



DIPK: 5216/25

**79<sup>th</sup>** Independence Day

**GREETINGS TO THE PEOPLE OF JAMMU AND KASHMIR**

**GOVERNMENT OF JAMMU & KASHMIR**



Government of India

Heartfelt greetings  
to all fellow citizens on  
**79<sup>th</sup> INDEPENDENCE DAY**



If today the world thinks Bharat is ready  
to take a big leap, it has a powerful  
launchpad of 11 years behind it.

- Narendra Modi

Live telecast of the Independence Day celebrations from the ramparts of the Red Fort on Doordarshan network from **6:30 AM onwards.**

CBC 46101/13/0016/2526





# Divisional Commissioner Jammu inaugurates exhibition on partition horrors remembrance day at Abhinav Theatre

■ HT News Desk / DIPR

**JAMMU, AUG 14:** Divisional Commissioner Jammu Ramesh Kumar today inaugurated an exhibition on "Partition Horrors Remembrance Day" at Abhinav Theatre, depicting the immense human tragedy of India's 1947 Partition.

Deepika Sharma, Secretary, Department of Culture, Sonali Arun Gupta, Additional Secretary, JKAACL; Dr. Javaid Rahi, Divisional Head, JKAACL Jammu and Dr. Nitin Sharma, Faculty, Department of Law, University of Jammu were present.

The inauguration was followed by a commemorative programme on the Partition horrors attended by artists, writers and intellectuals. The event was organised by the Jammu and Kashmir Academy of Art, Culture and Languages



under the aegis of the Department of Culture, Jammu and Kashmir.

A documentary on the tragedies of Partition was screened at K.L. Saigal Hall, recalling the plight, trauma and suffering endured by

people during the period.

In his address, the Divisional Commissioner said the tragedy of Partition continues to haunt the nation. He noted that in Jammu and Kashmir, the POJK displaced

persons and West Pakistani refugees were among the worst affected communities, many of whom still face the consequences of Partition.

He assured that the Government is making all efforts to alleviate their hardships. On preserving cultural heritage, he informed that a museum is being established at Nagrota, Jammu to showcase the rich traditions of POJK displaced communities.

In the keynote address, Dr. Nitin Sharma discussed the challenges faced by displaced and migrant communities, highlighting their struggles, resilience and contributions despite deep losses.

The exhibition featured 45 slides covering themes such as the violence in Bengal intensified by H.S. Suhrawardy, accused of inciting the 1946 Calcutta riots and Noakhali massacres; Mahatma

Gandhi's peace marches in Bengal and the role of Dr. Syama Prasad Mookerjee in ensuring West Bengal remained part of India, among other historical narratives.

In her welcome address, Sonali Arun Gupta said the objective of the exhibition is to highlight one of the greatest human tragedies in history, which displaced nearly 20 million people and claimed the lives of 12-15 lakh innocents, particularly in Punjab and Bengal. She reiterated that the aim of the programme was to recall this painful chapter and its enduring lessons.

Dr. Javaid Rahi presented the vote of thanks on behalf of the Secretary, JKAACL, acknowledging the contributions of all dignitaries, participants and attendees in making the event a meaningful tribute to the victims and survivors of Partition.

## District Administration Ramban Brings Medical Services to Far-Flung Areas through 'Hospital on Wheels' Initiative

■ HT News Desk / DIPR

**RAMBAN, AUG 14:** District Administration Ramban has launched the 'Hospital on Wheels' (Mobile Medical Camps) initiative to deliver healthcare services at the doorsteps of people living in remote, inaccessible, and far-flung areas away from established health centres in the district.

The initiative aims to bridge the healthcare gap in underserved regions by providing timely, quality medical services and creating health awareness among



rural populations.

On the directions of Deputy Commissioner Ramban, Mohammad Alyas Khan, the Health Department Ramban conducted a Mobile Medical Camp at Village Gandhari, located 7 km from PHC Bathni.

A dedicated medical team, comprising doctors and paramedical staff, provided free healthcare services to the public. The camp offered General OPD, Ophthalmic, and Dental consultations, alongside free medicines and basic investigations, including blood sugar, anaemia, and malaria testing. Special screenings were also carried out for Non-Communicable Diseases (NCDs) and Tuberculosis under NTEP.

Awareness sessions were conducted on important health initiatives such as the JK SEHAT App, PMJAY, PMJAY Vaya Vandana, E-Sanjeevani, and services under the Ayushman Bharat Digital Mission (ABDM), including ABHA ID generation. The public was also sensitized about healthy lifestyle practices.

The camp served a total of 141 patients, including 76 in General OPD, 42 in Ophthalmic OPD, and 23 in Dental OPD. Investigations included 74 blood sugar tests, 38 anaemia tests, and 27 malaria slides besides sixteen ABHA IDs were also generated on the spot. The District Administration has issued a comprehensive schedule for conducting 'Hospital on Wheels' (Mobile Medical Camps) across all Medical Blocks of Ramban district.

## DDC Reasi Reviews Progress of Financial Inclusion and Social Security Schemes

■ HT News Desk / DIPR

**REASI, AUG 14:** In a concerted push to strengthen financial inclusion and expand social safety nets across the district, District Development Commissioner (DDC) Reasi, Nidhi Malik, today chaired a comprehensive review meeting on the implementation of key central and UT government schemes.

The review covered a wide range of flagship initiatives, including:

Pradhan Mantri Jan Dhan Yojana (PMJDY) – to ensure universal access to banking facilities and zero-balance accounts for every household.

RuPay Debit Card distribution – to facilitate digital transactions and reduce cash dependency.

Pradhan Mantri Suraksha Bima Yojana (PMSBY) – providing accidental insurance coverage to citizens at minimal cost.

J&K Building and Other Construction Workers Welfare Board (JKBOCWVB) Scheme – aimed at providing welfare benefits to registered construction workers.

Marriage Assistance Scheme – to support eligible families in meeting marriage expenses for daughters.

Smart Kisan Credit Card (KCC) Scheme – to provide farmers with timely, affordable credit for agricultural and allied activities.

Action Points & Directives:  
The Lead District Manager (LDM) and Cluster Head were tasked with accelerating the issuance of RuPay Debit Cards and Smart KCC Cards, ensuring that all eligible beneficiaries receive them without delay.

Joint awareness camps will be organised in collaboration with agriculture and allied departments to promote the Smart KCC scheme and encourage farmer participation.

On the JKBOCWVB Welfare Scheme, the Assistant Labour Commissioner was directed to bridge the gap between registered and active workers, ensuring timely benefit delivery. Coordination with BDOs and JEs will be strengthened for enhanced worker registration.

The District Social Welfare Officer (DSWO) was instructed to step up outreach for the Marriage Assistance Scheme, particularly in rural and underserved pockets.

The DDC emphasised that the success of these schemes lies not just in registration numbers, but in active participation, timely benefit delivery, and public awareness. She stressed interdepartmental coordination as the key to achieving full saturation of these schemes in Reasi district.

## Ramban Witnesses Mega Bike Tiranga Rally as Patriotism Sweeps the District

■ HT News Desk / DIPR

**RAMBAN, AUG 14:** The streets of Ramban turned into a moving wave of saffron, white, and green today as the District Administration Ramban hosted a massive Bike Tiranga Rally under the Har Ghar Tiranga campaign to mark the 79th Independence Day.

The rally, led by Deputy Commissioner Mohammad Alyas Khan, roared into life from the historic Shan Palace, with engines revving and flags fluttering high. The convoy of bikers thundered through the Flyover and Chanderkote, before making its way back to the palace grounds.

A Vibrant Celebration on Wheels  
With the crisp August air carrying echoes of Bharat Mata Ki Jai and Vande Mataram, Ramban's main streets transformed into a carnival of colours. Bikers—adorned with tricolour sashes, headbands, and painted faces—rode in perfect unity, creating a visual spectacle that drew applause and cheers from roadside

onlookers. Local shopkeepers, elders, and schoolchildren lined the streets to wave flags and shower petals on the participants.

Key Faces of the Rally  
The event brought together prominent officials, community leaders, and citizens, including:

ADC Varunjeet Singh Charak  
ACR Shokat Hayat Mattoo  
Dy. SP HQ Om Parkesh  
Dy. SP Traffic Sajjad Khan  
Senior officers, members of civil society, youth organisations, social workers, and Beopar Mandal representatives.

Har Ghar Tiranga—A Month of Patriotism

This rally was one of many spirited events under the Har Ghar Tiranga initiative that began on August 2, 2025, filling Ramban with a festive, patriotic spirit. Highlights of the campaign so far include:

Mass flag hoistings across markets, schools, and offices  
Rangoli & Rakhi-making competitions themed on the tricolour

Cultural extravaganzas showcasing folk music and dance  
Shikara rallies on the Chenab River

Horse riders' procession through hill villages

Cleanliness drives and green plantation campaigns

Art contests capturing India's freedom journey

Patriotic awareness programmes in even the remotest hamlets

A Call to Every Home

Speaking to the assembled crowd, the Deputy Commissioner urged Ramban's citizens—especially the youth—to be torchbearers of national pride. He called upon every household to hoist the tricolour atop their homes, not just as a symbolic act but as a reaffirmation of unity, freedom, and responsibility.

An Unforgettable Prelude to Independence Day

The rally ended with a collective singing of the national anthem, creating an emotional crescendo that brought many to tears.

## GDC Kastigarh Combines Patriotism and Environmental Stewardship with Tiranga Rally & Cleanliness Drive at Nagri Water Spring

■ HT News Desk / DIPR

**DODA, AUG 14:** In a vibrant display of national pride and civic responsibility, Government Dy SP Aman Thakur Memorial Degree College Kastigarh today organised a Tiranga Rally followed by a cleanliness drive at the scenic Nagri Water Spring, as part of the ongoing 79th Independence Day celebrations and the Swachh Bharat Abhiyan.

The programme, held under the dynamic guidance of Principal Prof. Koushal Kumar Manhas, witnessed active participation of faculty, non-teaching staff, NCC cadets, NSS volunteers, and a large number of students.

Marching for the Nation

The day began with the Tiranga Rally, where participants proudly carried the National Flag through the lanes of Kastigarh, raising spirited slogans of "Bharat Mata Ki Jai", "Vande Mataram", and "Jai Hind". The rally formed part of the Har Ghar Tiranga Abhiyan, aimed at deepening the emotional bond of citizens with the Tricolour and inspiring greater community participation in nation-building.

Cleaning a Natural Treasure  
Upon reaching Nagri Water Spring—a vital community water source and a popular local attraction—participants immediately set to work. Armed with brooms, gloves, and collection bags, they carried out a comprehensive clean-



liness drive, removing litter, clearing pathways, and restoring the spring's pristine surroundings.

The drive served multiple purposes:

Maintaining hygiene at a crucial public water point

Preventing water pollution and safeguarding health

Promoting environmental conservation and ecological balance

Instilling dignity of labour among students

Raising awareness on waste management and responsible public behaviour

Inspiring Words & Commitment

Addressing the gathering, Principal Prof. Koushal Kumar Manhas lauded the students for combining patriotism with environmental consciousness. "True service to the nation goes beyond waving

the flag—it includes protecting our natural resources, ensuring community health, and leading by example," he said.

The event was coordinated by Dr. Sunil Kotwal with enthusiastic support from Prof. Sat Pal, Dr. Arien Singh, and Dr. Anurama Lata. The programme concluded with all participants taking a solemn pledge to continue such initiatives regularly, reinforcing both their love for the nation and their commitment to cleanliness.

The activity was widely appreciated by local residents, who praised the college for not only celebrating Independence Day with fervour but also addressing a pressing community need in a meaningful, action-oriented manner.

## Kathua Turns into a Sea of Tricolour as Thousands Join Grand Tiranga Rally

■ HT News Desk / DIPR

**KATHUA, AUG 14:** The heart of Kathua city throbbed with the rhythm of patriotism today as the District Administration Kathua, under the leadership of Deputy Commissioner Rajesh Sharma, hosted a grand Tiranga Rally to mark the 79th Independence Day celebrations under the Har Ghar Tiranga campaign.

A River of Flags and Voices

From the moment the rally was flagged off at the Sports Stadium Kathua, a wave of saffron, white, and green swept through the town's streets. Students in crisp uniforms, women in vibrant attire, ex-servicemen with gleaming medals, security forces in full dress, and spirited youth marched shoulder-to-shoulder, proudly holding aloft the National Flag.

The air rang with patriotic chants—"Bharat Mata Ki Jai!",

"Vande Mataram!", and "Jai Hind!"—echoing through the lanes, while the rhythmic beating of drums and school bands added a stirring cadence to the march.

Kathua Joins In

The rally passed through major landmarks and bustling markets, where shopkeepers, residents, and passers-by spontaneously joined the march. Families waved miniature flags, and flower petals rained down on participants at several points along the route, adding to the festive energy.

A Symbol of Unity

Addressing the gathering at the Sports Stadium, DC Rajesh Sharma lauded the unprecedented public participation and extended gratitude to security forces, educational institutions, community leaders, and civil society groups for their whole-



hearted support.

"This rally is not just a march—it is a living symbol of our unity, our love for the Tricolour, and our shared responsibility towards the nation," the DC said. He urged every household in Kathua to hoist the national flag between 13th and 15th August as part of the Har Ghar Tiranga movement, reinforcing the bond between citizens and their national identity.

A Celebration in Song and Dance

The rally culminated at the Sports Stadium with a vibrant cultural programme. School children took the stage with soulful patriotic songs, graceful folk dances, and thought-provoking skits depicting India's freedom struggle and stories of sacrifice.

The atmosphere was electric—audience members clapped, sang along, and many stood with

moist eyes as young performers enacted scenes of historical bravery.

Har Ghar Tiranga—Kathua's Pledge

The event was yet another highlight in a series of activities under the Azadi Ka Amrit Mahotsav in Kathua, which have included:

Flag distribution drives in villages and wards

Awareness camps on the significance of the Tricolour

Patriotic art and essay competitions in schools

Cleanliness and plantation drives symbolising national pride and environmental responsibility

As the sun set over Kathua, the rally left behind an indelible image—a city painted in the colours of the nation, united in pride, and ready to celebrate India's 79th Independence Day with unmatched zeal.





Srinagar

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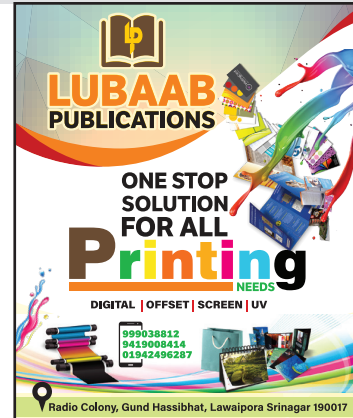
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15TH  
YEAR OF  
PUBLICATIONHEADLINES  
TODAY

Voice To The Voiceless



## BOLT FROM THE BLUE:

## Kishtwar Cloudburst Claims 60 Lives, Over 200 Missing, Around 170 Injured

Union, UT Governments Stand Shoulder To Shoulder With Affected Families

■ M S Nazki | Mukaram Ali

**JAMMU, AUG 14:** A massive cloudburst hit Kishtwar district on Thursday leaving at least 60 persons dead and 170 injured. Over 200 people are reported missing.

According to the details available the cloudburst hit Chasothi area in Kishtwar this afternoon.

An official said, "The rescue operations were launched immediately and the death toll could rise as many people remained displaced. Massive search efforts are underway."

Following the cloudburst the flash flood struck the Chasothi area in Kishtwar, a key point along the route of the annual Machail Mata Yatra. The pilgrimage, which began on July 25 and is scheduled to continue until September 5, draws thousands of devotees each year to the revered Chandi Mata temple in Machail, located in the remote Paddar Valley.

"So far, 60 bodies have been recovered. Nearly 120 are injured, and around 200 are still missing. Rescue teams are facing difficulty due to damaged roads, but operations are continuing



round the clock," the official said, adding that the property worth crores including vehicles and residential structures have been damaged.

Officials said the disaster washed away 10 houses, four temples, four government offices, and a bridge that was crowded with pilgrims.

"Joint rescue efforts are being carried out by the Civil Administration,

Police, Army, National Disaster Response Force (NDRF), and State Disaster Response Force (SDRF), with a focus on tracing the missing and providing treatment to the injured," they added.

"Efforts are also underway to restore access routes and bring additional medical teams and supplies to the affected area," they said.

Meanwhile, Indian Army soldiers from the 16th Corps have been mobilized for rescue and relief operations, officials said. Additionally, the Air Force has been placed on alert for evacuation efforts.

DIG Shridhar Patil of the Doda-Kishtwar-Ramban Range said his message to the people is to remain calm and to call the helpline numbers if any relative or family member is missing. He assured them that they will ensure their safe return.

**Army joins rescue operation**

The Army has joined the relief and rescue operation at the cloudburst-hit Chisoti village in Jammu and Kashmir's Kishtwar district, where at least 50 people have died and over 200 are missing.

"In the aftermath of a cloudburst at the Chisoti village in Kishtwar, troops of the White Knight swiftly mobilised for relief and rescue operations," a Jammu-based Army PRO said.

The efforts are centred on safeguarding lives and aiding survivors, the spokesperson said, adding that the search for the missing continues.

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## Prez Murmu, PM Modi, Shah, Rajnath express grief

Omar cancels "At Home", cultural event on I-Day

■ HT News Network

**SRINAGAR, AUG 14:** President of India, Droupadi Murmu Thursday condoled the loss of lives due to the cloudburst in Kishtwar while Prime Minister Narendra Modi extended his prayers with all the affected people.

The President said that news of several deaths due to a cloudburst in Kishtwar is extremely tragic.

"The news of several deaths due to a cloudburst in Kishtwar, Jammu-Kashmir, is extremely tragic. I express my heartfelt condolences to the grieving families and pray for the success of relief and rescue operations," Murmu said.

The Prime Minister has assured all possible assistance to those in need. "My thoughts and prayers are with all those affected by the cloudburst and flooding in Kishtwar, Jammu and Kashmir. The situation is being monitored closely. Rescue and relief operations are underway. Every possible assistance will be provided to those in need," Narendra Modi wrote on X.

Union Home Minister Amit Shah expressed concern over the cloudburst in Kishtwar district, which triggered flash floods along the route of the Shree Machail Mata Yatra.

In a post on X, the Home Minister said he had spoken with the Lieutenant Governor and Chief Minister of Jammu and Kashmir, affirming the central government's commitment to providing all necessary assistance.

"The local administration is conducting relief and rescue operations. NDRF teams have promptly been rushed to the site. We are closely monitoring the situation and stand firmly with the people of Jammu and Kashmir through every situation."

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## LG speaks to HM Amit Shah Says constantly monitoring situation

■ HT News Desk

**SRINAGAR, AUG 14:** A tragic cloudburst incident occurred in the Chasothi area of Kishtwar District on Thursday while Lieutenant Governor Manoj Sinha spoke to the Home Minister Amit Shah and briefed him about the on-going rescue and relief operations.

The Union Home Minister has assured all possible assistance.

The Lieutenant Governor is con-

stantly monitoring the situation. He has directed the officials of Civil Administration, Police, Army, NDRF and State Disaster Response Forces to strengthen the rescue and relief operations and ensure all possible assistance is provided to the affected persons.

Rescue and Relief Operations are in full swing. Men and machinery have been put at the site. Other teams have also been rushed and the Air Force

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## Speaker, Cabinet Ministers, NC President grieved

■ HT News Desk

**SRINAGAR, AUG 14:** Speaker Jammu and Kashmir Legislative Assembly, Abdul Rahim Rather Thursday expressed deepest shock and grief over the tragic Kishtwar cloudburst.

The Speaker urged the government authorities to ensure all possible help and support to the affected families who lost their loved ones in such an

unfortunate incident. He said that the entire nation is in deep grief over this irreparable loss and stands in solidarity with the affected families.

He also appealed to the voluntary organisations and the public to come forward and extend every possible assistance to those in distress.

Minister for Health and Medical Education, Sakeena Itoo, has

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## Restoring of J&amp;K's Statehood SC seeks Centre's response on plea

■ HT News Network

**NEW DELHI, AUG 14:** The Supreme Court on Thursday sought a response from the Centre on a plea seeking the restoration of statehood to Jammu and Kashmir, saying ground realities, including the recent Pahalgam incident cannot be ignored.

"You also have to take into consideration the ground realities... you cannot ignore what has happened in Pahalgam," Chief Justice of India (CJI), on a bench comprising Justice K Vinod Chandran, said when counsel including senior advocate Gopal Sankaranarayanan sought an early hearing.

Solicitor General Tushar Mehta, appearing for the Centre, sought dismissal of the plea and said in the past too, the court had imposed costs on such pleas.

"Elections are held, my lords are aware of the peculiar position emerging from this part of the country and there are several considerations which go into decision-making," Mehta said.

The bench posted the plea, filed by academician Zahoor Ahmad Bhat and socio-political activist Ahmad Malik, for hearing after eight weeks.

Sankarnarayanan, appearing for Bhat, said it had been 21 months since that judgment was passed by the Constitution bench on issues including the abrogation of Article 370 of the Constitution.

"There has been no movement partly because, my lords fairly trusted the Union when they made this statement before the court that they will implement the statehood," Sankarnarayanan said.

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## PM Modi to deliver 12th consecutive I-Day address

Operation Sindoor, trade in focus

■ HT News Network

**NEW DELHI, AUG 14:** Prime Minister Narendra Modi will deliver his 12th consecutive Independence Day address to the nation on Friday, a milestone that comes months after Operation Sindoor and amid opposition parties uniting over alleged poll irregularities to question his government.

If Modi is expected to underline India's uncompromising stand on national security, eco-

nommic growth and expanding welfare model on his watch, he may also address the mood of economic and foreign relations uncertainty triggered by US President Donald Trump's adversarial stand against India on trade.

He has repeatedly emphasised on making the country "aatmanirbhar" by boosting indigenous know-how and local manufacturing to help make "Viksit Bharat" by 2047, and his speech on the country's 79th Independence Day may echo this.



After recently going past Indira Gandhi's record of tenure for a consecutive period as prime minister, Modi, with his 12th Independence Day address, will edge ahead of her 11 consecutive speeches from the ramparts of Red Fort to stand only next to Jawaharlal Nehru in terms of number of the Red Fort addresses in a row.

Indira Gandhi held the office between January 1966 and March 1977, and then between January 1980 till her assassination in Octo-

ber 1984. In total, she has delivered 16 addresses as prime minister on August 15. Modi's speeches on August 15 invariably touch on key issues of the day and the country's growth on his watch, and he often intersperses this with announcements of policy initiatives or new schemes.

In his 98-minute address on August 15 in 2024, he had made an unequivocal pitch for a "secular" civil code instead of the current framework which is

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## J&amp;K people hope SC will restore statehood: Farooq

■ HT News Network

**SRINAGAR, AUG 14:** National Conference (NC) president Farooq Abdullah Thursday said the people of Jammu and Kashmir have hope that the Supreme Court will restore their "right to statehood".

He, however, said not restoring the statehood to J-K because of incidents like the Pahalgam attack was wrong.

"People here have hopes that the Supreme Court (SC) will restore their

right - a promise the Government of India has made both inside and outside Parliament, and in the SC as well," Abdullah told reporters here.

The Supreme Court on Thursday sought a response from the Centre in eight weeks on a plea seeking the restoration of statehood to J-K.

"You also have to take into consideration the ground realities - you cannot ignore what has happened in Pahalgam," Chief Justice of India (CJI) B R Gavai, on a bench comprising Justice K Vinod Chandran, said when

counsels, including senior advocate Gopal Sankaranarayanan, sought an early hearing.

Abdullah claimed statehood was not responsible for terror attacks. "Saying that statehood cannot be restored to J-K because of the Pahalgam attack is wrong. They should remember that many such incidents happened during my time (as chief minister) when we had a state and we used to tackle them."

"When there was a state, these

**TURN ON PAGE 9**

## J&amp;K Police bag highest 127 Gallantry Medals on I-Day

■ HT News Desk

**JAMMU, AUG 14:** The Jammu and Kashmir Police has been awarded 127 Gallantry Medals on the occasion of Independence Day 2025, the highest number among all police forces in the country.

The announcement was made as part of the Union Ministry of Home Affairs' list of medal awardees across Police, Fire, Home Guard, Civil Defence, and Correctional Services.

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# DC conducts spot assessment of arrangements for I-Day 2025 celebrations at Sports Stadium Budgam

Stresses coordinated efforts for smooth & grand celebration across district

■ HT News Desk

**BUDGAM, AUG 14:** In view of the Independence Day celebrations 2025, Deputy Commissioner (DC) Budgam, Dr. Bilal Mohi-ud-Din Bhat, today conducted a comprehensive review and on-spot assessment of arrangements at Sports Stadium Budgam, the main venue for the district-level function.

During the inspection, DC interacted with concerned officers and took stock of the facilities being put in place to ensure the smooth and successful conduct of the celebrations. He emphasised the need for inter-departmental coordination and timely completion of all preparatory measures.

DC issued a series of directives to the departments involved. He instructed the R&B department Budgam to ensure proper seating arrangements. Municipal Com-



mittee Budgam was directed to carry out intensive sanitation drives and place sufficient dustbins in and around the venue to maintain cleanliness and hygiene.

Jal Shakti department Budgam was directed to keep water tankers readily available and ensure

uninterrupted tap water supply to public convenience blocks at the stadium. KPDCL Budgam was asked to check and ensure the uninterrupted electricity supply during the celebrations.

Information Department Budgam was tasked with ensuring

the proper installation and functioning of the Public Address System (PAS) for smooth conduct of the event proceedings.

Chief Medical Officer Budgam was instructed to deploy an adequate number of paramedical staff, ambulances to respond

swiftly to any health emergencies during the event.

DC underscored the importance of a dedicated and meticulous approach by all departments, keeping in view the significance of the day. He directed all line departments to work in close coordination and ensure all arrangements are completed well ahead of time.

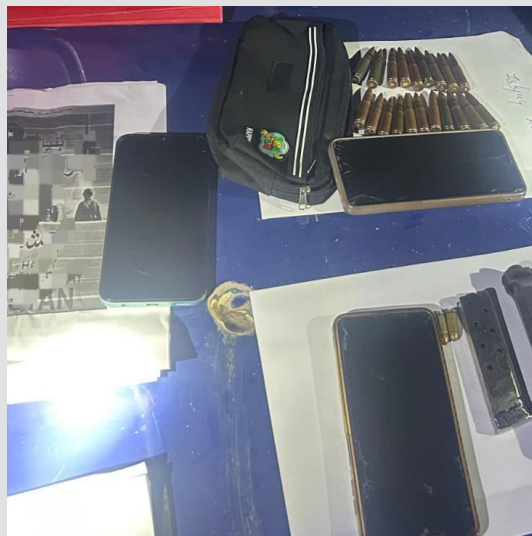
District administration Budgam has invited the people of the district to participate in the Independence Day celebrations at sports stadium Budgam and appealed for their full cooperation to ensure the smooth conduct of the event.

DC was accompanied by the Additional Deputy Commissioner (ADC) Budgam, Chief Education Officer, Chief Medical Officer, all Executive Engineers, Chief Executive Officer Municipal Committee Budgam, and DIO Budgam besides other concerned officers and officials during his visit.

## Security Forces Arrest Three Terror Associates in Handwara, Recover Arms and Ammunition

■ Dr. Ab Qayoom

**HANDWARA AUG 14:** In a joint operation, Police, Indian Army (RR), and CRPF apprehended three terrorist associates in the Wajihama area of Qalamabad, Handwara, and recovered arms, ammunition, and incriminating material from their possession. Acting on specific intelligence inputs, security forces launched a cordon-and-search operation which led to the arrest of Mohd Iqbal Pandith (23) of Bunpora Langate, Sajad Ahmad Shah (26) of Check-Puran Langate, and Ishfaq Ahmad Malik (22) of Hajin Kralgund. All three are allegedly linked to



handlers based in Pakistan. Recoveries include a pistol, a pistol magazine, two pistol rounds, 20 rounds of 7.62 mm ammunition, and 11 anti-national posters. A case under FIR No. 30/2025 has been registered at Police Station Qalamabad under relevant provisions of the IA Act and the Unlawful Activities (Prevention) Act. Officials said further investigation is in progress to trace and arrest other associates of the network. Security forces reiterated their commitment to eliminating terror activities in the PD Handwara.

## Tourism Development Authority Verinag Installs Digital Sign Boards to Boost Tourism

■ HT News Desk

**VERINAG, AUG 14:** In a significant move aimed at enhancing the tourism experience in the region, the Tourism Development Authority (TDA) Verinag has begun installing digital and glow sign boards at key locations across its jurisdiction.

According to officials, the initiative is designed to provide essential information to tourists and visitors, while also keeping the local population updated about the facilities, ongoing activities, and tourism initiatives being carried out by the authority.

The digital signage aims to serve both as a guidance tool and an awareness platform, contributing to the overall goal of boosting the tourism potential of Verinag and Dooru areas.

The sign boards are being installed at several prominent locations including:

Larkipora, Gateway of Shahabad, Kulam Chinar, Main Chowk Dooru, Nadoora, Bongund, Verinag Near Fisheries Hut, Verinag Verinag Land Bank / Parking Area CEO Office Verinag

Additional spots across the jurisdiction of the Verinag Development Authority (VDA) are also being covered under this initiative.

Tourism officials expressed hope that the upgraded signage will improve tourist navigation, visibility of local attractions, and awareness of services, ultimately contributing to the economic upliftment of the region through increased tourist footfall.

## Condolences to Professor Showkat Maqbool

■ HT News Desk

**SRINAGAR, AUG 14:** It is with deep sadness that the Division of Agricultural Economics & Statistics extends heartfelt condolences to Professor Showkat Maqbool on the passing of his father, Mr. Mohammad Maqbool (May Allah grant him highest place in jannah).

On the directions of the Dean, Professor Bilal



Ahmad, Head of Division, visited the residence of Professor Showkat Maqbool, along with the staff to offer prayers for the departed soul, express sympathy, and stand in solidarity with Dr. Showkat and his family during this difficult time.

We understand the grief and loss faced by Professor Showkat Maqbool and his family, and we pray that they find strength and comfort in the love and support of family, friends, and colleagues. The Head of Division, along with the staff, assured their full support to Dr. Showkat Maqbool and his family in this time of sorrow.

## Daarul Quran Hazrat Sakina Bint-UI Husain (A.S.) Honors Martyrs of Karbala Through Sabeel Service

■ HT News Desk

**FAROLE PASHKUM, AUG 14:** In a moving tribute to the eternal sacrifice of Imam Hussain (A.S.) and his noble companions, the students of Daarul Quran Hazrat Sakina Bint-UI Husain (A.S.) organized a large-scale Sabeel-e-Imam Hussain (A.S.) along National Highway No. 1D in Farole Pashkum today.

Held in the lead-up to Arbaeen-e-Hussaini (A.S.), the initiative served as a living reminder of the thirst and suffering endured by the martyrs of Karbala. With heartfelt devotion, young students distributed thousands of cups of water and refreshments to travelers, truck drivers, and passersby on the busy route. Parents and guardians actively joined the children, ensuring the sacred tradition was carried out with care and dignity.

"This Sabeel is our humble attempt to follow in the footsteps of the Ahlul Bayt (A.S.)," one organizer shared. "By serving water in remembrance of Imam Hussain (A.S.), we hope to keep alive the message of Karbala — the call to stand against oppression and uphold truth and justice."



The service drew an enthusiastic response from the community, with many travelers expressing gratitude for both the physical refreshment and the spiritual reminder of Hussaini values. Young volunteers also took the opportunity to explain the significance of Arbaeen and the timeless lessons from the tragedy of Karbala.

Reaffirming their commitment as followers of the 12 Imams (A.S.), the organizers pledged to continue translating the principles of Imam Hussain (A.S.) into acts of service, compassion, and justice. This Sabeel stands as a testament to the living legacy of Ashura, which continues to inspire generations across the world.

## Kulgam Police Organises Mega Tiranga Rally at Qazigund

■ Farooq Rather

**KULGAM, AUG 14:** In a vibrant celebration of patriotism and unity ahead of Independence Day, the Kulgam Police organised a grand Tiranga Rally from Navayug Tunnel to Mirbazar in Qazigund, Kulgam.

The rally witnessed enthusiastic participation from officers of the Kulgam Police, including Additional SP NHW Qazigund Kulgam, Shri Mumtaz Ali Bhatti (JKPS), SDPO Qazigund, local youth, and members of the general public.

This initiative was held under the broader theme of promoting the spirit of Har Ghar Tiranga to mark the 79th year of India's Independence. The rally aimed to inspire citizens to bring the national flag home and hoist it with pride, instilling a deeper sense of patriotism and awareness about the sig-

nificance of the Indian Tricolour.

Participants marched in unison, waving the national flag, singing the National Anthem and patriotic songs. Throughout the event, officers addressed the gathering, emphasizing the importance of independence and paying heartfelt tributes to the freedom fighters who sacrificed their lives for the nation.

As the rally concluded, all attendees took a solemn pledge to contribute towards building a developed India, uphold national unity, eliminate colonial mindsets, fulfill their duties as responsible citizens, and honour the sacrifices of the nation's brave hearts.

The event stood as a powerful reminder of the shared responsibility every citizen holds in shaping the future of the country and carrying forward the legacy of its freedom struggle.



## Border Area Girl Syeda Uzma Fatima Inspires Kashmir Youth, Celebrates Pahari Community's Progress

■ HT News Desk

**SRINAGAR, AUG 14:** Uzma Fatima Syed, a talented young writer from the border area of Paranpilla Uri in District Baramulla, continues to inspire youth across Kashmir with her remarkable journey from a border village to becoming an award-winning author and social advocate. Her story is now complemented by the recent positive developments for the Pahari community, which has garnered widespread support and recognition.

Uzma, who holds a Bachelor's degree in Business Administration from Government Degree College Baramulla and

is pursuing her Master's, has made significant contributions to literature, especially focusing on human issues and the emotional landscape of border residents. Her debut book, "War of Different Emotions", vividly portrays the feelings of border-area people—ranging from moments of joy and the beauty of nature to the hardships faced during conflicts.

In addition to her solo work, Uzma has co-authored over 40 anthologies with writers from across the country. Her efforts have been recognized with the "Naari Shakti Award" by the Lieutenant Governor of Jammu and Kashmir, Shri Manoj Sinha, and a personal appreciation

letter from General Upendra Dwivedi (PVSM, AVSM). Beyond her literary pursuits, she actively engages in social work, aiming to empower her community and encourage young girls and women to pursue their dreams.

Recently, the Pahari community, to which Uzma belongs, celebrated a major milestone as the government announced the grant of Scheduled Tribe (ST) status to Pahari tribes. This decision is widely seen as a game-changer, providing the community with better opportunities, social recognition, and support to overcome longstanding issues such as educational disparities, economic hardships,



and social stigma. The move has been welcomed enthusiastically by Pahari students and families, who now have a stronger platform to excel in various fields of life, including education, sports, and public service.

Uzma and many young girls from the Pahari community see this development as a beacon of hope, inspiring them to shine in different professions and contribute meaningfully to society. The recognition and support are expected to motivate more students to pursue higher education and break barriers that have historically limited their progress.

Uzma's journey from the border villages of Uri to receiv-

ing accolades from the state government exemplifies resilience and determination. Her success story serves as a shining example for girls across Kashmir, especially those from marginalized communities, encouraging them to dream big and work hard.

As she continues her social work and literary endeavors, Uzma remains committed to empowering her community and uplifting others. Her inspiring story, along with the recent progress of the Pahari community, highlights the potential of Kashmir's youth and marginalized groups to rise above challenges and make a difference in the world.





# Natnussa Confirmed As New Site For GMC Handwara, Work To Start Soon: Sakina Itoo

■ **Malik Rashid**

**KUPWARA, AUG 15:** After months of uncertainty, the Government Medical College (GMC) Handwara will finally see the light of day at Natnussa, Health and Medical Education Minister Sakina Itoo confirmed on Thursday. The announcement follows a thorough inspection and unanimous agreement between legislators, senior officials, and technical experts.

Minister Itoo, accompanied by Advisor to the Chief Minister Nasir Aslam Wani, MLAs Mir Saifullah (Trehgam), Javid Mirchal (Karnah), Qaiser Jamsheed Lone (Lolab), Fayaz Mir (Kupwara), and Sheikh Khur-

sheed (Langate), toured the proposed site at Natnussa to ensure its feasibility. Officials from the Public Works Department, PDD, PHE, and Health Department were also present, reflecting a coordinated approach to fast-track the project.

Addressing media representatives, Itoo said, "We assessed multiple locations, including Chogal and the main Handwara site, which was highly vulnerable to flooding. Natnussa emerged as the safest and most suitable site. All local legislators have given their consent, and we are ready to move forward without delay."

Highlighting the urgency



of the project, the minister added, "This college is not just about infrastructure; it represents access to quality healthcare for thousands of families in northern Kashmir. We are committed to ensuring that construction starts at the earliest and residents benefit as soon as possible."

MLA Fayaz Mir welcomed the announcement, terming it a long-awaited step. "We had agreed on this location months ago, but delays by the previous administration held up the process. We hope construction begins promptly this time," he said.

The original site at main Handwara was abandoned after a technical committee,

led by the Chief Engineer of the Public Works Department (R&B), found it highly prone to flooding, with proposed protective measures deemed inadequate. The project, sanctioned under a centrally sponsored scheme, had already received an extension to March 2025. Authorities are now seeking another extension up to March 2027.

Minister Itoo instructed the concerned departments to prepare detailed project reports for the Natnussa site. "Once the cabinet memo is approved, construction will commence. We aim to lay the foundation stone at the earliest," she said.



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## Har Ghar Tiranga 2025: Divisional Commissioner Flags Off Maha Tiranga Yatra in Jammu

■ **HT News Desk / DIPR**

**JAMMU, AUG 14:** In a spectacular display of patriotism ahead of Independence Day, the city of Jammu witnessed an overwhelming turnout for the Maha Tiranga Yatra, which commenced from Gulshan Ground, PHQ and culminated at the iconic Hari Singh Park. The event, part of the nationwide Har Ghar Tiranga campaign, was flagged off by Divisional Commissioner Jammu, Ramesh Kumar, amidst a sea of fluttering Tricolours and enthusiastic citizens.

The gathering brought together a diverse cross-section of society—senior government officials, elected representatives, security personnel, students, educators, and everyday citizens—united under the national flag. Notable participants included Member Parliament Jugal Kishore Sharma, MLAs Arvind Gupta and Vikram Randhawa, DDC member Taranjit Singh Tony, IGP Jammu Bhim Sen Tuti, Commissioner JMC Dr Devansh Yadav, Deputy Commissioner Jammu Dr Rakesh Minhas, DIG Shiv Kumar Sharma, and SSP Jammu Joginder Singh.

As the march progressed, the air resonated with chants of "Bharat Mata ki Jai" and "Vande Mataram", while participants proudly carried the Tricolour, some draping it over their shoulders, others waving small hand-held flags. Streets along the route were lined with onlookers, many of whom joined in the slogans or recorded the vibrant spectacle on their phones.

To mark the occasion, dignitaries and citizens together took a solemn pledge—vowing to maintain cleanliness in their surroundings, conserve resources, promote unity, and contribute wholeheartedly to India's growth and development. In a symbolic gesture of harmony with nature, saplings were planted at Hari Singh Park, underscoring the event's environmental commitment.

The celebrations concluded with a spirited cultural programme. Students from various schools performed patriotic songs that stirred emotions, followed by a colourful dance depicting India's journey of freedom and progress. The performances drew loud applause from the audience, further amplifying the pride of the moment.

Organisers described the Maha Tiranga Yatra as not just a march, but a living testament to India's unity in diversity—where people from all faiths, regions, and walks of life came together under one flag, reaffirming their shared identity as Indians.

## DIG Udhampur–Reasi Range and DC Flag Off Mega Tiranga Rally in Udhampur

■ **HT News Desk / DIPR**

**UDHAMPUR, AUG 14:** In a stirring display of patriotism and unity, the District Administration Udhampur, under the banner of the Har Ghar Tiranga campaign, organised a grand Mega Tiranga Rally that transformed the town into a sea of saffron, white, and green. The rally was jointly flagged off from the Mini Stadium, Town Hall, Udhampur, by DIG Udhampur–Reasi Range, Sarah Rizvi, and Deputy Commissioner Udhampur, Saloni Rai, amid resounding cheers and the rhythmic waving of the Tricolour.

The event drew an impressive assembly of public representatives, senior officers, and citizens alike. Among the distinguished attendees were DDC Chairperson Udhampur Lal Chand, Additional District Development Commissioner Rajinder Singh, DDC members, Additional Deputy Commissioner Prem Singh, PO Poshan Subash Dogra, GM DIC Kishore Singh Katoch, Assistant Commissioner Revenue Dr Umesh Shan, along with other district officers, prominent

citizens, and civil society members.

Adding to the grandeur, hundreds of schoolchildren in neatly pressed uniforms—joined by their teachers, civil administration officials, police personnel, and enthusiastic townsfolk—marched shoulder to shoulder, carrying the National Flag with unwavering pride. The centrepiece of the rally was a 1,600-metre-long Tricolour, a striking emblem of India's unity and the shared dream of progress, which participants carefully held aloft as they wound their way through the town.

The procession's route—stretching from the Mini Stadium through Bus Stand, MH Chowk, Devika, Shiv Nagar, and Dak Bungalow before culminating at the iconic Tiranga Junction, Omarah Morh—was lined with onlookers who cheered, clapped, and joined in the chants of "Bharat Mata ki Jai" and "Vande Mataram." The rally was as much a march as it was a celebration—one that bound together generations in a collective expression of national pride.

## District Administration, BMO Manjakote and Rotary Club Rajouri GRAND Join Hands Under NTEP on DC's Directions

■ **HT News Desk / DIPR**

**RAJOURI, AUG 14:** In a concerted push towards achieving the target of a TB-free India by 2025, the District Administration Rajouri, under the directions of Deputy Commissioner Abhishek Sharma, facilitated the distribution of nutritional baskets to tuberculosis patients under the National Tuberculosis Elimination Programme (NTEP).

The initiative, spearheaded by Block Medical Officer Manjakote, Dr Saleem Ahmed Bhatti, was organised in close collaboration with the Ro-



tary Club of Rajouri GRAND, whose members have been actively supporting community health interventions in the region.

The programme not only addressed the immediate nutritional needs of TB patients—helping them maintain strength and immunity during treatment—but

also recognised the vital role of Nikshay Mitras, community volunteers who have been consistently providing moral, material, and logistical support to TB patients. These dedicated individuals were felicitated for their invaluable contributions, reinforcing the importance of people's participation in public health campaigns.

Prominent members of the Rotary Club GRAND present at the event included Rtn Amit Sawhney (President), Rtn Lokesh Bakshi, Rtn Amardeep Singh, Rtn Abdul Saboor Malik, Rtn Rajesh Mehta, Rtn Dr Sachin Vaid, and Rtn Hitesh Kapoor.

## DC Doda Chairs CLU Meeting, Reviews 14 Land Use Cases

■ **HT News Desk**

**DODA, AUG 14:** Deputy Commissioner Doda, Harvinder Singh, today chaired an important meeting of the Change of Land Use (CLU) Committee to review and decide upon applications received from various parts of the district. The session, held at the DC Office, brought together key officials from revenue, development, and environmental departments to ensure that every decision aligns with statutory norms and long-term developmental goals.

A total of 14 CLU cases—ranging from proposals for residential construction to commercial and institutional projects—were meticulously examined. The DC emphasised that every application must



be processed in strict compliance with the Land Revenue Acts, Master Plans, and relevant regulatory frameworks. He reiterated that the process should remain transparent, citizen-friendly, and completed within defined timelines to both encourage investment and prevent administrative delays.

Highlighting the twin objectives of planned development and protection of critical resources, Har-

vinder Singh underscored the importance of preventing unregulated land conversion, particularly the indiscriminate use of fertile agricultural land for non-agricultural purposes. He stressed the necessity of conducting on-ground verification, ensuring accurate documentation, and fostering inter-departmental coordination between revenue, engineering, urban planning, and environmental wings.

## DC Kathua Chairs Maiden Meeting on Vibrant Village Programme 2.0

■ **HT News Desk / DIPR**

**KATHUA, AUG 14:** Deputy Commissioner Kathua, Rajesh Sharma, today presided over the maiden review meeting to assess and accelerate the implementation of the Vibrant Village Programme (VVP) 2.0 in the district, marking a significant step towards enhancing development in strategically located border areas.

The meeting, held at the DC Office, was attended by Additional District Development Commissioner Kathua Surinder Mohan, Additional Deputy Commissioner Kathua Vishavjeet Singh, Chief Planning Officer Ranjit Thakur, Assistant Commissioner Development Akhil Sadotra, Sub-Divisional Magistrates, and other sectoral officers associated with rural development, infrastructure, and social welfare.

It was informed that six border villages in Block Marheen have been selected under VVP 2.0. For each of these villages, Village Nodal Officers have been appointed to act as the key link between the administration, implementing agencies, and the local population—ensuring seamless execution, coordination, and monitoring of activities.

The meeting deliberated on preparing a comprehensive Convergence Plan based on thematic survey findings, ensuring the saturation of all eligible government schemes in these identified villages.

As part of this process, a gap analysis will be undertaken to identify and address deficiencies in infrastructure, public services, and beneficiary coverage.

SDM Hiranagar, designated as the District Nodal Officer for VVP 2.0, informed the forum that all four baseline indicators in the targeted villages—connectivity, electricity, potable water, and mobile/Internet access—are already saturated, providing a strong foundation for advancing to the next phase of development.

## District Administration Ramban Brings Medical Services to Far-Flung Areas through 'Hospital on Wheels' Initiative

■ **HT News Desk / DIPR**

**RAMBAN, AUG 14:** In a significant step towards healthcare equity and last-mile service delivery, the District Administration Ramban has rolled out the 'Hospital on Wheels' (Mobile Medical Camps) programme to bring comprehensive medical services directly to the doorsteps of people in remote, hilly, and hard-to-reach areas.

This outreach initiative, conceptualised under the directions of Deputy Commissioner Ramban, Mohammad Alyas Khan, seeks to bridge the healthcare gap for residents who often have to travel long distances over difficult terrain to access even basic med-

ical facilities. By mobilising skilled healthcare teams and modern medical resources, the programme ensures that no village is left behind.

The latest mobile medical camp was organised at Village Gandhari, situated about 7 km from PHC Bathni. Despite its proximity in distance, the village faces significant accessibility challenges due to road and terrain conditions, making the arrival of the 'Hospital on Wheels' a much-anticipated event for locals.

A dedicated team comprising doctors, nurses, and paramedical staff provided free consultations, medicines, and on-site diagnostic tests. Services included:

General OPD consultations for common ailments and preventive health checks

Ophthalmic OPD for vision screenings and eye health advice

Dental OPD for oral hygiene checks and treatment guidance

Basic Investigations such as blood sugar, anaemia, and malaria testing

Special screenings for Non-Communicable Diseases (NCDs) and Tuberculosis under NTEP

In addition to medical services, health awareness sessions were held to educate the public on preventive healthcare and government health schemes, including the JK SEHAT App, PMJAY, PMJAY Vaya Vandana, E-Sanjeevani,

and the Ayushman Bharat Digital Mission (ABDM). Citizens were also guided on generating their ABHAIDs for seamless digital health records.

Impact of the Gandhari Camp:  
Total patients served: 141  
General OPD: 76 patients  
Ophthalmic OPD: 42 patients  
Dental OPD: 23 patients  
Investigations conducted: 74 blood sugar tests, 38 anaemia tests, 27 malaria slides

ABHAIDs generated: 16 on the spot

Residents expressed gratitude to the district administration, noting that such initiatives save travel time, reduce expenses, and enable timely diagnosis of health

issues that might otherwise go undetected.

The District Administration Ramban has already prepared a comprehensive schedule for deploying the 'Hospital on Wheels' across all Medical Blocks in the district. Camps will be held regularly, ensuring continuity of care and sustained health awareness in underserved regions.

Officials reaffirmed that this programme is not merely a one-time effort but part of a long-term strategy to integrate rural communities into mainstream health infrastructure, ultimately contributing to the vision of universal health coverage in Jammu & Kashmir.



## Lessons to be Learnt From Kishtwar Cloud Burst Tragedy

Entire nation is in utter grief and shock after a bold from blue struck mountainous Kishtwar area in J&K. The tragic cloudburst in Kishtwar has once again exposed the vulnerability of our mountainous regions to sudden and ferocious natural disasters. In a matter of minutes, gushing waters and debris tore through homes, fields, and livelihoods, leaving behind an unsettling silence broken only by cries of grief and the relentless search for the missing. Our hearts go out to the families who have lost their loved ones, to those injured, and to the many who now face the daunting task of rebuilding their lives from nothing. The bravery of rescue teams, the selflessness of volunteers, and the solidarity of ordinary citizens offer some comfort in this hour of mourning, but they cannot erase the magnitude of the loss.

While no one can control the weather, much can be done to reduce the human cost of such disasters. Kishtwar's tragedy underscores the urgent need for robust early warning systems, community-level disaster preparedness, and resilient infrastructure that can withstand sudden weather shocks. Climate change has amplified the frequency and intensity of extreme weather events—turning once-rare calamities into more regular threats. Ignoring this reality will only deepen the vulnerability of our people. As the rescue and relief efforts continue, this should be a moment of collective resolve—not only to help Kishtwar recover but also to ensure that we are better prepared the next time nature strikes. For the people of Kishtwar, the road to recovery will be long and hard, but with sustained support, they can find strength in resilience.

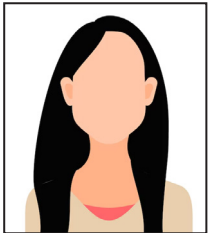
This tragedy must not fade into memory. It should remain a stark reminder that preparedness saves lives and that we owe it to every citizen to turn lessons learned into actions taken. We must not wait for another disaster to struck and again we will express grief and later forget the same. Sooner the better sense prevails to act and act fast to devise measures and plans to work towards decreasing the vulnerability of the hill people particularly those living in the geographically fragile regions of J&K and Himachal Pradesh.

# When the Walls of Power Turn Cold: A Reflection on Workplace Injustice

*Greed whispers to the heart: "Take more. Give less."*

*Ego commands the mind: "You are above them. You owe them nothing."*

*Fear enforces silence: "Speak and you will be destroyed"*



Jasmine Fatima

There is a darkness that creeps quietly into the halls of power — in corporate offices, educational institutes, and organizations. It wears expensive suits, holds lofty titles, and speaks the language of authority. Yet beneath the polished exterior, it thrives on corruption, arrogance, favoritism, bullying, and the exploitation of the very people who keep the system alive: the employees. It is not spoken of openly, for those who dare to speak are silenced, or removed. And yet, it persists — in boardrooms, in staff rooms, in the corridors of power.

This is not merely about "work culture." It is about human dignity. It is about the soul of our society.

### The Everyday Cruelties We Refuse to See

Consider a young woman, eight months pregnant, her back already aching under the weight of the sacred life she is carrying. Her controlling superior, in an act stripped of all humanity, instructs her to bend down to perform menial work meant for an attendant — the very attendant who was explicitly told not to do it. Her condition was visible. Her vulnerability was obvious. Yet, her dignity was disregarded.

Or think of this: a Dean, holding one of the highest positions in an institution, verbally abusing a clerk, a simple, sincere man, from another department. The clerk's only "offense" was making an official call. The Dean, in a storm of ego and baseless rage, accused him of causing a technical fault in the Dean's computer, a baseless allegation meant to humiliate. The threat of a legal case was dangled over his head like a sword. This was not leadership. This was the intoxication of power degrading the soul.

These are not isolated events. These are symptoms of a culture where dignity is disposable, truth is twisted, and silence is enforced. The

only way to move upward is not through merit or integrity, but by pleasing those above — a path that may win promotions, but erodes the soul. If something goes wrong, a scapegoat is sought, usually a powerless junior. But if something succeeds, those at the top bask in the glory of work done by their subordinates, their egos swelling with unearned credit.

### When Titles Replace Conscience

In too many places, power has become a license for cruelty — a badge that some wear not as a call to serve, but as a weapon to dominate. Such leaders forget that authority is not a throne to sit upon, but a sacred trust placed in their hands, meant to uplift and protect. Instead, they measure their worth by how much fear they can command, how many voices they can silence, and how unquestioningly others obey.

Greed whispers to the heart: Take more. Give less.

Ego commands the mind: You are above them. You owe them nothing. Fear enforces silence: Speak, and you will be destroyed.

In such environments, even the noblest institutions lose their soul. Human rights are trampled upon, dignity becomes optional, and compassion — the very essence of humanity — is treated as weakness.

They forget that true leadership is not about standing above people, but standing with them. A title without humility is like a body without a soul — it moves, it commands, it functions, but it is lifeless inside.

Power without conscience is nothing more than spiritual bankruptcy. It may enrich the pockets and feed the ego for a season, but it leaves the heart impoverished. The wealth of a leader is not in control over others, but in the respect earned through justice, fairness, and compassion. And when compassion is absent, the empire they build is not a legacy — it is a monument to their own downfall.

### Why We Accept the Unacceptable

One of the most troubling truths is not just that such injustice exists — but that it has been normalized. Gross violations of ethics and morality are brushed aside with a shrug, dismissed as "That's just how things

are." The shocking becomes ordinary. The unacceptable becomes routine.

We tell ourselves: Stay quiet. It's safer.

We whisper to others: Don't make trouble. Think about your job.

We pretend not to see, thinking silence will shield us.

But silence is not protection — it is permission. Each time we choose fear over truth, the corrupt grow bolder, the arrogant grow crueler, and injustice digs its roots deeper. The innocent, over time, begin to shrink in spirit, until they no longer dream of fairness. They start to believe that this is all they deserve, forgetting that they were born with the same divine right to dignity as anyone else.

And so the cycle feeds itself: fear sustains oppression, and oppression breeds more fear. The longer it continues, the more it robs not only individuals of their courage, but entire institutions of their soul.

### A Call to Awaken the Conscience

The question is not about one organization or one incident. The question is — What kind of people are we becoming?

When did profit become more important than humanity?

When did titles become more valuable than truth?

When did we forget that every person — from the CEO to the janitor — carries the same divine spark within?

No religion, no philosophy, no moral code in history has ever justified cruelty, humiliation, or exploitation. The great spiritual teachers have all spoken of service, humility, and justice. To mistreat those who cannot fight back is to mock the very principles we claim to live by.

### The Silent Test of the Soul

Every workplace, every institution, is ultimately a test — not of skills, but of character.

The pregnant woman's superior failed that test.

The Dean who abused the clerk failed that test.

Every leader who steals credit or shifts blame fails that test.

One day, titles will vanish. Bank balances will mean nothing. The only thing that will matter is the weight of our actions on our conscience.

When we stand before the mirror of truth — call it God, karma, or the inner voice — will we be able to meet our own eyes?

Karma does not keep receipts — it keeps balance.

You may escape human courts, but you cannot escape the court of your own conscience. The energy you send into the world — whether love or cruelty — will find its way back to you.

Those who exploit, humiliate, and crush others should remember: power is a guest. It will not stay forever. When it leaves, the only thing you will be left with is the truth of who you are — and the weight of the lives you touched, for better or for worse.

### The Forgotten Principles

No religion or philosophy has ever justified cruelty. The highest spiritual truths are simple:

- Serve those you lead.
- Protect the weak.
- Speak truth without cruelty.
- Remember that every soul carries the same divine spark.

When these principles are ignored, the workplace becomes a battlefield for egos instead of a home for talent and purpose.

### The Courage We Must Find

The world changes not when laws are passed, but when hearts are moved. Speaking out against injustice is costly, but silence is costlier. For every act of cruelty ignored, we give it permission to grow.

We must remember: Power is temporary. Humanity is eternal.

Let us measure our success not by the fear we command, but by the respect we earn.

Let us lead not with threats, but with compassion.

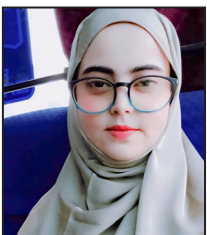
If we cannot protect the dignity of those who work beside us, then no matter how high we rise, we have already fallen.

The real test of a leader is not in how they command the powerful, but in how they treat the powerless. And if we, as a society, keep accepting the unacceptable, we are not only allowing injustice to thrive — we are feeding it.

The Author is a Editor in Chief- Wadi Ki Awaaz, Email: fatimajasmine2024@gmail.com

Fayaz Tilgami:

## The Maestro of Kashmiri Language



Bisma Ashraf

In the serene village of Tilgam tucked in the folds of Kashmir's poetic landscape, a boy named Ali Mohammad Mir grew up surrounded by the quiet rhythm of mountain life and the compelling cadence of written words, later known by his literary name Fayaz Tilgami, he would become one of the most enduring voices in Kashmiri literature. "I was always drawn to words from a young age," Fayaz shared with a warm smile, seated among piles of handwritten manuscripts and dog-eared books. "The journey into the world of literature began humbly but powerfully with mountain rhythms, newspaper columns, and Panchayat Ghar stories, that Tilgami's love for the written word first took root, everything around me was a story waiting to be told."

Tilgami, with a glint in his eye that matched the richness of his prose, reminisced about the beginning, "I was just seventeen," he said, "Newspapers like Akbar-e-Khidmat opened windows to wisdom and emotions mentored by renowned Urdu teacher and poet Manzoor Hashmi, my writings began to flourish, poems and articles were regularly published in the Sunday editions, earning widespread admiration, each



printed word made me feel alive."

"Hashmi Sahab didn't just teach me language," he said, smiling. "He taught me how to listen to silence and translate it in words." A life-changing endorsement soon followed, "One of my poems caught the eye of esteemed scholar Prof. Mohi-ud-Din Hajini," Tilgami recalled. "His kind words gave my journey wings. They led me straight into the education department and into a career that shaped everything that followed."

As a retired lecturer from the Department of Kashmiri, Tilgami's scholarly contribution spans over five decades. But it's his soul-penned 11 books like Fatah Kral (1973), Ghaashi-Taruq (1984), Han Han Talaash, Haraf Haraf Chu Naat Khaan, Lajawab, Kariv Aalov Hussainus, and a children's special Asi Chi Pagheek Pasbaan that echo across generations where folklore blends with personal longing.

"Each book is a piece of my soul," Tilgami confessed.

"They're not just stories, they're tributes to what Kashmir feels like when it rains, sings, and weeps."

"Writing in Kashmiri isn't just about language," he said. "It's about remembering who we are."

Projects such as Kulyaati Razaq Dar and Nishat Ansar Monologue showcase his vivid storytelling and dedication to preserving Kashmiri language and culture. His work doesn't merely reflect personal experiences it channels the spirit of his homeland

Beyond the page, tilgami's voice echoed through dramas aired on Doordarshan Srinagar and Radio Kashmir, bringing literature to life. His 50-year collaboration with Adbee Markaz Kamraz (AMK) and presidency of Bahar-I-Adab Tilgam have made him a pillar in the literary community. His Ministry of Culture fellowship led to the curation of poetry from 20 North Kashmiri poets, showcasing his role as both guardian and guide.

Even financial struggles never managed to dim his creative fire. "Hardships came and went. What stayed was the urge to write," he said.

"Our village has birthed poets from every generation," Fayaz proudly states, connecting himself to a legacy that spans centuries from Shahi-Ibrahim and Fateh Kral to the rising voices of today and beyond. "Poetry runs through the veins of our village," he declared. "Each generation adds its own verse." Today, Fayaz Tilgami isn't just a literary figure he's a living archive of Kashmiri emotion. His words ring out in classrooms, echo from radio stations, and settle into the hearts of villagers, keeping the soul of Kashmiri language alive.

The Author Can Be reached bismaashraf1one@gmail.com



FICTION

# CHINAR ON FIRE



■ Deepak Budki

After about ten years, I have returned to the same valley where I was born and brought up. The only difference is that I have come as an exile to rediscover the land which was once upon a time mine. The land looks foreign to me and the people seem unknown. The fact remains that when your motherland is estranged everything looks unfamiliar and strange.

The climate, too, is not congenial and probably shares my sympathies. Perhaps a tourist in the wrong season finds himself undesirable. Visiting the valley during the spring when it flower-decked is altogether a different experience. Greyish blue mountains with white ice crowns and green grassy piedmonts enthrall you. Wherever your eyes wander, you find flower beds and majestic chinars. It was this very dream that lured me to come back to the valley once again. But everything seems changed and different beyond my expectations.

The autumn leaves of the chinars have all turned rust-brown. Most of them have fallen and scattered on the floor though some are still trying to cling to the tree branches. Once upon a time, these very leaves had worked day and night to help the mighty trees sustain themselves but then the season changed and they became vestigial and useless. Consequently, food and water were cut off to them. The trees had taken such extreme steps to survive the vagaries of the winter season. However, it cannot be denied that the foliage played a major role in the survival of the imposing chinars. Now that their colour has changed to yellowish brown, they can neither synthesise food nor help in absorbing oxygen from the atmosphere. They are dead and waiting for the

moment when some gust of wind will tear them from their support.

Long ago, when I used to live here, the condition of the chinar trees in autumn used to be similar but I would not bother myself about these changes because I thought it was a natural phenomenon. Nonetheless, today I felt that there was something mysterious behind these natural changes.

In case the condition of your mind and the surroundings is indistinguishable, then such natural changes yield their secrets to you. How true it is.

These jaundiced ochre-coloured leaves have enveloped my existence completely. The hand-shaped leaves have long crooked fingers on them which look like claws. Their veins are also visible. Numerous dead dried leaves are under my feet, rustling as I walk over them. They sob and lament the prevailing conditions. During my childhood, I used to enjoy the crackling of chinar leaves but now their whining makes me sad.

All of a sudden, a strong gust of wind blew a dried ochre-brown leaf towards me and it wrapped my face. I caught hold of its stalk instantly with my right hand and fixed my gaze on it.

In the meantime, an ear-splitting voice was heard. Maybe it was a thunderclap. I trembled due to fear. The chinar leaf suddenly said to me, "Don't worry friend, I have got used to it. I heard these rumbling noises every day when black clouds covered the sky above, when wind-blown dust enveloped me all over and when lightning flashed across. That time, I clasped the branch on which I grew and fought against the hostile conditions as much as possible without letting fear overtake me. Many a time the rain fell in torrents, drenching me, yet I did not give up. I used to wait for the sun to shine again. At last, when the sun would shine, I used to regain my strength and dance in joy. All my tissues would get activated again."

I asked the leaf, "You spent everything for this tree that stands tall today and gave it life by working day in and day out. Yet you are in dire straits today."

"My dear friend, that's what is called life. It is true that I lost my sleep during the night and worked incessantly during the day to feed this tree. What did I get in return? Seclusion and blockade... suffocation and abandonment...!"

"I feel that you shouldn't have left your support."

"I don't agree. When you cannot rely on your support, it is better to get separated from it."

The rust-brown leaf stared at me. It had freed itself from time and space. I secured it by putting it into my pocket.

In the meantime, the sky was covered by dark clouds. Ice-cold winds were piercing my body like spears while time was striding along like an ostrich.

I thought to myself that I shouldn't have come to this place in this odd season.

After all, what is available here? Wilderness... just wilderness and nothing else. I shuddered at the very thought of approaching winter and wondered why the tourists from the West thronged this place in such large numbers. What attraction was there in this frigid, ice-cold winter in the valley? They traverse thousands of kilometres just to see the valley enveloped in the snow!

Snow-clad valley...! Freezing...! Frosty and hazy...!

I felt compelled to compare the snow cover in winter to a large, endless shroud. The silence of a graveyard overtakes the valley. The poor, petrified people shiver under the cover of heavy snow. They pine in the four walls of their dwellings with doors and windows shut to make them windproof. They fear that any gust of cold wind may snatch their precious life from them. They just live on the hope that someday spring will come and they will again be free to move around. Hope is the opium of life. On the contrary, the foreign tourists are strange. They enjoy life even in the worst of times.

The ochre-brown leaf in my pocket writhed with suffocation. I shared his grief equally and took it out again.

"Friend, you must have read in the newspapers that every year the river Jhelum overflowed its banks and inun-

dated the entire valley. Thousands of houses were damaged. Innumerable plants got uprooted and drifted along with the flowing water. I have been witness to those heart-wrenching scenes. Their roots were ripped out of the soil, and once you are uprooted, you cannot again grow in the same place."

"But this chinar is standing erect majestically. Didn't it face the same winds and storms?" I enquired.

"You are cent per cent right. This chinar fought with the winds and storms day and night but remained firmly stuck to its roots.

Nevertheless, you must know that it was different from the rest." The ochre-brown leaf squirmed.

"Those plants which got uprooted could also have withstood these storms. Why didn't they face the storms bravely?" I asked another question.

"You are naive. Unrealistic to the core. Bravery is not the only requirement to stand up against the vicissitudes of life. Tenacity, robustness and resources are also needed. To overcome the bad times, the chinar tree has the advantage of its extra-strong roots running deep into the soil. To uproot such a gigantic tree is beyond imagination. On the other hand, to have similar expectations from tiny plants is not prudent. They cannot withstand normal winds, not to speak of storms. Worse still, the soil also did not support or stand by them. The soil, which was their last hope, itself eroded with the floods, and consequently, the plants embedded in it also drifted along with it."

"This chinar too has got denuded. It has no foliage on it." Suddenly, this thought flashed in my mind.

"Perhaps you forget that seasons change and so does the climate. After winter, spring is bound to come. The buds on the branches of this chinar will sprout again. It will again turn green. However, it has to undergo the trials and tribulations of winter. Surely the spring season will come."

This chinar tree stripped of its leaves by autumn winds is living with the hope of the future. Hope is the prime mover

of this world. Those who got uprooted are lost forever. Their hopes are dashed forever. Or maybe they too survive. They may also find ways to survive in some way or the other.

To live is the ultimate reality. How one lives is nobody's concern. It is possible that some may not live as comfortably as others. Indeed, a plant grows best in a particular environment suited to it. It withers in an exotic ecosystem and may even perish. Perish forever and just leave its memories... numerous memories. Memories that find a place in history... like memories of Pharaoh civilisation... or memories of Greek civilisation...!

There may remain fossils or ancient relics. Or maybe Dinosaur, Archaeopteryx, Stonehenge and Jantar Mantar. Or even living fossils such as Ginkgo biloba surviving in the Lal Mandi garden and us, the migrants, who are dragging their withering generations along with time.

Suddenly, there was a blast somewhere in the distance. The earth under my feet shook heavily. The shaking was so intense that birds flew away from their nests, chirping noisily. Far away on the main road, the dogs started barking and wailing. After some time, incessant gunshots were also heard.

The caretaker of the guest house came running towards me and beseeched loudly, "Shaab! Shaab! Why are you standing here? Firing has started somewhere. A rocket has just fallen on the adjacent building. Shaab, it is very dangerous to stand here. Please go inside the guest house."

I went into the guest house to save my life. After gathering some courage, I lit my tobacco pipe and blew out clouds of smoke from my mouth while simultaneously questioning myself as to how far we keep running from reality, fearing and hiding and avoiding the ground reality.

The author is a retired Indian Postal Service Officer & a renowned Urdu Short Story writer, critic and researcher. He can be reached at [deepak.budki@gmail.com](mailto:deepak.budki@gmail.com)

## Kite Flying: A Potential Threat to Human Life

■ By Mool Raj

Kite flying is no longer an enjoyable leisure. It has become dangerous pastime. In the wake of the macabre incident of deaths I showed indignation and grief over the loss of precious lives. It is the duty of police to apprehend the criminals involved in the dangerous sport. Through human intelligence and employing technical sources including monitoring of more than 37 cameras. Kite flying has been prohibited through the prohibition of dangerous K

The disadvantages of kite flying have transcended the spirit of pleasure. It has shown determination to end this deadly activity that once was celebrated with great fanfare. The Casualties caused by Kite flying have accrued noisome and horrible impact on society.

Undoubtedly, the fatalities due to kite flying are colossal failure of governance. As kite flying was prohibited firstly in 2005 due to its worst impacts on society. After banning in 2005, two time permission was given for kite flying but again blanket ban was imposed in 2009. Legal regime is crystal clear as the violators will get six month imprisonment with fine up to one Lac rupees.

Earlier, kite flying was the celebration of arrival of spring season. It was festivity marking the gathering of relatives and friends. It also promoted the tourism as the guest used to visit India to enjoy the Besant festival. But, with time, fun sport took the form of blood sport.

Greed overpowers the pleasant sport. To get more profit, the manufacturers started using metal strings to augment

the enthusiasm and rivalry during kite flying. Aerial firing has become the permanent feature of Basanat. Children run after stray kites that cause accidents. The usage of metallic string has increased the ratio of electrocution. The scenario is really horrible. Furthermore, the usage of Nylon and plastic Manja, Chemical string, prominently, kite Manja coated with cotton thread with a mix of glue and crushed glass are redoubtable mixture which causes death of commuters, because of this deadly mixture make the thread unbreakable that cut the neck of innocent riders. In view of the precious loss of life the judicious decision to adopt zero-tolerance policy against the kite flying violators. Likewise, the massive crackdown is ongoing across the province.

As the kite flying is prohibited. Therefore, there is a dire need to curb this menace with iron hands. Simply, banning kite flying is not a perfect solution as people resort to surreptitious and stealthy kite flying and manufacturing practices. Moreover, the community is insensitive to the perils of kite flying. Given the grim situation, it has become necessary to eradicate this nasty practice by using all possible measures. No one can gainsay the fact that human life is most precious and no compromise can be done at the cost of human life.

Banning kite-flying requires whole of society approach. The community should play its pro-active role in the eradication of this menace. The campaign should include but not limited to conduct awareness seminars, walks and exercising of dialogue at academic institutions to sensitize students and community

about the hazards of kite flying. Pamphlets and awareness books should be distributed among citizens and students. People can also be educated through announcements on electronic, print and social media about the potential tragedies of this fun sport. The punishment of kite flying offence is not enough. So, punishment should be enhanced keeping in view the role of violators. There should be commensurate punishments for manufacturers, vendors and kite flyers. Police require stringent measures to curb the manufacturing, transportation, dispatching, vending, and flying of kites.

However, in order to escape arrests, people are now involved in online sale of Manja string and kites. So, police should monitor online sale sites to identify the culprits and apprehend the accused involved in deadly business. Moreover, police should take words from courier services, and transporters to not cater the delivery relates to kites and chemical string.

Given the grievous hurt and death caused by kite flying, it is an undeniable fact that it is no longer a recreational activity. Though some segment of society views that there should be some relaxation for safe kite flying keeping the sentiment and enthusiasm of people rather having a broad prohibition of kite flying. But, the perils are galore. Kite flying is not only dangerous for people but also for birds and other animals. The responsible must be taken to task and crackdown against the violators must be sustained and culminated to the logical end.

The author is a regular columnist and freelance writer

## Independence Day

■ Rayees Ahmad Kumar

On this day, we proudly say—  
Happy Independence Day!  
Fifteenth of August, the dawn of our light,  
Ending two centuries of darkest night.

Our elders, leaders, martyrs brave,  
Faced the gallows, dug no grave;  
Maulana Azad, Bhagat Singh,  
Ashfaqullah, Subhash Chandra's wing,  
Gandhi's truth, the countless band—  
All gave their lives for this free land.

Freedom's sun did not rise fast,  
It burned through blood, through pain amassed;  
Each drop of sacrifice became a flame,  
That lit the sky in our nation's name.

Now we stand beneath the open sky,  
With heads held proud and spirits high,  
Singing songs of our motherland's story,  
Wrapped in tricolour's timeless glory.

But remember—this day is more  
Than flags and music, parades and lore;  
It is the call, the solemn plea,  
To guard this hard-won liberty.

If you want, I can also make a short, punchy closing chorus that everyone can chant together at the end — it would make the performance more memorable.



# When Hope fights Metastasis

■ Mujtaba Farooq

Since the birth of medicine, countless researches have been undertaken, and their outcomes have brought about the evolutionary development of treatments that have changed the world for the better.

Vaccines have eradicated deadly diseases.

Antibiotics have given us the power to resist infections.

We learn about immunity early—often at the very beginning of our science education. Science divides immunity into two major types: innate immunity and acquired immunity. One is a gift you are born with; the other is something you gain, forged through life's battles.

The first is miraculous—a masterpiece of the Creator's design. The second has always astonished me: how falling prepares us, how the body learns to defend itself after each encounter with an illness.

Once defeated, it refuses to be defeated by the same enemy again.

But there are diseases for which science still has no cure—and perhaps never will. The most common and devastating among them: Cancer.

It crushes not just the patient but the entire family. Disappointment quickly metastasizes into devastation.

I've wondered: shouldn't there be something—anything—to fight such hurricanes that destroy the very essence of a being? Something that doesn't just treat, but truly saves?

Yet no research paper or medical text has given me the answer. They have, in a sense, failed.

And yet... some stories spark a light.

Stories that feel like the thing we are searching for—stories where the impossible happens.

How far apart are the worlds of medicine and the cosmos? Miles, perhaps. But as wormholes can connect points millions of light-years apart in an instant, maybe there are unseen connections between disciplines, between worlds.

I found one such wormhole in the life of Stephen Hawking—the brilliant physicist who reshaped our understanding of the universe.



At 21, just as he was stepping into his purpose, he was diagnosed with ALS—Motor Neuron Disease. The doctor who examined him gave him two years to live. Two years, written into textbooks. Two years, stamped by statistics.

He was ready to quit—not just his PhD, but also his feelings for a young woman named Jane. He hid from her, from love, from hope. But love has a way of finding cracks to slip through.

Jane, not knowing why Stephen was withdrawing, eventually learned of his condition from a friend. She went to see him. He was on the couch, watching television. From behind, she called his name. Without turning, he said, "He was just here... you're late." A poetic turn of physics.

She walked closer. "I know about your condition," she told him.

"I have two years left," Stephen replied.

Jane looked straight into his eyes and said, "I love you. And even if it's just two years, I will love you."

Stephen's smile made his answer without words.

Fast forward to 1988—25 years after his diagnosis—in his best-selling A Brief History of Time, a book about stars, galaxies, and the mysteries of the universe, he writes of her: "I met a very nice girl... Jane."

He spoke of her in a book about the cosmos.

So what made a man with only two years to survive live 55 years longer? Was it a medicine? A vaccine? A miracle cure?

No.

It was hope—the hope to be loved, to love, and to live.

This hope was his wormhole.

This hope is the kind of acquired immunity every human needs to survive life's fiercest battles.

Never let your hope turn malignant. Never let it metastasize.

Be. Love. Hope.

Mujtaba Journo

Student of life

The writer can be reached at mujtabajourno@gmail.com

# Milk – The Complete Food and Its Health Benefits

■ Sahil Manzoor

Renowned doctors across the globe often recommend milk, eggs, cereals, fresh fruits, vegetables, and similar foods to patients suffering from body weakness, weight loss, dehydration, or fatigue. Milk, in particular, is considered a complete food because it is rich in essential vitamins and minerals with immense health benefits. Unfortunately, those with lactose intolerance cannot enjoy its goodness. For everyone else, milk should be part of a regular diet, even if in small amounts, for overall health and wellness.

Today, the world is home to nearly 8 billion people spread across about 200 countries. Each country has unique resources and products that make it stand out globally, contributing to both local livelihoods and international trade. Human civilization has long thrived alongside other living creatures, with animal rearing being one of our oldest and most beneficial practices. Dairy farming, in particular, has played a significant role in sustaining human health for centuries.

However, in modern times, lifestyle diseases have been increasing at an alarming rate. One clear reason is our lack of awareness and education about a proper daily diet. This article aims to shed light on the health benefits of milk and its products—such as butter, ghee, and cheese—hoping to encourage healthier eating habits.

## Nutritional Power of Milk

Milk is a whitish liquid produced by the mammary glands of mammals. It is consumed by all age groups worldwide and is packed with essential nutrients. Countries like New Zealand, the Netherlands, and Germany are among the largest producers of milk in bulk quantities.

Here are some of the key nutrients in milk and their benefits:

**Potassium – Provides energy and aids in the repair of muscle tissue.**

**Calcium – Strengthens bones and teeth and helps prevent osteoporosis.**

**Protein – Builds and repairs muscle tissue while serving as an energy source.**

**Vitamin D – Essential for strong bones; also obtained from sunlight.**

**Vitamin B12 – Maintains healthy red blood**



cells and supports nerve function.

**Vitamin A (Retinol) – Boosts the immune system, improves vision, and supports skin health.**

**Niacin – Helps metabolize sugars and fatty acids.**

The National Dairy Council notes that just one 8-ounce glass of milk can provide significant amounts of these nutrients, including vitamin D.

## Milk and Weight Management

Contrary to common myths, milk can help maintain a healthy weight when consumed in moderation. Its nutrient profile supports overall health, and research shows it can reduce the risk of heart disease and stroke by 15–20%.

## The Need for Dairy Development

Despite its benefits, pure cow milk remains scarce in many places, and dairy farming is not developed enough to meet growing demand. Encouraging clean, sustainable dairy farming can ensure wider availability of this vital food.

In conclusion, the smartest dietary choice is not to eat more, but to eat wisely—choosing selective, hygienic, and nutrient-rich foods like milk and its products.

sahilmanzoor0401@gmail.com

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CMYK





# CS Reviews Implementation of IRS in J&K

■ HT News Desk / DIPR

**SRINAGAR, AUG 14:** In a decisive step towards strengthening the disaster preparedness and response, Chief Secretary, Atal Dulloo, today chaired a high-level meeting to review the implementation of Incident Response System (IRS) in Jammu and Kashmir.

Pertinently, the IRS is a structured and standardized mechanism aimed at replacing the ad-hoc measures with a well-coordinated, accountable and efficient disaster response framework.

The meeting was attended by Principal Secretary, DMRR&R; Principal Secretary, PWD; Director General, Fire & Emergency Services; Commissioner Secretaries of FCS&CA and Information Department;

Secretary, Transport; Director, Information; DG, Codes; DG, Budget and other senior officers while Deputy Commissioners from across the UT joined virtually.

Speaking on the occasion, the Chief Secretary underscored the critical importance of resource mapping at the district level. He directed the Disaster Management Department to provide necessary formats and guidelines to facilitate the process.

Highlighting the UT's vulnerability to natural and anthropogenic disasters, he called for full operational readiness through regular mock drills, periodic assessments and seamless coordination to ensure timely and effective response during emergencies.

Principal Secretary, DMRR&R, Chandraker Bharti,



informed that the primary objective of the IRS is to establish a unified chain of command and clearly defined roles for disaster response teams to minimize loss of life and property. He noted that the system comprises of trained composite teams capable of handling all aspects of disaster response, thereby enhancing the accountability and operational efficiency.

About the key milestones in IRS implementation, it was revealed that a UT-level notification was issued on June 24, 2025, assigning roles and responsibilities to the Incident Response Team.

Further a one-day workshop was held on July 18, 2025, in Srinagar, for the officers to familiarize them with their

roles under IRS which also saw the launch of an IRS handbook designating in detail the mechanism, the roles and responsibilities for each of them. Additionally, the district-level training sessions are scheduled across Kashmir and Jammu divisions from August 19 to October 6, 2025.

Moreover, the National Disaster Management Author-

ity (NDMA) guidelines were circulated to the District Disaster Management Authorities (DDMAs) and concerned departments.

With respect to the key IRS Designations in J&K, the meeting was apprised that the Chief Secretary had been designated as a Responsible Officer Administrative Secretary, Power Development Department (Incident Commander), Director General of Police (Operations Section Chief), Administrative Secretary, DMRR&R (Planning Section Chief) and Divisional Commissioners (Logistics Section Chief for respective Divisions).

On account of the effective implementation, it was laid out that notification of IRS structure at divisional and district level are going to be done soon in

consultation with the DDMAs and NDRF.

It was added that the focus is on sensitizing the concerned DDMAs to notify IRS structures at divisional and district levels, frame Standard Operating Procedures (SOPs) for system activation, convene monthly meetings of Incident Response Teams, conduct regular mock drills, audit and update resources on the IDRN portal, and ensure mandatory training and role-awareness sessions for all designated officers.

The Department of Disaster Management, Relief, Rehabilitation & Reconstruction (DMRR&R) remains committed towards fostering a resilient and disaster-ready Jammu and Kashmir through structured systems, capacity building and community engagement.

## Har Ghar Tiranga campaign: Mega Tiranga Rally held at Anantnag

■ HT News Desk / DIPR

**ANANTNAG, AUG 14:** As part of the ongoing Har Ghar Tiranga campaign, a mega Tiranga Rally led by Deputy Commissioner (DC) Anantnag, SF Hamid was held today at Anantnag.

SSP, Amritpal Singh, ADCs, ACR, ACD, and other senior officers from civil and police administration, besides engineering wings also participated in the event.

Witnessing enthusiastic participation from thousands of citizens coming from diverse walks of life, the rally commenced from Sports Stadium and culminated at Janglat Mandi. The colorful and vibrant rally signified a spirited and vibrant show of patriotism, unity and collective resolve to uphold dignity of the nation.

As the grand rally passed through Mehdi Kadal, Lal Chowk and Ganjiwara, before culminating at Janglat Mandi; the participants marched with pride and honor with the Tricolour held aloft and high reflecting a sense of collective pride and resilience.

During the rally, songs glorifying freedom fighters and on patriotic themes were played lending the streets a lively and jubilant ambience.

Notably, 1.5 km Tiranga was also carried by the participants and the volunteers all along which created an incredible spectacle as the rally marched ahead.

## Nasha Mukht J&K Abhiyan: Cultural Unit Srinagar organises multi-institution awareness drive

■ HT News Desk / DIPR

**SRINAGAR, AUG 14:** In continuation of the ongoing 'Nasha Mukht J&K Abhiyan,' Cultural Unit Srinagar of the Department of Information and Public Relations (DIPR), in collaboration with the district administration Srinagar, today organised a series of impactful awareness programmes across multiple educational institutions in the city.

The day's events were hosted at GGHS Drugjan Dalgate, Green Valley School, GBHS Brane Nishat, and GGHS Narwara Srinagar, under the supervision of the respective Heads of Departments and Principal.

Each programme featured theme-based short plays performed by local artist groups, vividly portraying the harmful consequences of substance abuse and urging youth to embrace a healthy, responsible lifestyle. The performances resonated strongly with the audience, sparking meaningful conversations on preventive measures.

Addressing the gatherings, the respective Heads of Departments and Burhan Hussain, Cultural Officer, underscored the urgent need for community-wide participation in combating drug abuse.

A solemn anti-drug pledge was administered at each venue, with students, staff, and faculty committing themselves to



remain drug-free and to actively spread awareness within their neighbourhoods. The initiatives drew enthusiastic participation from students and teachers, reaffirming a shared resolve to build a drug-free, healthy, and progressive Jammu & Kashmir.

Carrying forward the message of Nasha Mukht J&K, the programmes also embodied the spirit of Independence Day, inspiring citizens to contribute towards a stronger, cleaner, and united nation.

## JKUPSA President Welcomes Extension For Private Schools Till 2026

■ HT News Desk

**SRINAGAR, AUG 14:** The Jammu and Kashmir Unaided Private Schools Association (JKUPSA), President Showkat Chowdhary, has welcomed the J&K School Education Department's Circular No. 7-JK(Edu) of 2025 dated 13-08-2025, granting an extension of the exemption from certain provisions of S.O 177 of 2022 till 31st March 2026 for private schools across the Jammu & Kashmir.

Chowdhary said this decision will safeguard the academic interests of thousands of students and provide much-needed breathing space for schools struggling to comply with the complex clauses introduced in the 2023 amendment to the 2006 Education Act under S.O 177.

As a result, many schools faced denial of valid board registrations, leading to tagging of their Class 10th and 12th students with nearby government schools in the 2023-24 session.

In 2024, after consistent efforts by JKUPSA and intervention from senior government officials, a one-time exemption was granted for one year. However, with that exemption nearing expiry, JKUPSA proactively engaged with policymakers for a long-term solution.

Showkat Chowdhary shared that in April 2025, JKUPSA held a detailed meeting with Chief Minister Omar Abdullah, who understood the gravity of the situation and referred the matter to Education Minister Mrs. Sakina Itoo, with further support



from Advisor to CM Nasser Aslam Wani.

"Over the past three months, our Association worked tirelessly with the government, explaining that without urgent intervention, the same crisis would resurface in the new academic session. We are deeply grateful to the Chief Minister, Education Minister, Advisor to CM, Secretary Education, Direction Education Kashmir /Jammu and others for their understanding and prompt action," said Chowdhary.

The latest circular extends the earlier exemption till 31 March 2026, allowing affected schools to obtain provisional affiliation with JKBOSE and fulfill other formalities necessary for student registration and examination eligibility. The Committee constituted under Government Order No. 1703-JK(GAD) of 2024 has been directed to submit its recommendations within one month for a permanent resolution.

On behalf of JKUPSA, thanked all officials of the School Education Department for their cooperation and for prioritizing the welfare of students. He assured that private schools will continue to work within the legal framework and maintain the highest standards of education.

## GMC Srinagar hosts first National Emergency Life Support Training

■ HT News Desk / DIPR

**SRINAGAR, AUG 14:** Government Medical College (GMC) Srinagar, in collaboration with the Department of Emergency Medicine, JPNATC, AIIMS New Delhi, and the Disaster Management Cell, Ministry of Health and Family Welfare, Government of India, successfully hosted the first Training of Trainers (ToT) program for the National Emergency Life Support (NELS) course for paramedics.

The three-day workshop, held from August 12-14, 2025, at GMC Srinagar, brought together 24 senior doctors and nursing supervisors from GMC Srinagar, associated hospitals, and the Directorate of Health Services Kashmir. These medical professionals were trained and certified in the NELS course, enhancing their skills in emergency medical care.

Prof. Iffat Hassan Shah, Principal, GMC Srinagar, emphasized the significance of such training programs in improving healthcare and patient care systems in the region. "This training will go a long way in enhancing our emergency response capabilities and ultimately benefiting our patients," she said.

The program was coordinated by Prof. Dr. Mohammad Ommid Nodal Officer, NELS Skill Centre, GMC Srinagar. Other key officials who attended the program include Mohamad Ashraf Hakak, Administrator Associated Hospitals GMC Srinagar; Prof. Dr. Hina Bashir, HOD Anesthesiology; Prof. Dr. Rakesh Koul, Head of Department, Medicine; faculty members, Medical Superin-



tendent, SMHS Hospital, Dy. MS, GMC Srinagar, Medical Officers from GMC Srinagar and associated hospitals

This initiative marks a significant milestone in strengthening emergency medical services in Jammu and Kashmir, aligning with the Ministry of Health and Family Welfare's efforts to improve healthcare infrastructure and services across the country.

The training program was made possible through the collaborative efforts of the Department of Emergency Medicine, JPNATC, AIIMS New Delhi, a WHO Collaborating Centre for Emergency and Trauma

Care, and the Disaster Management Cell, Ministry of Health and Family Welfare, Government hospitals.

The course faculty from JPN Apex Trauma Centre AIIMS New Delhi, were Dr Ankit, Dr Charu, Dr Soorash and Dr Hannah who conducted the structured workshop with utmost zeal.

The workshop was followed by a brainstorming session across the strata of medical fraternity with renewed enthusiasm about setting and coordination between various stakeholders to try to deliver and enhance our approach towards disaster and trauma management.

Government of Jammu & Kashmir

### DIRECTORATE OF FLORICULTURE SRINAGAR KASHMIR

Tel-0194-2474234 Fax -2482032 - email:- kash.flori@jk.gov.in

Subject: Extension Notice No. 03

In view of no response, the Bid Submission end/ opening date (Online) of technical bids in respect of e-NIT No. 18 of 2025 dated: 17.06.2025 invited by this office under endorsement No. DOFK-GS0TNDR/8/2025/E-7711399/-e-NIT-18 dated: 17.06.2025 with regard to "Outsourcing of entry ticketing system of NMBG, Cheshmashahi Srinagar" is hereby extended as per the details given below:-

1.	Bid Submission End date & time	26.08.2025	Up to 02:00 PM
2.	Date & time of opening of Bids (Online)	29.08.2025	At 02:00 PM

Other terms & conditions shall remain same as laid down in the concerned e-NIT.

**No: DOFK-GS0TNDR/8/2025/E-7711399/-e-NIT-18**  
**Dated: 13/08/2025**

**Sd/-**  
**Accounts Officer,**  
**(Member Secretary)**

**DIPK: 5201/25 | Dated: 14-08-2025**

Government of Jammu & Kashmir

### Office Of The Executive Engineer Mechanical And Hospital Division Anantnag

E-mail Id: xenmhd-ang@jk.gov.in

**GIST of short term e-NIT No MHDA/TS/27 of 2025-26 | DATED: 13-08-2025**

For and on behalf of the Lt. Governor, J&K UT short term e-tenders are invited on item rate basis from Registered contractors/ Firms having experience in executing relevant mechanical works for the below mentioned works:

S. No.	Name of the Work	Est. Cost	T.D Cost	EMD in Rs	Time
1	Supply of Spares/Repairs/Servicing to Inspection Vehicle JK03F 9971 and JK03L 7238 of Mechanical and Hospital Sub Division 1st Anantnag.	68900.00	200.00	1400.00	10 Days

Position of Administrative Approval: Accorded vide No. M&HED/K/Acctt/35 of 2025-26 dated 08-05-2025 by Chief Engineer Mechanical and Hospital Engineering Directorate Kashmir.

Position of Technical Sanction: Accorded vide No. MHDA/TS/26 Dated 18-07- 2025.

Position of Funds: Available

1. Downloading of Bids: The Tender document Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the Govt. website www. jktenders.gov.in from 13-08-2025 (16:00Hrs)

2. Submission of Bids: The bidders shall deposit their bids in electronic format on the above website from 13-08-2025 (17:00Hrs) to 20-08-2025 (14:00Hrs) in two covers.

3. Opening of Bids: The bid uploaded on the Web Site up to due date and time will be opened on 21-08-2025 (14:00Hrs) in Office of the undersigned.

**No: MHDA/ TS-310/1417-18**  
**Dated: 13-08-2025**

**Sd/- Executive Engineer**  
**Mechanical and Hospital Division Anantnag**

**DIPK: 5183/25 | Dated: 14-08-2025**







CMYK



# Gautam Bhai Always Reminds Me of My Talent: Akash Deep



## United News of India

**NEW DELHI:** A coach who believed in him more than himself, a captain who supported when the chips were down and conditions that felt more like home than away -- Indian pacer Akash Deep says his maiden but impactful tour of England was rather smooth.

A 10-wicket match-haul in one game and a very important half-century in another, both in winning causes, summed up Akash Deep's performance that has made him an overnight star but he can't forget what head coach Gautam Gambhir told him after his 66 at the Oval.

"Tumko khud pata nahi tum kya kar sakte ho (You aren't aware of your capabilities). 'See, I was telling you, you can do it. You have to play with this dedication always,'" the 29-year-old recollected in an interview to PTL.

"Gautam bhai is a very passionate coach. He always motivates us. He believes in me more than I believe in myself, both in my batting and bowling," he gushed after having earned the vote of confidence from his coach.

Having made his Test debut under Rohit Sharma and now playing under Shubman Gill, the adjustment has been easy for the Bengal speedster, who terms the new skipper as someone who is calm yet brimming with on-field ideas.

"He is a very good captain. It's not like he is a new captain. He has already been an IPL captain for a couple of years, which is a big platform. That experience does count," he said.

"With Shubman as captain, I didn't feel like I was playing for the first time. He's very supportive. When a captain supports you and understands things well, especially when you are down, it makes a big difference.

"I have played Duleep Trophy under his captaincy last year so it wasn't the first time. He is a cool customer with a lot of ideas and when someone is calm, it helps in taking good on-field decisions," Akash Deep explained.

Although it was his first time in England, Akash Deep, for the better part of the series, felt that he was playing on sub-continental tracks with negligible movement for quick bowlers.

"In Australia, there was a lot of bounce and carry and I tried keeping it slightly back of length or at times pitch it up. However, in four out of the five Tests that we played in England, it didn't resemble the typical English wickets that we have traditionally heard of or seen over the years.

"If you see, the ball wasn't seaming or swinging a lot at times and we had to hit the India length, fuller one. We had to make that adjustment which, if you have played enough cricket, you should be able to do it."

Akash Deep then dwelled on his net routines and visualisation techniques before going into an actual match.

"Practice sessions are very important for me in terms of execution. I am always trying to think about the main opposition batter that I am supposed to bowl," he revealed.

"Bhale hi main Yashasvi ko nets pe ball daloon, plan mera (Ben) Duckett aur (Joe) Root ke liye hota thaa. (I might be bowling to Yashasvi in nets but my plan was for Duckett or Root)."

When asked about concerns around his fitness after he missed games in both the tours of Australia and England due to niggles, Akash Deep said he is doing his best to be in good shape.

"The on-field impact injuries can't be avoided. If you have to dive to save a boundary, you have to do it. You can't think that I will hurt my shoulder and all. Yes, if it is fitness and training related injuries, the aim is to minimise them as much as possible," he said.

Till now, Akash Deep has played 10 Tests and taken 28 wickets.

When asked if he has been zeroed in only for the longer version of the game, Akash Deep said that he hasn't been told anything in specific.

"We can't just go and talk to selectors. They are experienced people and when they feel that they need me for any format, they would summon. My job is to perform and be ready for call ups."

Before the tour of England, his sister Akhanda Jyoti was diagnosed with cancer and it was a particularly tough time for family.

Once he landed back in India, he first went to Lucknow to meet his sister.

## Boland better prepared for anticipated Bazball blitz in Australia

■ Alex Malcolm

**SYDNEY:** Scott Boland believes he's better prepared for what England's batters will throw at him this summer if he gets the chance to play in the Ashes after he was attacked relentlessly in his two Tests during the 2023 series in the UK.

Boland has the lowest Test bowling average of anyone with more than 50 wickets in the last century after a hat-trick in Jamaica reduced his figure to 16.53, leaving him sixth on the all-time list.

While he took 18 wickets at 9.55 in his debut Ashes series against a pre-Bazball England team in 2021-22, he took just two wickets at 115.50 in the 2023 Ashes where he played just the two Tests at Edgbaston and Headingley.

Speaking at an event in Melbourne on Wednesday that marked 100 days to go before the first Ashes Test in Perth, Boland said he is unsure how many Tests he will play this summer given he still remains behind Australia's big three - Pat Cummins, Mitchell



Starc and Josh Hazlewood - in the pecking order when all are fit. But he believes he's ready to handle whatever approach England take to him if he gets the chance.

"I've obviously thought about it a lot since it happened in 2023," Boland said. "But I still think there were times in England where I bowled pretty well and just didn't get a wicket. I'm a better bowler than I was back then. I'm going to be in our conditions that I know really, really well. I'm hoping to put in some good performances."

Boland expects the conditions to be vastly different to England if the pitches in Australia play as they have done over the last four summers, which he believes will help Australia's bowlers against the Bazball brand. "They're going to play aggressively," Boland said. "If the wickets stay similar to what they've been over the last few years, I think we're going to be in the game all the time."

Espncricinfo

## 'I'm here now' - Brevis makes a statement as the 'original Dewald'

■ Firdose Moonda

**LONDON:** There's no secret to Dewald Brevis' big-hitting except perhaps a divine one if you believe the man himself, after his record-breaking antics in the second T20I against Australia in Darwin.

Brevis scored 125\*, which is the highest by a South African in T20Is and he became the youngest South African centurion in the format. He also put on one of the best examples of clean stroke-play down the ground. Brevis hit more than half his runs in the "V", including six of his eight sixes, in what his captain Aiden Markram told the post-match broadcast was a "freakish display" of talent that Brevis himself can't really explain.

"That's just my natural way of hitting," he said at the press conference afterwards. "I've hit thousands of balls and I just want to go out there, enjoy it and have fun and just watch it and then if it's there, it happens. I don't try to do it, I'm just trying to be myself and have fun and watch the ball and then it happens."

But that was only after he made a commitment to himself a little more than eight months ago. "I believe God blessed me with a talent to play like that, to play aggressively. Last year, on 28 December, I made that commitment. I got a few people, they know who they are, who I trust and the main thing was just to be the original

## Record-breaking Brevis

Highest individual scores for South Africa in men's T20Is

125*	119	117*	117	114*
DEWALD BREVIS	FAF DU PLESSIS	RICHARD LEVI	REEZA HENDRICKS	MORNE VAN WYK
vs AUS, DARWIN 2025	vs WI, JO'BURG 2015	vs NZ, HAMILTON 2012	vs PAK, CENTURION 2024	vs WI, DURBAN 2015

Dewald and to be on that side of it and every ball, wherever it is, to watch it and to hit it."

The words "be myself" and "original Dewald," are the most notable because when Brevis first made his name it was actually by a nickname: Baby AB. He earned that moniker around the same time as he finished as the leading run-scorer in the 2022 under-19 World Cup and embraced it. AB de Villiers, after whom Brevis was named, is still a role model to him but walking around as his successor weighed heavily on Brevis. Only five runs came from his first T20Is, in 2023, and he was sent back to the domestic set-up to grow his game and, as it turns out, his own name.

Since then Brevis has torn up record books at home and is also the holder of the country's highest score in domestic T20s: 162. Last summer, he was a key figure in MICT's run to the SA20 title and also the second-highest run-scorer in both the first-class and List A competitions. Being dropped turned out to be just the opportunity he needed to prove himself.

"I've always believed that this is where I need to be and where I will be, so I never had any doubt or anything," he said. "It's all about cricket, how things work out. It is a roller coaster, you have your ups, you have your downs but I have never ever doubted myself."

Espncricinfo

## BISSOUMA TO MISS UEFA SUPER CUP OVER REPEATED LATENESS

■ United News of India

**UDINE:** Tottenham midfielder Yves Bissouma has been left out of the squad for the UEFA Super Cup against Paris Saint-Germain on Wednesday for disciplinary reasons, an unhelpful distraction to manager Thomas Frank in his attempt to mark his debut with silverware.

Bissouma didn't travel to the Italian city of Udine after being late "several times" this offseason, Frank said at a news conference on Tuesday.

"The latest time was one too many," he said.

"With everything, you need to give your players a lot of love but also have demands and there also need to be consequences and this time there was a



consequence for that."

The Mali international, who started the Europa League final won by Spurs in May, is into the final 12 months of his contract at the club.

Frank said striker Dominic Solanke

will be available after injury but will be without attacking midfielders James Maddison and Dejan Kulusevski, who are long-term absentees, and left back Destiny Udogie.

The Danish coach called the Super Cup "a great challenge and an even bigger opportunity." "That's how my brain works - I see opportunities instead of pressure or whatever. So for me, massive opportunity and we will definitely embrace it," Frank said.

"My players, our players, they just won a big trophy six or seven weeks ago, so they had a fantastic experience of doing that and they want to win more."

The annual Super Cup match pits the winners of last season's Champions League and Europa League competitions.



CMYK



# Lieutenant Governor Greets People on Independence Day



## Independence Day Message To My People: LG Manoj Sinha

Lieutenant Governor Shri Manoj Sinha has greeted the people of J&K UT on the occasion of 79th Independence Day. In a message, the Lieutenant Governor wrote:

"My dear brothers and sisters of Jammu Kashmir,

On the sacred occasion of our 79th Independence Day, I convey my heartiest greetings and good wishes to all of you. This is a day we salute our tricolor and feel pride in watching it fly high in the sky. I also join every citizen in paying homage to all the freedom fighters and founding fathers of the nation, who made great sacrifices to realize the dream of an Independent India. On this momentous occasion, let us solemnly remember all the martyrs. The remembrance of their martyrdom will forever live on in our hearts. Their sacrifices have left a lasting impression that transcends time and will always inspire us. I pay tribute to civilian martyrs, who were brutally killed by Pakistan-backed terrorists in Pahalgalam on April 22.

While the country is celebrating the festival of Independence, my heart also goes out to the families affected by cloudburst in Chashoti, Kishtwar. I am devastated by this natural calamity and express my condolences to

the bereaved families. We are working with the Whole of Government Approach to bring the situation under control and provide all the necessary assistance to the affected families.

Today, on this auspicious day of Independence, I offer my heartfelt gratitude to our armed forces, the CAPFs and Jammu Kashmir Police whose eternal vigil and protection of every citizen under challenging circumstances have ushered in peace enabling all of us to work towards future progress, prosperity and inclusive development of this beautiful Union Territory. I also thank our armed forces, our brave soldiers, security, intelligence agencies and every personnel involved in 'Operation Sindoor' for their bravery and commitment to avenge the Pahalgalam terror attack. It is also a day to salute our valiant soldiers of Army, CRPF and Jammu Kashmir Police for successful 'Operation Mahadev' and send them good wishes for their dedication in the service of the nation. India has drawn a new red line. Any act of terror will be considered as an act of war and we will give the enemy a fitting response. On this day, let us also take a pledge to foil the efforts of terrorists, dismantle the entire ecosystem of terrorism to make Jammu Kash-



mir terror-free.

Today, I also extend my felicitations to farmers, workers, teachers, professionals, scientists, business communities, youth and Nari Shakti for their tremendous contributions towards socio-economic growth of Jammu Kashmir. I have full faith in their abilities in building Viksit Bharat. The 21st Century is a century of India and Jammu Kashmir is deeply connected to the aspirations of our great nation. Tiranga Yatra is now one of our biggest festivals and entire Jammu Kashmir participates in Har Ghar Tiranga Abhiyan. The patriotic fervor and involvement of men, women, youths and senior citizens holding the glorious Tricolour across the UT is an inspiration for the country.

Jammu Kashmir has received a strong development thrust in the past five years and we have built a Union Territory which is prosperous, peaceful, just, humane and treating all its

citizens as equal. Democracy has become stronger in the Union Territory. Today, Jammu Kashmir is on the move full of self-confidence and ready to contribute in nation building. We are marching together with just one identity as Indian and determined to serve Mother India till the last breath.

Having walked seventy-nine long years since independence, it is time for every section of society to introspect on the goals achieved so far and contemplate future course of action. Pujya Mahatma Gandhiji had once said about his dreams of an Independent India. Gandhi Ji had said, "I will work for an India where the poorest of the poor feel that this country and this nation belongs to them and that they have a major role in its construction". In the past five years, my effort was to build Jammu Kashmir of Pujya Gandhi Ji's dream. We have excelled in many areas. Kashmir is now connected to

India's rail network and the dream of Kashmir to Kanyakumari rail connectivity is now a reality. Industrial development has taken deep roots. The benefits of unprecedented economic growth have reached all sections of society. Ease of living has been ensured for both urban and rural population. Women, youth and farmers have been empowered. The entire world is witnessing the transformation of Jammu Kashmir and it is my firm belief that with collective participation of people we will create a bright and peaceful Jammu Kashmir.

Let all of us reaffirm our commitment to work shoulder to shoulder and build a Viksit Bharat. I appeal to all to contribute their fullest to this momentous task. With these words, I once again greet everyone on the occasion of Independence Day".

Jai Hind!  
Jai Bharat!

**HAPPY INDIA**

INDEPENDENCE DAY  
15TH AUGUST 2025

Honoring the sacrifices of our heroes on this joyous Independence Day

**Message From Editor in Chief of Daily HEADLINES TODAY to our Readers in Particular and to the Entire Nation in General**

In these times of change and challenge, let us unite above differences, nurture the bonds that tie us as one people, and keep alive the dream of a nation where every citizen has dignity, opportunity, and peace.

As your daily companion in news and truth, HEADLINES TODAY reaffirms its commitment to uphold the spirit of free and fearless journalism—the very essence of a vibrant democracy. This Independence Day, Let us pledge not only to remember the past but to actively shape the future...

**JAHANGIR BUKHARI**  
EDITOR IN CHIEF,  
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