parties to learn from past mistakes and not repeat them, emphasizing that unity is the only way forward. "We must rise above narrow political interests and work together to safeguard the future of Jammu and Kashmir," he said.

Highlighting the pressing issues faced by the people, Hakeem Yaseen said the focus should be on "eradicating un-

employment, poverty, and economic distress, and on empowering the youth, farmers, traders, and marginalized sections of society. "Our young generation is facing joblessness, businesses are suffering, and people are struggling to make ends meet. These are the real issues that demand urgent attention," he said. He further stressed that the restoration of respected and complete Statehood is essential for democratic accountability, effective governance, and people-centric development. "Statehood is not a favour but a constitutional and democratic right. Only with Statehood can the aspirations of the people be truly addressed," he asserted.

Hakeem Yaseen appealed to all political parties to maintain unity, protect the dignity and resources of Jammu and Kashmir, and collectively work towards peace, stability, and inclusive development for the benefit of the region and the nation.

2 habitual stunt drivers intercepted, vehicles seized in Bandipora



EARTH NEWS SERVICE

SRINAGAR: The Traffic Police Rural Kashmir have traced and intercepted two habitual stunt drivers in North Kashmir's Bandipora district and seized their vehicles as part of a drive against rash and negligent driving.

According to the details available the offenders were identified as Junaid Hameed Bhat and Salik Intiyaz, both residents of Bandipora. They were intercepted by a traffic enforcement team under the supervision of SSP Traffic Rural Kashmir Ravinder Pal Singh, along with DySP Traffic Ganderbal-Bandipora Gulzar Ahmad, an official told. The vehicles used by the duo for stunt driving were seized under relevant provisions of law. The official said a

counselling session was also conducted to sensitise them about the legal consequences of stunt driving and the negative impact of posting such videos on social media, particularly on students and youth.

The SSP Traffic Rural Kashmir has issued special directions to field officers to intensify checks to curb rash, negligent and stunt driving across rural areas of the Valley, he added. The traffic police have once again appealed to motorists not to hand over vehicles to minors, unlicensed drivers or persons involved in stunt driving, warning that such practices could lead to road accidents and fatalities. Officials said the enforcement drive will continue to ensure road safety and discipline on roads in the district.

Houseboats on Jhelum Searched as Security Drill Intensifies in Srinagar

EARTH NEWS SERVICE

SRINAGAR: As part of heightened security arrangements ahead of Republic Day on January 26, police conducted searches at various houseboats along the Jhelum in Srinagar on Tuesday.

A police official told that the operation was carried out by Khotibagh Police along with personnel from CRPF 132 Battalion and SSB 10th Battalion. The searches were aimed at strengthening security and preventing any untoward incident during the upcoming national celebrations. The houseboats located in

the Jhelum area of Srinagar were thoroughly checked, including verification of records and occupants. Officials said the exercise was part of a wider security drill being carried out across Kashmir.

The searches follow similar inspections recently conducted at hotels and homestays across the Valley, including Srinagar. During those checks, establishments were inspected for compliance with statutory norms and security guidelines. The official said the intensified measures are focused on ensuring public safety and maintaining peace. Additional security

personnel have been deployed in vulnerable areas, while night patrols have also been stepped up as part of the preventive strategy.

In a related development, police have taken action against unregistered homestays, hotels, and guest houses operating in Srinagar. Officials said fines were imposed and preventive action initiated against violators found operating without proper registration or in violation of prescribed norms. Authorities said such measures will continue in the coming days as part of the overall security plan for Republic Day celebrations.

