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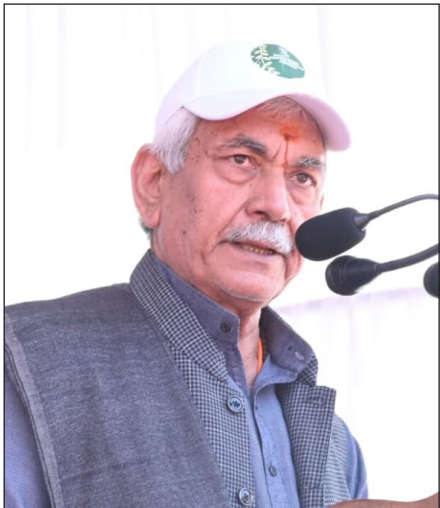
Drug Addiction and Terrorism Are Two Faces of the Same Problem: LG Manoj Sinha

Calls for united societal action as anti-drug campaign intensifies; vows to dismantle narco networks in Anantnag

■ HT NEWS NETWORK

SRINAGAR, MAY 9: Lieutenant Governor Manoj Sinha on Saturday led an anti-drug march in Anantnag, urging citizens to speak out against substance abuse and join a collective fight to eliminate the growing threat of narcotics in Jammu and Kashmir.

Addressing a public gathering, Sinha emphasized that drug addiction and terrorism are deeply interconnected challenges, warning that proceeds from narcotics are being used to fuel violence and radicalization. He said the fight against drugs must be treated as a broader mission involving both society and the administration.



“The challenge of drug addiction can be eradicated only through a whole-of-society approach. Every section of society must come together and raise awareness with firm resolve,” he said.

Highlighting enforcement efforts, the Lieutenant Governor said a major crackdown has been launched against drug trafficking networks in Anantnag. Since April 11, authorities have registered 108 cases under the narcotics law, demolished illegal properties worth 3.5 crore linked to drug proceeds, seized 22 vehicles, cancelled several licenses, and sealed 13 establishments for violations.

He directed officials to expand the campaign across all local administrative

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Nasha Mukt J&K Abhiyan registers major impact across J&K

- 2,16,123 awareness events involving more than 1 crore participants held across J&K
- 614 FIRs registered, 646 persons arrested, 435 drug peddlers apprehended, 160 drug hotspots identified
- 3.8 kg heroin, 32.92 kg charas, 222.31 kg ganja seized till date

■ HT NEWS NETWORK

SRINAGAR, MAY 09: The Jammu and Kashmir Administration has achieved significant progress under the ongoing 100 Days “Nasha Mukt J&K Abhiyan”, reflecting a comprehensive whole-of-government approach to combat drug abuse, strengthening rehabilitation mechanisms and intensifying enforcement against narcotics networks across Jammu and Kashmir.

The campaign has also witnessed unprecedented success from the start till today, with significant public participation and institutional coordination involving departments of Health, Social Welfare, Information, Police, Education, and other allied agencies.

Under the campaign, Massive Public Outreach and Awareness programmes are being organised with a total of 2,16,123 awareness events conducted across Jammu and Kashmir, involving more than one crore participants. The extensive awareness drive included series of mega Padyatras, school and college programmes, village-level campaigns,

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Family Support Crucial in Fighting Drug Addiction

■ HT NEWS DESK / KNO

SRINAGAR, MAY 09: Mental health experts and medical professionals across Jammu and Kashmir have stressed that strong family support is central to overcoming drug addiction, cautioning that stigma and lack of emotional care often lead to relapse. At a time when concerns are mounting over the growing number of addiction cases in the region, specialists working in de-addiction centres said recovery

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Youth Hold Key to Shaping Srinagar’s Future: SSP Chakravarty

■ HT NEWS NETWORK

SRINAGAR, MAY 09: Senior Superintendent of Police Dr. G.V. Sandeep Chakravarty on Saturday said that young people are central to shaping the future of Srinagar, stressing that sports play a crucial role in building character, discipline and teamwork among them.

Addressing participants at a T20 cricket tournament organised by Srinagar Police under its Civic Action Programme, the SSP commended the enthusiasm of the players and said such events provide a constructive platform to channel youthful energy in a positive direction.

He noted that games like cricket instil resilience, unity and determination, adding that such qualities are essential for both personal growth and the development of society. He said these tournaments go beyond competition, helping young people learn values that contribute to a stronger community.

Calling for greater social responsibility, Dr. Chakravarty urged youth to take an active role in combating drug abuse and to support the Nasha

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Temperatures Soar Across Kashmir, Met Forecasts Rain and Storms from May 11

■ HT NEWS NETWORK / AGENCIES

SRINAGAR, MAY 09: Kashmir witnessed an unusual surge in temperatures on Saturday, with Srinagar recording a maximum of 31.7°C—around 7.6 degrees above the seasonal average—marking one of the warmest days of the season so far.

Data accessed by Kashmir News Observer (KNO) showed that several locations across the Valley recorded significantly above-normal temperatures. Qazigund registered 31.0°C, Pahalgam 25.2°C, Kupwara 29.5°C and Kokernag 28.6°C, while Gulmarg recorded 23.0°C.



Among the hottest places, Sopore touched 32.1°C. Beerwah in Budgam recorded 28.7°C, while Alooosa

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Six-Month Rainfall Deficit Raises Fears of Looming Water Crisis in J&K

■ HT News Desk / Agencies

SRINAGAR, MAY 09: A sustained deficit in rainfall over the past six months has triggered concerns of a potential water crisis in Jammu and Kashmir, with experts warning of serious implications for drinking water availability, agriculture, and hydroelectric power generation.

According to data released

by Kashmir Weather, the Union Territory has experienced below-normal precipitation for six consecutive months. In April, the region recorded 86.5 mm of rainfall against the normal 99.6 mm, marking a deficit of 13 per cent.

The situation is compounded by a prolonged trend of seven consecutive winters

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Govt Pushes Tourism Beyond Popular Spots: Sakeena

■ HT NEWS NETWORK

KULGAM, MAY 09: In a significant step towards promoting tourism and strengthening public infrastructure in the scenic area of Panchanpatri (Hompathri) of Kulgam district, Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo today inaugurated several tourism-related facilities in the area to enhance visitors experience.

The Minister, on the occasion,



inaugurated a newly constructed passenger shed at Panchanpatri tourist resort developed by the Rural Development Department (RDD) for the convenience of visitors and tourists. She also dedicated a newly established viewpoint at Panchanpatri (Humpathri) to the public, aimed at enhancing the overall tourism experience and showcasing the natural beauty of the area.

ACD Kulgam, Chief Education

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Train, skill students for future-ready jobs: Dy CM

■ HT NEWS NETWORK

SRINAGAR, MAY 09: Deputy Chief Minister Surinder Choudhary today stressed the need for killing and training the students for future-ready jobs to ensure better livelihood opportunities and sustainable growth for the youth.

He made these remarks during

his visit to various Government Polytechnic Colleges and Industrial Training Institutes (ITIs) in Srinagar conducted to take first-hand appraisal of academic activities, infrastructure resources and facilities being provided to the students enrolled under different skill development programmes.

During the visit, the Deputy Chief

Minister inspected the Government Polytechnic College, Gogji Bagh; Government Polytechnic College for Women, Bemina and ITI Bemina. He reviewed the functioning of the institutions, ongoing training programmes, laboratory facilities and infrastructural requirements.

The Deputy Chief Minister directed the concerned authorities to

equip the laboratories and workshops with modern gadgets and machinery to ensure seamless practical training for the students. He underlined the need for introducing market-oriented courses and aligning skill development programmes with the present and future industry demands.

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Public cooperation essential to tackle drug epidemic: DIG Traffic Kashmir

■ HT NEWS NETWORK / AGENCIES

ANANTNAG, MAY 9: Deputy Inspector General (DIG) Traffic Kashmir Haseeb Ur Rehman on Saturday said civil society participation was essential to curb the growing drug menace in Jammu and Kashmir and urged people to identify and report those involved in narcotics activities.

Speaking to KNS on the sidelines of a mega padyatra against drug abuse in Anantnag district, the IPS officer said the anti-drug campaign launched under the directions of Lieutenant Governor Manoj Sinha was a major initiative that required collective public support.

“This drug epidemic has spread widely and all sections of society should come forward together to fight it,”

Rehman said.

He appealed to civil society groups, mosque committees, traders, transporters and local communities to actively support the campaign and cooperate with law enforcement agencies.

“Our civil societies, neighbourhoods and communities should identify the black sheep in society so that police can take action against them and we can get rid of this menace,” he said.

Referring to the large participation in the padyatra, the DIG said proper coordination among the traffic department, civil administration and local police helped ensure smooth crowd management during the event.

“Such programmes require coordination among all agencies, and that is

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Properties worth over Rs 3.5 Cr attached in Srinagar

■ HT NEWS NETWORK

SRINAGAR, MAY 9: Continuing its crackdown against drug trafficking under the ‘Nasha Mukt Jammu & Kashmir Abhiyan’, Srinagar Police have attached immovable properties valued at over Rs 3.50 crore belonging to three notorious drug peddlers, officials said on Saturday.

In the first action, property worth approximately Rs 80 lakh belonging to Shahid Mushtaq Dar, a resident of Barthana, Qamarwari, was attached under Section 68-F of the NDPS Act, they said. The property was found to have been acquired

through proceeds generated from illicit drug trafficking.

In another action, Police Station Nowgam attached property belonging to drug peddler Mehrajuddin Ganie, a resident of Wagoora, who was involved in FIR No. 156/2025 under Sections 8/20 of the NDPS Act. The attached property includes 18 marlas of land, a single-storeyed residential building and a cowshed at Survey No. 273 in Wagoora, Tehsil BK Pora, valued at approximately Rs 1.50 crore, the officials added.

Further, in connection with FIR No. 08/2026 under Sections 8/21 and 29 of the NDPS Act

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Second National Lok Adalat of 2026 held across UT of J&K

Justice Sanjeev Kumar inaugurated 2nd National Lok Adalat at District Court Complex Srinagar

■ HT NEWS NETWORK

SRINAGAR, MAY 09: Continuing its endeavour to fulfil the constitutional commitment of providing swift, cost-effective, and efficient dispute resolution to the masses in general and the litigant public in particular, the J&K Legal Services Authority under the patronage of Justice Arun Palli, Chief Justice, High Court of J&K and Ladakh (Patron-in-Chief, J&K Legal Services Authority), the dynamic leadership of Justice Sanjeev Kumar, Executive Chairman, J&K Legal Services Authority and the able guidance of Justice Sanjay Dhar, Chairperson, High Court Legal Services Committee organized Second National Lok Adalat of the year 2026 across the UT of Jammu & Kashmir, to promote amicable settlements in a wide range of cases, including MACT claims, matrimonial disputes, cheque bounce cases under the Negotiable Instruments Act, money recovery, commercial disputes, and compoundable criminal offences.

With a view to facilitating meaningful settlements, pre-Lok Adalat sittings and counselling sessions were held well in advance by the Legal Services Institutions across the Union Territory. Awareness programmes, coordination meetings and sensitization sessions were also conducted at different levels to encourage litigants and stakeholders to avail the benefits of Lok Adalat as an effective mode of Alternative Dispute Resolution.

Justice Sanjeev Kumar, Executive Chairman, J&K Legal Services Authority inaugurated the National Lok Adalat at District



Court Complex, Srinagar. Upon his arrival, the Justice Sanjeev Kumar was received by Haq Nawaz Zargar, Principal District & Sessions Judge (Chairperson, DLSA) Srinagar, Shazia Tabassum, Member Secretary, J&K Legal Services Authority, Tasleem Arief, Special Judge, Anti-Corruption, Srinagar, Tabasum Qadir Parry, Secretary, DLSA Srinagar along with other Judicial Officers of the District Judiciary.

During his visit, the Executive Chairman inspected various benches constituted for the Lok Adalat and interacted with the Presiding Officers, members of the benches, Advocates and litigants, appreciating the arrangements made for the smooth and effective conduct of the Lok Adalat. Several disputes were amicably settled on the spot with

the active intervention of the benches. MACT compensation cheques were also distributed among eligible beneficiaries, providing timely relief to the claimants.

As per the information received from various Legal Services Institutions working in different districts across the UT of J&K, out of total 89,222 cases taken up by 180 Benches in the day long National Lok Adalat, 83,623 cases were amicably settled and disposed off involving an amount of Rs.42,09,04,185/- as compensation/settlement amount in cases like Motor Accident Claims, civil, criminal, labour disputes, Electricity and Water Bills, Land Acquisition, Family matters, cheque dishonor and Bank Recovery etc.

While interacting with the

Judicial Officers and other stakeholders, Justice Sanjeev Kumar appreciated the collective efforts of the Judicial Officers, Secretaries, District Legal Services Authorities, Advocates, Legal Aid Defence Counsels, Para Legal Volunteers, court staff and all other stakeholders for their active participation in making the 2nd National Lok Adalat of 2026 successful.

Highlighting the importance of Lok Adalats, the Justice Sanjeev Kumar stated that Lok Adalats serve as an effective mechanism for alternative dispute resolution by enabling parties to settle disputes amicably in a speedy and cost-effective manner, thereby reducing pendency of cases and strengthening the justice delivery system. He urged the litigant public to take maximum advantage

of such initiatives and resolve their disputes through consensus.

Shazia Tabassum, Member Secretary, J&K Legal Services Authority, also appreciated the coordinated efforts of all District Legal Services Authorities and other Legal Services Institutions across the Union Territory. She reiterated that the J&K Legal Services Authority shall continue to strengthen the mechanism of Alternative Dispute Resolution so that justice reaches the doorsteps of the people, particularly the marginalized and underprivileged sections of society.

She further informed that the 3rd National Lok Adalat of the current calendar year shall be held on September 12, 2026 and urged the litigants who could not get their matters listed or settled in today's Lok Adalat to avail the opportunity in the next National Lok Adalat.

The Member Secretary also highlighted that, apart from National Lok Adalats, other focused Lok Adalat initiatives are being undertaken, including "Samadhan Samaroh", an initiative relating to suitable cases pending before the Supreme Court of India, which commenced on April 21, 2026 and shall culminate in a Special Lok Adalat on August 21, 22 and 23, 2026.

She further informed that Special Lok Adalats for cases under the Negotiable Instruments Act, particularly cheque dishonour matters, shall also be held on July 18, 2026 and November 21, 2026, and called upon the litigants, advocates and stakeholders to come forward and make full use of these opportunities for amicable and timely settlement of their disputes.

Nasha Mukht JK Drive: Mega Health Camp Brings Hope and Healthcare to Kupwara

■ DR. AB QAYOOM

KUPWARA, MAY 09: In a major initiative aimed at strengthening rural healthcare outreach and supporting the ongoing anti-drug campaign under the Nasha Mukht JK Abhiyan, a free mega medical camp was successfully organized at Galzoo (Zangli) Playground in north Kashmir's Kupwara district. The camp was organized by Quality Health Care Hospital Drugmulla Kupwara in collaboration with the District Administration Kupwara and the Indian Army's 8 Sector. The programme focused on providing accessible healthcare services to people living in far-flung areas while simulta-



neously creating awareness about drug de-addiction and preventive healthcare.

The medical camp was formally inaugurated by Shrikant Suse in the presence of senior officials from the Indian Army, Managing Director of Quality Health Care Hospital Dr. Abdul Majeed, along with civil officers, social activists, and religious dignitaries from the district. A dedicated team of specialist doctors from Government Medical College Handwara, assisted by paramedical staff, provided free medical consultations, diagnostic tests, and medicines to hundreds of patients. Residents from different parts of Kupwara district, including women, children, and elderly citizens, attended the camp in large numbers. According to officials, nearly 300 to 500 people benefited from the health camp, making it one of the significant healthcare outreach programmes in the area. On-the-spot medical examinations and diagnostic screenings were conducted to ensure timely diagnosis and treatment of various health issues. The initiative received widespread appreciation from local residents, many of whom expressed gratitude to the organizers for bringing quality healthcare facilities directly to their doorstep. They stated that such medical camps are highly beneficial for remote regions where access to specialized healthcare services remains limited. Apart from healthcare services, the programme also emphasized the importance of combating drug abuse. Religious scholars and speakers highlighted the harmful effects of narcotics in the light of Islam and the teachings of the Holy Quran. Around 500 participants, including youth, students, women, and senior citizens, attended the awareness programme and pledged their support toward making Kupwara a drug-free district. Speaking to the media, Deputy Commissioner Shrikant Suse said that the anti-drug campaign would be intensified in the coming days with active involvement from government departments and the general public. He appreciated the contributions of the Indian Army, GMC Handwara, and especially Dr. Abdul Majeed for their continued efforts in public welfare. He also appealed to the public to actively participate in the upcoming mega Nasha Mukht Abhiyan Rally scheduled to be held on May 13 at the district headquarters Kupwara. Meanwhile, Dr. Abdul Majeed reiterated his commitment toward serving society through healthcare initiatives. He said organizing free medical camps is not merely a professional responsibility but a humanitarian mission aimed at improving healthcare accessibility in Kupwara. He also thanked the district administration and the Indian Army for their support and cooperation. The mega health camp not only addressed the immediate healthcare needs of the people but also played a significant role in spreading awareness regarding preventive healthcare and the dangers of substance abuse, leaving a lasting positive impact on the community.

Nasha Mukht J&K gains momentum across Shopian

■ HT NEWS NETWORK

SHOPIAN, MAY 09: Diverse range of awareness and outreach events numbering in hundreds were today conducted across district Shopian under the ongoing 100 Day Nasha Mukht Jammu and Kashmir Abhiyan, witnessing proactive participation from students, youth, teachers, religious leaders, cooperative societies members, government departments and civil society members.

The day-long campaign featured pledge ceremonies, awareness rallies, sports activities, yoga sessions, poster display campaigns, painting & counselling sessions, seminars & debates and public interaction programmes aimed at spreading awareness about the harmful effects of drug abuse and promoting a drug-free society. Educational institutions across the district actively participated by organizing anti-drug awareness talks, sports activities and assembly sessions to encourage students towards positive and healthy lifestyles. Similarly, members of cooperative societies, lambardars and other frontline workers also participated in engagement and outreach activities in public spaces especially in business units, market places, shops, petrol pumps, playgrounds etc.

Special awareness drives and outreach programmes were also carried out by various government departments including RDD, Revenue, Poshan Projects, R&B, Fisheries, Ayush, Information, Co-operative, Transport, Agri allied departments, and other departments as part of the awareness campaign. The campaign witnessed overwhelming public response and reflected the collective resolve of the administration and society to build a safer, healthier and drug-free Shopian through sustained awareness, prevention and community participation.

KIFF First Edition Announced in Srinagar

Set to Promote Kashmiri Cinema on Global Stage/M, K Raina

■ GULFAM BARJI

SRINAGAR, MAY 9: The first edition of the Koshur International Film Festival (KIFF) was officially announced during a press conference held at Hotel K2 Inn on Friday. The event witnessed the participation of noted personalities from the fields of cinema, theatre, media, and arts.

The festival is being organised by Koshur Foundation in association with Manzoor Mir's Academy of Arts (MMAA) and is scheduled to be held in Srinagar from October 10 to 12, 2026. Speaking on the occasion, veteran theatre and film personality M. K. Raina described KIFF as an important cultural initiative for Kashmiri and Indian cinema. He said Kashmir possesses a rich artistic and literary tradition and that such platforms are essential for encouraging creative expression and meaningful storytelling.

Manzoor Ahmad Mir, Founder and Festival Director of KIFF, said the festival aims to provide a strong platform for Kashmiri cinema, local filmmakers, and regional storytelling traditions at national and international levels. He added that re-



nowned film technicians, scriptwriters, and cinema professionals would be invited to guide and mentor young filmmakers from the region.

Mir Mohsin Manzoor said the festival would serve as a creative movement for emerging filmmakers and help showcase the untapped cinematic talent of Kashmir before global audiences. The organisers announced that film submissions for KIFF will open from May 11, 2026, and there will be no entry fee for participation. The last date for submissions has been fixed as July 31, 2026, while the official selection list will be an-

nounced on August 31, 2026.

Films will be accepted in categories including Feature Films, Kashmiri Films, Short Films, Documentary Films, and Student Films. The festival will also feature screenings, workshops, filmmaker interactions, discussions, and networking sessions. Film submissions can be made through FilmFreeway. Among those present at the press conference were Mudassar Ahmad Khan, Mehraj-ud-Din Bhat, Dr. Ayash Arif, Balbir Singh Sahni, Ashraf Nagoo, along with filmmakers, artists, and media representatives from across the Valley.

District-Level Marathon to Promote Drug-Free Society Scheduled in Kulgam

■ FAROOQ RATHER

KULGAM, MAY 9: In a significant step towards spreading awareness against drug abuse and encouraging a healthy lifestyle among youth, the district administration Kulgam is set to organise a grand district-level marathon under the banner of Nasha Mukht Kulgam on Sunday, May 10, 2026.

The marathon aims to mo-

bilise students, youth, sports enthusiasts, civil society members, and the general public in support of the ongoing campaign for a drug-free society. The event is expected to witness enthusiastic participation from different sections of society, reflecting a collective commitment towards combating the growing menace of substance abuse.

According to the organisers, participants will assemble at Kul-

gam Ground at 7:30 AM, from where the marathon will officially begin. The route of the marathon has been planned from Mini Stadium Kulgam via Chat-tabal Bypass and Chawalgam, culminating at the Mini Secretariat Kulgam through the main road. Officials said the programme is part of the larger awareness initiative being carried out across the district under the Nasha Mukht Bharat Abhiyan. The marathon

is intended not only to promote physical fitness and sports culture but also to send a strong message against drug addiction, especially among the younger generation.

The organisers have appealed to the public, particularly students and youth, to participate in large numbers and make the event successful. Participants have been urged to join with enthusiasm and positive spirit

to support the cause of building a healthier and brighter future.

The campaign carries the message: "Say No to Drugs, Yes to Fitness, Yes to Life." The district administration reiterated its commitment to continue such awareness programmes aimed at safeguarding society from the harmful effects of drug abuse and encouraging constructive community engagement through sports and fitness activities.

DC Srinagar conducts onsite review of construction of Activated Carbon WTP Nishat for improving smell, colour, quality of water for major portions of Srinagar under AMRUT 2.0

Emphasizes timely completion of the vital Water supply project to boost supply, quality of water across district

HT NEWS NETWORK

SRINAGAR, MAY 09: Deputy Commissioner (DC) Srinagar, Akshay Labroo today conducted an extensive onsite inspection of key ongoing water supply infrastructure projects being executed under Atal Mission for Rejuvenation and Urban Transformation (AMRUT) 2.0 aimed at strengthening and augmenting the supply and quality of drinking water in the district.

The DC was accompanied by Additional Deputy Commissioner, Mir Imtiyaz Ul Aziz, Chief Planning Officer, Fayaz Ahmad Dar, IAS Probationer, Alfred Thomas, Executive Engineer Water Works Division, Aijaz Rafiq, Executive Engineer I&FC, Executive Engineer PHE Mechanical, Javaid Ahmad, Executive Engineer UEED, Shabir Ahmad, Officers of PMU 2.0 and other concerned.

During the visit, the Deputy Commissioner inspected

the progress of the ongoing construction of the 7 MGD Activated Carbon Chamber (ACC) at Water Treatment Plant (WTP), Nishat, a significant infrastructure initiative designed to enhance water treatment capacity and ensure improved drinking water quality for the city. He also reviewed the progress of the 0.1 MGD Water Supply Scheme (WSS) at Ishbar Nishat, including its distribution and coverage components intended to address water shortages in tail-end habitations of the area.

While reviewing the progress of the 7 MGD Activated Carbon Chamber at Nishat, the DC was informed that the project is being executed on a turnkey basis at an estimated cost of Rs 3.66 crore and is scheduled for completion by 31 December 2026.

On the occasion, the DC stressed the importance of maintaining execution timelines and ensuring strict adher-



ence to prescribed quality standards. He observed that the project would play a crucial role in addressing seasonal water quality concerns and enhancing the overall reliability of the city's drinking water supply system.

The DC stated that, once operational, the Activated Car-

bon Chamber would function as a critical tertiary-stage treatment barrier, ensuring consistent water quality throughout different seasons by effectively addressing variability in raw water characteristics. He further noted that the project represents a major transition from conventional treatment

practices to a modern multi-barrier advanced water treatment system, thereby significantly strengthening Srinagar's urban water infrastructure and public health safeguards.

During the inspection, the Executive Engineer Water Works Division, apprised the DC that the project is expect-

ed to address drinking water scarcity, particularly during lean seasons when discharge levels in Dachigam Nallah declines. He also informed that the system caters to an estimated population of over 6.5 lakh residents of Srinagar city and draws raw water primarily from Dachigam Nallah, while Dal Lake, Sarband and the SE Canal serve as supplementary water sources.

The DC was further informed that the 7 MGD Activated Carbon Chamber, designed as a tertiary treatment unit, is based on Granular Activated Carbon (GAC) technology, which will effectively remove colour, odour, taste-causing compounds and organic impurities, thereby improving the aesthetic as well as chemical quality of drinking water supplied to consumers.

Earlier, the DC also inspected the progress of the 0.1 MGD Water Supply Scheme at Ishbar Nishat being executed under

AMRUT 2.0 at an estimated cost of Rs 1.13 crore which will improve water supply and addressing shortages in tail-end habitations, including Saado Colony, Dewaan Colony, Lone Mohalla and Ishbar Nishat.

The DC was apprised that the project includes upgradation of the existing Slow Sand Filtration Plant (SSFP), revamping of the 0.75 lakh gallon service reservoir, installation of a 1 lakh Gallon Rapid Sand Filtration Plant and allied infrastructure components. He was also apprised that all civil works under the project have been completed, while installation of electro-mechanical components is currently underway.

On the occasion, the DC directed the concerned Officers to ensure completion of the installation of electro-mechanical components by 25 May, 2026 so that the project is made operational at the earliest for the benefit of the local population.

Nasha Mukht J&K Abhiyan Central Kashmir Excise Range destroys Poppy cultivation at multiple locations

HT NEWS NETWORK

SRINAGAR, MAY 09: under the leadership of Excise Commissioner Vaibhav Kohli, and the oversight of Deputy Excise Commissioner (Executive) Kashmir, Tabassum Shafat Kamili, the Central Kashmir Excise Range intensified its crackdown against the illicit cultivation of Narcotic crops (Poppy) under the Nasha Mukht Jammu and Kashmir Abhiyan.

During the drive illegal poppy cultivation was destroyed at multiple locations across the Srinagar-Budgam-Ganderbal Excise Range in collaboration with Police, Revenue and Agriculture Department and the FIR was lodged under the relevant sections of NDPS Act at the concerned Police Stations.

All legal formalities including seizure, sampling and destruction were reportedly completed on spot.

The enforcement action exemplifies the commitment of the Excise Department to curbing illegal activities and upholding the rule of law.

DC Budgam reviews arrangements for holy month of Muharram-ul-Haram

Directs concerned departments, officers to ensure timely arrangements

HT NEWS NETWORK

BUDGAM, MAY 09: Deputy Commissioner (DC) Budgam, Athar Aamir Khan along with SSP Budgam, Hari Prasad KK today convened a stakeholders meeting involving community organisations, Shia Anjumans, officials of various departments and other stakeholders to review and finalise the arrangements being put in place for ensuing month of Muharram-ul-Haram.

At the outset, there was a detailed discussion on the key priorities and arrangements that are required to be put in place for the smooth conduct of the Muharram.

The representatives from different Shia Anjumans, community representatives and other stakeholders demanded scheduled power and water supply, repairing and surface levelling of key roads and links, timely distribution of ration, LPG, and firewood, arrangements for

sanitation, installation/restoration of street lights, adequate health care facilities, transport and other related facilities.

The DC directed power and Jal Shakti departments to ensure smooth scheduled supply of power and water supply, Forest Department to firewood, FCS&CA was directed to ensure advance distribution of ration, Cooperatives department was directed to make rice, sugar and other supplies available through temporary outlets within the district.

Likewise, R&B Department and ULBs were directed to get the road and drainage works and repairs done in advance, ARTO was directed to make transportation plan available for and from the key centres. Directions were issued for repair of toilets and also immediate construction at identified spots at Budgam, Magam, Khanda etc.

On the occasion, SSP Budgam assured all stakeholders about



security and police related arrangements and solicited coop-

eration from all stakeholders. The community representa-

tives appreciated the timely and advance conduct of the meeting and assured full cooperation and support to the administration. They also assured their support to the Nasha Mukht Jammu and Kashmir Abhiyan.

DC Budgam at conclusion assured that the administration is always available and open for grievance redressal, suggestions or concerns of the citizens.

The meeting was attended by representatives of All J&K Anjuman Sharie Shian Darul Mustafa Budgam, All J&K Anjuman Sharie Shian Shariatabad, Yousuf Abad Budgam, All J&K Shia Association, Srinagar, Chairman Central Auqaf Committee Magam, President General Auqaf Committee, Khanda, besides, ADDC Budgam, ADC Budgam, CPO Budgam, All SDMs, ACD, ACP, CMO, DySP Hqs, Executive Engineers of R&B, PDD and PHE, all Tehsildars, all EOs and district officers of various departments were present in the meeting.

Ahsan Mukhtar, Shaheena Shahbaz win GCOE Annual Road Races in Srinagar

HT NEWS NETWORK

SRINAGAR, MAY 09: Government College of Education (IASE), M.A. Road Srinagar on Saturday organised its Annual College Road Race 2026 for men and women students, witnessing enthusiastic participation of more than 90 students.

The women's 5-kilometre race was flagged off at 6:30 a.m. by College Principal Prof. (Dr.) Seema Naz from SKICC, while the men's 6-kilometre race commenced at 6:15 a.m. from Gupkar Link Road. Both races concluded at Foreshore Road near Nishat Garden after passing through Gupkar Road and the Indira Gandhi Memorial Tulip Garden stretch.

In the women's category, Shaheena Shahbaz of B.Ed. 1st Semester secured the first position by clocking 35.5 minutes. Sabha Assad, also from B.Ed. 1st Semester, finished second with a timing of 40.15 minutes, while Uzma Shafi of the ECCE Department secured the third position in 45 minutes. Tabinda, Haleema Bano, Kusum, Rutba, Shaheen Kounsar, Sonika and Minakashi secured fourth to tenth positions respectively.

In the men's category, Ahsan Mukhtar Dar of UG 6th Semester emerged winner with a timing of 25.5 minutes. Showkat of UG 4th Semester secured the second



position in 27.4 minutes, while Hyder, also from UG 4th Semester, finished third in 28.5 minutes.

Zakir Hussain, Abdul Rehman, Zakir Hussain Lone, M. Junaid, Imtiyaz Ahmad, Muhammad Iqbal and Muhammad Ashraf Bimla finished fourth to tenth

respectively.

The prize distribution ceremony was held at Nishat, where trophies were awarded to the top three finishers and medals to the first ten position holders by the Principal and senior faculty members.

Speaking on the occasion, Prof. (Dr.) Seema Naz highlighted the importance of sports and physical fitness in shaping the overall personality of students. She encouraged students to actively participate in sports activities throughout the year and

said such events promote discipline, teamwork and a healthy competitive spirit among youth.

She also emphasised the importance of women's participation in sports, stating that sports empower women, build confidence and encourage leadership qualities among young girls. She further said that active involvement in sports and extracurricular activities plays a vital role in keeping students away from drug abuse and contributes towards building a healthy and drug-free society.

Convenor College Sports Board, Dr. Mohd Yasin Pir also spoke on the occasion and stressed the importance of sports in student life while encouraging wider participation in future events organised by the college sports board.

Among others, Dr. Bilquees Aslam, Dr. Daljeet Kour and other faculty members were present on the occasion.

The event was organised by the Department of Physical Education under the supervision of Dr. Mohd Yasin Pir, with support from Dr. Qazi Inaam and Dr. Daljeet Kour.

At the conclusion of the event, Prof. (Dr.) Seema Naz expressed gratitude to the Health Department and Traffic Police for their cooperation in ensuring the smooth and successful conduct of the races.

GCW Nawakadal organizes workshop on 'Early Warning Signs of Drugs'

HT NEWS NETWORK

SRINAGAR, MAY 09: College Wellbeing and Anti Substance Cell (CWASC) of Govt. College for Women (GCW), Nawakadal, organized a vital workshop titled "Parents and Civil Society Workshop on Early Warning Signs of Drugs" under the Nasha Mukht Bharat Abhiyan initiative on Saturday.

The program was inaugurated by the Principal, Prof. (Dr.) Huda Galzai, who detailed the workshop's objectives and emphasized the pivotal role of the family in protecting students through early intervention and strong emotional support.

Staff Secretary, Prof. Hafeez Ullah Sheikh discussed the pervasive nuisance of drugs. Coordinator, CWASC, Dr. Nuzhat Qazi provided a technical report on the physical and behavioral symptoms of addiction and advocated for a 500-meter drug-free zone around the campus.

Prof. G. M. Wani (HOD Physics) insisted on the adoption of Sunnah in daily life and spoke extensively on the collective responsibility of the society, noting that a vigilant community acts as the ultimate shield for the youth. He urged civil society to stay connected and proactive in identifying local threats to ensure a safe, drug-free environment for the next generation.

Civil society members also spoke on the occasion and committed to grassroots action, with pledging to deliver dedicated awareness talks in the mosque to further strengthen the social fabric against this menace.

The event concluded with active participation from all faculty, parents, and civil society members, all united under the motto: "Choose Life, Reject Drugs, and Embrace the Future."

Press Club Kreeri Launched as Beacon of Free, Responsible Journalism

Former Minister Basharat Bukhari, MLA Wagoora- Kreeri Irfan Lone led Inauguration as Media Fraternity Unites to Strengthen Ethical Reporting

■ HT NEWS NETWORK

KREERI, MAY 9: In a landmark moment for the media community, former Law Minister Syed Basharat Bukhari along with MLA Wagoora- Kreeri Irfan Lone led the inauguration of the Press Club Kreeri at the Andrabhi Complex, marking a new chapter for journalists in the Kreeri-Wagoora region.

The initiative, spearheaded by the Media Association Kreeri, brings together journalists under a unified platform aimed at addressing professional challenges, fostering coordination, and reinforcing the principles of ethical journalism. The newly established press club is expected to serve as a vital institution for amplifying public concerns and promoting responsible reporting.

Among those present on the occasion were MLA Kreeri-Wagoora Irfan Hafeez Lone, the



Station House Officer Kreeri, the President of the Traders Federation Kreeri, the Block Medical Officer Kreeri, and several other prominent officials, all of whom lauded the initiative and ex-

tended their full support.

Addressing the gathering, the Station House Officer emphasized the indispensable role of journalism in society, describing it as the backbone of democracy and

a key pillar in ensuring transparency and accountability. He called upon journalists to uphold the highest standards of integrity while serving the public.

In a notable gesture of en-

couragement, the President of the Traders Federation Kreeri announced an immediate financial contribution of 11,000 rupees for the maintenance of the press club and assured continued support in the future.

President of the Baramulla Working Journalists Association, Zargar Gulzar, praised the collective effort and stressed the importance of unity among journalists, while General Secretary Omer Rashid reaffirmed full cooperation with the newly formed body.

The Media Association Kreeri, in its concluding remarks, reiterated its commitment to safeguarding the interests of journalists and maintaining professional excellence. It expressed confidence that the press club would emerge as a strong platform for addressing community issues and advancing the cause of fair and ethical journalism in the region.

277 Cases Settled in 2nd National Lok Adalat Held at Kulgam

■ FAROOQ RATHER

KULGAM, MAY 09: The second National Lok Adalat of the year 2026 was successfully held in Kulgam on Saturday under the aegis of the National Legal Services Authority (NALSA) and in pursuance to the directions of the Jammu and Kashmir Legal Services Authority.

The Lok Adalat proceedings were conducted under the chairmanship of Aijaz Ahmad Khan, who is also the Chairman of the District Legal Services Authority (DLSA) Kulgam.

The National Lok Adalat was formally inaugurated by the Chairman, District Legal Services Authority, in the presence of Presiding Officer Fast Track Court Kulgam, Chief Judicial Magistrate Kulgam, Munsiff/JMIC Kulgam, Additional Special Mobile Magistrate Kulgam, and members of the Bar Association Kulgam.

To facilitate smooth disposal of cases, six benches were constituted across the district. Four benches were established at the district headquarters Kulgam, while one bench each was set up at D.H. Pora and Qazigund. Each bench was headed by a Judicial Officer.

During the Lok Adalat, a total of 375 cases pertaining to various categories, including Motor Accident Claims Tribunal (MACT) cases, family disputes, revenue matters, traffic challans, bank recovery cases, electricity-related disputes, and water bill cases, were taken up for settlement.

Out of these, 277 cases were amicably resolved through mutual consent and reconciliation between the parties concerned, reflecting the effectiveness of the alternative dispute resolution mechanism.

Officials said that a total settlement amount of Rs 44,38,350 was awarded during the proceedings.

The National Lok Adalat provided litigants with an accessible and speedy platform for dispute resolution, reducing the burden on regular courts while promoting amicable settlement of cases in a cost-effective manner.

Vice Chairman LCMA reviews functioning of STPs at Brari Numbal, Nallah Amir Khan

■ HT NEWS NETWORK

SRINAGAR, MAY 09: Vice Chairman, J&K Lakes Conservation and Management Authority (JKLCMA), Khurshid Ahmad Shah today visited the Sewage Treatment Plants (STPs) at Brari Numbal and Nallah Amir Khan to assess their operational efficiency and functioning.

During the visit, the Vice Chairman inspected the 16.1 MLD STP at Brari Numbal and the 5.4 MLD STP at Nallah Amir Khan, both commissioned by JKLCMA.

Officials informed the Vice Chairman that both the



plants are based on

MBR Technology aimed at ensuring effective sewage treatment and improved environmental management.

While reviewing the functioning of the plants, Khurshid Ahmad Shah stressed the need for sustained efforts towards environmental conservation and efficient sewage treatment management to protect water bodies and maintain ecological balance in the region.

He also directed the concerned officials to ensure smooth operation and regular monitoring of the plants for achieving optimum performance and adherence to environmental standards.

Awareness activities organised across Budgam under 100 day intensive NMBA

■ HT NEWS NETWORK

BUDGAM, MAY 09: Various awareness and outreach programmes were organised across Budgam district today under the ongoing Nasha Mukht Bharat Abhiyan (NMBA) with an aim to educate people, especially youth and rural communities, about the harmful effects of drug abuse and the importance of environmental and social responsibility.

Excise Team Sub Range Budgam carried out a major awareness programme through Friday Sermon at Batpora Chadoora. During the sermon delivered at Jamia Masjid, the Imam highlighted the ill effects of drug abuse on society and human health and urged people to remain vigilant against the growing menace of narcotics. Farmers were particularly sensitized and advised to refrain from cultivation of illicit narcotic crops such as poppy and cannabis in their farms and orchards.

The programme emphasized the collective responsibility of society in creating a drug-free environment through awareness and education.

Meanwhile, Raithan Forest Range organised a plantation drive, pledge ceremony and awareness programme under NMBA at Government Middle School Gurwaite Kalan. Students, teachers and locals participated enthusiastically in the programme and pledged to work towards environmental protection and social awareness. Participants were sensitized about the importance of preserving forests, biodiversity and maintaining a healthy and drug-free society.

Further intensifying awareness efforts among students, a slogan writing activity was organised at Government Higher Secondary School Budgam under NMBA. Students actively participated and expressed their thoughts creatively through slogans highlighting the dangers of drug abuse and the need for environmental conservation and responsible citizenship.

The programmes witnessed active participation from students, teachers, officials and members of the local community. The organisers reiterated their commitment towards making society drug-free through sustained awareness campaigns, community participation and educational initiatives.

Samagra Shiksha, other initiatives transforming school education in Shopian through digital upgrades, student inclusion interventions

■ HT NEWS NETWORK

SHOPIAN, MAY 9: School Education Department Shopian has emerged as a leading example of educational transformation during the financial year 2025-26 by undertaking wide-ranging initiatives focused on quality education, digital learning, inclusive development and student welfare. Through sustained efforts under various flagship programmes and schemes, the department has significantly strengthened educational infrastructure, improved literacy outcomes and enhanced access to learning opportunities for all sections of society.

The district has witnessed remarkable progress in infrastructure upgradation, smart learning initiatives and welfare support for Children With Special Needs (CWSN), reflecting the Government's commitment towards equitable and modernised education.

As part of digital transformation initiatives, 42 schools were strengthened under Smart School interventions. Further enhancing digital education, 25 schools were covered under the Smart Class Project at an estimated cost of Rs 45 lakh. The project included installation of smart boards, computers, IT infrastructure and modern teaching-learning equipment aimed at making classrooms more interactive, technology-enabled and student-friendly.

Besides, 74 smart stands were installed across schools to facilitate smart learning practices.

Under the Kindergarten initiative, 130 schools were covered with an estimated expenditure of nearly Rs 2 crore for development of child friendly learning spaces and activity-based foundational education infrastructure.



Special focus was also laid on tribal education through establishment of 4 Smart Tribal Schools including UPS Amshipora, Nagbal Tullihalan, Mizpora and Shalidoora.

These schools were provided with smart classroom facilities, uniforms and other educational support to improve learning outcomes and educational accessibility in tribal areas. The department also recorded notable achievements under Samagra Shiksha. During the Talaash initiative under ULLAS, a total of 23,137 learners appeared in FLNAT-III examination, enabling the district to achieve 100 percent literacy milestone.

In the field of inclusive education, extensive efforts were made for the welfare of Children With Special Needs (CWSN). Assessment-cum-measurement camps were conducted across the district for identification of support of specially-abled students.

Under the IED component of Samagra Shiksha, 182 aids and appliances were distributed among 146 CWSN students as per their assessed requirements. Additionally, financial

assistance amounting to Rs 7,12,500 was distributed among 518 CWSN beneficiaries through Direct Benefit Transfer mode under various components including transport allowance, escort allowance, reader allowance and stipend for girls.

The department also ensured uninterrupted educational support to migratory and seasonal students through establishment of 116 Seasonal Education Centres across the district during 2025-26.

As part of student welfare initiatives, free textbooks worth Rs 44,87,200 were distributed among 20,739 students, while uniform assistance amounting to Rs 80,92,200 was provided through DBT mode to 13,487 students.

These achievements reflect the unwavering commitment of the School Education Department Shopian towards modernization of educational infrastructure, inclusive learning, digital transformation and equitable access to quality education, paving the way for a progressive and future-ready educational ecosystem in the district.

Padyatras, Awareness and Outreach Activities continue across Pulwama under NMBA

MLA Tral attends Dadasara awareness event, hails NMBA activities; says impact visible on ground

■ HT NEWS NETWORK

PULWAMA, MAY 09: As part of the ongoing 100-day campaign under the Nasha Mukht Jammu and Kashmir Abhiyan, a series of awareness and outreach activities and padyatras were organised across District Pulwama to spread awareness against drug abuse and promote a healthy and drug-free society.

A mega anti-drug awareness programme was organised at Dadasara Tral by administration in collaboration with Civic Welfare Forum Dadasara and Al-Khidmat Dadasara. The programme witnessed enthu-

siastic participation from various sections of society including youth, students, civil society members, members of Auqaf Committees and local residents.

The programme was attended by MLA Tral, Rafiq Ahmad Naik, Additional Deputy Commissioner Tral, Sajid Yahya Naqash, officers of civil administration and Police besides Civil Defence and SDRF volunteers, Anganwadi workers, ASHA workers and SHG members.

During the programme, awareness sessions on Nasha Mukht Bharat Abhiyan were conducted by the resource persons and officers.

Signature campaign, sports activities, pledge ceremony and Nasha Mukht film screening were also organised on the occasion. The event later culminated with a padyatra aimed at spreading the message of a drug-free lifestyle in the society.

Speaking on the occasion, MLA Tral Rafiq Ahmad Naik appreciated the awareness and enforcement activities being undertaken under the campaign and said that the impact of the campaign is visible on the ground. He urged the public to actively participate in the campaign while spreading awareness regarding the harmful effects of drug abuse.

Similar awareness programmes were organised at Gudoora Pulwama, Tral-i-Payeen and at various Anganwadi Centres across the district, where officers and resource persons interacted with participants and highlighted the harmful effects of substance abuse and the importance of collective responsibility in curbing the menace.

Meanwhile, a padyatra was organised at Litter which commenced from Government Higher Secondary School Litter and culminated near J&K Bank Litter. The padyatra witnessed enthusiastic participation from members of civil society, Auqaf

Committees, trade union members, students, youth, local residents and officials of various departments. Further, an awareness session and padyatra were also organised by SHG members at Arigam Pulwama to sensitise the public about the harmful consequences of drug abuse and promote community participation in the anti-drug campaign. Besides, the Department of Youth Services and Sports (YSS) Pulwama continued a variety of activities across different zones of the district under the campaign.

In Zone Pulwama, a zonal-level football tournament was organised at HSS Karimabad,

while chart exhibitions were conducted at HS Malangpora and UPS Chewakalan. A zonal-level table tennis competition for girls was also organised at GHSS Pulwama.

In Zone Tahab, chart exhibitions and awareness programmes were conducted at HSS Litter, UPS Tumlehah and UPS Ladermar, while basketball and tug of war competitions were organised at HSS Achan. Badminton competitions were held at Arihal and chess competitions at UPS Khellon.

In Zone Pampore, seminars, awareness programmes on drug abuse and chart exhibitions were organised at GHSS Khrew in

collaboration with Police Administration Pampore.

Similarly, Zone Tral hosted a Nasha Mukht Bharat Abhiyan programme at FVM Tral, while Zone Awantipora conducted a zonal-level badminton competition for girls.

Before the commencement of each event, participants took part in Nasha Mukht Pledge pledging to work collectively towards building a healthy, drug-free and prosperous Pulwama.

The activities form part of the district administration's efforts to involve all sections of society in combating drug abuse and strengthening public awareness across Pulwama district.

HT EDITORIAL

Nasha Mukti Abhiyan progressing by leaps and bounds across J&K

The 100 days Nasha Mukti Abhiyan launched by the Jammu and Kashmir administration has achieved significant progress. This can be gauged by the fact that so far more than two lakh awareness events have been carried out across the union territory of Jammu & Kashmir. According to the official figures 2,16,123 awareness events have been conducted in the first 27 days of the Abhiyan.

The whole hearted support by the government, its departments and the common masses reflect a comprehensive approach from all the stakeholders to combat drug abuse, strengthening rehabilitation mechanisms and intensifying enforcement against narcotics networks across Jammu and Kashmir. Under the campaign massive public outreach awareness programmes are being organised on a regular basis across the union territory. The extensive awareness drive included a series of mega Padyatras, school and college programmes, village-level campaigns, youth engagement activities, seminars, rallies, sports and cultural events, community interactions aimed at sensitizing the public regarding the harmful effects of drug abuse.

The counselling and mental health Support has also been strengthened with Tele-MANAS counselling initiative receiving 2,786 calls, indicating growing public trust in institutional mental health and addiction support systems. The treatment and rehabilitation facilities have also been enhanced with the health department's addiction treatment facilities (ATFs) treating 44,602 patients during the campaign period, including 44,263 OPD patients and 339 IPD admissions. One hundred and forty-eight patients have been successfully cured and released after treatment. The social welfare department-operated DDAC rehabilitation centres received 441 patients, while 742 individuals underwent counselling sessions.

Police-run DDAC counselling and rehabilitation support centres also registered encouraging outcomes, with 451 patients registered, 786 counselled and 138 individuals successfully recovered. Under the campaign, the administration has also intensified crackdown on drug networks. The authorities have also acted firmly against misuse of transport and pharmaceutical channels linked to narcotics activities during the campaign. 252 driving licenses have been cancelled, 111 vehicle registrations cancelled, 104 drug store licenses suspended, and 2 drug store licenses cancelled.

Significant narcotics seizures have also been made with security and enforcement agencies seizing substantial quantities of narcotic substances including 3.8 kg heroin, 32.92 kg charas, 222.31 kg ganja, besides 21 marlas of illegal poppy cultivation were also destroyed during the campaign. The surveillance and preventive measures have also been expanded to strengthen community monitoring. 3,067 chemist shops were inspected, 2,815 CCTV cameras have been installed at vulnerable locations, besides 977 schools and hospitals were checked as part of preventive vigilance measures.

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A Paradise Without Care



■ USUF MIR

Suraj was a bright and promising young man from his village, known for his ability and gentle nature. He had earned quiet respect among his people. His village lay nestled in the lap of tall mountains, surrounded by lush green forests, with a soft, whispering waterfall adding to its charm. People from distant places would come here to experience its peace and untouched beauty.

One Sunday morning in the month of April, during his usual walk, Suraj met Ruhee, a visitor from the city. She appeared confident and composed, yet there was a certain heaviness in her eyes. Their brief exchange soon turned into a deeper conversation. They spoke about life, dreams, and the silent struggles hidden behind smiling faces.

Ruhee shared that she had everything one could wish for. She had success, wealth, and recognition, yet something within her remained incomplete. Suraj listened quietly and responded with simple, honest words. There was a sincerity in his thoughts that touched her.

Before leaving, she invited Suraj to come to the city for higher studies, where better opportunities and facilities were available. After some hesitation, Suraj accepted.

Time passed. With her support and his own hard work, Suraj completed his doctorate in engineering and was appointed as an Assistant Professor. Over time, their understanding deepened into love, and they married. A year later, they were blessed with a baby boy. Despite their settled life



in the city, they often returned to the village. Ruhee, in particular, found comfort in its simplicity and natural charm.

During one such visit, their child developed a fever on the way. Concerned, Suraj stopped at a nearby local hospital. The facility was poorly equipped, and the doctor prescribed medicine without proper examination.

"Doctor, you haven't even checked the child. How can you prescribe medicine like this?" Suraj asked.

"Are you a doctor?" came the cold reply. Suraj fell silent and followed the prescription.

By the time they reached home, the child's condition had worsened. He became unresponsive. In panic, the family rushed him to another hospital and then to a super-specialty center, where the doctors were deeply alarmed by his condition.

"Why was this medicine given?" they questioned.

After thorough treatment, the child survived—but recovery came at a cost. He now required long-term treatment and constant medical care.

Suraj stood there helpless—not as a professor, but as a father weighed down by regret.

That day changed everything. He never returned to his village again—not because its beauty had faded, but because he had seen a painful truth hidden beneath it.

Beauty alone is not enough if basic care is missing.

(This is a story of a rural area blessed with natural beauty, yet quietly suffering from the absence of basic healthcare. It reflects a moment in Suraj's life that reveals a painful truth—that beauty alone can never replace essential human needs.)

Email: yousufmir555@gmail.com

Plants reduce harmful gases from the environment

Planting Trees Can Beautify the Heart of Srinagar



■ SAHIL MANZOOR BHATTI

Development is essential for every country. Today, only a few countries in the world are economically strong and capable of generating a large number of employment opportunities through beneficial schemes. These countries have well-developed sectors that offer employment with good earnings to their educated and skilled youth. It is expected that in the future many more nations will join the list of developing countries.

In the modern era, we have immense and effective communication tools that help in exchanging business ideas from one corner of the world to another. Most trade-related deals are now carried out through virtual means such as emails, WhatsApp, and video conferencing. For the progress of any country, development is crucial and plays an important role in strengthening the economy. Development of roads, transport systems, trade and commerce, and proper management of cities while keeping environmental concerns in mind are essential aspects of development.

The government has established various departments that look after environmental issues and issue guidelines from time to time to safeguard the environment. Development does not only mean the construction of tunnels, large buildings, railway tracks, wide roads, or dams. Development must go hand in hand with environmental protection. The development of any country requires proper planning, effective management, and coordination among different agencies while keeping environmental concerns in mind. There is also an intellectual class within the government sector that continuously addresses the grievances of the public and ensures the availability of es-



sential facilities.

In this article, I would like to highlight the importance of planting trees in cities and major business hubs of the district where there is heavy movement of traffic. Day by day our demands are increasing, and the rising flow of traffic pollutes the environment in many ways. Factories in the manufacturing sector release a significant amount of pollution into the air, water, and soil. Such activities cannot be stopped overnight. Therefore, the only viable option is to minimize environmental damage by actively participating in environmental protection measures and addressing the threats we face today. The government administration is doing commendable work by taking notice of environmental issues and implementing necessary measures.

The environment plays a vital and significant role in our lives. Environment means our surroundings; it includes plants, water bodies, animals, birds, air, soil, and other natural elements. It is a broad and essential concept in our day-to-day life. First and foremost, we must understand the importance of the environment and its role in sustaining life. However, development in the form of roads,

bridges, buildings, railway tracks, airports, factories, industries, and hydroelectric dams is, in some ways, harming our environment.

If we analyze how this damage occurs, one major reason is the cutting down of trees during road widening and railway construction. This leads to soil erosion, which means the wearing away of the upper fertile layer of the soil. Soil erosion adversely affects soil fertility and increases the risk of flash floods, landslides, and other environmental hazards.

How to Maintain Temperature in Cities

Cities are busy business hubs. They enhance the beauty and economic strength of a country, state, union territory, or district. However, temperatures in cities often rise due to the emission of polluting gases from vehicles. Greenhouse gases are responsible for the increase in temperature in areas with heavy vehicular movement, and cities are the most affected.

Effective city management is crucial for the administration. While planning urban development, authorities must prioritize a clean environment, protection of water bodies, improvement of air quality, and

proper drainage systems. These aspects should be carefully considered while widening roads, installing sewage systems, and managing solid waste generated from hospitals, business establishments, and households.

Planting more and more trees can significantly help lower city temperatures, improve air quality, and enhance the overall beauty of urban areas. Trees act as natural air purifiers and provide shade, thereby reducing the heat island effect in cities. In addition, eco-friendly transportation options should be promoted. The use of e-rickshaws should be increased, as currently there are only 314 e-rickshaws operating in the city (source: Daily Sheherbeen). 2024.

In conclusion, planting trees is one of the most effective and sustainable ways to beautify the heart of while protecting the environment. It is a shared responsibility of both the government and citizens to ensure balanced development that harmonizes economic growth with environmental preservation.

sahilmanzoor411990@gmail.com

A Life lived Such--Literary Giant

"Gh. Nabi. Aatish"



■ SHEIKH GH MOHAMMAD

Gh.Nabi.Aatish a dynamic Personality of an exceptional talent in whose blood and genes love of Kashmiri Literature, Kashmiri Language and Culture runs like the water flows in "Jhelum".

Aatish Sahib has a very tall stature among the scholars of Kashmir and is rare among the rarest of Kashmiri Language teachers who worked through out his life with vision and mission.

Aatish Sahib is an excellent folklorist, critic, translator, expert in children literature, academician, writer, poet and above all a wonderful person by nature.

As a reputed teacher, Aatish Sahib taught in different schools at various levels for more than three decades. He also worked as Zonal Co-ordinator SSA, District Co-ordinator cultural education wing Anantnag, provincial level teacher trainer/Resource person.

Aatish Sahib worked as a member of expert committee constituted by JKBOSE for preparation of syllabus and text books of Kashmiri Language for all classes Ist, primary to class-12. He has played a vital role in conceiving, compiling and drafting text books in school curriculum-Kashmiri Subject. He has more than eighty books at his credit and has written a number of articles, talks and features that have been published, broadcasted and telecasted from time to time.

Aatish Sahib has participated in a number of National level and State level conferences and workshops.

Profile (Biodata) of Gh.Nabi. Aatish

Name:- Gh.Nabi.Pandith(Pen Name – Aatish)

Parentage:- Ab.Khaliq.Pandith.

Date of birth-27-4-1949.

(Twenty of April Nineteen hundred forty nine).

Permanent address:- Nanil.

District:- Anantnag Kashmir.

Academic qualification

Post Graduation:- Kashmiri Subject

1981 from University of Kashmir.

Professional qualification:- B.Ed.

from University of Kashmir.

Honors

Kashmiri Language and Literature-1971 from University of Kashmir.

Urdu Language and literature-1972 from Jamia Milia Delhi.

Appointment

As Govt.School Teacher--27-10-1966.

Promotions

Master:-1989.

Lecturer:- 2004.

Superannuation

April- 2007 as Lecturer

Literary works

Poetic Collections

Ghulam Nabi Aatash is a poet of repute, who wrote poems and gazals in Kashmiri. In his poetry Aatish sahib adopted and experienced new trends and sensibilities. Two poetic collections of Aatish sahib are:

1. **Shesh-Yinder (The spinning Wheel made of glass)-1966**
2. **Zool Amaran Huend (Illumination of longings)-1978**

Children Literature works

Ghulam Nabi Aatash is the poet and author, who gave flip to the children literature in Kashmiri. He wrote a number of books for children. He wrote rhymes, poems, fables, pabbles, short stories and folk tales etc. "Kentcha

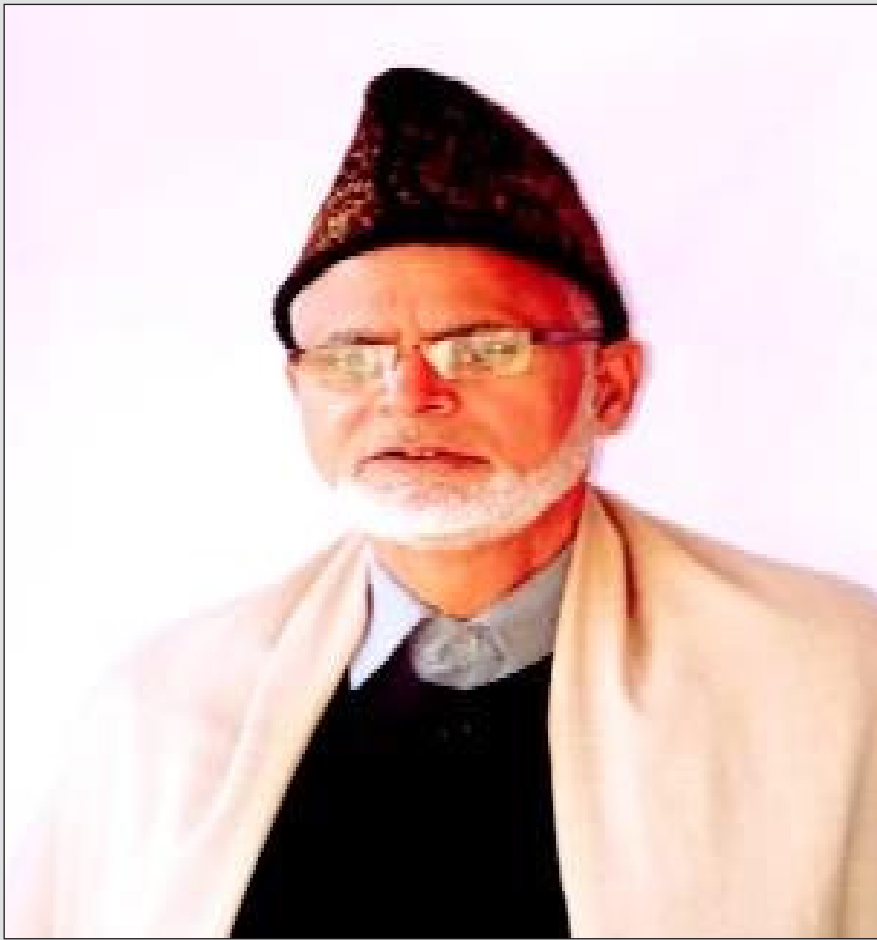
Mentcha" (goodies pleasing children) is a series of books composed and written by Ghulam Nabi Aatash. His works are sure to cultivate in children urge and love for creativity, love for environment preservation, honesty, brotherhood and sense of belongingness. A list of books written for children and about children literature by Aatish sahib are:

1. **Kentcha Mencha (Goodies pleasing children, poems for children, collaboration Sultan Muhammad Sultan)- 1981.**
2. **Nov Kentcha Mencha (New goodies pleasing children, rhymes, poems, versified stories, short stories and folktales) -2009**
3. **Kashur Shure Adab (Children literature in Kashmiri, Origin, history, development, analysis, present scenario) Ministry of Culture, Govt. Of India-2013.**
4. **Gashun Chiri Pompur (Butterfly of Gasha, story for children), National Book Trust of India, New Delhi-2013.**
5. **Humi Janun Khaab (Humi Jan's dream-story for children), National Book Trust of India, New Delhi-2013.**
6. **Kashire Shure Adabach Sombran (An anthology of Children literature in Kashmiri Vol -I Poetry), J&K Cultural Academy-2013.**
7. **Kashire Shure Adabach Sombran (An Anthology of Children literature in Kashmiri, Vol-II Prose), J&K Cultural Academy-2013.**
8. **Arsalan (A Story for children), National Book Trust of India New Delhi-2017.**
9. **Kasher Shure Adbuk Tawareekh (History of childrens literature in Kashmiri), Ali Mohammad and Sons Lal Chowk, Srinagar-2020.**
10. **Treaim Kentcha Mencha (Rhymes and cradle songs for children)-2021**
11. **Aes Parov Nov Nov (Lets read new Things), Sahitya Akademi, New Delhi -2022**
12. **Kentcha Mencha Vol-IV**

Research and Criticism works

Literary, Criticism and Research fields are also enriched by Aatash sahib. Aatish sahib is an acclaimed researcher, critic and reviewer. He has contributed a lot to kashmiri literature with respect to research and criticism. Books written in this field by Aatish sahib are:

1. **Tahqeeq (Research and Criticism)-1980.**
2. **Kasheer Hazrat Sheikh Noor-u-Din Reshi Sands Kalamas manz (Kashmir as reflected in the poetry of Hazrat Sheikh Noor-u-Din Reshi)-1994.**
3. **Mohammad Subhan Bhagat (Monograph on the folk playwright, Actor, Director) Sahitya Academy, New Delhi-2000.**
4. **Vohim-e-Sade Hinzan Zanane shairan Te Likharon Hunz Takhleeqi (Writings in Kashmiri by women during twentieth century) Sahitya Academy, New Delhi.**
5. **Baaz Yaaff (Research and criticism Articles)-2005**
6. **Shamus Din Ahmad (Monograph on famous translator, Persian and Kashmiri Scholar and Ex. Head, Persian Department, University of Kashmir, Srinagar), Sahitya Academy, New Delhi-2010**
7. **Iqbal Nath Vanpoh (Monograph on late scholar and historian Sh. Iqbal Nath Vanpoh) J&K Cultural Acadenay, -2012.**
8. **Sarmai-Te-Saam (Research and criticism)-2011**
9. **Abdul Gani Thokar, Mashhoor (Monograph), Sahitya Academy, New Delhi-2015**
10. **Mohan Lal Aash (Monograph), J&K Cultural Academy-2017.**
10. **Sarwanand Koul Premi (Monograph), J&K Cultural Academy, Srinagar-2018**
12. **Ghulam Nabi Nazir (Monograph), Sahitya Academy,**



New Delhi-2019.

11. **kashur Mehraj Naame (Anthology of poems regarding celestial journey of Prophet Muhammad (PBUH) -2017**
12. **Drov Charit (Mythological versified story MASNAVI in Kashmiri), compiled and edited, Sahitya Academy, New Delhi-2022**
13. **Kashur Reshnaame (Compiled and translated into Urdu), Meezan Publishers Batmaloo, Srinagar-2022**
14. **Kasheir Qasideh (Anthology of Kashmiri odes), Sahitya Academy, New Delhi-2022**
15. **. Naame Longun (Letters by veteran writers and poets written to Ghulam Nabi Aatash), Compiled, Analysed and published by Dr. Gulzar Ahmad Rather-2022**

Books written by Aatish sahib about sufi-shora and published by Ali Mohammad & sons Srinagar are:

1. **Neame Saeb, 2. Soche Kral, 3. Ab Ahad Nadim, 4. Mehmood Gami, 5. Rasool Mir, 6. Haba Khatoon (Published by Ali Mohammad And Sons Lal Chowk Srinagar.)**
2. **Abdul Rahman Azad (Monograph), Sahitya Academy, New Delhi-2023. Folk Literature works**

Aatash sahib is one of the eminent folklorist who dedicated his precious time to folk lore and folk literature. He collected folk songs, folk tales, anecdotes, proverbs etc, at the ground level and compiled them in book form. A list of books written by Aatish sahib in this field are:

3. **Kashir Talmih (Kashmiri Sayings, Co-author M.L.. Aash), J&K Cultural Academy 1985.**
4. **Kashire Louk Baaeth (Kashmiri Folk songs Vol. VIII), J&K Cultural Academy 1989.**
5. **Kashire Louk Baaeth (Kashmiri Folk songs Vol. XI), J&K Cultural Academy 2006.**
6. **Kashire Louk kathe (Kashmiri folk tales Vol. VI), J&K Cultural Academy-1991.**
5. **Kashur Louk Adab (Kashmiri Folk Literature)-Sahitya Academy, New Delhi 2012.**
7. **More than 100 entries published in Kashur Encyclopedia Folklore No. Vol. 5. Of J&K Cultural Academy, -2010.**
8. **Intangible Cultural Heritage of Kashmir, J&K Cultural Academy-2019**
8. **Kasher Louke Shaire, Vokhnay Te Vetchnay (Kashmiri Folk poetry, research, analysis and its study in sociological perspective) -2007**
9. **Kashur Louk Voture, Tahqeeq Te Tajzee (Kashmiri folk lore, research and analysis in historical and sociological perspective) -2009**

10. **Kashur folklore (Research and anlysis)-2017**
11. **Kashir Louke Baeth vol-vii- AACLJK**

Translations works

1. **Pushkin Sanz Nazmeh (Translation of Russian Poems of Alexander Pushkin into Kashmiri, in association with SL Pardesi)-1981.**
2. **Hikayat-e-Roomi (Anecdotes selected from Masnavi-Manavi of Moulana Jalal-u Din Roomi and translated in to Kashmiri) -2010**
3. **NABI-E-REHMAT (SAW) (Translation of Seerat, the life and deeds of Prophet Muhammad (SAW) written in Urdu by Moulana Syed Abul Hassan Ali Nadvi, into Kashmiri.**
4. **Zakheerat-ul-Malook (Kashmiri translation of the famous book, written in Persian by Hazrat Mir Syed Ali Hamdani) by J&K Cultural Academy-2018.**
5. **Akh Insaan, Akh Gareh, Akh Dunya (Kashmiri translation of Tamil Novel by Jayakanthan), Sahitya Akademi, New Delhi-2019.**
6. **Ladakh kay Brokhpazby Iqbal Nazki, 2017.**
7. **Kashire Louk Baaeth (Kashmiri Folk songs Vol. IX, J&K cultural Academy-1990**

Publications in urdu

1. **Kashmiri Louk Adab (Article about Folklore and Folk Literature) -2013.**
2. **Kashmir Angraze Sayahon Kay Safar Namoon Mean (Kasheer as reflected in the travelogues of British visitors)-2017.**
3. **Kashmir Loak Adab kay Aae-nay Mai --AACLJK**

Memberships

1. **Ex-Member Bazm-e-Adab Annantnag, Kashmir**
2. **Patron, Maraz Adbi Sangam, Bijbehara Kashmir**
3. **Ex-Member Advisory Board for Kashmiri, Sahitya Academy, New Delhi.**
4. **Ex-Member text book committee for Kashmiri, constituted by State Board of School Education J&K.**
4. **Ex-Member text book revision committee for Urdu, constituted by State Board of School Education, J&K.**
5. **Ex-Member Editorial Board, Kashur Srinagar Times, 2005.**
6. **Member Advisory Sub Committee, Kashmiri: J&K Academy of Art, Culture and Languages.**
7. **Member Advisory Board, Kashur Encyclopaedia Vol. 6 & 7 (Encyclopaedia Kashmiriyana) J&K Academy of**

Art, Culture & Languages.

8. **Member Committee for declaring Kashmiri as Classical language "Constituted by Govt. of Jammu & Kashmir".**
9. **Member, General Council of J & K Academy of Art, Culture and languages**
11. **Member, General Council, Sahitya Akademi, New Delhi.**
10. **Patron Bazm-e-Saqafat Kashmir**
11. **Ex-Convener: Kashmiri Advisory Board of Sahitya Akademi, New Dehli**
14. **Member Expert Committee for Kashmiri Encyclopedia Vol: VII and VIII**

Representations

1. **Represented Kashmiri language in seven day literary festival at Shimla, Himachal Pradesh, organized by Information Department of Himachal Pradesh and national Book Trust of India -2015.**
2. **Represented Kashmiri language in national Poetic Symposium-2016 at Nagpur, Maharashtra.**

Fellowship

Awarded Senior Fellowship in Literature for a period of two years (30.09.2011 to 01.10.2013 by Ministry of Culture, Govt of India, New Delhi.

Awards

1. **Best Book Award by J&K Academy of Art, Culture and Languages**
2. **Soviet Land Nehru Award**
3. **Best Teacher Award, School Education Department Kashmir**
4. **Award by J&K Board of School Education**
5. **Sahitya Akademi Main Award**
6. **Bal Sahitya Puriskar (Sahitya Akademi Award for children literature)**
7. **Sharf-e-kamraz by Adbi Markz kamraz J&K**
7. **Best Book Award J&K Academy of Art, Culture and Languages**
8. **Khilat-e-Mohi-u-Din Hajini Halqa-e-Adab Sonawari Hajin**
9. **Shan-e-Maraaz-Maraaz Adbi Sangam, Bijbehara**
10. **State Award; Govt. of Jammu & Kashmir**
11. **Fazil Memorial Award**
12. **Alsarvat Foundation Award**
13. **Heritage Award by INTAC Kashmir and Meeras Mehal**
14. **Aziz Hajini Award by Feroze Cultural Forum**

Felicitations

1. **Trophy by J&K Eco Friends**
2. **Trophy by Adbi Markaz Kamraz**
3. **Trophy by Maraz Cultural Sangam Shopian**
4. **Felicitation by J&K Academy of Art, Culture & Languages**
5. **Felicitation by Maraz Adbi Sangam, Bijbehara**
6. **Felicitation by "Kashmir Bhavan" Kolkata**

I have found Aatish sahib a wonderful man, always so generous, ready to help whoever approaches him.

Aadbi journey of Aatish sahib is an inspiration for all Adab lovers.

Recently Aatish sahib has been awarded sahitia Akademi translation award – 2024 for his book "Akh Insaan, Akh Gareh, Akh Duniya, ". Bottom Line:- Aatish sahib is a well rounded individual –a multi faceted personality,"a poet, writer, researcher, translator, teacher, educationist, language and culture activist and above all a good human being. Aatish sahib has played a great role in promoting and propagating kashmiri language, literature and culture.

Unfortunately this great literary icon has lost his eye sight since 2022 and is bed-ridden at his Nanil residence Anantnag kashmir.

The author is a Retd . DIET Principal Senior Member of Halqa-e-Adab sonawari & Wahab cultural society Hajin Hajin (Bandipora)

Kashmir's Blooming Landscape and the Hidden Burden of Pollen Allergy



■ DR. TASADUK HUSSAIN ITOO

Seasonal pollen allergies have become an increasingly recognized public health concern in Kashmir, affecting children, adults, and the elderly across urban and rural communities alike. While the valley is admired worldwide for its breathtaking landscapes, lush gardens, orchards, meadows, and diverse plant life, the same rich vegetation that contributes to Kashmir's natural beauty also serves as a major source of airborne pollen. During spring, summer, and early autumn, millions of microscopic pollen grains are released into the atmosphere by trees, grasses, crops, and seasonal weeds. For many individuals, inhalation of these particles triggers an exaggerated immune response, leading to seasonal allergic rhinitis—commonly called hay fever—and, in some cases, worsening asthma and other respiratory conditions. As environmental changes, urban expansion, and climate variability alter plant cycles and pollen concentrations, seasonal allergies are becoming a growing respiratory challenge in the valley.

Pollen is a fine powder produced by plants during their reproductive cycle. Although invisible to the naked eye in most cases, pollen particles are lightweight and can travel significant distances in the wind, especially in open landscapes and dry weather conditions. Wind-pollinated plants are the primary culprits behind seasonal allergies because they release large amounts of airborne pollen designed to spread over wide areas. Once inhaled, these particles enter the nose, throat, and lungs, where they may trigger inflammation in susceptible individuals. The immune system mistakenly identifies harmless pollen proteins as dangerous substances, resulting in the release of histamine and other inflammatory mediators. This allergic cascade produces classic symptoms such as sneezing, runny nose, nasal blockage, itchy throat, watery eyes, sinus congestion, coughing, fatigue, and sleep disturbance. In individuals with asthma, pollen exposure can lead to wheezing, chest tightness, breathlessness, and severe respiratory flare-ups.

The unique ecological landscape of



Kashmir contributes to a distinct pollen profile. The valley's extensive tree cover includes species such as Poplar, Willow, Chinara, Cypress, Pine, and various ornamental flowering plants commonly planted in residential and public spaces. Poplar and willow trees, widely distributed across Kashmir for environmental and commercial reasons, are among the most notable contributors to spring pollen loads. Chinara, one of the valley's iconic trees, may also contribute to seasonal airborne allergens during its pollination period. Coniferous trees such as pine and cypress release large quantities of pollen that can remain suspended in the air for prolonged periods, especially during dry and windy weather. Orchard cultivation—including apple, almond, walnut, cherry, pear, and apricot plantations—adds seasonal biological material to the atmosphere, although insect-pollinated fruit trees generally contribute less airborne pollen than wind-pollinated species.

Grass pollen is another major contributor to seasonal allergies in Kashmir. Meadows, open fields, lawns, sports grounds, roadside grasses, and agricultural landscapes release fine pollen grains during warmer months, particularly from late spring through summer.

These microscopic particles are easily inhaled and are among the most potent triggers of allergic rhinitis and asthma. In rural settings, harvesting activities, dry winds, and movement through grassy terrain may increase exposure significantly. Seasonal weeds that grow abundantly after spring rains and during warmer months can also release allergenic pollen, particularly in late summer and early autumn. Wild herbs, nettles, and weed species flourishing in open fields and uncultivated land often prolong the allergy season well beyond spring, leading to persistent symptoms in sensitized individuals.

The climate of Kashmir plays a critical role in shaping pollen seasons. Spring, marked by blooming orchards, flowering trees, and renewed vegetation growth, is often the peak period for tree pollen exposure. Late spring and summer see increased grass pollination, while late summer and early autumn bring weed pollen into prominence. Dry, warm, and windy weather can dramatically increase pollen dispersal, while rainfall may temporarily wash pollen out of the air, providing short-lived relief. However, changing climate patterns—including warmer temperatures, altered rainfall distribution, prolonged growing seasons,

and increasing atmospheric carbon dioxide—may intensify pollen production and extend allergy seasons. Environmental pollution, particularly in expanding urban centers, may further worsen allergic disease by irritating the respiratory tract and increasing sensitivity to airborne allergens.

The health impact of seasonal pollen allergies in Kashmir is substantial yet often underestimated. Many people mistake recurring symptoms for repeated viral infections, common cold, sinusitis, or “seasonal weakness,” delaying proper diagnosis and treatment. Persistent sneezing, blocked nose, itchy eyes, and throat irritation may seem minor initially, but chronic allergic inflammation can affect concentration, mood, sleep quality, and productivity. Children may struggle in school because of disturbed sleep, daytime fatigue, or difficulty concentrating. Adults may experience reduced work performance and repeated absenteeism during allergy seasons. In elderly individuals and those with pre-existing respiratory disease, pollen exposure may trigger severe asthma exacerbations, chronic cough, or worsening breathing difficulties. Untreated allergies can also increase the risk of sinus infections, ear problems,

mouth breathing, and long-term airway inflammation.

Diagnosis requires awareness, careful clinical assessment, and, where available, allergy testing. A seasonal pattern of sneezing, watery nasal discharge, itchy eyes, or wheezing strongly suggests pollen sensitivity, particularly when symptoms worsen outdoors or during specific months. Skin prick testing and blood tests for allergen-specific antibodies can help identify triggers. Monitoring local pollen trends and symptom calendars may also help clinicians and patients better understand exposure patterns unique to Kashmir's environment.

Prevention remains one of the most effective strategies in controlling seasonal pollen allergies. Individuals prone to allergies should monitor pollen seasons and reduce outdoor exposure during peak pollen times—often early morning and windy afternoons. Keeping windows closed during high pollen days, using indoor air filtration, changing clothes after returning indoors, washing exposed skin and hair, and avoiding drying clothes outside during peak pollen periods can reduce indoor contamination. Wearing sunglasses helps protect the eyes, while well-fitted masks may reduce inhalation of pollen during outdoor travel or fieldwork. Urban landscaping that prioritizes low-allergen vegetation may also reduce community exposure over time.

Medical management includes antihistamines, nasal corticosteroid sprays, saline nasal irrigation, anti-allergic eye drops, and asthma medications when indicated. In selected patients with severe or persistent symptoms, allergen immunotherapy may provide long-term benefit by gradually reducing sensitivity to specific pollens. Importantly, treatment should be individualized, particularly in children, elderly patients, and those with asthma or multiple allergies.

Seasonal pollen allergy in Kashmir is not merely a nuisance of spring—it is a significant environmental health issue that affects respiratory wellbeing, daily functioning, and quality of life. Greater awareness among healthcare providers, schools, policymakers, and communities is needed to recognize seasonal allergies early, promote preventive measures, and support evidence-based treatment. With Kashmir's changing environment and expanding urban footprint, addressing pollen-related allergies will become increasingly important in safeguarding respiratory health across the valley.

Keto Craze: Health Revolution or Passing Fad?



■ SURINDERPAL SINGH

In recent years, the keto diet has become one of the most talked-about trends in the world of health and fitness. Celebrities, fitness trainers and social media influencers have promoted it as a powerful method for rapid weight loss and better health. Across the globe, millions of people have adopted this diet in the hope of transforming their lifestyles. However, behind its growing popularity lies an important question—is the keto diet truly a miracle solution or simply another modern health hype?

The ketogenic, commonly known as the keto diet, is a low-carbohydrate and high-fat eating plan. The basic idea behind this diet is to drastically reduce the intake of carbohydrates such as rice, bread, sugar and other starchy foods, while increasing the consumption of fats. Under normal conditions, the body uses carbohydrates as its primary source of energy. But when carbohydrate intake is reduced significantly, the body enters a metabolic state called ketosis. During ketosis, the body begins to burn stored fat for energy instead of glucose. A standard keto diet usually contains around 70 to 80 percent fats, moderate amounts of protein and very few carbohydrates. In



simple words, the diet changes the body's fuel system from sugar to fat.

The keto diet has gained immense popularity due to several modern lifestyle factors. One of the biggest reasons is its promise of quick weight loss, which attracts people searching for fast and visible results. Social media has also played a major role in spreading its popularity through dramatic transformation stories and before-and-after photographs. Growing awareness about obesity, diabetes and unhealthy eating habits has further encouraged individuals to reduce sugar and carbohydrate

intake. Many people also believe that the keto diet improves energy levels, controls hunger and sharpens mental focus.

Although the keto diet is supported by certain scientific studies, it is not a magical cure for every health problem. Research suggests that the diet can help in short-term weight loss and may improve blood sugar control in some individuals. It has also been used medically for specific conditions such as epilepsy. However, many claims surrounding the diet are often exaggerated. Some supporters present it as a cure for multiple diseases

or as a superior long-term health solution, but experts believe that no single diet works equally well for everyone. In many cases, the benefits of keto over balanced traditional diets may reduce over time.

The keto diet can have both positive and negative effects on the human body. On the positive side, it promotes fat burning and helps reduce appetite because high-fat foods often create a feeling of fullness. This may lead to better control over eating habits and weight management. Some individuals also experience improved blood sugar stability.

At the same time, the diet carries several risks and side effects. Restricting fruits, grains and many vegetables may lead to nutritional deficiencies due to the lack of essential vitamins, minerals and fiber. High consumption of saturated fats may raise cholesterol levels and increase concerns related to heart health. Low fiber intake can also cause digestive problems such as constipation. During the initial phase of the diet, many individuals experience symptoms known as the “keto flu,” including headache, weakness, fatigue and dizziness. Long-term use without proper medical guidance may even affect kidney, liver and heart health.

Another major challenge associated with the keto diet is sustainability. Its strict dietary restrictions make it difficult for many people to maintain over long periods. In countries like India, where carbohydrate-rich foods such as rice and wheat are staple parts of daily meals, following a strict keto routine becomes even more challenging. As a result, many people eventually stop the diet and may regain the lost weight.

The keto diet reflects society's growing desire for quick and effective health solutions in today's fast-paced world. While it can offer certain short-term benefits, it is not a universal answer to good health. True wellness cannot be achieved through extreme restrictions alone. Balanced nutrition, regular physical activity and long-term healthy habits remain the foundation of a healthy life.

The author is a Faculty in Science Department Sri Amritsar Sahib, Punjab



Ghulam Hassan Masoodi Passes Away in Sopore; Literary Circles Mourn The Loss

Condolences pour in as bereavement grips the family of noted writer Dr Rafeeq Masoodi

■ HT NEWS DESK

SOPORE, MAY 9: Ghulam Hassan Masoodi, brother of Saifi Sopori and uncle of noted writer and patron of Adbi Markaz Kamraaz Dr Rafeeq Masoodi, passed away in Sopore today, prompting an outpouring of grief across literary and cultural circles.

Known for his simplicity and upright character, Masoodi was a respected figure in his community. His passing has been widely mourned, with many recalling his dignified and principled life.

Several literary and cultural organisations, including Kruhen Cultural Forum Kreeri and Adbi Markaz Kamraaz, expressed condolences and extended sympathy to the bereaved family. Noted writer Syed Sad-ud-Din Saidi and members of the Manzoor Hashmi Cultural Forum also condoled the demise, paying tributes to his life and character.

Headlines Today Editor-in-Chief, Jahangir Bukhari, expressed solidarity with the bereaved family, particularly with Dr Rafeeq Masoodi, and offered prayers for the departed soul.

Ghulam Hassan Masoodi's demise is seen as a loss to those who knew him, with many remembering him for his modesty and integrity.

2nd National Lok Adalat Held at Kulgam

■ HT NEWS NETWORK

KULGAM, MAY 09: Under the aegis of NALSA and in pursuance to the direction of J&K Legal Services Authority, 2nd National Lok Adalat of the year 2016 was held today in District Kulgam, under the chairmanship of Aijaz Ahmad Khan (Principal District and Sessions Judge) Chairman District Legal Services Authority Kulgam. The National Lok Adalat was formally inaugurated by Chairman District Legal Services Authority in presence of Presiding officer Fast Track Court Kulgam, Chief Judicial Magistrate Kulgam, Munsiff/JMIC Kulgam, Additional Special Mobile Magistrate Kulgam and Bar members of Kulgam.

Six benches were constituted, Four at Head quarter and one each at D. H. Pora and Qazigund each headed by one Judicial Officer. In the Lok Adalat, 375 cases related to MACT Cases, Family Disputes, Revenue cases, Traffic Challans, Bank Cases, Electricity cases, and Water bills were taken up. Out of which 277 cases were amicably settled an amount of Rs 44,38,350 was awarded as settlement amount.

Government Of Jammu & Kashmir OFFICE OF THE TEHSILDAR KALANTRA / KREERI

Subject: Application of BASHIR AHMAD BOKDA S/O DARYA MOHAMMAD BOKDA R/O BANDI-BALA for the issuance of ST (SCHEDULE TRIBE Gujar and Bakerwal) in favour of his son NADEEM BASHIR BOKDA

PUBLIC NOTICE

Regarding the subject cited above, the applicant has submitted the file in the office of the undersigned for the issuance of ST . in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in village BANDI BALLA and belongs to the ST caste and GOJER BOKDA community, having annual income is 175000 the details of the family of the applicant are as follows

- 1...BASHIR AHMAD BOKDA Head if family 46 years Labour
- 2.... SALEEMA BEGUM wife 44 years H/W
- 3..RAMEEZ AHMAD Son 27 years Labour
- 4...WASEEM AHMAD Son 24 years student
- 5...NADEEM BASHIR son 17 years Student
- 6...NAVEED BASHIR son 16 years Student 02 years infant
- 7...RIZWANA BANO daughter 14 years student
- 8....RUBEENA BEGUM daughter in Law 26 years H/W
- 9...SABZAR HUSSAIN Grand son 06 years student
- 10...HAMZA RAMEEZ Grand son 03 years infant

The applicant has applied for Issuance of ST (SCHEDULE TRIBE Gujar & Bakerwal) certificate in favour of Self

If anyone have any objection to the issuance of delay order of said certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained.

NAIB TEHSILDAR KALANTRA/ KREERI

Government Of Jammu & Kashmir Office of the Naib Tehsildar, Palhallan

PUBLIC NOTICE

It is hereby notified for information of the general public that the Block Development Officer (BDO) pattan has forwarded the case file for issuance of date of Birth certificate in favour of MISRA BEGUM D/O GH QADIR MALIK R/O PALHALLAN A/P DOWLATPORA with Date of Birth 1 06/01/1967

Objection if any regarding the details furnished by the applicant may be submitted in writing in the office of the Naib Tehsildar PALHALLAN within seven days from the date of publication of this notice

If no objection are received within the stimulated time, the case shall be processed for issuance of the Birth certificate as per rules in vogue.

Government Of Jammu & Kashmir Office Of The Tehsildar Kreeri

Subject: Application of. MOHAMMAD AYOUB BHAT S/O GH AHMAD BHAT R/O PUTTHAR RESHIPORA for the issuance of LEGAL HEIR certificate

PUBLIC NOTICE

Regarding the subject cited above in this context a report sought from patwari halqa concerned and the Death certificate issued by the competent authority reveals that KAHTJA BEGUM W /O GHULAM AHMAD BHAT has passed away on 14 /01/2026 .The report of the patwari further depicts that the deceased has left behind following dependent as tabulated below

- 1.... , MOHAMMAD AYOUB BHAT Son 38 years Labour married
 - 2....HEEMALA BEGUM daughter 55 years Asha worker married
 - 3...KULSUMA BEGUM daughter 46 years H/W married
 - 4....NASEEMA BEGUM daughter 43 years H/W married
- The applicant has applied for Issuance of Legal heir certificate in favour of Self

If anyone have any objection to the issuance of delay order of said certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained.

Naib Tehsild Kreeri

Government Of Jammu & Kashmir Office Of The Tehsildar Kreeri

Subject: Application of.FAYAZ AHMAD KHAM S/O AB HAMID KHAN R/O KOHLINA for the issuance of LEGAL HEIR certificate

PUBLIC NOTICE

Regarding the subject cited above in this context a report sought from patwari halqa concerned and the Death certificate issued by the competent authority reveals that AB HAMID KHAN S /O AB REHMAN KHAN has passed away on 20 /04/2015 .The report of the patwari further depicts that the deceased has left behind following dependent as tabulated below

- 1... , SARWAR JAN wife 74 years pensioner widow
 - 2... PARVAIZ AHMAD KHAN son 52 years Labour married
 - 3...HASEENA BEGUM daughter 50 years H/W married
 - 4...TARIQ AHMAD KHAN Son 47 years Govt employee married
 - 5...SHAKEELA BEGUM daughter 30 years H/W married
 - 6...FAYAZ AHMAD KHAN Son 40 years Labour married
- The applicant has applied for Issuance of Legal heir certificate in favour of Self

If anyone have any objection to the issuance of delay order of said certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained.

Naib Tehsild Kreeri

Government Of Jammu & Kashmir OFFICE OF THE TEHSILDAR KALANTRA / KREERI

Subject: Application MOHAMMAD ABDULLAH PARRAY S/O MOHAMMAD SUBHAN PARRAY R/O KOHLINA Tehsil KREERI for issuance of RBA certificate in favour of daughter/son RAZIA ABDULLAH & MOHD QASIM PARRAY for the issuance of RBA in his own favor

PUBLIC NOTICE

Regarding the subject cited above the file in the office of the undersigned for the issuance of RBA in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in the village of KOHLINA of Tehsil KREERI and belongs to the PARRAY community having annual income 168000 // the details of family of the applicant are as follows

- 1... MOHAMMAD ABDULLAH PARRAY Father 56 years Labour
- 2..MASOODA BAGUM Mother 48 years H/W
- 3... RAZIA ABDULLAH applicant daughter 25 years student
- 4...BISMA ABDULLAH daughter 21 years student
- 5...JAVID AHMAD PARRAY Son 18 years student
- 6...MOHD QASIM PARRAY Son applicant 15 years student
- 7...ADEEBA JAAN daughter 10 years student

If anyone have any objection to the issuance of delay order of said certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained.

NAIB TEHSILDAR KALANTRA/ KREERI

Public Notice

I am applying for fresh Pesticide and Fertilizer License under the name / style of NAJAR PESTICIDES deals in Pesticides , Fertilizers and other related items . situated at AUTHOORA , Kreeri, Baramulla.193108 In this regard if anybody is having any objection may file the same to Chief Agriculture Officer Baramulla and PPO Lal Mandi Srinagar within the time period of 07 days from the date of Publication of this notice. After that no objection shall be entertained.

**Name....RAYEES AHMAD NAJAR .
S/O...MOHAMMAD YOUSUF NAJAR
R/O ..AUTHOORA KREERI .
dist....BARAMULLA**

Public Notice

This is for information of general public that the (Electric bill) power connection is registered on my Father'sname GH ALI RESHI Now this Connection bearing Consumer ID NO 0212040001139 wants to be registered on my name MASOOD HASSAN RESHI S/O GH ALI RESHI If anybody have any objection in this regard He/ She may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained

**Name....MASOOD HASSAN RESHI
S/O...GH ALI RESHI
BLOCK.... WATERGAM WAGOORA**

OFFICE OF THE PRINCIPAL GOVT HIGHER SECONDARY SCHOOL BOTINGOO SOPORE AUCTIONING NOTICE

For and on behalf Lt. Governor of UT J&K , it is notified for the information of General Public that a three roomed damaged old building at Govt. Higher Secondary School Botingoo Zone Dangerpora will be auctioned as per Government order No 774 Edu of 2017 dated 12/10/2017 by the committee constituted for survey and auctioning of dilapidated 03 roomed damaged old building related items as per the order conveyed by the Chief Education Officer Baramulla vide No. CEO/Plg/Blg/10334-38 dated 29-04-2026. The bidder can submit EMD (in the form of CDR) for auction by or by before:- 16-05-2026 (up to 03:00 PM) with demand draft at J&K Bank amounting RS 3000/= pledge to Principal Govt Hr. Sec. School Botingoo .Forms and condition document can be had from the office chamber of the Principal Govt. Hr. Sec School Botingoo on working days . Auction will be held in Govt. Higher Secondary School Botingoo on 20-05-2026 at 11.30 AM.

Assessment (Valuation) of unsafe 03 Roomed building at Govt. Boys Hr Sec School Batingoo Sopore								
No. of Storeys			Age of Building (as per Certificate of Principal) Years				Plinth Area Sft	
1			32				946.68	
S.No	Item	Particulars	Category	Total %age	Existing %age	Rate/ Sft	Amount	Remarks
1	U/G Foundation	Dry Random rubble stone masonry	D	10%	7%	1263	8.841	
2	Plinth	Stone masonry in mud mortar and DPC	D	6%	40%	1263	30.312	
3	Superstructure	2nd Class Brick Masonry in Cemnt sand mortar	D	15%	40%	1263	75.78	
4	Doors/ Windows	C class kail wood chowkats and shutters	D	13%	30.0%	1263	49.257	
5	Flooring	Cement concreting floors	C	7%	30%	1440	30.24	
6	Ceiling	CGI sheets over poplar frame work	D	10%	30%	1263	37.89	
7	Roofing	CGI Sheets over budloo/ Kail wood truss	C	33%	40.0%	1440	190.08	
8	Finishing External	Finishing coat of cement primer over pointing	NIL	1.50%	0	1263	0	Not existing
	Internal	POP/ Distempering	NIL	4.50%	1.50%	1263	0.85	
					Total Amount/sft		423.225	
Plinth Area of Building:					946.68			
So Assessment:				423.25	946.68	400684.7		
Add for Cost Escalation				1.2824		513838.06		
Age of the school building: 32 years (As per record) Years				32				
Now net assessment =						349409.88		
So Salvage Value				15%		52411.482		
					Rs. 0.52 lacs			

The terms and conditions of the auction notice are as under.

1. Each bidder must deposit earnest money of Rs 3000/= as given above in the shape of CDR/FDR from any nationalized bank/ scheduled bank pledged to the Principal Govt Higher Secondary School Botingoo . Earnest money deposit(EMD) in the form of a CDR should reach this office by or before 16-05-2026 upto 03:00 PM.

2. The open auction shall be conducted by the auction committee at 11.30 AM on 20-05-2026.

3. Earnest money of the successful bidder and the 2nd highest bidder shall be retained and earnest money of rest of the bidders will be returned within 10 days after auction proceeding are over.

4. The successful bidder shall have to enter into an agreement with the department within two days from the date the sanction of the contract is communicated to him. Failing to execute the agreement with the stipulated period, the earnest money deposited by the successful bidder shall be forfeited in favour of the department and contracts shall be allotted to the second highest bidder. Any loss on this account shall be made good from the first highest bidder in terms arrears of the land revenue rules, besides blacklisting the contractor/bidder participating from future department tenders/auctions.

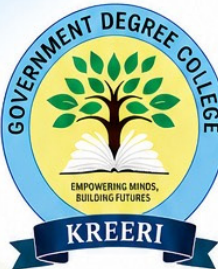
5. The department reserves the right accept or reject any tender without assigning any reason thereof.

6. An other condition that the department may like to be imposed shall announced on the date of opening of auction and shall binding on the bidders.

No: HSSB/1048-52 | Dated: 09-05-2026

Sd/- Principal Govt Higher Secondary School Botingoo Sopore

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DC Kulgam chairs comprehensive review of Mission YUVA

Emphasizes outcome-oriented implementation across all Verticals

■ HT NEWS NETWORK

KULGAM, MAY 09: Deputy Commissioner Kulgam, Shahzad Alam today chaired a comprehensive review meeting to evaluate the district's performance under Mission YUVA, undertaking a detailed, component-wise assessment in light of the latest District Progress report.

The meeting was attended by the Additional District Development Commissioner (ADDC), Sub-Registrar Kulgam, Assistant Director Employment, SDAO Qaimoh, Career Counseling Officer (CCO) & Employment Officer (EO) DE&CC Kulgam, DNO JKEDI, DPM/BPM's NRLM, along with members of the Small Business Development Unit (SBDU), Business Help Desks (BHD), and other concerned officers.

At the outset, the Deputy Commissioner reviewed the district's overall ranking, noting an improvement over the previous month. He underscored the importance of sustaining this upward trajectory through focused interventions, data-driven monitoring, and strict adherence to timelines.

Under Target Outreach, the performance in student mobilization was found to be satisfac-



tory, exceeding the UT average. However, the Deputy Commissioner expressed concern regarding the low SHG conversion rate and directed the concerned functionaries to adopt a more structured and field-oriented approach for converting mobilized SHGs into viable economic units through effective counselling, facilitation, and follow-up.

Reviewing the Institutional Framework, the Deputy Commissioner took note of the progress achieved in staffing under

BHD and SBDU, while emphasizing the need to ensure grassroots-level outreach and ensure last-mile delivery of services.

Under Credit Enablement, a detailed review of DLIC clearance, loan sanctioning, disbursement, and subsidy release was undertaken. While the clearance rate was observed to be comparatively better, the Deputy Commissioner stressed the need for significant improvement in loan disbursement and timely release of subsidy, particularly under the first tranche. He directed for

enhanced coordination with banking institutions and close monitoring of pending cases to ensure timely financial assistance to beneficiaries.

The Output Tracking component was reviewed with particular emphasis on reporting compliance. The Deputy Commissioner expressed concern over the low submission rate of Work-In-Progress (WIP) reports and instructed all concerned to ensure timely and accurate reporting. He, however, acknowledged the relatively better per-

formance in completion report submissions and called for further improvement to ensure comprehensive tracking of outcomes.

Under Capacity Building, the progress of Hybrid Mode training and Enterprise Mentorship was assessed. The Deputy Commissioner highlighted the need to enhance training completion rates and operationalize enterprise mentorship in a more structured manner to provide sustained handholding and guidance to beneficiaries.

Reviewing Hyperlocal Linkages, particularly store onboarding, the Deputy Commissioner directed the concerned teams to intensify efforts for onboarding local enterprises onto digital platforms and strengthening market linkages to expand business opportunities and improve economic outcomes.

Emphasizing a convergence-based approach, the Deputy Commissioner called for enhanced coordination among all stakeholders, proactive identification of bottlenecks, and adoption of corrective measures in a time-bound manner.

He stressed the importance of accountability, field-level verification, and real-time monitoring to ensure effective implementation of the Mission.

2nd National Lok Adalat settles 574 Matters at Anantnag

■ HT NEWS NETWORK

ANANTNAG, MAY 08: Under the directions of the Chief Justice of High Court of J&K and Ladakh (Patron in Chief JKLSA), Justice Arun Palli, and Executive Chairman, J&K Legal Services Authority, Justice Sanjeev Kumar, 2nd National Lok Adalat was organized today in District Court Complex Anantnag and Taluka Courts of District Anantnag. The National Lok Adalat was inaugurated by Tahir Khurshid Rainna, Principal District & Sessions Judge (Chairman District Legal Services Authority) Anantnag, at District Court Complex Anantnag.

Each Court had identified cases for Lok Adalat beforehand and same were placed before 10 different benches constituted by DLSA Anantnag for their settlement in National Lok Adalat. The First Bench comprised of Tahir Khurshid Rainna, Principal District & Sessions Judge Anantnag and Adv. Mohammad Amin Parry.

The 2nd Bench Comprised of Masarat Roohi, Additional District & Sessions Judge Anantnag and Zakir Hussain Lone, Chief LADC DLSA Anantnag.

Similarly, the 3rd Bench comprised of Sajad Ur Rehman, Chief Judicial Magistrate Anantnag and Aleem Syed, Assistant LADC. The 4th Bench comprised of Sayeem Qayoom, Secretary DLSA Anantnag and Muzaffar Ahmad Bhat, Deputy LADC.

Likewise, the 5th Bench comprised of Ahtaz Ahmad, Principal Magistrate JJB Anantnag. The 6th Bench comprised of Rajeev Kumar Tedyal, Sub Judge Bijbehara and Advocate Sarjan Ahmad Sofi. The 7th Bench comprised of Altaf Ahmad Mir, Sub Judge Vailoo and Advocate Nazir Ahmad Paddar. The 8th Bench comprised of Faza ul Haq, Munsiff Shangus and Advocate Showkat Ahmad Rather.

Besides, the 9th Bench comprised of Shyam Kumar, Munsiff Aishmuqam and Advocate Mehraj-ud-din Beig and the 10th Bench Comprised of Aarizoo Javid Rather, Munsiff Dooru and Advocate Khurshid Ahmad Wani.

A total of 850 matters were taken up for their amicable settlement, out of which 574 matters were settled. Besides, an amount of Rs.1,03,65,392 was realized in total in the settlement.

Manipal Hospitals Gurugram launches specialised urology OPD for patients with complex urological conditions in Srinagar

■ HT NEWS NETWORK

SRINAGAR, MAY 9: Gurugram-based Manipal Hospitals has launched a specialised Urology and Renal Transplant OPD in Srinagar to enhance access to advanced urological care in the region. The OPD will offer expert consultation for kidney disorders, prostate conditions, renal cancers, and transplant-related concerns.

The announcement in this regard was made during a press conference here today. Renowned expert Dr. Arif Akhtar, Principal Consultant – Urology, Uro-Oncology, Robotics & Renal Transplant, Manipal Hospitals, Gurugram, will be present to guide patients on advanced treatment options available.

Urological disorders are emerging as a major health concern across the country, with kidney stones and urological cancers witnessing a steady rise due to poor hydration, unhealthy dietary habits, obesity, and sedentary lifestyles. According to the studies under the National Library of Medicine, nearly 12–15 percent of the Indian population is affected by kidney stone disease, with North India considered part of the country's "stone belt" due to the high prevalence of cases. Therefore, it is important for people not to ignore symptoms such as persistent back pain, blood in urine, or difficulty while urinating to prevent further complications.

Speaking on the launch, Dr. Arif



Akhtar, Principal Consultant – Urology, Uro-Oncology, Robotics & Renal Transplant, Manipal Hospital, Gurugram, said, "Urological disorders are increasingly being observed among younger individuals today. In Kashmir, many patients continue to face challenges in accessing specialised urology and uro-oncology care, often resulting in delayed diagnosis and complications. Raising awareness about early symptoms, regular health check-ups, and timely medical intervention can play an important role. Moreover, advancements in treatment, including minimally invasive and robotic-assisted surgeries, are enabling more precise treatment and improved outcomes for patients."

Manipal Hospital Gurugram remains committed to expanding access to advanced medical expertise and specialised healthcare services across different parts of the country. Through this specialised OPD in

Srinagar, the hospital aims to strengthen early diagnosis, specialised treatment, and continuity of care for patients suffering from complex urological conditions.

As a pioneer in healthcare, Manipal Hospitals is among the top healthcare providers in India serving over 8 million patients annually, with a focus on providing affordable, high-quality healthcare services. Manipal's integrated network today has a pan-India footprint of 49 hospitals across 24 cities with 12,600 licensed beds, and a talented pool of 11,000+ doctors and an employee strength of over 34,000.

Manipal Hospitals provides comprehensive curative and preventive care for a multitude of patients from around the globe. Manipal Hospitals is AAHRPP accredited and most of the hospitals in its network are NABH, NABL, ER, Blood Bank accredited and recognized for Nursing Excellence.

2nd National Lok Adalat 2026 held at District Court Complex Srinagar, Justice delivered with Dignity

Lok Adalat promotes Amicable Dispute Resolution, access to Justice for all

■ HT NEWS NETWORK

SRINAGAR, MAY 09: In a significant stride towards delivering timely and amicable justice, the District Judiciary Srinagar, in collaboration with the District Legal Services Authority (DLSA) Srinagar, successfully organized the 2nd National Lok Adalat of the year 2026 at the District Court Complex Mominabad, Srinagar, and at the Court of the Additional Special Mobile Magistrate/JMIC Panthachowk.

The Lok Adalat was held under the guidance of Justice Sanjeev Kumar, Judge, High Court of J&K and Ladakh and Executive Chairman, J&K Legal Services Authority and overall supervision of Shazia Tabasum, Member Secretary, J&K Legal Services Authority and Haq Nawaz Zargar, Principal District & Sessions Judge (Chairman, DLSA), Srinagar, along with Secretary, DLSA Srinagar.

The Lok Adalat was inaugurated by Justice Sanjeev Kumar, Judge, High Court of J&K and Ladakh (Executive Chairman, J&K Legal Services Authority).

The inauguration ceremony was held in presence of Shazia Tabasum, Member Secretary, J&K Legal Services Authority; Haq Nawaz Zargar, Principal District & Sessions Judge (Chairman, DLSA) Srinagar, and judicial officers, members of the bar, Court & DLSA staff members of District Court Complex Srinagar.

A ceremonial Guard of Honour was presented by the Jammu and Kashmir Police, marking a dignified and respectful beginning to the proceedings. Following the guard of honour, a sapling was planted by the Chief Guest within the court premises, as a gesture towards environmental protection and promotion of a greener and cleaner environment.

The dignitaries visited and observed the functioning of various benches at the District Court Srinagar, offering encouragement to litigants and reinforcing the ethos of participatory justice.

Speaking on the occasion, Justice Sanjeev Kumar emphasized the transformative role of Lok Adalats in the justice delivery system, stated "Lok Adalat is not just a mechanism for resolving disputes, it is a platform that creates a win-win situation for all parties involved. It saves time, reduces litigation costs, and fosters goodwill. I encourage the public to actively participate in this initiative for peaceful, timely, and amicable settlements. Justice through Lok Adalats strengthens the very foundation of participatory and compassionate justice." He laid emphasis on disposal of substantial Civil, Criminal and Matrimonial cases, through the medium of Lok Adalat.

The Lok Adalat received an enthusiastic response from litigants, a testament to the growing public trust in alternative dispute resolution mechanisms. A wide range of cases, including civil matters, matrimonial disputes, criminal compoundable offences, bank recoveries, and pre-litigation issues were taken up, with a significant number being resolved on the spot.

To facilitate the amicable settlement of cases, 12 benches were constituted, in whole District wherein the Bench where MACT claims were settled was presided over by Adnan Sayeed, Special Judge Anti Corruption CBI Cases Srinagar and Fayaz Ahmad Qureshi, Presiding Officer, MACT, Court Srinagar in which 58 cases were taken out of which 39 cases were amicably settled and Rs 4,38,15,000 was awarded as settlement amount and cheques amounting Rs 2,20,000,00 were on spot distributed among claimants by Justice Sanjeev Kumar, Judge High Court of J&K and Ladakh (Executive Chairman, J&K Legal Services Authority), in presence of Haq Nawaz Zargar, Principal District & Sessions Judge Srinagar, Shazia Tabasum, Member Secretary, J&K Legal Services Authority, and other Ld. Judicial Officers of District Court Srinagar.

By the concerted efforts of all presiding officers of all the courts, cooperation rendered by the learned advocates and officers of various government departments, insurance companies and banking institutions, a total 72,337 cases were taken up by 12 benches in the district out of which 71844 cases were settled in the said Lok-Adalat.

An amount of Rs 11,38,58,851 was awarded as settlement amount in all cases including award of Rs 4,38,15,000 in 39 MACT Cases.

Furthermore, the Executive Chairman JKLSA virtually interacted with the disabled person in the MACT Court and also presented the cheque to his attending counsel on his behalf.

The 2nd National Lok Adalat of 2026 witnessed a huge participation of officers/officials from different departments, litigants.

The success of the 2nd National Lok Adalat reflects the judiciary's commitment to resolving disputes through mutual understanding and compromise. Such initiatives not only lessen the backlog of cases in the courts but also strengthen the public's faith in the legal system.

ADDC Shopian reviews functioning of Krishi Udyamis under HADP, Emphasizes effective reporting on KKG Portal

Calls for improved field performance, timely reporting, resolution of issues

■ HT NEWS NETWORK

SHOPIAN, MAY 09: A review meeting regarding the functioning and performance of Krishi Udyamis working at different locations across the district under the Holistic Agriculture Development Programme (HADP) was held today at the Meeting Hall, Mini Secretariat, Shopian under the chairmanship of the Additional District Development Commissioner (ADDC), Shopian, Dr. Nasir Ahmad Lone.

The meeting was attended by the District Statistical and

Evaluation Officer Shopian, Bilkeesa Zahoor, Chief Agriculture Officer, Mohammed Rafiq, concerned officers and representatives associated with the implementation and monitoring of HADP activities besides the Krishi Udyamis.

During the meeting, a detailed review of the working of Krishi Udyamis posted in various areas of the district was undertaken. Discussions focused on their field-level performance, outreach activities, implementation of assigned tasks and coordination with farmers and line departments.



The ADC stressed the need for improving field monitoring and timely submission of progress reports through the KKG portal. He directed all concerned officers to ensure proper guidance and support to Krishi Udyamis for smooth implementation of assigned activities.

Emphasizing the importance of real-time reporting and data accuracy, the ADC instructed officers to ensure that all activities and achievements are regularly updated on the KKG portal within stipulated timelines and called for a result-oriented approach.



PHDCCI welcomes Rs 5,000 cr ECLGS package for airlines amid West Asia crisis

UNITED NEWS OF INDIA

NEW DELHI, MAY 9: The PHD Chamber of Commerce and Industry (PHDCCI) welcomed the government's decision to approve a Rs 5,000 crore emergency credit support scheme for airlines under ECLGS 5.0 to address the financial and operational stress arising from the ongoing West Asia crisis.

"The Government's swift intervention through the Rs 5,000 crore emergency credit scheme demonstrates strong policy responsiveness towards one of the most critical pillars of India's services economy," Rajeev Juneja, President of PHDCCI, said.

Juneja noted that aviation

is the backbone of tourism, trade and business mobility and supporting airline stability at this juncture will have a cascading positive impact across the broader economy, including hospitality, travel services and employment generation.

PHDCCI said that the announcement closely aligns with key recommendations made in the recently released report "Impact of the West Asia Conflict on India's Tourism, Aviation & Hospitality Sectors."

It highlighted the urgent need for targeted financial and policy support measures to stabilise India's aviation and tourism ecosystem amid geopolitical disruptions.

The ECLGS 5.0 scheme will



provide targeted credit support to Indian airlines facing finan-

cial stress due to rising fuel costs, operational disruptions,

and global airspace challenges.

The scheme aimed to improve liquidity, ensure operational stability, and support the aviation sector with government-backed credit guarantees.

Anil Parashar, Chair of Tourism & Hospitality Committee, PHDCCI, said, "The recommendations outlined in the PHDCCI Tourism & Hospitality Resilience Report specifically emphasised the importance of financial resilience mechanisms and liquidity support for aviation and tourism stakeholders during periods of geopolitical uncertainty."

He noted that it is a positive step towards safeguarding connectivity, sustaining tour-

ism flows and maintaining economic stability.

Ranjeet Mehta, CEO and Secretary General of PHDCCI, said, "The current geopolitical situation has highlighted the deep interdependence between aviation connectivity and tourism growth."

"Timely financial support measures such as this will help airlines maintain operational continuity, preserve consumer confidence, and minimise disruptions across the travel ecosystem. Going forward, continued collaboration between government and industry will be essential to strengthen long-term resilience and competitiveness," Mehta added. (UNI)

Not Buying Kandla Transmission, Says Reliance Industries Ltd

UNITED NEWS OF INDIA

MUMBAI, MAY 9: Mukesh Ambani-led Reliance Industries Ltd (RIL) has informed the stock exchange through a regulatory filing that it is no longer in the race to buy a 100% stake in Kandla GHA Transmission Limited (KGTL) from PFC Consulting Limited.

Reliance informed the stock exchange that even after receiving approval for the pre-acquisition bidding process, PFC Consulting Limited sent a letter to RIL, cancelling the bidding process.

"The company has received a letter from PFC dated May 6, 2026, informing it of the cancellation of the ongoing bidding process. Therefore, the company will not acquire any stake in KGTL," Reliance said in an exchange filing.

In an earlier stock exchange filing last year on April 25, Reliance had announced that its Board of Directors had approved the acquisition of Kandla GHA Transmission Limited (KGTL) from PFC Consulting Limited.

According to the Reliance board decision, the total consideration for purchasing Kandla GHA Transmission Limited (KGTL) from PFC Consulting Limited, was not to exceed Rs 20 crore.

Kandla GHA Transmission Limited (KGTL) is a special purpose vehicle (SPV) established to develop infrastructure to supply power to green hydrogen and ammonia manufacturing facilities in Kandla, located in Gujarat. The project focuses on the transmission of 3 GW of renewable energy, designed to support large-scale green energy projects and reduce carbon emissions.

Reliance wanted to buy Kandla GHA Transmission since RIL is in the process of setting up a huge ecosystem in Gujarat to produce green hydrogen, green ammonia as well as green chemicals.

Reliance plans to indigenise all critical technologies of the green energy transition, namely solar, battery energy storage systems as well as electrolyzers, under a 'Make-in-India' framework.

Recently, RIL announced a binding long-term Supply and Purchase Agreement (SPA) with Samsung C&T Corporation of South Korea to supply green ammonia over a 15-year period commencing in the second half of FY2029.

The SPA, valued at more than US\$3 billion, is one of the largest binding long-term Green Ammonia off-take agreements globally.

The SPA sets a new benchmark in the global energy landscape, with India emerging as an exporter of green fuels produced through an end-to-end value chain anchored in the country, including the domestic manufacturing of critical clean-energy equipment, aligned with India's National Green Hydrogen Mission (NGHM). UNI

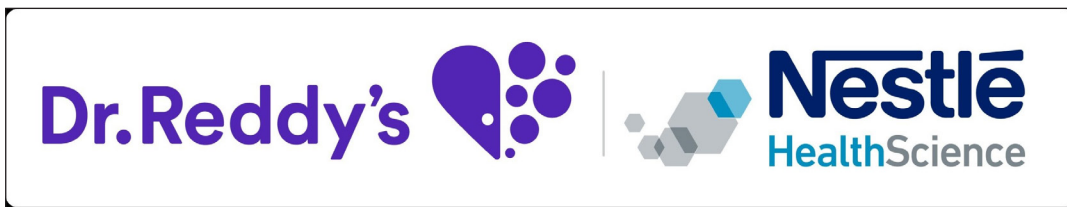
Dr. Reddy's-Nestlé Health Science JV launches Celevida GLP for patients on obesity, diabetes therapies

UNITED NEWS OF INDIA

HYDERABAD, MAY 9: Dr. Reddy's Laboratories and Nestlé India on Friday announced the launch of 'Celevida GLP', a specialised nutritional product designed to support muscle mass maintenance and nutritional needs of people undergoing GLP-1/GIP therapy for management of type 2 diabetes and obesity in India.

The product has been launched by Dr. Reddy's and Nestlé Health Science Limited, a joint venture between the two companies, as the adoption of GLP-1/GIP-based therapies continues to rise in the country.

According to the companies, there is an increasing need for integrated patient care beyond



medicines, including nutrition support, clinical monitoring and long-term lifestyle management to ensure sustainable outcomes for people with diabetes and obesity.

Speaking on the launch, M.V. Ramana, CEO, Global Generics at Dr. Reddy's Laboratories Limited and Director, Dr. Reddy's and Nestlé Health Science Limited, said GLP-1 therapies represented a major advancement in diabetes and obesity management but highlighted the need

to address nutritional gaps and muscle health during treatment.

"As patients experience changes in body composition, ensuring adequate nutrient intake and maintaining lean body mass become critical to sustaining long-term outcomes," he said.

The companies cited studies indicating that nearly 25-40 per cent of total weight loss associated with GLP-1 and dual GLP-1/GIP therapies may come from lean body mass loss.

They noted that this concern

could be more significant among Indians due to relatively lower baseline skeletal muscle mass, higher body fat composition and low average protein intake.

Clinical recommendations suggest increasing protein intake to 1.2-1.5 grams per kilogram per day during such therapies to help preserve muscle mass.

Celevida GLP has been scientifically designed and co-created with endocrinologists and diabetologists to help address protein gaps and support mus-

cle preservation in individuals undergoing GLP-1/GIP therapy.

The formulation contains fast-absorbing whey protein isolate, branched-chain amino acids (BCAAs) and 27 essential nutrients, including vitamins A, D and calcium.

The product provides 48 grams of protein per 100 grams along with 100 per cent recommended daily allowance of BCAAs, according to the company.

The joint venture already markets Celevida Diabetes Nutrition, a product aimed at supporting blood glucose management in people with diabetes.

Celevida GLP is being made available in a 350-gram pack through pharmacies, retail outlets and leading e-commerce platforms across India. (UNI)

Vice Admiral Krishna Swaminathan appointed next Navy chief

UNITED NEWS OF INDIA

NEW DELHI, MAY 9: In a key leadership transition for the Indian Navy amid growing maritime security challenges in the Indian Ocean Region, the government on Saturday announced the appointment of Vice Admiral Krishna Swaminathan, as the next Chief of the Naval Staff, succeeding Admiral Dinesh Kumar Tripathi, who will retire from service on May 31.

According to an official announcement, Vice Admiral Swaminathan is currently serving as the 34th Flag Officer Commanding-in-Chief of the Western Naval Command, a position he assumed on July 31, 2025.

Commissioned into the Indian Navy on July 1, 1987, the officer is a specialist in communication and electronic warfare and brings nearly four decades of operational and strategic experience to the top naval post.

He is an alumnus of the National Defence Academy, the Joint Services Command and Staff College, the College of Naval Warfare, and the United States Naval War College.

A recipient of the Param Vishisht Seva Medal, Ati Vishisht Seva Medal and Vishisht Seva Medal, Vice Admiral Swaminathan has held several key operational commands during his career, including missile vessels INS Vidut and INS Vinash, missile corvette INS Kulish, guided missile destroyer INS Mysore and aircraft carrier INS Vikramaditya.

On promotion to Rear Admiral, he served as Chief Staff Officer (Training) at the Southern Naval Command in Kochi, where he played a key role in training across the force. He was also instrumental in raising the Indian Naval Safety Team, which oversees operational safety across all verticals of the Navy.

He later headed the Navy's Work Up Organisation as Flag Officer Sea

Training before being appointed Flag Officer Commanding the Western Fleet, often referred to as the Navy's "Sword Arm". He also served as Flag Officer Offshore Defence Advisory Group and Advisor, Offshore Security and Defence to the Government of India.

After being promoted to Vice Admiral, he served as Chief of Staff of the Western Naval Command, Controller of Personnel Services and Chief of Personnel at Naval Headquarters. Prior to his current role, he was Vice Chief of the Naval Staff at Naval Headquarters.

Vice Admiral Swaminathan holds a BSc degree from Jawaharlal Nehru University, an MSc in Telecommunications from Cochin University of Science and Technology, an MA in Defence Studies from King's College London, an MPhil in Strategic Studies from University of Mumbai, and a PhD in International Studies from the same university. (UNI)

MIFF 2026 opens delegate registrations for June festival in Mumbai

UNITED NEWS OF INDIA

NEW DELHI, MAY 9: The 19th edition of the Mumbai International Film Festival (MIFF), South Asia's oldest and largest festival dedicated to documentary, short fiction and animation films, has opened delegate registrations for its upcoming edition scheduled to be held in Mumbai from June 15 to 21. The week-long festival will be organised at the National Film Development Corporation (NFDC) premises on Pedder Road in Mumbai, bringing together filmmakers, artists, media professionals and cinema enthusiasts from across India and abroad.

Recognised as one of the most prestigious platforms for non-feature films in the region, MIFF has played a significant role in promoting documentary, short fiction and animation cinema since its inception in 1990, when it was launched as the Bombay International Film Festival. Over the years, it has emerged as a major platform for showcasing innovative work by Indian and international filmmakers.

Delegate registrations for MIFF 2026 have commenced through the festival's official portal. Interested participants can register online by creating an account on the official website and completing the registration process. Existing users can sign in directly. The registration fee has been fixed at Rs 500, while students can register free of cost, subject to verification of documents and approval by the organisers.

Festival organisers said support for registration-related queries will be available through designated email channels, while technical assistance will also be provided to applicants facing difficulties during the registration process.

The 19th edition of MIFF will feature grand opening and closing ceremonies along with Indian and international competition sections. The festival will present the prestigious Golden Conch and Silver Conch awards, with total cash prizes worth Rs 55 lakh.

Major honours at the festival include the V Shantaram Lifetime Achievement Award, the Pramod Pati Award for Most Innovative/ Experimental Film, awards for technical excellence, Best Student Film Award and Best Debut Director Award. (UNI)

GEOGRAPHY RETURNS AS WEST ASIA CONFLICT RESHAPES GLOBAL ECONOMY: ECONOMIST JOHN SFAKIANAKIS

ARTI BALI

NEW DELHI, MAY 9: The conflict in West Asia is triggering a structural shift in the global economy, with a leading economist warning that geopolitical disruptions are no longer temporary shocks but long-term forces reshaping trade, energy security, inflation, and investment patterns worldwide.

In an exclusive interview with UNI, celebrated economist John Sfakianakis said the biggest transformation underway is the "return of geography" as a defining economic constraint.

"For three decades, the global economy operated on the assumption that finance, insurance, and naval power could cheaply neutralize geography. That assumption is now breaking down," Sfakianakis said.

The Strait of Hormuz and the Red Sea have re-emerged as critical economic fault lines. Nearly one-fifth of global oil supply and large volumes of seaborne LNG pass through Hormuz, making the region central not only to energy markets but also to global inflation, freight costs, industrial inputs, and food prices. Sfakianakis said the im-

pact is extending far beyond crude oil.

"The shock is migrating from energy markets into fertilisers, petrochemicals, shipping insurance, benchmark reliability, and supply-chain risk," noted Sfakianakis, an Associate Fellow with London-based Chatham House's Middle East and North Africa Programme.

According to him, the traditional globalisation model built on "lean inventories, just-in-time shipping, and underpriced geopolitical insurance" is being rewritten in real time as governments and companies prioritise

resilience over efficiency.

The economist warned that OPEC has a limited ability to offset a prolonged disruption in the Strait of Hormuz. A major crisis could potentially remove 13-14 million barrels per day from global markets—far exceeding available spare capacity.

Saudi Arabia has partially rerouted exports through Yanbu and the East-West pipeline system, but Sfakianakis said such measures are temporary solutions.

"The real tipping point comes when physical security risks to

infrastructure outweigh the economic benefits of stable output," said the Chief Economist and Head of Economic Research of the Gulf Research Centre in Riyadh, Saudi Arabia.

India, he added, remains among the most exposed Asian economies because of its dependence on imported energy, particularly liquefied petroleum gas (LPG).

While India has diversified crude imports away from Hormuz routes, around 60% of its LPG consumption is imported and nearly 90% of those imports come from the Middle East. (UNI)



UNITED NEWS OF INDIA

CHENNAI: One of the things that have gone wrong for Delhi Capitals (DC) in IPL 2026 - and it's becoming a pretty long list - is Kuldeep Yadav. It has been a talking point right through the tournament, and his failures have become more and more glaring as the number of games without success has grown to six, including the last three appearances.

"We are facing that failure," DC's director of cricket Venugopal Rao said at the press conference after DC's loss to Kolkata Knight Riders (KKR) on Friday, when Kuldeep returned none for 41 from three overs, all bowled after the powerplay. It was DC's seventh loss of the season, to go with four wins.

In 11 appearances this season - all of DC's games - Kuldeep has seven wickets. His economy rate has been 10.66. And his average is 50.28. Also worth a mention: of all bowlers to have sent down at least 30 overs in IPL 2026, only T Natarajan, who bowls a lot at the death, has a higher economy rate (11.18) than Kuldeep's. Against KKR, he was hit for at least two boundaries in each of his three overs, and five of them were sixes. Two off short balls, and three off full ones. Four by Finn Allen. One by Cameron Green. The lengths were off for the most part, and the line was often well outside off. And that's something Deep Dasgupta pointed to.

"My thing with Kuldeep is that you can't be hit for six over square leg off a short ball, and over long-off and long on [as well]," Dasgupta said. "So yes, you will get hit. This is that kind of a format. [But] I'd rather have

him be hit over mid-off and mid-on - down the ground - rather than square of the wicket or extra cover. Anything off the front foot [is fine]. You get hit off the front foot fair enough, but not of the back foot."

Which is what happened with Kuldeep on Friday since he couldn't control his lengths, or his line for that matter. The first six, off a flighted delivery, went straight. The second was a short delivery, a googly, that went to midwicket. The third, to Green, was short, slow off the pitch, and went over midwicket as well. The fourth was a googly, flighted, but right in the hitting arc outside off stump. And the last one could have been dealt with similarly but Allen chose the slog sweep this time.

"The moment you put a slip in place, from a bowler's point of view, you're thinking, 'I need to pick a wicket'. You're not picking a wicket off a short ball, right? You're picking a wicket off a fuller delivery. So straightaway, mentally, you're bowling fuller. So that is the kind of space that you'd rather have Kuldeep in. Even if he gets hit, it's off the front foot down the ground rather than square of the wicket."

Kuldeep has bowled 70 full-length deliveries this season, and batters have scored 178 runs off them at a strike rate of 254.28, with nine fours and 18 sixes. That strike rate is up from 133.65 last season, and 168.88 in IPL 2024. And he has just two wickets from full deliveries this season. With all other lengths, he has conceded 171 runs in 128 balls, a strike rate of 133.59. And got five wickets. But he has not stuck to his lengths too many balls in a row, or found the right lines to go with it.

DC's Spin Woes Deepen as Kuldeep Struggles



No pointing fingers as we are all in it together: Miller

UNITED NEWS OF INDIA

NEW DELHI: Senior South Africa batter David Miller said that Delhi Capitals squad has consciously stayed away from blaming individuals and remains united in its bid to pull off a late surge into the IPL playoffs.

Having endured a difficult phase marked by batting collapses and costly fielding lapses, Delhi now find themselves in a must-win situation heading into the final stretch of the league stage.

DC now needs to win all four remaining games in order to stay in contention for play offs.

"We are in a position where we have spoken that it is all of us together. Win or lose, we are together," Miller said ahead of game against Kolkata Knight Riders.

"And there is no pointing any fingers at all with what we have done. We are all in it together," Miller added.

Stressing that the qualification equation is straightforward for the side now, he added: "The reality is we have got four games to win. So if we do that, then we are putting ourselves in a good position."

Speaking about Delhi's recent defeats, Miller felt the team has not played poor cricket overall but has faltered in crucial moments.

"I do not think we have been playing bad cricket at all. We have been playing really good cricket, but there are just moments in the game where we have kind of let ourselves down as a team in certain areas." Reflecting on his own stop-start season and limited opportunities in the playing XI, Miller admitted it has been frustrating but said he understands the dynamics of the IPL.

"Not being able to play, obviously it is frustrating as a player. You always want to play every game, but such is the IPL, the structure of it with only four overseas, the combinations become really important for the team," he explained.

Analysing the batting failures, he pointed to wickets falling in clusters as a recurring issue.

"The games that we have not done too well, we have lost wickets in clusters. Two, three, four wickets quite closely," Miller observed.

DC's fielding too has been poor to say the least. "And then there are moments here and there where we have dropped a couple of catches that potentially could have changed the outcome of the game." On the changing nature of T20 batting, Miller said modern-day batters are pushing boundaries with their fearless approach from ball one.

"The mindset and mentality around batters nowadays has definitely gone to another level," he noted. At the same time, he stressed the importance of trusting one's own methods amid the rapidly evolving game.

"For someone like me, it is just about making sure that my skills and what my strengths are is to keep them really strong," he said.

Miller also had words of praise for spinner Kuldeep Yadav, calling him a genuine match-winner despite his poor returns in recent games.

"With someone like Kuldeep, I have always played against him and I do not like facing him," Miller said. "He is a great character and for me it is important to have those kind of guys continually playing because he is a match winner."

No one had any doubts on Varun's calibre: KKR bowling mentor Bravo

AGENCIES

NEW DELHI: Kolkata Knight Riders bowling coach and mentor Dwayne Bravo believes the franchise's unwavering faith in mystery spinner Varun Chakravarthy has played a crucial role in his return to form during the ongoing IPL season.

Chakravarthy has been one of KKR's standout performers in an otherwise dull season, with 10 wickets at an economy rate of under nine.

Bravo said the team never doubted the spinner's ability despite a lean phase earlier in the tournament.

"Yeah, I think in sports, it's very result orientated and sometimes people get very emotional.

"So a player like Varun, who is a world-class spinner, just came out from the World Cup which was also a very hectic tournament," Bravo said on the eve of the IPL match against Delhi Capitals here.

Chakravarthy required a break but his skill set was never under scanner.



"So a break at the right time is always important but no one ever questioned his ability because again, when you are so good it's only a matter of time before you come back into form," Bravo said.

Emphasising the importance

of mental recovery during a demanding IPL season, Bravo said the KKR dressing room ensured Chakravarthy felt supported throughout the difficult phase.

"The group is very supportive of him and a mental break is also

very needed especially in a tournament like IPL that has so many games, high pressure, the best versus the best.

"So yeah, no matter who you are as a player, you see that there are so many other quality players struggling this season and I think

that's the beauty of the sport. Players have to go through those moments, but eventually they will bounce back," he said.

Bravo, regarded as one of the pioneers of death bowling variations in T20 cricket, also spoke about the craft behind delivering an effective slower ball and said execution alone is not enough without game awareness.

"Yeah, I'm very hands-on. Everyone wants me to teach them that slower ball. 'It's one of my strengths when I used to play. But also what was my strength was my ability to read and understand the game. And for me, that is what I try to coach more than anything else,' Bravo explained.

"Bowling slower ball is one thing. But it's knowing when to bowl a slower ball, who to bowl it to, the build-up to bowling a slower ball. So all of these things are factors.

"They don't just bowl a slower ball. There's a lot of thinking behind it and you have to practise it a lot. The brain is the most important thing," he added.

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