

Srinagar
Sunday
July 05 | 2026
19 Muharram 1448 AH
Issue No: 160
Volume: 16
Pages: 12
Price: Rs 02/-

16TH YEAR OF PUBLICATION
HEADLINES TODAY
Voice To The Voiceless

LUBAAB PUBLICATIONS
ONE STOP SOLUTION FOR ALL PRINTING NEEDS
NEWSPAPER | BOOKS | FLYERS | LOGO | FLEX | MAGAZINES
WEDDING CARDS | BROCHURES | 3D BOARDS | COVER PAGES
WEDDING CARDS | CALLIGRAPHY | WALL PAINTINGS
9999038812
9419008414
Radio Colony, Gund Hassibhat, Lawaipora Srinagar-190017

Travel Only With Valid Registration: LG Sinha To Amarnath Pilgrims

HT NEWS NETWORK

SRINAGAR, JULY 4: Lieutenant Governor Manoj Sinha on Saturday appealed to devotees undertaking the annual Amarnath Yatra to travel only after obtaining valid registration for their allotted date, stressing that strict adherence to the registration schedule is essential to ensure the safety, security and smooth management of the pilgrimage.

Chairing a high-level review meeting on the ongoing Amarnath Yatra 2026, the Lieutenant Governor assessed the overall management of the pilgrimage, including pilgrim movement, traffic regulation, security deployment, accommodation, registration status and other logistical arrangements.

The meeting was attended by Chief Secretary Atal Dulloo, Director General of Police Nalin Prabhat, senior officers of the civil administration, police, security agencies, the Shri Amarnath Shrine Board and other concerned departments.

During the review, officials informed the meeting that an unusually large number of pilgrims had been arriving without valid registration, leading to longer waiting times and operational difficulties.



tional difficulties.

The Lieutenant Governor said the pilgrimage is being conducted in accordance with the prescribed limit on the number of pilgrims allowed on the route, as mandated by the Supreme Court. He emphasised that compliance with the registration schedule is necessary to maintain orderly movement and safe-

guard the interests of all pilgrims. The administration reiterated that only pilgrims possessing valid registration for their designated date will be permitted to proceed to the Holy Cave Shrine. Appealing to intending pilgrims who have not yet registered, the Lieutenant Governor

guard the interests of all pilgrims.

The administration reiterated that only pilgrims possessing valid registration for their designated date will be permitted to proceed to the Holy Cave Shrine. Appealing to intending pilgrims who have not yet registered, the Lieutenant Governor

Appealing to intending pilgrims who have not yet registered, the Lieutenant Governor

Maintain Highest Level of Operational Preparedness for Amarnath Pilgrimage: DGP Nalin Prabhat

HT NEWS DESK / AGENCIES

SRINAGAR, JULY 4: Director General of Police Nalin Prabhat on Saturday directed all security agencies to maintain the highest level of operational preparedness to ensure the safe, secure

Unregistered Amarnath Yatris Asked to Wait for RFID Cards: Div Com

HT NEWS NETWORK

SRINAGAR, JULY 4: Divisional Commissioner Kashmir, Ansul Garg on Saturday appealed to unregistered Amarnath Yatris to wait until they are issued RFID cards, reiterating that only pilgrims with valid registration are permitted to undertake the annual pilgrimage to the Holy Cave.

Addressing a press conference, the Divisional

Trust in Indigenous Defence Platforms Strengthened After Operation Sindoor: Rajnath Singh

HT NEWS DESK / AGENCIES

NEW DELHI, JUL 4: Defence Minister Rajnath Singh on Saturday said that Operation Sindoor has significantly enhanced confidence in India's indigenous defence capabilities, stating that the successful operation has strengthened trust in home-grown military platforms and reaffirmed the country's progress towards self-reliance in defence.

Addressing a function in New Delhi to mark the 80th anniversary of Navbharat Times, Singh said the performance of domestically developed defence systems during Operation Sindoor demonstrated the growing strength of India's defence manufacturing sector.



Turn on Page 2

Srinagar simmers at 34°C, MeT predicts wet spell from today

HT NEWS NETWORK

SRINAGAR, JULY 4: Hot and humid weather continued across Jammu and Kashmir on Saturday, with most places recording temperatures above normal, while the Meteorological Department predicted widespread precipitation from July 5.

According to the data accessed by the news agency—Kashmir News Observer (KNO) Srinagar recorded a maximum temperature of 34.0 degrees Celsius, which was 4.4 degrees above normal, while the minimum settled at 20.0 degrees Celsius, 2.7 degrees above normal.

Qazigund recorded a high of 32.8°C and a low of 18.2°C, both 5.3°C and 2.5°C above normal, respectively. Pahalgam, the tourist resort, registered 26.9°C as the maximum and 14.5°C as the minimum, while Kupwara recorded 33.5°C and 18.9°C

Turn on Page 2

MLAs call on CM Omar Abdullah, raise constituency-specific developmental issues



HT NEWS NETWORK

SRINAGAR, JULY 04: Several Legislators called on Chief Minister Omar Abdullah

at Raabita here today and apprised him of various developmental and constituency-specific issues requiring the

Turn on Page 2

The Book Has Been Withdrawn; Action Is Being Taken Against All Concerned

HT NEWS DESK / AGENCIES

SRINAGAR, JUL 4: The Jammu and Kashmir Government on Saturday ordered the immediate withdrawal of a controversial book from government school libraries and initiated a comprehensive inquiry into its publication, approval, procurement and distribution after allegations that it contained anti-national content.

The action follows widespread criticism over the book, Great Personalities and Legends, which was supplied to government schools under the Samagra Shiksha

Turn on Page 2

Suspending Srinagar Airport Runway Closure Will Ensure Uninterrupted Air Connectivity: Omar Abdullah

HT NEWS NETWORK

SRINAGAR, JULY 4: Chief Minister Omar Abdullah on Saturday welcomed the Government of India's decision to suspend the proposed runway closure at Srinagar Airport, saying the move would ensure uninterrupted air connectivity to Jammu and Kashmir and provide major relief to passengers, the tourism sector and businesses.

The Chief Minister expressed gratitude to the Union Government for responding positively



to the concerns raised by the Jammu and Kashmir Government over the proposed closure, which was expected to disrupt travel during the peak tourist season.

Omar Abdullah said he had personally taken up the matter with the Centre to safeguard the interests of passengers, the tourism industry, trade and the people of Jammu and Kashmir, who would have been adversely affected by the planned closure.

Thanking Defence Minister Rajnath Singh and Civil Aviation

Turn on Page 2

MHA designates 23 more individuals, including 11, from J&K as terrorists under UAPA

HT NEWS NETWORK / KNO

SRINAGAR, JUL 04: The Centre on Saturday designated 23 more individuals as terrorists under the Unlawful Activities (Prevention) Act (UAPA), including 11 natives of Jammu and Kashmir, saying the

move is intended to dismantle terror networks operating from Pakistan and Pakistan-occupied Kashmir (PoK).

According to the news agency—Kashmir News Observer (KNO) the Union Ministry of Home Affairs (MHA) issued a notification adding

the names to the Fourth Schedule of the UAPA, taking the total number of individuals notified as terrorists under the law to 57 since the 2019 amendment empowered the Centre to designate individuals as terrorists.

Union Home Minister Amit Shah

said PM Modi led government remains committed to its policy of "zero tolerance" against terrorism and would continue taking action against those involved in activities targeting India.

In a post on X, Shah said the 23

Turn on Page 2

No Full Runway Shutdown At Srinagar Airport This Year, Says Airport Authorities

HT NEWS NETWORK

SRINAGAR, JUL 4: Srinagar International Airport on Saturday withdrew its proposed NOTAM for full a runway closure to carry out repairs and maintenance, ensuring uninterrupted daytime flight operations this year.

In an operational update posted on X, the airport said there would be no full airfield closure during 2026.

"Passengers are advised that there will be no full airfield closure at Srinagar Airport this year. Airport operations will continue on all days with operational/watch hours from 0800 hrs to 1700 hrs. Night closures for runway maintenance will continue until October 2026," it said.

The airport added that the previously proposed Notice to Airmen (NOTAM) regarding full runway closure on Mondays and Tuesdays has been withdrawn.

"Airlines will continue to update their schedules in accordance with the prevailing operational timings. Passengers are requested to check their flight status with their respective airlines before proceeding to the airport and rely only on official channels for authentic updates," it said.

Earlier, the Airports Authority of India (AAI) had decided to shut the runway on Mondays and Tuesdays, from July, followed by a fortnight-long closure in October, to undertake essential maintenance work.

Turn on Page 2

Artificial light at night increases Type 2 diabetes risk: Lancet study

HT NEWS NETWORK / KNO

SRINAGAR, JUL 04: A growing body of scientific evidence has linked exposure to artificial light at night—including light emitted from mobile phones, televisions, tablets and brightly lit indoor environments—to an increased risk of developing Type 2 diabetes, prompting public health experts to advocate healthier lighting and sleep habits.

According to a recent study published in The Lancet Regional Health – Europe, accessed by the news agency—Kashmir News Observer (KNO), people who experience higher exposure to artificial light at night (ALAN) are significantly more likely to develop

Turn on Page 2

پیشاپہ
Preserve Your Ideas
We Bring Them to Life
LUBAAB PUBLICATIONS
ONE STOP SOLUTION FOR ALL PRINTING NEEDS
We Publish in
Arabic | Urdu | Hindi | Persian | Kashmiri
Contact us:
9697071471 | 9999038812
lubaabpublications01@gmail.com

CONTINUE FROM FRONT PAGE.....

Travel Only.....

advised them to postpone their journey for the next few days to avoid inconvenience upon reaching Jammu and Kashmir. He urged all devotees to complete the mandatory registration process and obtain a valid Yatra Registration Permit before beginning their journey, warning that those travelling without confirmed registration will not be allowed to undertake the pilgrimage.

Reviewing security and logistical preparedness, the Lieutenant Governor directed all departments and security agencies to work in close coordination and maintain continuous communication with service providers and voluntary organisations to ensure the pilgrimage remains safe, efficient and well managed.

Maintain Highest.....

and smooth conduct of the ongoing Amarnath pilgrimage, while stressing seamless coordination, enhanced surveillance and comprehensive disaster preparedness across Jammu and Kashmir.

Chairing a Union Territory-wide security review meeting at the Police Control Room in Srinagar, the DGP reviewed the overall security and logistical arrangements for the annual pilgrimage. Senior officers from the Jammu and Kashmir Police, the Army, Central Armed Police Forces, intelligence agencies, Traffic Police, Railway Police and other security organisations participated in the meeting.

Officers presented a detailed review of security deployment, traffic management measures and the implementation of Standard Operating Procedures (SOPs) along the pilgrimage routes.

Directing all agencies to remain on high alert, Prabhat ordered intensified area and night domination exercises, particularly along the National Highway, critical road corridors and the pilgrimage routes. He instructed field formations to strengthen surveillance and closely monitor disruptive elements to prevent any attempt to disturb peace during the pilgrimage.

The DGP also directed strict verification of identity credentials and effective use of the RFID-based tracking system for real-time monitoring of registered pilgrims. He instructed officers to address issues relating to unregistered pilgrims in close coordination with the Shri Amarnath Shrine Board while ensuring that only duly registered pilgrims are permitted to undertake the pilgrimage in accordance with established protocols.

Reviewing disaster management measures, Prabhat directed all agencies to keep contingency plans and adequate resources in place to respond swiftly to weather-related emergencies by ensuring timely evacuation, shelter, medical assistance and other essential support. He further emphasised the need to provide strong security and prompt assistance to both pilgrims and tourists across the Union Territory, directing officers to remain accessible, responsive and people-friendly throughout the pilgrimage.

Reaffirming the commitment of the Jammu and Kashmir Police and all participating agencies, the DGP expressed confidence that coordinated efforts, constant vigilance and effective inter-agency cooperation would ensure the peaceful, secure and successful conduct of the 2026 Amarnath pilgrimage.

Unregistered.....

Commissioner said a number of pilgrims have arrived in Kashmir without waiting for their allotted date of pilgrimage, while others had reached the Valley without completing the mandatory online registration process.

He said such pilgrims would have to wait until the necessary formalities are completed and clarified that they would not be allowed to proceed towards the Holy Cave without valid registration and RFID cards.

Ansul Garg said online registration for the annual pilgrimage remained open till April 15, but many devotees who could not register in time have now started arriving in Kashmir in the hope of undertaking the pilgrimage. "We are informing all such yatis that they will have to wait. They cannot be permitted to undertake the pilgrimage without completing the prescribed registration process," he said.

The Divisional Commissioner said nearly 26,000 pilgrims had paid obeisance at the Holy Cave during the past two days, describing the pilgrimage as smooth and well-managed.

He further said that in compliance with the directions of the Supreme Court, a ceiling has been fixed on the number of pilgrims allowed to undertake the yatra each day. Accordingly, only those who have completed online registration and fulfilled the mandatory requirements are being permitted to proceed towards the Holy Cave. He appealed to devotees to cooperate with the administration and follow the prescribed procedures to ensure a safe, smooth and well-regulated pilgrimage.

Trust in Indigenous.....

"After Operation Sindoor, trust in made-in-India defence platforms has increased," he said, adding that the operation reflected the country's expanding technological capabilities in the strategic sector.

Highlighting the transformation of the defence industry, the minister said India's defence production has crossed Rs. 1.78 lakh crore, a substantial rise from approximately Rs. 46,000 crore recorded eight to nine years ago. He also noted that defence exports have climbed from Rs. 686 crore in 2013-14 to more than Rs. 38,000 crore, estimating that the figure is now approaching Rs. 40,000 crore. Singh said the country's progress over the past 12 years has been marked by a transition from shortages to self-reliance, and from self-reliance to self-confidence, laying the foundation for a developed India.

Speaking on the rapid advancement of artificial intelligence, he said technology should complement, not replace, human judgement and empathy. While AI can analyse information with speed and precision, it cannot understand human emotions or social realities, he said. Referring to the changing media landscape, Singh stressed that the future of journalism would depend on balancing the efficiency of artificial intelligence with human sensitivity and editorial judgement.

He also expressed concern over the spread of misinformation and fake news, particularly on issues concerning national security and the armed forces. Emphasising the media's responsibility, the minister said accuracy,

credibility and impartiality must remain the guiding principles of journalism, adding that reporting verified information is more important than being the first to publish.

Operation Sindoor was launched by India in May 2025 in response to the terror attack in Pahalgam, during which several indigenous defence platforms played a significant operational role.

Srinagar.....

Kokernag recorded 30.9°C, Gulmarg 24.4°C, Banihal 31.2°C, Batote 28.2°C, Katra 34.0°C, Bhaderwah 31.4°C, and Jammu city 37.6°C, remaining 1.6°C above normal. The minimum temperature in Jammu settled at 25.9°C, marginally 0.1°C below normal.

No rainfall was recorded at most stations during the day, though Kokernag, Gulmarg, Banihal, Batote and Katra received light rainfall during the previous 24 hours.

WEATHER CONDITIONS TO CHANGE FROM TOMORROW

The MeT Department said weather conditions are expected to change from July 5, with rainfall activity likely to increase across the Union Territory.

In Jammu division, fairly widespread rainfall is likely from July 5 to 6, followed by widespread showers on July 7 and 8, and fairly widespread rainfall again on July 9 and 10. The department has issued a weather advisory for Jammu division, warning of isolated thunderstorms, lightning and gusty winds of 40-50 kmph on July 5, 6, 9 and 10. It has also forecast isolated heavy rainfall accompanied by thunderstorms, lightning and gusty winds from July 6 to 8.

The MeT Department warned that the expected weather activity could trigger landslides, mudslides, shooting stones and flash floods at vulnerable places during the period. For Kashmir division, isolated thunderstorms, lightning and gusty winds reaching 40-50 kmph are expected on July 7 and 8, it said.

The department advised residents, tourists and commuters to follow official weather updates and exercise caution, particularly while travelling through hilly and vulnerable areas during the forecast period—(KNO)

MLAs call on.....

government's attention. Among those who met the Chief Minister were MLA Bani, Dr. Rameshwar Singh, and MLA Banihal, Sajad Shaheen. The legislators highlighted a range of issues concerning infrastructure development, public services and other matters related to their respective constituencies. The Chief Minister gave a patient hearing to the legislators and discussed the issues raised by them in detail. He assured them that all genuine concerns projected during the meetings would be examined on priority and addressed in a time-bound manner.

Reiterating his government's commitment to equitable development and responsive governance, the Chief Minister said that the concerns and aspirations of the people from every region of Jammu and Kashmir would continue to receive focused attention to ensure balanced and inclusive development.

The Book.....

Scheme. The publication allegedly glorified separatist leaders and terrorists by portraying them as prominent personalities from Jammu and Kashmir.

Confirming the decision, Commissioner Secretary, School Education Department, Ram Niwas Sharma said all copies of the book had been withdrawn from schools and disciplinary proceedings had been initiated against those responsible.

"The book has been withdrawn. Action is being taken against all concerned," Sharma said, adding that the publication was supplied to schools in June 2026 and officially withdrawn on July 3. He said the government has ordered action against everyone involved in the publication's preparation, approval, procurement and circulation to ensure accountability.

The controversy intensified after the Jammu and Kashmir Peoples' Forum alleged that the book promoted an anti-national narrative through its content. The issue gained further prominence when Leader of Opposition Sunil Sharma raised it at a press conference, demanding the immediate withdrawal of the publication, a high-level investigation and strict action against those responsible. The government's decision comes amid growing public and political concern over the content of educational material supplied to government schools, with several organisations calling for greater scrutiny of books introduced into school libraries.

School Education Minister Sakina Itoo was unavailable for comment when the report was filed.

MHA designates.....

Minister Ram Mohan Naidu for accepting the request, the Chief Minister said the suspension of the runway closure would prevent disruption to travel, tourism and economic activity. He noted that the proposed closure had already caused uncertainty among regular travellers and led to cancellations by tour operators and tourists planning to visit the region. Describing seamless air connectivity as essential for Jammu and Kashmir's economy, particularly during the peak tourism season, Omar Abdullah said the Centre's prompt intervention had addressed matter of significant public importance and ensured continued convenience for travellers.

MHA designates.....

individuals, affiliated with banned terrorist organisations, had been designated under the UAPA for their alleged involvement in anti-India activities, terrorist attacks, infiltration, arms smuggling, recruitment and financing of terrorism.

Shah said "Pursuing PM Shri Narendra Modi ji's vision of zero tolerance against terror: the MHA today declared 23 dreaded terror functionaries affiliated with banned organisations as terrorists under the provisions of the Unlawful Activities (Prevention) Act. The designated terrorists are involved in anti-India activities, carrying out terror attacks, inciting terror, trafficking arms, infiltrating through the border, facilitating terrorist organisations, raising funds and recruiting terrorists. Out of the 23 terrorists announced today, 17 are Pakistani nationals and 6 are Indian nationals. However, all of them at

present operate terrorist activities from Pakistan and Pakistan-occupied Jammu and Kashmir."

An official said that formally designating these individuals as terrorists will not only help dismantle the terror ecosystem by curbing their financial networks, movements, recruitment capabilities, and terror-linked activities, but will also send a strong message of deterrence against anti-national and terrorist acts. Furthermore, it will enhance the capacity of security and law enforcement agencies to initiate coordinated legal, investigative, and preventive actions at both national and international levels.

According to the MHA, 17 of the newly designated individuals are Pakistani nationals while six are Indian nationals. It said all 23 are currently operating from Pakistan or Pakistan-occupied Kashmir.

The ministry also said 11 of those designated are natives of Jammu and Kashmir, who are allegedly operating from across the border after crossing over and are involved in facilitating infiltration, recruitment, logistics, weapons supply and financing for terrorist organisations.

The Jammu and Kashmir natives named in the notification are Masood Ilyas Kashmiri, Abdullah Jihadi, Firdous Ahmad Bhat, Haroon Rashid Ganai, Bilal Ahmed Mir, Abid Qayoom Lone, Nazir Ahmed Gujjar, Mohammad Yaqoob, Owais Farooz, Wasim Noor, Jat and Mohammad Shahid Faisal.

Officials said the designation would strengthen legal action against the accused by enabling investigating agencies to target their financial networks, restrict their movements and enhance coordination with domestic and international agencies dealing with terrorism-related cases. The notification includes operatives linked to Pakistan-based organisations such as Jaish-e-Mohammed (JeM), Lashkar-e-Taiba (LeT), Jamaat-ud-Dawa (JuD), Harkat-ul-Mujahideen (HuM), Pakistan Markazi Muslim League (PMML), Al-Qaeda and ISIS.

According to the government, several of those designated have been accused of coordinating cross-border infiltration, arranging the supply of weapons and explosives, recruiting youth through social media, raising funds for terror activities and planning attacks in different parts of the country, particularly in Jammu and Kashmir. Among those named are Masood Ilyas Kashmiri, whom the government described as a close associate of JeM chief Masood Azhar and an infiltration coordinator into Kashmir; Mufti Mohammad Asghar Khan, alleged to head JeM's military wing in PoK; and Abdul Rauf, Hafiz Khalid Waleed and Maulana Saifulah Khalid, who are accused of holding senior positions in Pakistan-based terrorist organisations.

The MHA said formally designating the individuals as terrorists would help curb their fundraising, recruitment, movement and operational capabilities while strengthening the legal framework for coordinated action against them. The UAPA was amended in 2019 to allow the Centre to notify individuals, in addition to organisations, as terrorists under Section 35 of the Act.

Officials said the latest notification forms part of the government's continuing efforts to target the leadership, facilitators and support structures of cross-border terrorist organisations.

INDIVIDUALS DESIGNATED AS TERRORISTS

1. Masood Ilyas Kashmiri (also known as Mufti Masood Ilyas, Masood Ilyas, Abu Mohammad, or M. Masood Ilyas) is a Pakistani national affiliated with Jaish-e-Mohammed (JeM). He is a close confidant of Maulana Masood Azhar and the key coordinator for infiltration into Kashmir. He is actively involved in recruiting youth into terrorist groups via social media and raising funds for terrorism. He orchestrated the attack on a police checkpoint near the PDP office in Sunjwan, Jammu, in April 2022.

2. Mohammad Musaddiq (alias Doctor, Abdul Mannan, Sajjad, Hamza, Wahid Khan) is a Pakistani national affiliated with Jaish-e-Mohammed (JeM). He serves as the launching commander for the Lasiyakot sector, facilitating infiltration across the border via tunnels. He has been involved in sending consignments of arms and ammunition to India using drones. Additionally, he was involved in conducting reconnaissance of strategic locations such as the RJB complex in Ayodhya, the RSS headquarters in Nagpur, and the IOCL refinery in Panipat.

3. Mufti Mohammad Asghar Khan, alias Abu Saad or Saad Jimiki, is a Pakistani national affiliated with Jaish-e-Mohammed (JeM). He serves as the JeM 'Amir' (chief) and head of its military wing in PoK. He is one of the key conspirators behind the terrorist attack on the Indian Army camp in Nagrota, Jammu. He runs camps in Muzafarabad to provide jihadist and military training to terrorists.

4. Hafiz Abdul Shakoor alias Qari Jarrar is a Pakistani national and is affiliated with Jaish-e-Mohammed (JeM) and Harkat-ul-Mujahideen (HuM). He facilitated the infiltration of three Pakistani terrorists via the Samba-Kathua sector for the attack on the Nagrota Army camp. He participated in the Afghan war during 1995-96 and coordinates terrorist activities with the assistance of the ISI. He is a member of the JeM's governing council (Shura).

5. Abdullah Jihadi alias Shahnawaz alias Al-Hijama is a Pakistani national and is affiliated with Jaish-e-Mohammed (JeM). He is a co-conspirator of Mufti Asgar Khan and facilitates the infiltration of terrorists into the North Kashmir region. He has attempted to incite hatred and disaffection against the Government of India. He used to manage several launching camps located in the Kupwara and Baramulla districts.

6. Firdous Ahmad Bhat is an Indian national (currently based in Pakistan) associated with Lashkar-e-Taiba. He serves as a 'launching commander' for the group, having crossed into Pakistan via the Wagah border in 2018 using valid travel documents. He facilitates safe passage for foreign terrorists across the Line of Control (LoC). Additionally, he is involved in supplying weapons to Over Ground Workers (OGWs) and radicalizing the youth of South Kashmir to recruit them into terrorist activities.

7. Ghulam Farid (alias Gulshan Kumar) is a Pakistani national and is affiliated with Jaish-e-Mohammed. He served in the Pakistan Army from 2001 to 2005. Subsequently, in September 2008, he entered India illegally via Bangladesh. He was arrested in Jammu in December 2008 and was later deported to Pakistan in July 2019.

8. Haroon Rashid Ganai alias Shunu is an Indian

national (currently residing in Pakistan) and is affiliated with Lashkar-e-Taiba. He traveled to Pakistan with valid documents in March 2018 and joined Lashkar-e-Taiba there. He incites youths from the Kashmir Valley to join terrorist ranks and supplies arms and ammunition to Over Ground Workers for carrying out terrorist activities.

9. Bilal Ahmed Mir, alias 'Ahmed Bhat', is an Indian national (currently residing in Muzaffarabad, PoK) and is affiliated with Lashkar-e-Taiba (LeT) and The Resistance Front (TRF). Operating from across the border (Pakistan/PoK), he conspires to incite and instigate local Kashmiri youth to engage in jihad. Furthermore, he is directly involved in managing the illicit supply chain of arms, ammunition, and logistics into the Kashmir Valley.

10. Abid Qayoom Lone is an Indian national (currently residing in PoK) and is affiliated with Lashkar-e-Taiba (LeT). He traveled to Pakistan via the Attari checkpoint in February 2020 and did not return. He is involved in planning attacks on security forces in Jammu and Kashmir and raising funds for LeT. He smuggles narcotics on a large scale from Pakistan into India through an organized syndicate operating along the Line of Control (LoC), with the proceeds used to finance terrorist activities.

11. Nazir Ahmed Gujjar alias Abu Manazil is an Indian national (currently residing in Islamabad, Pakistan) and is affiliated with Lashkar-e-Taiba (LeT). He crossed the Line of Control into PoK in 2006. He recruited local youths to revive terrorist activities in the Doda and Kishtwar regions. He has been a key operator in sending consignments of arms and ammunition into Indian territory via drones across the Samba and R.S. Pura sectors.

12. Abdul Rauf (also known as Hafiz Abdul Rauf or Hafiz Abdul Rauf) is a Pakistani national associated with Lashkar-e-Taiba (LeT), Jamaat-ud-Dawa (JuD), and Falah-e-Insaniyat Foundation (FIF). He has been a senior leader of Lashkar since 1999 and operates under the direct command of the terrorist Hafiz Saeed. He works to mobilize funds and public support for Lashkar at an international level under the guise of charitable organizations such as the 'Falah-e-Insaniyat Foundation' (FIF) and Al-Madina Welfare Trust. The United States has designated him a 'Specially Designated Global Terrorist' (SDGT).

13. Ashfaq Ahmed (alias Ishfaq Ahmed) is a Pakistani national associated with Jaish-e-Mohammed (JeM). He joined JeM in 2000 and is in charge of 'Shuaba Hadith' and the Al-Rehmat Trust (JeM's charity wing) in Bahawalpur. He received jihadi training in Pakistan-occupied Kashmir. He was identified as one of the subscribers of the Pakistani mobile numbers used during the January 2016 attack on the Pathankot Air Force Station.

14. Hafiz Khalid Waleed (alias Hafiz Khalid Naik/Khalid Waleed) is a Pakistani national associated with Lashkar-e-Taiba (LeT) and Jamaat-ud-Dawa (JuD). He is the son-in-law of LeT chief Hafiz Mohammad Saeed and has been a member of the organization's Central Advisory Committee since 2003. He was the key mastermind behind the June 2016 Pampore attack, in which eight Central Reserve Police Force (CRPF) personnel were killed. He was designated as a global terrorist by the US Department of the Treasury in August 2012.

15. Maulana Imdad Ullah Makki (also known as Maulana Imdad, Imdad Bhai, or Maulana Imdadullah) is a Pakistani national and is affiliated with Jaish-e-Mohammed (JeM). He serves as the "Amir" (chief) of Jaish's prisoners' wing ("Shoba-e-Aseeran") and heads the organization's legal affairs. He is a very close associate of Maulana Masood Azhar and his deputy, Mufti Abdul Rauf Asghar. He was involved in real-time coordination with the terrorists who attacked the Pathankot airbase in January 2016.

16. Maulana Saifulah Khalid (alias Waliul, Mohammad Salim, Wajid) is a Pakistani national and is affiliated with Lashkar-e-Taiba (LeT) and the Pakistan Markazi Muslim League (PMML). He serves as the General Secretary of the Pakistan Markazi Muslim League and previously held the position of President of the Milli Muslim League (MML). He has headed several wings of Lashkar and Jamaat-ud-Dawa, such as the propaganda department and the control and reform wing. In April 2018, the United States designated him as a Specially Designated Global Terrorist (SDGT).

17. Mohammad Yaqoob (alias Abu Sumama, Samama Ilyas, Waris Ali) is a Pakistani national affiliated with Lashkar-e-Taiba (LeT). He currently operates as an LeT operational commander based in Islamabad (Chatta Bakhtawar). He coordinates financial and logistical support for other LeT cadres active in the Kashmir Valley to carry out terrorist activities in India. A case has been registered against him under the Unlawful Activities (Prevention) Act (UAPA) at the CI Kashmir Police Station in Srinagar.

18. Maulana Yusuf Taibi (alias Mohammad Yusuf) is a Pakistani national associated with Lashkar-e-Taiba (LeT) and Jamaat-ud-Dawa (JuD). He is a key leader within LeT/JuD, currently affiliated with the organization's control and reform ("Dawat-o-Islah") wing. He previously headed the 'Jamia Al-Dirasat Al-Islamia Trust' (JADIAT), a Karachi-based entity linked to LeT/JuD. Currently, he is associated with the 'Al-Qadisia Islamic Center' in Lahore and delivers Friday religious sermons ("Khatba") at the Sargodha "Markaz" in Punjab.

19. Owais Farooz (alias Owais Ahmed Mir/Owais Farooz Mir) is an Indian national associated with Lashkar-e-Taiba (LeT). He traveled to Pakistan via the Wagah border on a valid Indian passport in April 2018 and joined the terrorist ranks of the LeT. In January 2023, his brother, Farzan Feroz, was arrested by the Srinagar Police with 450 grams of heroin (valued at approximately Rs. 9.95 lakh) and an LeT letterhead. The NIA Court, Pulwama, has issued a proclamation order against him under

Section 82 of the CrPC.

20. Qari Yaqub Sheikh (also known as Qari Mohammad Yaqub Sheikh, Yaqub Sheikh, Qari Sheikh Muhammad Yaqub, and Mohammad Yaqub) is a Pakistani national and is affiliated with the Pakistan Markazi Muslim League (PMML) and Jamaat-ud-Dawa (JuD). He is a central leader of JuD and a member of its central 'Dawati team' (proselytization team). He contested the 2018 Pakistani general election as a candidate for the Milli Muslim League (MML). He has played a prominent role in missions to raise funds for Lashkar and JuD in Saudi Arabia. In August 2012, the United States designated him as a global terrorist.

21. Rana Iftikhar (also known as Rana Waleed Atif, Rana Iftikhar Haider, Rana Iftikhar Ahmed, or Haider Khan) is a Pakistani national associated with Lashkar-e-Taiba (LeT) and Jamaat-ud-Dawa (JuD). He is a close associate of LeT chief Hafiz Saeed and serves as the key manager of finances for the organization's Kashmir operations. He heads 'Shoba-e-Aseeran', the wing responsible for the welfare of the families of terrorists who have been killed or are imprisoned in Indian jails. He was arrested in 1993 after being wounded during an encounter in the Mendhar sector of Jammu & Kashmir and remained incarcerated in an Indian prison until 2004.

22. Wasim Noor Jat alias Qari Wasim is a Pakistani national associated with Jaish-e-Mohammed (JeM). He is a JeM 'launching commander' responsible for operations in the Kotli area. During 2021-22, he was involved in activities related to dropping weapons and ammunition into Indian territory via drones. He was previously arrested by security forces in October 2008 and was incarcerated at Kot Bhalwal Central Jail, Jammu, from 2012 to 2015; following his release, he was deported to Pakistan.

23. Mohammad Shahid Faisal (alias Ustad, Muhandis, Zakir) holds Pakistani nationality (originally Indian, currently active in Rawalpindi) and is affiliated with Lashkar-e-Taiba (LeT), Al-Qaeda, and ISIS. He is the key mastermind and handler behind the 2012 Bengalur LeT conspiracy case and the 2013 Nanded LeT case, which involved plots for the targeted killings of right-wing politicians and journalists. He fled to Pakistan in 2013 with the assistance of terrorist Farhatullah Ghorri. Investigations reveal his involvement as an online handler in the Rameshwaram Cafe blast case (2024), the Mangaluru cooker blast, and the Al-Hind ISIS module case. He recruits youth through anti-national and jihadist videos shared on social media and YouTube/Telegram channels (such as 'Sawat-al-Haq')

No Full.....

Last month, Jammu and Kashmir Chief Minister Omar Abdullah met Defence Minister Rajnath Singh and Civil Aviation Minister K Rammoohan Naidu, and raised the issue of the closure of the runway with them. Abdullah suggested that if the Srinagar airport had to be shut, the Avantipora airfield should be opened for civilian flights during the maintenance period.

He also pointed out that October marks a peak tourist season, particularly for visitors from West Bengal, Gujarat and Maharashtra, when Kashmir's iconic chinar trees turn golden-yellow.

Tourism stakeholders in the Valley had also expressed concern that a prolonged airport closure would adversely affect the tourism season.

Artificial light.....

Type 2 diabetes than those exposed to darker nighttime environments. In contrast, greater exposure to bright natural daylight was found to have a protective effect against the disease.

The large prospective cohort study analysed data from more than 85,000 adults enrolled in the UK Biobank and followed participants for a median of 9.6 years. Researchers found that the association between nighttime artificial light exposure and diabetes remained significant even after accounting for factors such as age, sex, body mass index, diet, physical activity, sleep duration, socio-economic status and shift work.

Issuing the advisory, Dr S. Muhammad Salim Khan, Professor, Department of Community Medicine, Government Medical College Srinagar, said that maintaining a healthy light-dark cycle should be viewed as an important component of diabetes prevention.

"Modern lifestyles have dramatically increased our exposure to artificial light after sunset. This disrupts the body's natural circadian rhythm, suppresses melatonin production, affects insulin sensitivity and can contribute to elevated blood sugar levels. Along with a healthy diet and regular physical activity, adopting healthier lighting habits may help reduce the risk of Type 2 diabetes," he said.

Dr Khan explained that the body's internal biological clock regulates numerous metabolic processes, including hormone secretion and glucose metabolism. Artificial light during nighttime interferes with this natural rhythm, potentially leading to hormonal imbalances, increased appetite, weight gain and metabolic dysfunction over time.

The advisory noted that individuals at greater risk include people living in urban areas with prolonged indoor light exposure, those spending long hours on mobile phones or computers late at night, shift workers, night-duty employees and people with irregular sleep schedules.

The findings are particularly relevant for India and Jammu & Kashmir, where the burden of diabetes continues to rise. Health experts point out that rapid urbanisation, increasing dependence on digital devices and growing exposure to light pollution are changing people's daily routines, often at the expense of healthy sleep patterns.



Div Com chairs Airfield Environment Management Committee Meeting

■ HT NEWS NETWORK

SRINAGAR, JULY 04: Divisional Commissioner Kashmir, Anshul Garg, on Saturday chaired a meeting of the Airfield Environment Management Committee to review critical issues concerning aviation safety and environmental management around Air Force Station (AFS) Srinagar.

The meeting was attended by the Deputy Commissioners of Srinagar, Budgam, Pulwama and Anantnag, Commissioner Srinagar Municipal Corporation (SMC), Director Airport Authority, senior officers of Indian Air Force, and representatives of the Urban Local Bodies (ULBs).

A comprehensive review was conducted on a range of issues impacting airfield safety and operational preparedness, including the construction of an emergency access road, regulation of brick kilns in the vicinity of the airfield, scientific management of solid waste, removal of unlit obstructions affecting flight operations, and measures to curb the menace of stray dogs in and around the airport.

During the meeting, officials informed the chair that Air Force Station Srinagar has three designated emergency exit gates for launching search and rescue operations in the event of an aviation emergency. However, one of the emergency gates on



the north-western side does not meet the operational requirements for the movement of Crash Fire Tenders.

Taking note of the issue, the Divisional Commissioner directed the Deputy Commissioner Budgam to convene a coordination meeting with all concerned departments to expedite the development of connectivity

between the Ring Road and the airport. He also instructed that the feasibility and construction of an emergency access road be taken up on priority to strengthen emergency response capabilities.

Reviewing the issue of brick kilns operating within an eight-kilometre radius of AFS Srinagar, the Divisional Commissioner

observed that a standard operating procedure is already in place under which brick kilns remain closed from November to March to maintain visibility and ensure safe aircraft operations during the winter season.

The meeting also assessed the progress of the solid waste management project at the Achan-Soura dumping site, a key initia-

tive aimed at reducing bird activity that poses a significant hazard to aircraft.

The Commissioner, SMC, informed the meeting that work on the project is progressing steadily and is expected to be completed by June 2028.

Emphasising the need for a coordinated approach to waste management, the Divisional Commissioner directed the Deputy Commissioner Budgam to strengthen solid waste collection and disposal mechanisms in villages surrounding the airfield, noting that indiscriminate garbage dumping attracts birds and adversely impacts aviation safety.

The committee further reviewed the issue of unlit obstructions that pose risks to safe flying operations. It was decided that telecom service providers would be directed to ensure proper illumination of communication towers, while a detailed survey would be undertaken to identify and rectify other unlit structures in the airfield operational area.

Addressing the growing menace of stray dogs within and around the airport, the Divisional Commissioner described the issue as a serious threat to both air operations and public safety. He instructed the Commissioner, Srinagar Municipal Corporation, to get the issue addressed at the earliest.

ARTO Bandipora conducts Special Enforcement Drive; 37 vehicles Challenged

■ HT NEWS NETWORK

BANDIPORA, JULY 04: On the directions of the Transport Commissioner, J&K, Vishesh Paul Mahajan, and the Deputy Commissioner, Bandipora, Indu Kanwal Chib, a special enforcement drive was conducted by the ARTO Bandipora team across the district to ensure strict compliance with the provisions of the Motor Vehicles Act and the notified fare regulations.

The drive primarily focused on checking overcharging by auto-rickshaw drivers and curbing illegal parking, particularly on Hospital Road and at Kaloosa, where complaints had been received



from the general public.

During the enforcement drive, a total of 37 vehicles were challenged under various provisions of the Motor Vehicles Act and Rules, with an expected revenue realization of approximately Rs. 39,500. In addition, three auto-rickshaws were seized for serious violations.

To safeguard the interests of commuters and ensure transparency in fare collection, the ARTO Bandipora team also displayed the notified fare lists inside e-autos so that passengers can easily verify the prescribed fares and report any instances of overcharging.

The ARTO Bandipora reiterated its commitment to ensuring safe, lawful and passenger-friendly public transport services and appealed to all transport operators to strictly adhere to the notified fare structure and traffic regulations. The general public has also been urged to report any violations to the concerned authorities for prompt action.

ADDC Kulgam reviews implementation of Mission YUVA in district

■ HT NEWS NETWORK

KULGAM, JULY 04: A review meeting on the implementation of Mission YUVA was held today, under the chairmanship of Altaf Ahmad Khan, Additional District Development Commissioner (ADDC) Kulgam, in his office chamber.

The meeting was attended by the Lead District Manager (LDM), Career Counselling Officer (CCO), Employment Officer (EO), District Programme Manager (DPM), NRLM, Block Programme Managers (BPMs), NRLM, members of the Mission YUVA



Team, and other concerned officers.

During the meeting, a comprehensive review of the Key Performance Indicators (KPIs) under Mission YUVA was undertaken, with special emphasis on the progress achieved under Udyam Jagriti 5.0, registration of beneficiaries, counselling, mobilisation, credit linkage, and other programme components. The performance of all concerned departments and agencies was reviewed in detail, and the gaps affecting the achievement of targets were discussed.

The Chair directed all concerned officers to focus on the KPIs where the district is lagging behind and to take immediate corrective measures for improving performance. He stressed the need for close coordination among all stakeholder departments, timely updation of data on the Mission YUVA portal, regular field-level monitoring, and expeditious disposal of all pending tasks to ensure achievement of the prescribed targets within the stipulated timelines.

Teen drowns in Jhelum near Lasjan

■ HT NEWS NETWORK / KNO

SRINAGAR, JUL 04: A 13-year-old boy drowned in the River Jhelum near the Lasjan area of Srinagar on Saturday, triggering a search operation by rescue teams, officials said.

They said the search operation continued till late Saturday evening

but was suspended due to poor visibility. The operation will resume with the first light on Sunday.

An official told the news agency—Kashmir News Observer (KNO) that the boy was bathing in the river when he accidentally slipped into deep waters and drowned.

Soon after the incident, teams of

the State Disaster Response Force (SDRF), assisted by police, launched an extensive search operation. Despite several hours of effort, rescue personnel were unable to trace the boy.

The victim was identified as Lukman Javed Malik (13), son of Javed Ahmad Malik, a resident of Lasjan, Srinagar.

GDC Qazigund Holds Orientation Programme to Welcome Freshers; MLA Assures College Bus from CDF

■ FAROOQ RATHER

QAZIGUND, JULY 4: Government Degree College (GDC) Qazigund on Saturday organised a vibrant orientation programme to welcome the newly admitted students of the BA Semester-I (Batch 2026-27), marking the beginning of their academic journey and familiarising them with the institution's academic environment, facilities and opportunities.

MLA, Abdul Majeed Bhat, was the chief guest on the occasion. Addressing the students, he congratulated the freshers on securing admission to GDC Qazigund and expressed confidence that their academic journey would be rewarding.

Describing the orientation programme as an important initiative, the MLA said the transition from school to higher education requires proper guidance, not only for academic success but also for developing essential life skills. He encouraged students to interact with their peers, build confi-

dence and make the best use of the learning opportunities available on the campus.

Announcing support for the institution, Abdul Majeed Bhat said he would provide a college bus from his Constituency Development Fund (CDF) to facilitate students. He also assured the installation of five solar-powered light poles on the campus to address power issues and pledged to take up the construction of a pedestrian footbridge outside the college gate with the National Highways Authority. The MLA urged parents to remain vigilant and play a proactive role in protecting their children from the menace of drug abuse.

Earlier, Principal Prof. (Dr.) Sudhir Singh welcomed the chief guest and the new students, stressing the importance of continuous learning, innovation, discipline and holistic development. He encouraged students to actively participate in academic and co-curricular activities while making full use of the facilities



available on the campus.

The programme commenced with the recitation of the Holy Quran by Saddam Awan, followed by a Naat Sharif presented by senior students. The welcome address was delivered by Prof. (Dr.) Ishfaq Ahmad Shah, Dean Students' Welfare, who urged the students to pursue excellence with dedication, discipline and

integrity.

Prof. (Dr.) Ayoub Ahmad Zargar highlighted the significance of the orientation programme and sensitised students about anti-ragging regulations. He also explained the National Education Policy (NEP) curriculum, including the selection of major, minor, multidisciplinary and skill-based courses.

Senior students Mubammil Rashid, Uzma Mushtaq and Syed Deeba formally welcomed the freshers and shared their experiences to help them adapt to college life.

During the technical session, students were introduced to the college's academic structure, examination system, library and laboratory facilities, student support services, clubs, sports, cultural activities, career guidance, mentoring system, professional ethics and various co-curricular opportunities. Heads of different departments briefed the students about their respective programmes, curriculum and future career prospects.

The interactive session enabled freshers to engage with faculty members and senior students, fostering confidence and a sense of belonging. The programme concluded with a vote of thanks, reaffirming the college's commitment to providing an inclusive, student-centric and academically enriching environment.

Sakeena Itoo visits Nandimarg, holds Public Darbar; Announces New Projects for Nandimarg and Adjacent Villages

Lays Foundation Stone for LungKhull to Bakhtawar Mohalla Road Project

■ HT NEWS NETWORK

KULGAM, JULY 04: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo today visited Nandimarg in Kulgam district, where she held a Public Darbar to directly engage with the

people and listen to their grievances and developmental concerns. During the interaction, people from the area projected several developmental demands and highlighted issues requiring immediate attention.

The Minister gave a patient hearing to the concerns raised

by the public and assured them that all genuine demands would be addressed in a phased and time-bound manner.

Addressing the gathering, Sakeena Itoo said that the present dispensation is committed to ensuring inclusive and equitable development across all

regions. She emphasised that public outreach programmes and direct interactions with people remain central to the government's approach towards delivering responsive, transparent and accountable governance.

The Minister urged the con-

cerned departments to work in close coordination to ensure the timely completion of developmental projects and reiterated that the welfare and development of the people would continue to receive the highest priority.

Sakeena Itoo also highlighted

various initiatives undertaken by the Government for the welfare of the people and outlined measures being implemented to ensure the holistic development of the region.

During her visit, the Minister laid the foundation stone for a road project in the area, which

is expected to significantly improve connectivity and promote socio-economic development in Nandimarg and its adjoining villages.

On the occasion, the Minister also announced several new developmental projects for Nandimarg and neighboring villages.

Dosti Discussions strengthen community resolve against Drug Abuse across Bandipora

■ HT NEWS NETWORK

BANDIPORA, JULY 04: As part of the ongoing Nasha Mukht Jammu & Kashmir Abhiyan, a series of Dosti Discussions were organised on Saturday at various educational institutions across Bandipora district to raise awareness among students and the community about the harmful effects of drug abuse and to promote a healthy, responsible and drug-free lifestyle.

At Government Higher Secondary School Shadipora, the programme was attended by Deputy Chief Education Officer Bandipora, Dr. G.M. Puj, who participated as the Nodal Officer. Principal HSS Shadipora, Anees Farhat, also addressed the gathering and highlighted the importance of collective efforts in safeguarding youth from the menace of substance abuse. The event witnessed



active participation from members of Civil Society Shadipora,

parents, teachers and students of the cluster.

A Dosti Discussion along with the "Maa Se Guft-a-Gu" programme was also held at Government Higher Secondary School Gadakhud, Sumbal. District Treasury Officer Bandipora, Imtiyaz Ahmad attended the event as the Chief Guest and stressed the vital role of families, educational institutions and society in nurturing responsible and drug-free youth.

Similarly, a Dosti Discussion was organised at Government Higher Secondary School Purana Tulail, where the Principal, Government Degree College Tulail, attended as the Chief Guest and encouraged students to stay away from drugs and contribute positively towards society.

Another Dosti Discussion was held at Government High-

er Secondary School Mantrigram, where Deputy District Election Officer Bandipora, Er Hilal Ahmad, attended as the Chief Guest and witnessed participation of Chief Education Officer Bandipora. Er Hilal Ahmad urged students to make informed choices, remain focused on their goals and actively support the vision of a drug-free society.

The programmes featured interactive discussions on the ill effects of substance abuse, the importance of early awareness and the shared responsibility of families, educational institutions and the community in preventing drug addiction.

Participants reaffirmed their commitment to making Bandipora a drug-free district through sustained awareness, community participation and collective action.

Five-Day Farmers' Exposure Visit concludes at Directorate of Agriculture Kashmir

■ HT NEWS NETWORK

SRINAGAR, JULY 04: The five-day Farmers' Exposure Visit Programme, organized by the Directorate of Agriculture Kashmir, concluded today at the Directorate Hall, Lal Mandi, Srinagar, with Director Agriculture Kashmir, Sartaj Ahmad Shah, presiding over the valedictory function as the chief guest.

The programme was designed to provide participating farmers with first-hand exposure to modern agricultural technologies, innovative farming practices and successful models of sustainable agriculture. Throughout the five-day programme, farmers interacted with subject experts, visited important agricultural institutions and gained practical insights into improved crop management, resource-efficient farming and value addition in agriculture.

Addressing the participants, Director Agriculture Kashmir, emphasized that exposure visits are an important component of capacity building as they enable farmers to learn from successful experiences, adopt scientific interventions and replicate best practices in their own fields. He said that such initiatives help bridge the gap between research and field-level implementation, ultimately contributing to enhanced agricultural productivity, higher farm incomes and sustainable agricultural development across the Kashmir Valley.

Shah appreciated the enthusiasm, dedication and active participation displayed by the farmers during the programme and urged them to act as ambassadors of modern agriculture by sharing the knowledge and experiences gained with fellow farmers in their respective villages. He stressed that the Agriculture Department remains committed to empowering the farming community through continuous skill development, farmer-centric training programmes, exposure visits, field demonstrations and technology dissemination under various developmental initiatives.

On the occasion, the Director distributed certificates among the participating farmers in recognition of their successful completion of the programme.

The participants expressed their gratitude to the Agriculture Department for providing them with a valuable learning platform and affirmed their commitment to adopting the improved technologies and practices demonstrated during the exposure visit.

FDA imposes Prohibition on Gutkha, Pan Masala, and Tobacco-Mixed Food Products for one year

■ HT NEWS NETWORK

SRINAGAR, JULY 04: The Food & Drugs Administration (FDA), Jammu & Kashmir, has issued a comprehensive ban on the manufacture, storage, transportation, distribution, and sale of all food products containing tobacco and nicotine as ingredients.

The order is issued by Commissioner FDA, J&K, who is also designated as Commissioner of Food Safety, J&K, in the interest of public health and in exercise of powers under Section 30(2)(a) & (b) of the Food Safety and Standards Act, 2006, in accordance with Regulation 2.3.4 of the Food Safety and Standards (Prohibition and Restrictions on Sales) Regulations, 2011, keeping in view directions of the Hon'ble Supreme Court of India, and advisories issued by the Food Safety and Standards Authority of India (FSSAI) and the Government of India.

The prohibition covers Gutkha, Pan Masala containing tobacco/nicotine, and all chewable or flavoured food products containing tobacco and/or nicotine, whether sold as a single product or in separate packages intended to be mixed and consumed together. The order will remain in force across the entire Union Territory for a period of one year starting June 2026.

The measure aims to safeguard public health, particularly protecting children, adolescents, youth and other vulnerable groups from the harmful effects of tobacco and nicotine consumption.

The Commissioner has directed all Designated Officers, Food Safety Officers and enforcement teams across the Union Territory to intensify market surveillance, inspections and enforcement drives. Special focus has been laid on educational institutions, public places, transport hubs, wholesale markets and areas frequented by young consumers.

The Food & Drugs Administration has appealed to general public, educational institutions, civil society organizations, traders' associations and other stakeholders, to support the initiative and report any instances of manufacture, storage, transportation or sale of prohibited products to the concerned authorities through the Toll-Free Number 104, by email at cfsjandk.fnd@jk.gov.in, or through the FSSAI consumer grievance portal, <https://foscos.fssai.gov.in/consumergrievance>.

JKRERA inspects various Illegal Colonies across multiple locations Urges public not to invest in unregistered Real Estate Projects

■ HT NEWS NETWORK

SRINAGAR, JULY 04: The Jammu & Kashmir Real Estate Regulatory Authority (JK RERA) has issued a strong advisory to the general public, requesting citizens to refrain from investing in real estate projects that are not registered with the Authority. The advisory follows a series of stringent enforcement actions on the ground. Under the supervision of the Chairperson of JKRERA, Satish Chandra, a team of officers including Deputy Secretary JK RERA, Esha Chib, and Naib Tehsildar, Gias-u-din carried out extensive inspections of various illegal and unregistered colonies across multiple locations. The enforcement drive targeted

unauthorized developments at 90 Feet Road, Nowgam, Zakoora, and Gulab Bagh in Srinagar, as well as several areas in Budgam district.

To protect hard-earned money and avoid falling into legal or financial traps, JKRERA strongly advises prospective buyers to follow a strict verification process before making any financial commitments. Before investing or booking a property, citizens must first ensure that the real estate project is explicitly registered with the JKRERA. If a project lacks a valid RERA registration number, individuals should not invest in that project under any circumstances.

Furthermore, buyers must ensure that the real estate agent facilitating

the transaction is also registered with JK RERA. Under the Real Estate Act 2016, only a RERA-registered real estate agent is authorized to market, promote, or facilitate transactions for a RERA-registered real estate project.

Dealing with unregistered individuals or entities leaves buyers exposed to significant risks. Investing in unregistered projects or dealing with unregistered agents strips buyers of their legal protections under the Real Estate (Regulation and Development) Act.

Chairperson, JK RERA, Satish Chandra, reiterated the Authority's commitment to bringing transparency and accountability to the region's real estate sector.

Director Agriculture Jammu reviews physical, financial progress under HADP

■ HT NEWS NETWORK

JAMMU, JULY 4: Director Agriculture Jammu, Anil Gupta today chaired a comprehensive review meeting at the Conference Hall of the Directorate of Agriculture, Jammu, to assess the physical and financial progress achieved under the Holistic Agriculture Development Programme (HADP) during the financial year 2026-27 and review the implementation status of infrastructure projects established under various Centrally Sponsored and State-funded schemes.

The meeting was attended by Joint Director Agriculture (Extension) Sanjay Anand, Joint Director Agriculture (SLUB/Farms) Aman Jyoti Sharma, Deputy Director Planning, Agronomist (Vegetable Improvement Scheme), Regional Level Subject Matter Specialists, Potato Development Officer, Mushroom



Development Officer, Spawn Production Officer, Assistant Entomologist (Apiculture Development Scheme), Divisional Seed Certification Officer (DSCO), Agriculture Information Officer (Farm Training Centre), Farm Managers of Chinore and Chakroi, besides other concerned officers. Chief Agriculture Officers (CAOs) of all districts participated in the meeting through virtual mode.

During the meeting, the Director undertook a detailed

review of the physical and financial progress achieved under various HADP projects. The performance of each district was assessed with regard to expenditure, target achievement and implementation of field-level activities to ensure timely and effective execution of programme components.

The Director also reviewed the progress and operational status of infrastructure projects established under NABARD, CSS, CAPEX, HADP, JKICP and the

Agriculture Infrastructure Fund (AIF). Stressing the importance of timely completion of works, he directed the concerned officers to expedite ongoing projects, ensure optimum utilisation of infrastructure assets and adhere strictly to prescribed timelines and quality standards.

Reviewing the implementation of beneficiary-oriented interventions under HADP, Anil Gupta directed all Chief Agriculture Officers to compile and submit the details of inactive

applications pending on the Kisan Sathi Portal under different HADP projects within the stipulated timeframe. He emphasized that the exercise would facilitate the identification of genuine beneficiaries so that, upon reopening of the portal, eligible farmers could upload or reactivate their applications and avail themselves of the benefits under the programme without delay.

The Director further underscored the need for regular monitoring, effective financial management and close field-level supervision to achieve the objectives of HADP and other flagship agricultural programmes.

He called upon all officers to work with dedication, accountability and coordinated efforts to ensure efficient implementation of schemes aimed at enhancing farmers' income and strengthening the agricultural sector across Jammu Division.

Green Cooperative Day observed at NM Govt Higher Secondary School Bandipora

■ HT NEWS NETWORK

BANDIPORA, JULY 04: As part of the ongoing Cooperative Week being observed from June 29 to July 06, 2026, the Department of Cooperatives, Bandipora on Saturday organised a Plantation Drive under the theme "Green Cooperative Day" at NM Government Higher Secondary School Bandipora.

The programme was organised in line with the observance of Cooperative Week, commemorating five years of the Ministry of Cooperation, Government of India. The initiative aimed to promote environmental conservation while highlighting the role of the cooperative sector in advancing the vision of "Sahakar Se Samridhhi."

The plantation drive was attended by Deputy Registrar Cooperatives Bandipora, Adnan Nazir; Assistant Registrar Cooperatives, Aatif Majeed;

PACCS Development Officer, BCCB, Zahoor Ahmad Andrabi; and In-charge Principal, NM Government Higher Secondary School Bandipora, Muneer Ahmad Pintoo.

Besides, officials of the Cooperative Department Bandipora, staff and students of the Eco Club of the School Bandipora also participated in the programme.

Students, staff and officers of the Cooperative Department enthusiastically participated in the plantation drive and planted saplings within the school premises, reaffirming their commitment towards environmental protection and sustainable development.

The Department of Cooperatives reiterated its commitment to organising awareness and outreach activities that encourage community participation and strengthen the cooperative movement while promoting a greener and cleaner environment.

SKUAST-K's One Health Vision gains global recognition Student team wins Prestigious International Award

■ HT NEWS NETWORK

SRINAGAR, JULY 04: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) has achieved a major milestone in its journey towards advancing the globally important One Health approach, with its student team securing the prestigious One Health Day Student Event Award 2025 organized by the internationally acclaimed One Health Commission.

The award was conferred on the university's student network, SKUAOHUN (SKUAST-K One Health University Network), for successfully organizing a month-long hybrid outreach and awareness initiative titled One Health Program-2025. The team competed

against entries from 94 countries and was recognized for taking the One Health message beyond academic institutions and actively engaging communities through innovative educational and outreach activities.

The achievement marks a significant international endorsement of SKUAST-K's efforts to institutionalize One Health—an integrated framework that recognizes the interdependence of human, animal and environmental health and addresses emerging challenges such as zoonotic diseases, antimicrobial resistance, food safety and climate-related health risks.

SKUAST-K is among the first institutions in India to establish a dedicated School of One Health and has, over the past two years, developed a compre-

hensive ecosystem for interdisciplinary education, research and policy engagement in the sector.

The university has forged collaborations with leading medical and veterinary institutions and has recently developed several innovative technologies and initiatives under the One Health framework.

As part of its growing leadership in this area, SKUAST-K has also created vibrant student-led One Health platforms and community engagement programs to translate science into societal impact.

The international award includes an International Certificate of Excellence, a cash prize of USD 1,000, and complimentary registration for two student representatives to

attend the 9th World One Health Congress, to be held in Lisbon, Portugal, in September 2026.

Vice-Chancellor, Prof. Nazir Ahmad Ganai congratulated the student team, faculty members, and the Faculty of Veterinary Sciences and Animal Husbandry for the achievement. He described the recognition as validation of SKUAST-K's vision to become a globally relevant transdisciplinary institution that addresses emerging societal and scientific challenges through innovation and collaboration.

"With our philosophy of SKUAST-K for Quality of Life, we remain committed to creating solutions that improve the health of people, animals and ecosystems alike," Prof. Ganai said.

JKAACL organises Punjabi Kavi Darbar to Commemorate Prakash Utsav of Sri Guru Hargobind Sahib Ji

HT NEWS NETWORK

SRINAGAR, JULY 04: The Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL) organised a Punjabi Kavi Darbar dedicated to the Prakash Utsav of Sri Guru Hargobind Sahib Ji at the Conference Hall, Tagore Hall, Srinagar, with eminent scholars, litterateurs and poets paying rich tributes to the life, philosophy and teachings of the Sixth Sikh Guru.

The programme was presided over by eminent Punjabi litterateur Ajit Singh Mastana, while Jagmohan Singh Raina graced the occasion as the Chief Guest. Ideel Saleem, Additional Secretary JKAACL, Kashmir and Popinder Singh Paras, Editor, Sheeraza Punjabi, JKAACL, were

also present.

Addressing the gathering, Ideel Saleem, appreciated the sublime teachings of Gurbani and underscored the timeless message of Sri Guru Hargobind Sahib Ji. He observed that the Guru's divine wisdom continues to illuminate the path of truth, courage, justice, compassion and selfless service, inspiring generations to uphold righteousness and harmony.

In his address, Ajit Singh Mastana lauded the sustained efforts of the Jammu and Kashmir Academy of Art, Culture and Languages in promoting Punjabi language and literature. He appreciated the high literary standard of the Kavi Darbar and remarked that such programmes provide a meaningful



platform for poets and writers while preserving and strengthening the region's rich linguistic and cultural heritage.

Speaking on the occasion, Jagmohan Singh Raina congratulated JKAACL for organising the event and urged the

gathering to imbibe the teachings and ideals of Sri Guru Hargobind Sahib Ji in their daily lives. He stated that the Guru's

message of righteousness, courage, equality and humanity remains profoundly relevant in the contemporary world.

Popinder Singh Paras, Editor, Sheeraza Punjabi, highlighted the significance of commemorating the Prakash Utsav through literary and cultural activities. Reiterating the Academy's commitment to the promotion of Punjabi language and literature, he expressed gratitude to the distinguished guests, scholars, poets and participants for making the event a success.

Zorawar Singh presented a scholarly paper on the life and philosophy of Sri Guru Hargobind Sahib Ji, highlighting the Guru's historic visit to Kashmir and elaborating on the significance of the doctrine of Miri-

Piri, which continues to inspire humanity with the ideals of spiritual strength, moral courage and social responsibility.

The Kavi Darbar witnessed soulful poetic recitations by eminent Punjabi poets, including Didar Singh, Kewal Pal Singh, M.S. Jugnu, H.S. Pali, Rikhi Singh, Ichpal Singh, Kavinan Singh, H.S. Upashak, Salinder Singh Sodhi and Jasbir Kaur, who paid eloquent literary tributes to Sri Guru Hargobind Sahib Ji through their inspiring compositions.

The event concluded on a note of literary fervour and spiritual inspiration, reaffirming JKAACL's steadfast commitment to preserving, promoting and enriching the diverse linguistic, literary and cultural heritage of Jammu and Kashmir.

Mughal Road sees unprecedented tourist rush but zero infrastructure to match

HT NEWS NETWORK / KNO

SRINAGAR, JUL 04: The historic Mughal Road, the picturesque highway linking Shopian in south Kashmir with Poonch and Rajouri districts of Jammu division, is witnessing an unprecedented influx of tourists and commuters this summer. The growing popularity of the scenic route has, however, brought into sharp focus the glaring absence of basic infrastructure and public facilities, prompting locals, transporters and tourism stakeholders to demand immediate government intervention.

The 84-kilometre road, renowned for its breathtaking landscapes, alpine meadows and historic significance, has emerged as one of Jammu and Kashmir's most sought-after tourist destinations. Every day, hundreds of vehicles carrying local tourists, families and adventure enthusiasts pass through iconic spots such as Peer Ki Gali, Dubjan and Aliabad Sarai.

However, while the number of visitors continues to increase, commuters say the infrastructure has failed to keep pace with the growing traffic.

Officials told the news agency—Kashmir News Observer (KNO) that tourist arrivals on the Mughal Road have witnessed a significant rise over the past few months, particularly during weekends and holidays, as visitors from both Kashmir and the Pir Panjal region flock to the high-altitude destinations to escape the summer heat.

Despite being declared a National Highway nearly three years ago, travellers say the route continues to lack even the most basic facilities required for a safe and comfortable journey.

"The natural beauty is unmatched, but once you enter the road, you are virtually cut off from the outside world. There is no mobile network for long stretches, no emergency assistance, no public washrooms and very few places where families can stop and rest," said Shubby Jan, a tourist from Srinagar who recently visited Peer Ki Gali with her family.

Regular commuters said the absence of roadside services makes travelling on the highway particularly difficult in the event of mechanical failures or emergencies.

"The stretch between Hirpora and Peer Ki Gali is breathtaking, but if a vehicle develops a fault, there is no mechanic or recovery service nearby. Travellers are left stranded for hours," said Abdul Majid, a driver who frequently uses the route.

Local transporters highlighted the lack of food outlets and essential services across several sections of the road.

"There are stretches extending beyond 20 kilometres without a single shop, restaurant or tea stall. Tourists and commuters have no option but to carry everything with them. This discourages many people from choosing the route," said Fayaz Ahmed, a transporter from Rajouri.

Safety remains another major concern, especially in emergencies where communication becomes nearly impossible.

"In case of an accident or medical emergency, there is no mobile connectivity to contact emergency services. Families travelling with children, elderly people or patients remain highly vulnerable," said Tariq Lone, a regular commuter.

Women travellers, meanwhile, described the absence of sanitation facilities as one of the biggest challenges on the route.

"It is disappointing that such a famous tourist destination does not have proper public washrooms. For women, elderly people and children, the journey becomes extremely uncomfortable, particularly during long trips," said Yasir Ahmad a tourist from Pulwama.

Tourism stakeholders believe that the Mughal Road has enormous potential to become one of the Union Territory's premier tourist corridors if adequate infrastructure is developed.

"If the government establishes proper roadside facilities, food courts, rest areas, mobile connectivity and emergency response systems, tourist arrivals could increase several times. This would create employment opportunities for local youth, encourage investment and significantly boost the local economy," said Maqsood Khan, a hotelier from Poonch.

Residents and stakeholders from both sides of the Pir Panjal region have jointly appealed to the Jammu and Kashmir Government to prioritise infrastructure development on the highway. They have demanded installation of mobile towers, emergency helpline booths, public toilets, fuel stations, vehicle repair facilities, designated parking spaces, resting shelters and regular road maintenance to make travel safer and more convenient.

Traditional Kashmiri Folk Play "Gaje Sahib" Enthralls Audience in Budgam

GULFAM BARJI

BUDGAM, JULY 04: Sweet Screen Productions, Srinagar, successfully staged its acclaimed traditional Kashmiri folk play "Gaje Sahib" at AIEMS International Pre-Secondary School, Mouchwa Budgam. The performance was organized under the Financial Assistance Programme (2023-24) of the Sangeet Natak Akademi "SNA" New Delhi. The play beautifully showcased the rich traditions of Kashmiri folk theatre while highlighting important social and cultural values. The performance drew an enthusiastic



audience comprising students, teachers, and local residents, who highly appreciated

the artists for their captivating performances and their efforts to preserve and promote Kash-

mir's rich cultural heritage. The programme aimed to introduce the younger generation to the

traditional performing arts of Kashmir and inspire a deeper appreciation for the region's folk culture. The school administration expressed gratitude to Sweet Screen Productions for providing students with a valuable opportunity to experience and understand authentic Kashmiri folk theatre. On the occasion, Sweet Screen Productions reaffirmed its commitment to the promotion and preservation of traditional Kashmiri theatre and expressed sincere thanks to the Sangeet Natak Akademi, New Delhi, for its continued support and encouragement.

DIPR organises Seminar on Drug Abuse Awareness under NMJKA at GBHSS Gulab Bagh

HT NEWS NETWORK

SRINAGAR, JULY 04: As part of the Nasha Mukta Jammu & Kashmir Abhiyan (NMJKA), the Cultural Unit Kashmir of the Department of Information and Public Relations (DIPR) today organised an awareness seminar on drug abuse at Government Boys' Higher Secondary School (GBHSS), Gulab Bagh, Srinagar.

The seminar witnessed enthusiastic participation from students, who shared their views on the harmful effects of drug abuse and highlighted the importance of making informed choices to build a healthy and addiction-free



society.

Speaking on the occasion, Cultural Officer Kashmir, Abdul Raqib Bhat and AECO, Syed Shakeel Shan underscored the need for collective community action to combat the growing menace of drug abuse. They stressed that Kashmir, renowned for its rich Sufi heritage, has always stood for values of peace, spirituality, and moral integrity, leaving no room for social evils such as substance abuse. They urged students to become ambassadors of awareness within their families and communities.

The Principal, Oosca Jabeen appreciated the initiative undertaken by DIPR and assured the institution's full cooperation in organising similar awareness programmes in the future to educate and empower the younger generation.

Vice Principal, Mumtaz Hussain, who conducted the proceedings, expressed gratitude to the Department of Information and Public Relations for organising the seminar and for its sustained efforts in promoting social awareness through meaningful outreach programmes.

At the conclusion of the seminar, participants were felicitated with awards in recognition of their active participation and valuable contributions to the programme.



Government of Jammu & Kashmir
DEPARTMENT OF CULTURE

CONTENT CREATION COMPETITION

Under
NASHA MUKT J&K ABHIYAN

SAY NO TO DRUGS "Choose the stage of life, not the trap of drugs"

Create • Inspire • Influence •

Substance abuse among youth has emerged as a serious social and public health concern in J&K. To strengthen awareness and encourage youth participation in the nationwide "NASHA MUKT J&K ABHIYAN", the Jammu & Kashmir Academy of Art, Culture and Languages invites Higher Secondary and College Students to participate in the Content Creation Competition.

COMPETITION CATEGORIES	THEMES FOR CONTENT CREATION	ELIGIBILITY
<p>A) SLOGAN WRITING</p> <p>B) AUDIO-VISUAL CONTENT</p> <p>i) Song (Max. 2.5 to 3 Minutes) ii) Animation Film (Max. 2.5 to 3 Minutes) iii) Short Film (Max. 2.5 to 3 Minutes) iv) Short Documentary (Max. 2.5 to 3 Minutes) v) Cartoon vi) Logo Design on the Theme</p>	<ul style="list-style-type: none"> • Say No to Drugs • Youth Against Substance Abuse • Healthy Lifestyle & Mental Wellness • Impact of Drugs on Family and Society • Role of Youth in Building Drug-Free India • Rehabilitation and Hope • Drug-Free Campus Movement 	<ul style="list-style-type: none"> • Open to students of recognized Higher Secondary Schools, Colleges, Universities, and Professional Institutions. • Age Group: 17 – 23 Years. • Individual Participation: Slogan Writing & all AV Content Categories. • Group Participation: Only for Animation Film, Short Film & Short Documentary Categories (Max. 3 members). • Valid College/Institution ID Card or Bonafide Certificate from institute is mandatory.
IMPORTANT GUIDELINES	SUBMISSION	SELECTION PROCESS
<ul style="list-style-type: none"> • All entries must be original and unpublished. • Copyright violations will lead to disqualification. • Entries may be submitted in English, Hindi or any official Languages of J&K. • Only one entry per participant per category. • AI generated entries shall be rejected. • Only Original and Creative ideas welcome. 	<p>Submit entries through:</p> <p>e-mail: sec-jkaacl@jk.gov.in</p> <p>Cut-off Date for receiving entries 07 July, 2026 upto 5:00 PM</p>	<p>A Committee constituted by JKAACL shall evaluate all entries in a fair and transparent manner.</p>
AWARDS & RECOGNITION		
<p>1st, 2nd and 3rd prizes in each competition categories.</p>	<p>Winning entries shall be showcased during District, Divisional, and UT-level events and future official campaigns.</p>	
<p>NASHA MUKT J&K ABHIYAN</p>	<p>JAMMU & KASHMIR Academy of Art, Culture and Languages</p>	

Space Devoted by Headlines Today, Purely in Public Interest

HT EDITORIAL

Beyond Classrooms: Making Child Safety the First Lesson in Every School

The comprehensive child protection guidelines issued by the Child Welfare Committee (CWC), Srinagar, mark a significant step towards strengthening the safety and well-being of children in educational institutions. At a time when concerns relating to bullying, cyber abuse, harassment and child exploitation are becoming increasingly complex, the initiative serves as a reminder that the responsibility of schools extends far beyond academic instruction. The foremost duty of any educational institution is to ensure that every child learns in an environment that is safe, secure and nurturing.

The directives issued under the Juvenile Justice (Care and Protection of Children) Act, 2015, reflect a holistic understanding of child protection. By mandating regular training for teaching, non-teaching and support staff on child protection laws, the POCSO Act, safeguarding practices and mandatory reporting obligations, the Committee has rightly recognised that awareness and preparedness are the first lines of defence against abuse and neglect.

Equally important is the focus on preventive mechanisms. The requirement for schools to establish Child Protection Committees, anti-bullying systems and confidential reporting channels is aimed at creating institutional structures capable of identifying risks before they escalate into crises. Such mechanisms not only provide children with a voice but also foster a culture of accountability within schools.

The emphasis on transport safety deserves special mention. For many children, the journey to and from school is an extension of the educational environment. Ensuring compliance with transport safety norms, preventing overcrowding and installing functional CCTV cameras in school vehicles are practical measures that can significantly enhance student security and reassure parents.

Perhaps the most progressive aspect of the guidelines is the recognition that child safety today encompasses emotional and digital well-being as much as physical protection. Awareness programmes on cyberbullying, emotional abuse, discrimination and online safety acknowledge the realities of a rapidly changing social landscape. Educating children about personal boundaries, body autonomy and safe and unsafe touch equips them with the knowledge needed to identify and report inappropriate behaviour.

The directive also highlights the importance of mental health by encouraging schools to engage counsellors and organise programmes that promote empathy, discipline, gender sensitivity and mutual respect. Such efforts are essential in building school cultures where students feel valued, supported and empowered.

The instruction to prominently display Child Helpline 1098 and the reiteration of schools' legal obligation to report suspected cases of abuse underline a critical message: child protection is not merely an administrative responsibility but a legal and ethical imperative. Silence, negligence or delay in reporting can have devastating consequences for vulnerable children.

Yet, the effectiveness of these measures will ultimately depend on implementation. Guidelines, however comprehensive, achieve little unless they are backed by commitment, monitoring and accountability. School managements must treat these directions as a priority rather than a compliance exercise, while parents and communities must actively participate in safeguarding efforts.

The CWC's initiative represents a forward-looking vision of education—one where safety, dignity and well-being are regarded as fundamental rights rather than supplementary concerns. If implemented in letter and spirit, these measures can help transform schools into truly protective spaces where children are free not only to learn, but also to grow, thrive and realise their full potential. Child safety cannot be an afterthought; it must be the foundation upon which the entire educational system stands.



SAHIL MANZOOR BHATTI

The Government of Jammu and Kashmir has announced the summer vacation for schools from 6 July to 19 July. School students are thrilled to enjoy this well-deserved break. During the scorching summer, many people from cities travel to the higher reaches to spend their vacations in the cool and pleasant climate.

As we enjoy the beauty of summer, we must also remain cautious. I sincerely request every parent to safeguard their beloved children from drowning incidents. Keep a close watch on them, especially near rivers, streams, lakes, and other water bodies, and educate them about the dangers these places can pose. If you are planning a picnic or any outing, always accompany your children and ensure their safety.

Summer is also the season to focus on good health. Keep children indoors during the hottest hours of the day and provide them with plenty of fresh fruits, vegetables, curd, fresh juices, and sufficient drinking water to keep them hydrated.

The phenomenon of day and night is caused by the rotation of the Earth. A full day begins at midnight (12:00 a.m.) and ends at 11:59 p.m., making a total of 24 hours. Besides rotating on its axis, the Earth also revolves around the Sun, completing one revolution in approximately 365 days and 6 hours. This is why every fourth year is a leap year, consisting of 366 days.

The Earth's revolution gives rise to the four seasons:



Spring: March 21 – June 21
Summer: June 22 – September 21
Autumn: September 22 – December 21

Winter: December 22 – March 20
Nature's beauty lies in these changing seasons. We experience rain, snow, heat, and cold, each bringing its own charm. The Kashmir Valley, situated in the northern Himalayas, enjoys a pleasant climate for most of the year, making it one of the world's most admired tourist destinations. During summer, thousands of local and international tourists visit the valley to experience its breathtaking landscapes. The dense forests of the

Pir Panjal Range help keep many tourist destinations cool even during the hottest months.

One remarkable feature of nature is its balance. The Almighty has created a world where natural processes sustain life and offer countless opportunities to admire and learn from His creation.

Staying Fit and Healthy During Summer

- Stay Hydrated
- Drink plenty of clean water throughout the day. Proper hydration: Boosts energy.
- Aids digestion.
- Keeps the skin healthy.

Helps prevent heat-related illnesses.

Eat Hydrating Foods
Include fresh fruits and vegetables in your daily diet.

Watermelon contains about 92% water and is rich in fibre, vitamins A and C, potassium, magnesium, and B vitamins. It aids digestion, keeps you full, and helps maintain hydration.

Lemon is an excellent source of vitamin C. Lemon water supports hydration, digestion, and immunity.

How to prepare lemon water:
Squeeze half a lemon into a glass of water for a refreshing drink.

Many people also enjoy warm lemon water after a morning walk as part of a healthy lifestyle. While it may support hydration and encourage healthy habits, it should not be considered a guaranteed method for weight loss.

Stay Cool and Safe
Avoid going outdoors during the hottest part of the day.

Schedule outdoor activities for the morning or evening.

Wear light-coloured cotton clothes. Apply sunscreen before prolonged sun exposure.

Bathe regularly to stay fresh. Exercise during the cooler hours of the day.

Drink fresh juices and other healthy beverages.

Summer in Kashmir is a season of beauty, greenery, and joy. By following simple health precautions, eating nutritious foods, staying hydrated, and ensuring children's safety, we can make the most of this wonderful season.

Enjoy your summer vacation responsibly, protect yourself from the heat, stay away from dangerous water bodies without proper supervision, and continue appreciating the magnificent wonders of nature.

sahilmanzoor9419@gmail.com

The Future Of Our Environment



MOOL RAJ

The future of humanity depends on the future of our environment. Clean air, safe drinking water, fertile land, healthy forest.

Environmental degradation and climate change are no longer separate concerns; they are interconnected crises that threaten food security, public health, water resources, and economic stability.

The country faces serious environmental challenges, including air pollution, water scarcity, deforestation, land degradation, plastic pollution, and unplanned urban growth.

The devastating floods of 2022 demonstrated the enormous human and economic costs of environmental neglect and climate change.

The future of humanity depends on the future of our environment. Clean air, safe drinking water, fertile land, healthy forests, and a stable climate are not luxuries; they are the foundations of life and sustainable development. Yet around the world, these natural systems are under unprecedented pressure from pollution, deforestation, biodiversity loss, rapid urbanisation, and climate change. The choices we make today will determine whether future generations inherit a healthy planet or one struggling to sustain human life.

Economic growth and technological advancement have transformed societies, but they have also accelerated the exploitation of natural resources. Expanding industries, increasing energy demand, and unsustainable patterns of production and consumption have placed enormous strain on ecosystems. Environmental degradation and climate change are no longer separate concerns; they are interconnected crises that threaten food security, public health, water resources, and economic stability.

Although climate change and environmental degradation are technically different issues, each intensifies the other. Climate change, driven largely by greenhouse gas emissions, is increasing global temperatures and causing more frequent heatwaves, floods, droughts, and extreme weather events. At the same time, environmental degradation including deforestation, polluted rivers, degraded soils, and shrinking wetlands reduces nature's ability to absorb carbon dioxide and regulate the

climate. The result is a dangerous cycle that weakens ecosystems and increases human vulnerability.

Environmental science has become one of the most important disciplines in addressing these challenges. By combining ecology, biology, chemistry, engineering, economics, and social sciences, it helps policymakers understand the complex relationship between human activities and the natural world. Modern technologies and artificial intelligence now enable scientists to monitor forests, glaciers, water resources, and air quality with remarkable precision. These tools support better planning, disaster preparedness, and evidence-based policymaking.

The condition of our environment directly influences human health and well-being. Polluted air contributes to respiratory and cardiovascular diseases, contaminated water spreads infectious illnesses, and degraded agricultural land threatens food production. According to the United Nations, air pollution is responsible for nearly seven million premature deaths every year worldwide. Climate-related disasters are also becoming more frequent, displacing communities, destroying livelihoods, and increasing poverty, particularly in developing countries. India is among the countries most vulnerable to climate change despite contributing less than one percent of global greenhouse gas emissions. The country faces serious environmental challenges, including air pollution, water scarcity, deforestation, land degradation, plastic pollution, and unplanned urban growth. These problems are already affecting agriculture, public health, biodiversity, and economic productivity.

Major cities such as New Delhi, Mumbai, and Gujarat regularly experience hazardous levels of air pollution, particularly during the winter smog season. Vehicle emissions, industrial activities, brick kilns, crop residue burning, and construction dust combine to produce dangerous concentrations of fine particulate matter, increasing the incidence of asthma, heart disease, stroke, and lung disorders. Poor air quality also reduces labour productivity and places an enormous burden on the healthcare system.

Water security presents another major challenge. Pakistan's freshwater resources are under increasing pressure due to rapid population growth, inefficient irrigation, pollution, and changing rainfall patterns. Many rivers, canals, and groundwater sources are contaminated by untreated industrial waste and municipal sewage, while climate change is accelerating the melting of glaciers that feed the country's major river systems. Sustainable water management, wastewater treatment, rainwater harvesting, and efficient irrigation must become

national priorities.

The devastating floods of 2014 demonstrated the enormous human and economic costs of environmental neglect and climate change. Millions of people were displaced, thousands of schools and health facilities were damaged, crops were destroyed, and critical infrastructure suffered extensive losses. The disaster underscored the urgent need to invest in climate-resilient infrastructure, ecosystem restoration, early warning systems, and disaster preparedness.

India has taken encouraging steps through large-scale tree plantation campaigns, expansion of protected areas, renewable energy initiatives, and ecosystem restoration programmes. These efforts support the country's commitments under the Paris Agreement and the United Nations Sustainable Development Goals. However, policies alone are not enough. Strong implementation, transparent governance, scientific monitoring, and adequate financial investment are essential for achieving lasting environmental improvements.

Environmental protection cannot be left solely to governments. Businesses must adopt cleaner technologies and sustainable production practices. Educational institutions should strengthen environmental education and promote scientific awareness. Civil society organisations and the media have a crucial role in encouraging responsible environmental behaviour and holding institutions accountable. Individuals can also make a meaningful difference by conserving water and electricity, reducing plastic consumption, recycling household waste, planting native trees, and supporting environmentally responsible products.

The environment is not an obstacle to development; it is the foundation upon which lasting development depends. A healthy environment supports agriculture, industry, tourism, public health, and economic growth. Every investment in clean energy, ecosystem restoration, pollution control, and sustainable resource management is an investment in national prosperity and human security.

Our environment is our shared inheritance and our greatest responsibility. Protecting it requires political commitment, scientific innovation, responsible businesses, and informed citizens working together. If we act with urgency and determination today, India can build a cleaner, greener, and more climate-resilient future. The decisions we make now will shape not only the health of our planet but also the well-being and prosperity of generations to come.

THE AUTHOR IS A REGULAR COLUMNIST AND FREELANCE WRITER

Dr. Rafeeq Masoodi's Magnificent Literary Journey



■ DR. RATAN BHATTACHARJEE

Dr. Rafeeq Masoodi emerges in contemporary Indian literature as a distinctive voice shaped by the cultural memory of Kashmir, yet firmly anchored in the wider currents of Indian and global humanism. His recognition through the Sahitya Akademi Award and the Pride of India honour is not merely institutional validation but a reflection of a sustained literary journey where aesthetics, ethics, and social consciousness converge. To understand Masoodi's significance, one must move beyond biography and engage deeply with the texture of his writings—poetry, essays, children's literature, and reflective prose—where literature becomes both witness and intervention in human life. At the heart of Masoodi's literary universe lies Kashmir, not as a political abstraction but as a lived emotional and cultural landscape. In his writings, Kashmir is neither romanticized into an exotic paradise nor reduced to a conflict zone. Instead, it is rendered as a complex human space where memory, loss, resilience, and beauty coexist. This balanced representation marks a critical intervention in contemporary Kashmiri literature, which often oscillates between nostalgia and trauma. Masoodi's approach is more layered: he writes Kashmir as a "felt civilization," where rivers, orchards, mountains, and streets carry moral and emotional histories. His prose often suggests that geography is not passive; it remembers, speaks, and shapes identity.

A defining feature of his literary method is his human-centric narrative style. Whether in poetry or essays, Masoodi consistently foregrounds ordinary people—teachers, children, farmers, artisans, and students—whose lives become symbolic of larger truths. His language is deliberately accessible, yet philosophically dense. This duality allows his work to function at two levels: immediate emotional engagement and deeper ethical reflection. Unlike heavily experimental writers who prioritize linguistic innovation over clarity, Masoodi chooses communicative depth, ensuring that literature remains socially reachable. This choice is not simplicity but strategic inclusivity, rooted in his belief that literature must serve society rather than isolate itself within elitist aesthetics. His poetry, in particular, reveals a quiet but persistent moral imagination. It is not poetry of grand metaphors or dramatic ruptures; instead, it is reflective, restrained, and introspective. The emotional economy of his verse often depends on silence, suggestion, and minimalism. This stylistic restraint gives his poetry a contemplative quality, inviting readers to participate in meaning-making rather than consuming fixed interpretations. Themes such as displacement, childhood innocence, ethical responsibility, and environmental consciousness recur in subtle but powerful ways. In many of his poems, nature becomes both metaphor and moral compass, suggesting that human disorder can be healed through reconnection with ecological balance.

One of the most significant aspects of Masoodi's literary contribution is his engagement with education as a thematic and ideological concern. His essays and reflective writings frequently explore the philosophy of learning, positioning education not as institutional routine but as a transformative human process. In his view, a classroom is not merely a site of instruction but a laboratory of empathy and critical thinking. He critiques rote learning and mechanical pedagogy, advocating instead for an education system rooted in curiosity, creativity, and ethical awareness. This intellectual stance places him within a broader tradition of Indian writer-educators who view literature and education as mutually reinforcing domains. Masoodi's children's literature deserves

special analytical attention because it represents one of the most sensitive and innovative dimensions of his work. Writing for children requires a delicate balance between imagination and moral clarity, and Masoodi achieves this by constructing narratives that are both playful and instructive without becoming didactic. His child characters are often curious observers of the world, learning through experience rather than instruction. The emotional world of the child in his stories is treated with seriousness and respect, which is crucial in a literary culture where children's voices are often simplified or idealized. In his children's stories, moral values such as kindness, cooperation, honesty, and environmental responsibility are embedded organically into narrative situations rather than imposed externally. For example, a simple encounter with nature or a community interaction becomes a site of ethical discovery. This narrative technique reflects his belief that morality is best learned through lived experience rather than abstract preaching. In this sense, his children's literature becomes a pedagogical tool as well as an artistic creation, contributing significantly to value-based education in contemporary India.

Another important dimension of Masoodi's work is his engagement with conflict and reconciliation. Writing from Kashmir inevitably involves confronting histories of violence, uncertainty, and fragmentation. However, Masoodi does not allow his literature to be imprisoned by conflict narratives. Instead, he reframes conflict through the lens of human dignity and collective healing. His essays often emphasize dialogue, coexistence, and the possibility of shared futures. What distinguishes his approach is the absence of ideological rigidity; he avoids partisan narratives and instead focuses on the ethical urgency of peace. This positions his work within a humanist tradition that prioritizes reconciliation over polarization.

Philanthropy in Masoodi's life is not separate from literature but deeply integrated into it. His literary worldview insists that writing must translate into action. This philosophy is evident in his commitment to educational initiatives and community development. He represents a tradition of writers for whom social responsibility is not an optional extension of creativity but its essential condition. In his conceptual framework, literature that does not contribute to human betterment remains incomplete. This belief aligns him with global humanist thinkers who view art as a mode of service. A critical analysis of his oeuvre also reveals an underlying concern with memory and identity. Memory in his work is not static recollection but an active process of meaning reconstruction. He frequently explores how individuals and communities remember trauma, joy, and transformation. This engagement with memory allows his literature to function as a cultural archive, preserving experiences that might otherwise be lost in political or historical simplifications. At the same time, he interrogates memory, questioning its reliability and its role in shaping identity. His contribution to Indian English and multilingual literary discourse is also significant. While deeply rooted in Kashmiri cultural sensibilities, his writing participates in broader Indian literary conversations. This hybridity enhances his relevance in a country defined by linguistic and cultural plurality. He demonstrates that regional identity and national belonging are not contradictory but mutually enriching. His literary practice becomes a model of cultural synthesis, where local experience gains universal resonance without losing authenticity.

In evaluating his Sahitya Akademi recognition, it becomes clear that the award acknowledges not just literary merit but ethical vision. Masoodi's work exemplifies the idea that literature can be a moral force in society. His narratives resist cynicism and despair, instead affirming the possibility of empathy, dialogue, and renewal. In a contemporary global context often marked by fragmentation and ideological polarization, such a literary stance acquires special significance.



The philanthropic dimension of Dr. Rafeeq Masoodi is inseparable from his literary identity. In fact, what makes his public life particularly significant is not simply that he writes about compassion, education, and human dignity, but that he actively translates these values into social practice. His philanthropy is not episodic charity; it is a sustained ethical project shaped by the belief that literature and social responsibility must move together. At the core of his philanthropic vision lies education as empowerment. Masoodi has consistently treated education not as a privilege but as a fundamental human right, especially in regions where social and economic disruption has affected access to learning. His efforts have often focused on supporting students from underprivileged backgrounds, helping them continue their studies through guidance, mentorship, and informal support systems. Rather than limiting himself to institutional frameworks, he has worked in a more personal and responsive manner—identifying individual needs and addressing them with sensitivity.

In the context of Kashmir, his philanthropic work gains additional depth. The region's socio-political complexities have created both emotional and structural challenges for education and youth development. Masoodi's response to this reality has been constructive rather than rhetorical. He has consistently emphasized peace-oriented education, encouraging young people to see learning as a path toward stability, dignity, and collective healing. His involvement in educational outreach programs and informal learning spaces reflects a commitment to rebuilding trust in institutions and communities. Another important dimension of his philanthropy is his contribution to literary culture-building. Unlike conventional philanthropy that focuses solely on material aid, Masoodi invests in intellectual and cultural capital. He supports literary gatherings, reading circles, and creative workshops where students and emerging writers can engage with literature in meaningful ways. These spaces are crucial in regions where formal literary infrastructure may be limited. By nurturing such environments, he helps sustain a culture of reading, writing, and critical thinking.

His work with children is particularly noteworthy. Masoodi's belief in childhood as a formative ethical space extends beyond his writings into action. He engages with children through storytelling sessions, creative writing encouragement, and value-based discussions. These interactions are designed not merely to entertain but to cultivate imagination, empathy, and curiosity. In doing so, he contributes to shaping emotionally intelligent and socially aware young citizens. Philanthropy, for Masoodi, is also

Philanthropy in Masoodi's life is not separate from literature but deeply integrated into it. His literary worldview insists that writing must translate into action. This philosophy is evident in his commitment to educational initiatives and community development. He represents a tradition of writers for whom social responsibility is not an optional extension of creativity but its essential condition. In his conceptual framework, literature that does not contribute to human betterment remains incomplete.

deeply connected to the idea of dignity. He avoids performative charity and instead focuses on empowerment-driven support. Whether assisting students, encouraging writers, or contributing to community initiatives, his approach is marked by respect for individual agency. He does not position beneficiaries as passive recipients but as active participants in their own growth. This ethical orientation distinguishes his work from more conventional models of social assistance. A recurring theme in his philanthropic philosophy is cultural preservation. He recognizes that communities are sustained not only by economic development but also by the preservation of language, memory, and cultural expression. His support for literary and cultural initiatives therefore serves a broader purpose: safeguarding intangible heritage. In promoting local narratives and encouraging storytelling traditions, he helps ensure that cultural identities remain alive and evolving rather than eroding under modern pressures.

Masoodi's philanthropic activities also reflect a strong commitment to dialogue and reconciliation. In regions affected

by social tension, he has often emphasized the importance of communication over division. His engagement with youth frequently includes discussions on peace, coexistence, and mutual understanding. These are not abstract ideals in his work but practical frameworks for social interaction. By encouraging open dialogue, he helps create spaces where differences can be expressed without hostility. His philanthropic outlook is also closely tied to environmental awareness. In his writings and interactions, he often emphasizes the relationship between human well-being and ecological balance. This awareness translates into encouragement of environmental responsibility among young people. By linking nature with ethics, he reinforces the idea that caring for the environment is an extension of caring for humanity itself.

Importantly, Masoodi's philanthropy is not separated from his identity as a writer. Instead, it is an extension of his literary worldview. His stories and essays advocate empathy, and his life practices that empathy in tangible ways. This integration of thought and action enhances the credibility of his literary voice. Readers encounter not just ideas in his texts but lived ethical commitments reflected in his public life. From a critical perspective, his philanthropic model can be understood as "cultural-humanist engagement." It does not rely on large institutional frameworks or formalized NGOs alone, but on continuous interpersonal interaction, trust-building, and community presence. This approach is particularly effective in contexts where formal systems may not fully address localized needs. However, it also depends heavily on personal dedication, making it less visible in official records but deeply impactful at the grassroots level.

In evaluating his contributions, one must also recognize the symbolic significance of his work. In Kashmir's complex socio-cultural landscape, figures like Masoodi represent continuity, stability, and intellectual hope. His philanthropic actions send a message that education and literature remain viable pathways to dignity and peace. This symbolic dimension is as important as the material assistance he provides, because it shapes collective imagination. Ultimately, the philanthropic life of Dr. Rafeeq Masoodi reflects a coherent philosophy: that true service lies in empowering minds rather than merely offering aid. His work demonstrates that literature and life are not separate domains but interconnected expressions of the same ethical responsibility. Through education, mentorship, cultural engagement, and emotional support, he has built a legacy that extends beyond books into the lived experiences of individuals and communities.

Ultimately, Dr. Rafeeq Masoodi's literary achievement lies in his ability to sustain a humanist imagination across genres and audiences. Whether writing poetry, essays, or children's stories, he consistently returns to the central idea that literature must serve life. His works do not merely represent reality; they seek to improve it. This ethical orientation, combined with stylistic clarity and thematic depth, positions him as an important voice in modern Indian literature. His Pride of India recognition therefore symbolizes more than personal success; it represents the affirmation of a literary philosophy grounded in compassion, education, and cultural unity. In reading Masoodi, one encounters not only a writer but a thinker who believes that words can rebuild trust in fractured worlds. His oeuvre stands as a reminder that literature, when guided by conscience, remains one of the most powerful instruments of human transformation, and it is this enduring legacy that continues to define Dr. Rafeeq Masoodi as a significant figure in contemporary Indian letters.

International Dickens Gold Medal Winner Multilingual writer of fiction and poet Dr. Ratan Bhattacharjee is a former Affiliate Faculty of Virginia Commonwealth University Richmond . He may be reached at prof.ratanbhattacharjee@gmail.com

Is Drinking Apple Cider Vinegar In The Morning Good For Weight Loss?

On your journey to weight loss, you must have tried a gazillion ways to shed the stubborn fat. One way popularised by many on the path of weight loss is drinking apple cider vinegar in the morning. In fact, some studies have suggested that taking apple cider vinegar alongside a calorie deficit diet can aid people to lose those extra kilos. But does it really work? If yes, then how much should you take in a day to see effective results?

If these questions are doing rounds in your head every day, then you have landed on the right page. Here's everything you need to know about apple cider vinegar and its effects on weight loss.

Is Apple Cider Vinegar Effective For Weight Loss?

Before understanding how it works for weight loss, you should know what apple cider vinegar is. Did you know apple cider vinegar has been used for health problems for centuries? Basically, apple cider vinegar or ACV is fermented crushed apples, which are acidic in nature and have a pungent smell.

Coming to the question - "Is apple cider vinegar good for weight loss?" Let's find out!

A study published in the Journal of Functional Foods, a combination of apple cider vinegar and a low-calorie diet alongside regular exercise can work for weight loss. The small study that analysed data of 39 people found that participants who took apple cider vinegar lost more weight, had a lower BMI (body mass index) and improved cholesterol levels. There is some evidence to suggest that consuming apple cider vinegar first thing in the morning may encourage and



speed up fat loss. Including it in your morning weight loss regimen can help remove toxins from the body because it primarily functions as a detoxifying agent.

Some studies have shown that apple cider vinegar may help lower triglycerides levels and reduce visceral fat. Other studies have shown that acetic acid in ACV can help inhibit fat accumulation and improve metabolism. Also,

it has de-bloating effects, which means it helps our bodies get rid of extra water and speeds up metabolism. It has been demonstrated that apple cider vinegar increases metabolism by boosting the activity of fat-digesting enzymes.

How To Use Apple Cider Vinegar?
The easiest and most used form of taking apple cider vinegar is drinking it in liquid form. However, it is advisable to dilute apple cider

vinegar before drinking it. You can also use it as a salad dressing with your food. Make sure it is diluted as some studies have shown that it can disturb potassium levels in the body and cause erosion of tooth enamel. It is best to start slow and gradually make it a part of your lifestyle.

With that said, one should keep in mind that what might work for one person might not work for you. So, try not to follow in somebody's

else step, rather build a healthy and nutritious diet plan for yourself based on your fat percentage, BMI, health problems, and more. The best way to do that is to take help from a certified nutritionist.
Courtesy Healthline

On your journey to weight loss, you must have tried a gazillion ways to shed the stubborn fat. One way popularised by many on the path of weight loss is drinking apple cider vinegar in the morning. In fact, some studies have suggested that taking apple cider vinegar alongside a calorie deficit diet can aid people to lose those extra kilos. But does it really work?

Coffee crazy? Your caffeine kick could help reduce diabetes risk!



Coffee, for many people around the globe, is an essential apparatus to help kickstart the day. It is a cup for all seasons and without their favourite brew, the day seems incomplete.

Known for its high caffeine content, coffee has often been on the list of 'things to avoid' given to us by dieticians and health and fitness experts.

While many studies have contradicted its negative effects by showing its health benefits, another study supports its healthy properties by suggesting that coffee may cut the risk of diabetes.

Diabetes is considered to be a silent killer by medical professionals across the world. Even a single symptom reflecting the onset of the disease is a cause for concern.

It is a disease that could be hereditary and can also develop due to an unhealthy lifestyle.

However, scientists have identified compound in the beverage that may cut risk of developing Type 2 diabetes.

Researchers from Aarhus University Hospital in Denmark also found that one of these previously untested compounds appears to improve cell function and insulin sensitivity in laboratory mice.

The finding could spur the development of new drugs to treat or even prevent the disease.

Previous studies show that a compound in coffee called cafestol increased insulin secretion in pancreatic cells when they were exposed to glucose.

Cafestol also increased glucose uptake in muscle cells just as effectively as a commonly prescribed anti diabetic drug.

Researchers wanted to see if cafestol would help prevent or delay the onset of Type 2 diabetes in mice.

They divided mice that are prone to develop Type 2 diabetes into three groups. Two of the groups were fed differing doses of cafestol.

After 10 weeks, both sets of cafestol-fed mice had lower blood glucose levels and improved insulin secretory capacity compared to a control group, which was not given the compound.

Cafestol also did not result in hypoglycemia, or low blood sugar, a possible side effect of some anti diabetic medications.

The researchers conclude that daily consumption of cafestol can delay the onset of Type 2 diabetes in these mice, and that it is a good candidate for drug development to treat or prevent the disease in humans.

The study was published in the journal Journal of Natural Products.
Courtesy Healthline

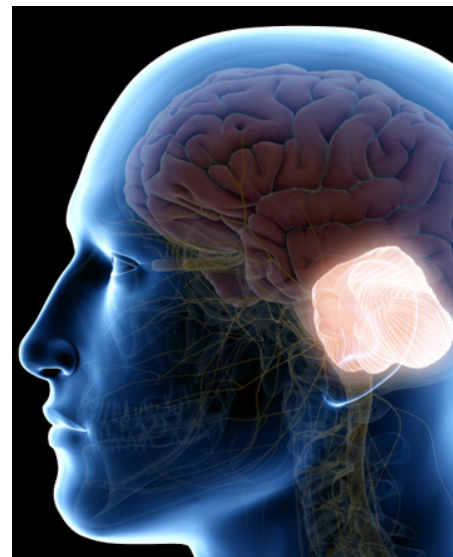
Diabetes is considered to be a silent killer by medical professionals across the world. Even a single symptom reflecting the onset of the disease is a cause for concern. It is a disease that could be hereditary and can also develop due to an unhealthy lifestyle.

Scientists discover surprising new role for the cerebellum

Researchers at the University of Basel have now discovered that the cerebellum, which is known primarily for regulation of movement, also plays an important role in remembering emotional experiences.

Both positive and negative emotional experiences are stored particularly well in memory. This phenomenon is important to our survival, since we need to remember dangerous situations in order to avoid them in the future. Previous studies have shown that a brain structure called the amygdala, which is important in the processing of emotions, plays a central role in this phenomenon. Emotions activate the amygdala, which in turn facilitates the storage of information in various areas of the cerebellum.

The current research, led by Professor Dominique de Quervain and Professor Andreas Papassotiropoulos at the University of Basel, investigates the role of the cerebellum in storing emotional experiences. In a large-scale study, the researchers showed 1,418 participants emotional and neutral images and recorded the subjects' brain activity using magnetic resonance imaging.



In a memory test conducted later, the positive and negative images were remembered by the participants much better than the neutral images. The improved storage of emotional images was linked with an increase in brain activity in the areas of the cerebrum already known to play a part.

However, the team also identified increased activity in the cerebellum.

The cerebellum in communication with the cerebrum

The researchers were also able to demonstrate that the cerebellum shows stronger communication with various areas of the cerebrum during the process of enhanced storage of the emotional images. It receives information from the cingulate gyrus - a region of the brain that is important in the perception and evaluation of feelings. Furthermore, the cerebellum sends out signals to various regions of the brain, including the amygdala and hippocampus. The latter plays a central role in memory storage.

"These results indicate that the cerebellum is an integral component of a network that is responsible for the improved storage of emotional information," says de Quervain. Although an improved memory for emotional events is a crucial mechanism for survival, it does have its downsides: in the case of very negative experiences, it can lead to recurring anxiety. This means that the findings, which have now been released, may also be relevant in understanding psychiatric conditions such as post-traumatic stress disorder.
EMJ

Your pace of walking may predict heart disease, mortality risk



Are you a middle-aged person with a slow walking pace? If yes, you might be at a higher risk of developing heart disease compared to those who walk steady or at a brisk pace, researchers have found.

The study revealed that middle-aged people, both men and women, who reported that they are slow walkers were around twice as likely to have a heart-related death compared to brisk walkers.

"This suggests that habitual walking pace is an independent predictor of heart-related death," said Professor Tom Yates, Reader at the University of Leicester in Britain.

Further, walking pace was strongly linked to an individual's objectively measured exercise tolerance, and a good measure of overall physical fitness.

"Thus, walking pace could be used to identify individuals who have low physical fitness and high mortality risk that would benefit from targeted physical exercise interventions," Yates added.

Moreover, the study also found that handgrip strength is a weak predictor of heart-related deaths in men and could not be generalised across the population as a whole.

For the study, published in the European Heart Journal, the team analysed 420,727 middle-aged people across Britain. In the following 6.3 years, after the data was collected there were 8,598 deaths: 1,654 died from cardiovascular disease
Courtesy Healthline

Smoothing wrinkles in cells could reverse ageing

Scientists have found that removing wrinkles inside our cells could be the key to curing or preventing unwanted effects of ageing such as diabetes, fatty liver disease and other metabolic diseases - and possibly even turning back the clock on ageing itself. The age-related complications may be the result of our cells' nuclei - the compartment containing our DNA - getting wrinkly which prevents our genes from functioning properly, the researchers found. The findings, published in the journal Aging Cell, suggest that it may be possible to use viruses to smooth the surfaces of nuclear membranes which encase the nucleus - and restore the cells to functioning as they did in the glow of youth.

The membrane wrinkling stems from a lack of a substance called lamin, a cellular protein that comes in various forms. By putting the appropriate lamin back, it might be possible to smooth out the membrane. "We could use viruses to deliver the shipment. Scientists are already modifying viruses for beneficial medical purposes, and it would be particularly easy to get a modified virus to the liver because of the organ's role in detoxifying the body," said Irina Bochkis of the University of Virginia School of Medicine in the US. And if it works "you're going to have normal cells - normal, healthy cells - and they will appropriately express the genes that should be expressed and ... you're going to eradicate the stuff that shouldn't be there," she said. Bochkis suspects the wrinkling of the nuclear membrane is responsible for unwanted effects of ageing in other parts of the body as well.

In the study, the researchers showed that the location of our DNA inside the cell's nucleus is critically important. Genes that are turned off are shoved up against the nuclear membrane. But with age, our nuclear membranes become lumpy and irregular, and that prevents genes from turning off appropriately. Looking at a model of fatty liver disease, Bochkis found that our livers become studded with fat as we age because of the wrinkly nuclear membranes.

"When your nuclear membrane is no longer functioning properly, it can release the DNA that's supposed to be turned off," she said.
Courtesy Healthline

Satish Sharma Inspects Shri Amarnath Ji Yatra Camps at Banihal

Ramban and Chanderkote; Reviews Food Quality and Pilgrim Welfare

HT NEWS NETWORK

SRINAGAR/JAMMU, JULY 4: Minister for Food, Civil Supplies & Consumer Affairs, Information Technology, Youth Services & Sports, and Science & Technology, Satish Sharma, today inspected various Shri Amarnath Ji Yatra

(SANJY-2026) camps en route from Srinagar to Jammu, reviewing the arrangements being made for the thousands of devotees undertaking the sacred pilgrimage.

During his visit, the Minister accompanied by MLA Banihal Sajad Shaheen inspected the Yatra camps at Banihal, Ramban and Chanderkote, where he undertook a comprehensive review of the facilities being provided to the pilgrims. He paid particular attention to the quality, hygiene and availability of food being served at the langars and community kitchens, while also assessing the overall arrangements relating to accommodation, sanitation, drinking water, medical assistance and other essential amenities.

Interacting warmly with the yatri, Satish Sharma enquired about their well-being and sought first-hand feedback regarding the services and facilities being provided at the camps. He assured the pilgrims that the Jammu and Kashmir Government is committed to ensuring a safe, comfortable and spiritually fulfilling pilgrimage experience for every devotee.



The Minister also interacted with officials and personnel deployed at the camps, directing them to maintain the highest standards of cleanliness, food safety and public service. He emphasized that all departments must work in close coordination to ensure seamless arrangements throughout the Yatra period and respond promptly to the needs of the pilgrims.

Satish Sharma reiterated that the government remains fully committed to providing quality food supplies, efficient public services and robust logistical support at all Yatra locations. He said every effort is being made to ensure that the pilgrims experience the warmth, hospitality and devotion for which Jammu and Kashmir is

renowned.

The visiting pilgrims expressed satisfaction with the arrangements made at the camps and appreciated the quality of food, cleanliness, medical facilities and the dedicated efforts of the administration. They thanked the Minister for personally visiting the camps, interacting with them and reviewing the facilities on the ground, describing the arrangements as well-organised and pilgrim-friendly.

The Minister reaffirmed that the government will continue to closely monitor all arrangements throughout the Shri Amarnath Ji Yatra to ensure the highest standards of safety, convenience and service delivery for the devotees.

Paviter Sarvadhhar Chari Yatra flagged off from Ukhral

HT NEWS NETWORK

RAMBAN, JULY 04: MLA Ramban Arjun Singh Raju and Deputy Commissioner Ramban Mohammad Alyas Khan today flagged off the annual Paviter Sarvadhhar Chari Yatra from Ukhral to the shrine of Senabhati Sarvadhhar.

The Sarvadhhar Yatra is dedicated to Mata Chamunda Devi and culminates at the Chamunda Mata Temple atop Sarvadhhar Peak in the Pogal-Paristan area of Ramban district. The yatra reflects the faith of the people

and attracts devotees from Ramban and several other districts of Jammu & Kashmir every year.

On the occasion, the MLA extended greetings to the pilgrims for a safe and spiritually enriching pilgrimage. He highlighted the importance of preserving the region's religious and cultural heritage and appreciated the faith of the devotees participating in the yatra.

Speaking on the occasion, the Deputy Commissioner said the District Administration, in coordination with police and other line depart-

ments, has made civil and security arrangements for the smooth conduct of the pilgrimage, including deployment of security personnel, medical assistance, drinking water, sanitation and transport management.

The Deputy Commissioner was accompanied by Additional Deputy Commissioner Varunjeet Singh Charak, SDM Ramsoo Mohammad Muzahir Hussain Shah, President Bar Association Ramban Suraj Singh Parihar, other dignitaries and a large number of devotees.

Government of Jammu and Kashmir

Office of the Transport Commissioner, J&K Railhead Complex, Jammu

Subject: Registration of Drivers Engaged in the Public Transport Sector (Excluding Government Employees) for Availing Benefits under Government Welfare Schemes.

CIRCULAR

In order to create a comprehensive database of drivers engaged in the public transport sector and to facilitate the implementation of various Government welfare and social security schemes for their benefit, it has been decided to undertake the registration of eligible drivers through the Motor Vehicles Department, J&K.

Accordingly, all Regional Transport Officers (RTOs) and Assistant Regional Transport Officers (ARTOs) shall initiate the registration of drivers engaged in the public transport sector within their respective jurisdictions.

The registration shall cover drivers operating public transport and commercial vehicles, including stage carriages, contract carriages, taxis, auto rickshaws, buses, minibuses, maxi cabs, goods carriages, and other commercial transport vehicles. Government employees engaged in driving duties or otherwise employed by the Government shall not be eligible for registration under this initiative.

The registration exercise is intended to:

1. Develop and maintain an authenticated database of drivers engaged in the public transport sector.
2. Devise a training schedule of all the Passengers Vehicles Drivers for imparting necessary instructions about the overall safety of the passengers.

3. Facilitate identification of eligible beneficiaries for Government welfare and social security schemes.

4. Ensure transparent, efficient, and timely delivery of benefits under schemes notified by the Government from time to time.

5. Enable evidence-based policy formulation for the welfare and development of the public transport sector.

Eligible drivers shall submit the prescribed registration form (enclosed) along with self-attested copies of the following documents:

- a) Valid Driving Licence.
- b) Aadhaar Card or any other Government-issued photo identity proof.
- c) Proof of residence.
- d) Commercial Driving Badge, wherever applicable.
- e) Passport-size photograph.
- f) Any other document as may be prescribed by the registering authority.

All RTOs/ARTOs shall:

a) Ensure wide publicity of this registration drive through transport unions, associations, stand committees, public notices, Social media platforms, and other suitable means.

b) Facilitate hassle-free registration of eligible drivers at their respective offices.

c) Verify the credentials of applicants before registration. d) Maintain and periodically update the database in the prescribed digital format.

e) Submit weekly progress reports to the Office of the Transport Commissioner, J&K.

The registration exercise shall commence w.e.f 15/07/2026 till 15/08/2026.

All concerned officers shall ensure that the registration process is conducted in a transparent, time-bound, and citizen-friendly manner.

This issues with the approval of the Competent Authority.

APPLICATION FORM FOR REGISTRATION OF DRIVERS ENGAGED IN PUBLIC TRANSPORT (EXCLUDING GOVERNMENT EMPLOYEES)

PART A - APPLICANT DETAILS

1. Full Name: _____
2. Father's/Husband's Name: _____
3. Date of Birth: _____
4. Gender: Male | Female | Other
5. Aadhaar No. (Optional): _____
6. Mobile Number: _____
7. Permanent Address: _____
Village/House No.: _____ Post Office: _____
Tehsil: _____ District: _____ PIN Code: _____
9. Correspondence Address (if different)

SPACE FOR PHOTO

PART B - DRIVING LICENCE DETAILS

1. Driving Licence Number: _____
2. Date of Issue: _____
3. Valid up to: _____
4. Issuing Licensing Authority: _____
5. Class of Vehicle Authorised:
LMV
LMV (Transport)
Medium Passenger Vehicle
Heavy Passenger Vehicle
Medium Goods Vehicle
Heavy Goods Vehicle
Other _____
6. Badge Number (where applicable): _____
7. Driving Experience: _____ Years

PART C - EMPLOYMENT DETAILS

1. Present Status:
Self-employed Driver
Employed by Vehicle Owner
Attached with Transport Operator
Other _____
2. Name of Employer/Vehicle Owner (if applicable): _____
3. Address: _____
4. Contact Number: _____
5. Vehicle Registration Number(s): _____
6. Nature of Public Transport Vehicle:
Taxi
Cab
Maxi Cab
Bus
Mini Bus
Auto Rickshaw
Goods Carriage
Other _____

PART D - ELIGIBILITY DECLARATION

- I hereby declare that:
- (a) I am engaged/intend to be engaged as a driver of a public transport vehicle.
 - (b) I am not a Government employee employed by the Central Government, Government of Jammu & Kashmir or any Government Department, Corporation, Board, or Public Sector Undertaking.
 - (c) My driving licence is valid and has not been suspended, cancelled, or disqualified by any competent authority.
 - (d) I shall immediately inform the Transport Department of any change affecting my eligibility or registration.
- Place:** _____
Date: _____/_____/_____

Signature/ Thumb Impression of Applicant

No: TC/JK/2026/883-907 | Dated: 03-07-2026

Sd/- (Rizwan Asgar), JKAS
Joint Transport Commissioner, J&K

DIPK:2865/26 | Dated: 04-07-2026



JAMMU & KASHMIR STATE HAJ COMMITTEE



Government of India
Ministry of Minority Affairs
Haj Committee of India



HAJ 2027 (1448 H)

IMPORTANT GUIDELINES

- 1 PASSPORT VALIDITY**
 - Passport must be valid till **31 December 2027**.
 - Passport must be valid on the date of application.
- 2 COVER / GROUP**
 - A group can have maximum **5 members**.
 - Minimum age - **18 years** on the date of application.
- 3 COVER HEAD**
 - Cover Head must be a **male member**.
 - Minimum age - **18 years** on the date of application.
- 4 MOBILE NUMBER & WHATSAPP**
 - Cover Head must use his own mobile number.
 - WhatsApp must be active on the same number.
- 5 FORM SUBMISSION**
 - Fill the form yourself.
 - Do not let anyone else fill the form using your mobile number.
 - Do not **share** your OTP with anyone.
- 6 NOMINEE**
 - Nominee: Son / Daughter / Parents / Spouse (Legal heir preferred)
 - Add only one nominee who will perform Hajj in your place.
- 7 BANK DETAILS (ACCOUNT HOLDER MUST BE COVER HEAD)**
 - Account must be in the name of the Cover Head.
 - Provide correct & active bank account details.
 - Account must be active.

ANNOUNCEMENT FOR HAJ - 2027 (1448 H)

- The Haj Committee of India invites applications from eligible intending pilgrims for Haj - 2027 through the online Haj Application Form available at <https://www.hajcommittee.gov.in> or HAJ SUVIDHA mobile app.
- The application window shall remain open from **22.06.2026 to 20.07.2026** (up to 11:59 PM). After Qurbah (Digital Random Selection) process to be conducted in the last week of July, each provisionally selected pilgrim shall be required to deposit an advance amount of **₹1,52,300/-** on or before **10.08.2026**. No relaxation or extension in these timelines shall be feasible.
- Applicants must carefully read the Guidelines and Undertakings to ensure their eligibility and upload scanned copies (not photographs) of the following:
 - a. Front and back pages of machine-readable Indian Passport (1200 x 800 px, JPG/JPEG, 100-500 KB), issued on or before the application closing date and valid up to at least 31.12.2027;
 - b. Passport-size photo with white background (480 x 640 px, JPG/JPEG, 5-20 KB);
 - c. Bank passbook or cancelled cheque (590 x 750 px, JPG/JPEG, 80-250 KB); and
 - d. Address proof (590 x 750 px, JPG/JPEG, 80-250 KB).
- Cancellation of a Haj seat is strongly discouraged, as it causes operational difficulties. Accordingly, cancellation shall attract substantial penalties in accordance with the Guidelines for Haj 2027. Intending pilgrims are advised to apply only after careful consideration of their preparedness and firm commitment to undertake the pilgrimage.

Timely Updates | Guidance & Support | Important Information | Deadlines & Reminders

JOIN VIA WHATSAPP LINK
<https://chat.whatsapp.com/Lxp9Sdes7r0Ad0RmRdcAfm?sz=qt&p=a&mlu=1>


SCAN QR CODE TO JOIN

JOIN OUR OFFICIAL WHATSAPP GROUP
For Haj 2027 Updates

Bait-ul-Hujaj (Haj House), Bemina,
Srinagar, Jammu & Kashmir, India - 190017

+91 194 249 5365
<https://www.jkshc.org/>

Aapki Tayyari - Aapka Aaram - Hamari Zimmedari



Space Devoted by Headlines Today, Purely in Public Interest

DC Doda reviews District Level Telecom Committee meeting

HT NEWS NETWORK

DODA, JULY 04: Deputy Commissioner (DC) Doda and Chairman, District Level Telecom Committee (DLTC) Krishan Lal today chaired a meeting of District Level Telecom Committee to review the status of telecom infrastructure and mobile network connectivity across the district.

During the meeting, the DC conducted a comprehensive review of the progress achieved under various telecom connectivity initiatives, including implementation of the C-BuD application, Samridh Panchayat and Gram connectivity projects, the status of applications received through the Department of Telecommunications (DoT) online portal for installation of Ground Based Towers (GBTs), installation of temporary mobile network connectivity at major tourist destinations, provision of electricity connections to mobile towers, deployment of 5G Street Furniture, progress under the Amended BharatNet Programme and issues related to land allotment for telecom infrastructure.

The DC reviewed the progress of installation of mobile network towers in uncovered and poorly



connected areas and directed all concerned departments and telecom service providers to expedite the installation and commissioning of pending towers to ensure improved digital connectivity, particularly in remote and underserved areas of the district.

Emphasizing the importance of seamless mobile and internet connectivity for governance, education, healthcare, emergency services, tourism and overall

socio-economic development, the DC instructed all stakeholder departments to work in close coordination to resolve bottlenecks relating to land allotment, power supply and statutory clearances. He stressed that all pending issues should be addressed in a time-bound manner to facilitate the early completion of telecom infrastructure projects.

The DC also underscored the need to accelerate the implementation of the Amended BharatNet

Programme to strengthen broadband connectivity in rural areas and emphasized the timely disposal of applications received through the DoT online portal. He further directed the concerned agencies to ensure reliable mobile connectivity at major tourist destinations through temporary network solutions, wherever required and to facilitate the rollout of 5G infrastructure across the district.

The meeting was attended by Additional Deputy Commissioner Doda, Anil Thakur; Superintending Engineer, PWD (R&B), Atul Gupta; Assistant Commissioner Revenue (ACR), Ashraf Parvaiz; Additional Superintendent of Police (ASP), Mohd. Aslam; Chief Planning Officer (CPO) Manesh Kumar; Assistant Commissioner Panchayat (ACP) Musharif Haif; Chief Medical Officer (CMO) Dr. Vinod Sharma; Executive Engineers of the Power Development Department (PDD) and PWD (R&B); officers from the Telecom Department and BSNL; concerned Block Development Officers (BDOs); Executive Officers (EOs) of Municipalities; besides other officers and officials, while several participants attended the meeting through virtual mode.

GCW Parade Ground NCC Cadets felicitated for outstanding participation in National Camps

HT NEWS NETWORK

JAMMU, JULY 04: The NCC Unit of Government College for Women, Parade Ground, Jammu proudly celebrated the achievements of its cadets who successfully represented the college and the Jammu, Kashmir & Ladakh Directorate at two prestigious national-level NCC camps held in different parts of the country.

Eleven NCC cadets of the college participated in the Him Trek Camp held in Solan, Himachal Pradesh, from 5 June to 12 June, while four cadets represented the college at the Ek Bharat Shreshtha Bharat (EBSB) Camp held in Maharashtra from 17 June to 28 June. The camps provided the cadets with valuable opportunities for adventure, leadership development, cultural exchange, and national integration.

During the Him Trek Camp, Senior Under Officer Sobia Bashir represented the Directorate as a DTE Senior. Cadet Vanshika Verma participated in the Group Song competition. Cadet Premalata brought laurels to the college by participating in the Group Song event and winning Gold Medals in the 3D Art Competition and the Best from Waste Competition.

At the Ek Bharat Shreshtha Bharat Camp in Maharashtra, Sergeant Bhavya Rajput participated in the Group Folk Dance competition and was selected for the Integrated Group Dance Event. Cadet Konika Chib participated in the Group Folk Dance and also served as a Media Member of the camp. Cadet Drishity Jain showcased her talent in the Solo Dance (Open House) event, while Cadet Vanshika



Devi participated in the Group Folk Dance competition.

On their return, the cadets were felicitated by the Principal of the college, Dr. Naveen Anand, who congratulated them for their commendable performances and appreciated their dedication, discipline and commitment in representing the institution at the national level. He emphasized that such achievements inspire other students to actively participate in NCC activities and contribute towards nation-building.

The Associate NCC Officer of the college, Dr. Nitu Sharma also congratulated the cadets for their outstanding performances and appreciated their sincere efforts, enthusiasm and team spirit. She encouraged them to continue striving for excellence and to uphold the values of discipline, leadership and national service that form the cornerstone of the NCC.

The college fraternity extended its best wishes to all the participating cadets and expressed confidence that they would continue to bring further laurels to the institution in the future.

Joint inspection of Fertiliser and Pesticide Dealers conducted in Kathua District

HT NEWS NETWORK

KATHUA, JULY 04: In pursuance of the directions of the Director, Agriculture Production & Farmers Welfare Department, Jammu, Anil Gupta, a joint inspection of fertiliser and pesticide dealers was conducted at Chadwal, Dayalchack, Sanji Morh, Thanger Morh, Kunde Chak and Palli in Kathua district to ensure compliance with the provisions governing the sale and distribution of agricultural inputs.

The inspection was carried out by Plant Protection Officer, Jammu, Raju Mahajan along with Assistant Director, Law Enforcement, Jammu, S. Kuldeep Singh and Law Enforcement Inspector, Kathua, Anil Gupta. The joint enforcement drive was aimed at ensuring strict adherence to the provisions of the Fertiliser (Control) Order and the Insecticides Act, 1968, read with the Insecticides Rules, 1971.

During the inspection, the enforcement team conducted a comprehensive verification of fertiliser and pesticide business establishments.

The team examined the sale and distribution practices, verified the sale rates of fertilisers & pesticides and scrutinised the maintenance of statutory records including stock registers, sales registers, invoices, cash memos and other documents prescribed under the relevant laws and regulations.

The inspection team also interacted with dealers, distributors and retailers and sensitised them about their statutory responsibilities. They were advised to strictly comply with the provisions of the Fertiliser (Control) Order and the Insecticides Act, 1968 and the Insecticides Rules, 1971.

They were specifically instructed to maintain all mandatory records in an updated and transparent manner, ensure the sale of only authorised agricultural inputs, display price lists wherever applicable and comply with all licensing conditions and regulatory requirements.

The officers emphasised that the Agriculture Department remains committed to protecting the interests of the farming community by ensuring the availability of quality fertilisers and pesticides at prescribed rates. They reiterated that regular joint enforcement drives would continue across the Jammu Division to strengthen regulatory compliance and curb any malpractice in the sale and distribution of agricultural inputs.

The Department further warned that any violation of the provisions of the Fertiliser (Control) Order or the Insecticides Act and Rules would invite appropriate legal action under the relevant statutory provisions.

The Agriculture Department appealed to all fertiliser and pesticide dealers to conduct their business in accordance with the law and extend full cooperation to the enforcement authorities in maintaining transparency, accountability and quality standards in the supply of agricultural inputs, thereby safeguarding the interests of the farming community.

MP Jugal Kishore chairs DISHA meeting at Reasi; Reviews progress of centrally sponsored schemes and development works

HT NEWS NETWORK

REASI, JULY 04: Member of Parliament Jugal Kishore Sharma today chaired a meeting of the District Development Coordination and Monitoring Committee (DISHA) at Reasi to review the implementation, progress and monitoring of Centrally Sponsored Schemes and flagship programmes being executed across the district.

The meeting focused on assessing the physical and financial progress of major developmental schemes and ensuring effective implementation of welfare initiatives aimed at improving public service delivery and accelerating district development.

District Development Commissioner Reasi, Kumar Abhishek gave a detailed presentation highlighting the current status, achievements and progress under various Centrally Sponsored Schemes being implemented in the district. A comprehensive review was undertaken of key programmes including Pradhan Mantri Awas Yojana (PMAY), Jal Jeevan Mission, Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), Pradhan Mantri Gram Sadak Yojana (PMGSY), PM Surya Garh Muft Biji Yojana, besides schemes

related to Health, Education, Power and Rural Development sectors.

The meeting witnessed threadbare deliberations on the ground-level implementation of these schemes, with detailed discussions on achievements, challenges and bottlenecks affecting timely execution. Special emphasis was laid on improving inter-departmental coordination, expediting pending works and ensuring timely completion of ongoing projects.

Reviewing the overall progress, MP Jugal Kishore Sharma issued a series of directions covering a wide range of developmental works across the district. He stressed that completed schemes should be made operational without unnecessary delay so that the intended benefits reach the public at the earliest. He further directed that all stalled works be revived through timely intervention and appropriate remedial measures to prevent delays in public service delivery.

During the meeting, the MP directed concerned officers to organize extensive awareness camps across the district to sensitise the public about the benefits of the PM Surya Garh Muft Biji Yojana. He emphasized that wider outreach and awareness



generation are essential to ensure that eligible households are fully informed about the scheme and motivated to avail its benefits. He asked the concerned departments to strengthen IEC activities and facilitate smooth registration and implementation for beneficiaries.

He also raised concerns regarding road infrastructure and urged the National Highways Authority of India (NHAI) to take immediate steps for repair and widening of roads to ensure smooth and hassle-free movement of traffic. He highlighted that improved road connectiv-

ity is crucial, particularly during the ongoing pilgrimage season, to facilitate safe and convenient travel for pilgrims and tourists visiting the holy shrines of Shri Amarnath Ji and Shri Mata Vaishno Devi Ji. He stressed that timely execution of road improvement works would significantly reduce traffic congestion, enhance commuter safety and improve the overall travel experience for thousands of devotees visiting the region.

MP Jugal Kishore Sharma urged NHPC to explore the development of a scenic viewpoint near the iconic Baradari Bridge

in Reasi. He observed that such a viewpoint could emerge as a major tourist attraction and help unlock the tourism potential of the area by offering panoramic views of the surrounding natural landscape. He noted that the initiative could also generate local economic opportunities and boost tourism-related activities in the district.

The meeting was also attended by Members of Legislative Assembly from the district, who actively participated in discussions and raised various developmental issues and public concerns pertaining to their respective constituencies. They highlighted issues related to infrastructure development, road connectivity, power supply, drinking water, healthcare, education and other essential public services, seeking timely intervention and effective solutions from the concerned departments.

Among those present in the meeting were MLA SMVD Baldev Raj Sharma, MLA Reasi Kuldeep Raj Dubey, MLA Gulabgarh Er. Khurshied Ahmed, SSP Reasi Mukund Tibrewal, ADDC Krishan Lal, ADC Rakesh Kumar, Sub-Divisional Magistrates of respective subdivisions, Chief Planning Officer and other senior district and sectoral officers.

DIET Doda hosts Seminar on ECCE and FLN; 70 Education functionaries participated

HT NEWS NETWORK

DODA, JULY 04: The District Institute of Education and Training (DIET), Doda, on Saturday organized a one-day seminar on Strengthening Early Childhood Care and Education (ECCE) and Foundational Literacy and Numeracy (FLN) under the overall supervision of Principal DIET, Rajesh Kumar at the ICT Lab. The initiative reaffirmed the institution's commitment to strengthening foundational learning in alignment with the National Education Policy (NEP) 2020 and the NIPUN Bharat Mission.

The seminar witnessed the participation of 70 education functionaries from across District Doda including Zonal Nodal Officers (ZNOs), School Nodal Officers (SNOs) and Resource Persons (RPs), reflecting a coordinated effort to enhance early grade education.

Experts during the sessions emphasized the pivotal role of ECCE in



fostering the cognitive, emotional, and social development of young learners. They also highlighted the urgent need to strengthen foundational literacy and numeracy skills at the early stages of schooling. The deliberations focused on child-centred pedagogy, activity-based learning, joyful classroom practices

and effective teaching strategies to improve learning outcomes.

Participants actively engaged in discussions, sharing field experiences and best practices from their respective zones. The seminar also served as a platform for collaborative learning and the exchange of innovative ideas to address challenges in early grade education.

Speaking on the occasion, officials of DIET Doda underscored that strong foundational education is essential for ensuring long-term academic success. They urged participants to effectively implement the knowledge and strategies gained during the seminar at the grassroots level.

The programme concluded with an interactive feedback session followed by a formal vote of thanks. Participants lauded DIET Doda for organizing an informative and enriching seminar aimed at improving the quality of school education in the district.

5-Day Peace Education Programme Workshop concludes successfully at Town Hall Doda

HT NEWS NETWORK

DODA, JULY 04: The five-day Peace Education Programme focused on Inner Capacity Building commenced from 30th of June 2026 successfully concluded today at Town Hall Doda. The initiative was conducted by the District Administration Doda in collaboration with The Prem Rawat Foundation. The programme aimed to promote emotional well-being, self-awareness, inner strength and a positive work culture among government officials and members of educational institutions. Additional Deputy Commissioner Doda, Anil Kumar Thakur attended the valedictory function and distributed certificates of participation to the attendees. He appreciated the dedicated efforts of the volunteers of The Prem Rawat Foundation and urged participants to carry the message of peace and inner strength to the grassroots level.

Earlier, the workshop witnessed active participation from Chief Education Officer Doda Bhusan Kumar, Principals of Government Degree Colleges.

Stock markets continue winning streak led by buying in IT, pharma

India's forex reserves drop \$5.65 billion to \$666.93 billion: RBI Data

UNITED NEWS OF INDIA

NEW DELHI, JUL 4: The Indian stock markets ended the week in green continuing the winning streak for the third consecutive session today, with both the Sensex and the Nifty finishing above 77,750 and 24,250 respectively supported by sustained buying in select heavyweights like IT, pharma, metal and realty stocks coupled with positive global cues.

At close, the BSE Sensex was up 261.79 points, or 0.34 per cent, at 77,763.91 and the NSE Nifty was up 95.15 points, or 0.39 pc, at 24,270.85. For the week, the BSE Sensex and Nifty added nearly 1 pc each.

Among the sectors, buying was seen in select heavyweights from the IT, pharma, and banking sectors amid largely positive global cues. Investors were positive amid expectations of less-aggressive rate hikes by the US Federal Reserve.



Nifty Realty emerged as the top gainer rising 2 pc, followed by Nifty IT & Pharma by 1.7 pc each, and Metal up by 0.7 pc.

On the losing end were Nifty PSU Bank declining 1.5 pc, Energy by 1.30 pc, Bank by 0.16 pc,

Auto & Media by 0.4 pc and Consumer Durables by 0.3 pc.

The key gainers on Nifty were HCL Technologies, Max Healthcare, Bajaj Finserv, Apollo Hospitals, Dr Reddy's Labs, while losers included Axis Bank, M&M, SBI, L&T,

Tech Mahindra.

Nearly 160 stocks touched their 52-week high on the BSE. These included Manappuram Finance, Aditya Birla Capital, Aurobindo Pharma, Nuvama Wealth Management, CreditAccess Grameen, Oberoi Realty, Krishna Institute of Medical Sciences (KIMS), Torrent Pharmaceuticals, Inventurus Knowledge Solutions, Bosch, Apollo Hospitals, Cement India Projects, Grasim Industries, Aadar Housing Finance, JB Chemicals & Pharmaceuticals, The Phoenix Mills, Nippon Life India Asset Management, Federal Bank, Granules India, and Pidilite Industries, among others.

The key technology stocks that attracted fresh buying were HCL Technologies, Oracle Financial Services Software, Mphasis, and Persistent Systems advancing more than 2 pc each.

Hitachi Energy India, Siemens Energy India, Thermax and Apar Industries fell in the range of 6 pc and 9 pc. UNI

UNITED NEWS OF INDIA

NEW DELHI, JULY 4: India's foreign exchange reserves dropped \$5.654 billion to \$666.933 billion during the week ended June 26, as per the RBI data Friday.

The drop in the reserves came after it rose by \$963 million to \$671.63 billion in the earlier week ended June 19, 2026.

Notably, before the onset of Iran War, the forex kitty expanded to an all-time high of \$728.494 billion during the week ended February 27. Forex went through challenges like several weeks of a drop as the rupee came under pressure and the RBI had to intervene in the forex market through dollar sales.

As per the RBI data, for the week ended June 26, foreign currency assets which forms a major component of the reserves have decreased \$150 million to \$541.067 billion.

The data further showed that the value of gold reserves declined \$5.394 billion to \$102.536 billion during the week, special drawing rights (SDRs) were down by \$89 million at \$18.558 billion.

India's reserve position with the IMF was also down \$21 million to \$4.772 billion at the end of the reporting week, the data said.

Due to the intense Iran War, which



was looking far from over at a point, Prime Minister Narendra Modi had made public appeals to conserve forex by cutting down on foreign travel, limiting fuel use and refraining from gold buys for a year.

After the US and Iran peace talks, the crude oil prices have come to an ease as the Brent crude hovered near the \$71-a-barrel mark after briefly dipping below that level in the previous session, while US benchmark West Texas Intermediate (WTI) traded around \$68 a barrel.

US President Donald Trump said negotiations with Iran were still underway. The President claimed that Tehran has agreed to just about everything we need.

Tata Motors, Welspun Renewable Energy ink PPA for 86 MW wind-solar hybrid project

UNITED NEWS OF INDIA

CHENNAI, JULY 4: CV makers Tata Motors on Friday signed a Power Purchase Agreement (PPA) with Welspun Renewable Energy Private Limited (WREPL), a frontrunner in India's clean energy transition, to co-develop an 86 MW wind-solar hybrid renewable energy project supplying power to Tata Motors' manufacturing plants in Jharkhand, Uttar Pradesh, Uttarakhand and Karnataka.

Estimated to generate 200 million units of clean electricity annually, the project is expected to offset over 1.4 lakh tons of CO2 emissions each year.

Enabled through co-investment and a long term PPA, this integrated wind-solar hybrid solution will provide a reliable supply of green energy exclusively to the four manufacturing facilities supporting the production of commercial vehicles.

This initiative will significantly catalyse Tata Motors' clean energy transition and support its RE100 target by 2030, accelerating meaningful progress toward climate-resilient operations. It also marks a major milestone in Tata Motors' sustainability roadmap, aligning with the company's broader ambition to achieve net-zero emissions through responsible manufacturing.

Signing the PPA, Vishal Badshah, Vice President - Operations, Tata Motors said, "this project reflects our continued focus on building greener and more energy-efficient manufacturing operations. The scale and integrated nature of this wind-solar hybrid solution will help us secure a reliable supply of renewable energy for key commercial vehicle manufacturing facilities, while meaningfully reducing carbon emissions across operations on a sustained basis. Collaborations like these are critical as we progress to fulfil our RE-100 commitment and net-zero aspirations."

Kapil Maheshwari, MD and CEO, WREPL, said, "This partnership with Tata Motors represents a defining milestone in our journey. We are not merely signing a PPA, we are co-creating a model for how India's largest manufacturers can decarbonize and achieve net zero and sustainability goals. We thank Tata Motors for their trust and look forward to making this one of many long and successful partnerships." UNI

India's AI challenge shifts from adoption to capability building: NIIT

UNITED NEWS OF INDIA

BENGALURU, JUL 4: The biggest hurdle in India's enterprise AI journey is no longer technology adoption but building a workforce capable of translating AI investments into measurable business outcomes, NIIT Limited Senior Vice President and Business Head - Enterprise Tech Dr Vishnupriya Raghavan said on Friday.

Speaking at the World Digital Architect Conclave (WDAC) 2026, Dr Raghavan said the next phase of AI transformation would be defined not by pilot projects or certifications, but by how effectively organisations develop AI-ready talent and integrate artificial intelligence into core business operations.

"The initial phase of enterprise AI was centred around awareness and experimentation.

Today, business leaders are asking a different set of questions - how do we improve productivity, accelerate decision-making, strengthen customer experience, and build workforce capabilities that can sustain AI-led transformation over time," she said.

She said AI is rapidly becoming integral to software engineering, cloud operations, cybersecurity, enterprise architecture, customer experience and data engineering, driving demand for AI-first engineering, AI-led Site Reliability Engineering (SRE), engineering intelligence and technology leadership.

However, she stressed that technology alone would not create business value.

"The real challenge isn't access to AI technology, it's whether organisations have the workforce capabilities to operationalise



it at scale. AI should augment human expertise, not replace it," she said.

Dr. Raghavan said mid-career professionals present the biggest opportunity for enterprise AI transformation because they combine deep domain expertise

with business context. Companies that focus on workforce reduction instead of reskilling risk creating capability gaps that could slow innovation.

She added that enterprises are increasingly evaluating AI learning programmes based on

business outcomes rather than the number of certifications earned.

"The conversation is no longer about how many employees completed a certification. It is about whether learning translates into faster execution, better engineering decisions, stronger customer outcomes, and measurable business impact," she said.

She said organisations are therefore investing in integrated capability-building across engineering, AI, cloud, cybersecurity, operations and technology leadership to create AI-native teams capable of adapting continuously as technology evolves.

Dr. Raghavan also said robust AI governance should be seen as the foundation for scaling AI successfully rather than as a barrier to adoption.

Hyd: Raghu Vamsi Group plans IPO in 18-24 months; targets indigenous aircraft by 2035

UNITED NEWS OF INDIA

HYDERABAD, JULY 4: Aerospace and defence manufacturer Raghu Vamsi Machine Group is planning to launch an initial public offering (IPO) within the next 18-24 months as part of its expansion strategy, while targeting the development and manufacture of its first indigenous aircraft by 2035, the company's Chief Executive Officer S. Siva Arvinth said on Friday.

Talking to UNI, he said the company is setting up a new eight-acre aerospace and defence manufacturing facility near the Rajiv Gandhi International Airport (RGIA) in Hyderabad.

The plant will feature robotics and automation, AI-enabled paperless manufacturing, integrated en-

gine assembly and maintenance, repair and overhaul (MRO) capabilities, along with aerospace special processes, he said.

The upcoming facility will manufacture products for the aerospace, gears, heavy machining, oil and gas, power, deep-tech product assembly, engine assembly and MRO, and general precision machining sectors, said Arvinth.

The company currently employs more than 1,200 people and plans to expand its workforce to around 1,500 employees by next year to support its growing operations, he said.

Arvinth said the company has multiple aerospace and defence projects in the pipeline with original equipment manufacturers (OEMs), involving precision ma-

chining, assemblies with special processes and gear manufacturing. These projects are expected to commence over the next eight to 12 months, depending on customer requirements.

The Hyderabad-based company has also signed a memorandum of understanding (MoU) with the Andhra Pradesh Economic Development Board (APEDB) to establish a 100-acre aerospace and defence manufacturing facility in Andhra Pradesh with planned investment of Rs 500 crore.

The proposed facility will manufacture micro turbojet engines, undertake unmanned aerial vehicle (UAV) manufacturing and integration, and house a dedicated UAV testing, evaluation and flight validation range, he said. UNI

Adani Enterprises raises QIP to Rs 15,000 cr as institutional demand tops Rs 38,000 cr

UNITED NEWS OF INDIA

NEW DELHI, JULY 4: Adani Enterprises Ltd (AEL) has increased the size of its Qualified Institutional Placement (QIP) to Rs 15,000 crore from the initially planned Rs 10,000 crore after the share sale received overwhelming demand from institutional investors, reflecting strong confidence in the company's long-term growth strategy. The issue attracted bids worth nearly Rs 38,000 crore, translating into around 3.8 times subscription of the original base issue. The strong response enabled the company to expand the issue size by 50 per cent, with demand for the enlarged offering also being fully covered within two days. The QIP drew participation from several leading global investors, including Capital Group, Goldman Sachs, BlackRock, Blackstone and Nomura, along with prominent domestic institutional investors such as HDFC Mutual Fund, ICICI Prudential Mutual Fund, Kotak Mutual Fund, Aditya Birla Sun Life Mutual Fund, SBI Mutual Fund and Tata Mutual Fund. The fundraising marks the flagship Adani Group company's second major equity capital raise in less than a year, following its Rs 25,000-crore rights issue completed in 2025. The proceeds will be used to fund capital expenditure across its incubation businesses, reduce debt and support strategic investments and acquisitions. The company plans to deploy the fresh capital across its fast-growing businesses, including airports, roads, renewable energy manufacturing, data centres, metals and mining, while also funding new projects such as its PVC manufacturing venture and infrastructure concessions. The successful fundraising comes at a time when Adani Enterprises is stepping up investments to expand its infrastructure and manufacturing footprint. Earlier this week, the company announced a joint venture with Abu Dhabi-based International Holding Company (IHC) to establish an aluminium manufacturing business with a proposed investment of around Rs 1.1 lakh crore.

The shares were offered at an indicative price of Rs 2,883 apiece, representing a discount to both the regulatory floor price and the previous day's market closing price, a pricing strategy that helped attract broad institutional participation. The robust response to the QIP suggests that institutional investors remain optimistic about Adani Enterprises' expansion plans and its ability to execute large-scale infrastructure and industrial projects despite continued scrutiny over legal proceedings involving Adani Group Chairman Gautam Adani in the United States. UNI

India real estate investments rise 70 pc to \$2.9 Billion in April-June period

UNITED NEWS OF INDIA

NEW DELHI, JULY 4: Institutional investments in India's real estate sector surged 70 per cent year-on-year to \$2.9 billion in the April-June quarter, taking total inflows during the first half of 2026 to a six-year high despite global geopolitical and trade uncertainties.

According to a report by Colliers India, the total institutional investments reached \$4.5 billion during January-June 2026, up 50 per cent from the corresponding period last year. The strong performance came despite global trade and capital deployment uncertainties arising from the West Asia crisis, reflecting continued investor confidence in India's real estate market. The report said rising domes-

tic participation, opportunistic deployment of foreign capital and increased investments in mixed-use and alternative assets helped sustain investment momentum.

It also noted that long-term investor confidence remains intact, supported by India's economic growth outlook, with the International Monetary Fund (IMF) recently raising its FY2027 GDP growth forecast for the country by 10 basis points to 6.5 per cent. Domestic investors emerged as the biggest contributors during the first half of the year, investing \$2.6 billion, an increase of 80 per cent over the year-ago period. They accounted for around 57 per cent of total institutional inflows, reflecting strong conviction in the long-term prospects of the

Indian real estate sector.

Foreign investments also recovered, particularly in the second quarter, driven by a few large-ticket transactions. Overseas investors deployed \$1.9 billion during H1 2026, up 24 per cent year-on-year, largely through strategic equity investments, stake acquisitions and capital allocation towards mixed-use and alternative assets.

The office segment remained the largest investment destination, attracting nearly \$1.9 billion during H1 2026, accounting for more than 40 per cent of total institutional inflows. Domestic investors dominated office investments, with a majority of capital flowing into income-generating standing assets.

In contrast, investments in the residential sector declined

43 per cent year-on-year to \$0.5 billion. The report attributed the slowdown to cautious investor sentiment amid rising costs, moderating housing sales and concerns over project viability and execution timelines.

Alternative asset classes continued to gain traction. Mixed-use developments and alternative assets each attracted around \$0.8 billion, contributing nearly one-fifth of total investments individually during the first half of the year. Foreign investors led activity in these segments through equity stake acquisitions, signalling increasing diversification beyond traditional office and residential assets.

The hospitality sector also recorded strong growth, with investments rising more than three-fold year-on-year to \$0.3

billion, largely driven by foreign investors.

Among major cities, Chennai and Bengaluru emerged as the top investment destinations, attracting around \$0.6 billion each during H1 2026. Together, the two cities accounted for about 27 per cent of total institutional inflows, with office assets contributing 85-95 per cent of investments in both markets.

Multi-city transactions accounted for 46 per cent of overall investment inflows during the first half of the year.

The report also highlighted growing investor interest in Tier II and Tier III cities, including Coorg, Hosur, Coimbatore, Kochi and Ujjain, where capital was deployed across hospitality, industrial and warehousing, and residential projects. UNI



Bethell in line to open as England name ODI squad for India series

UNITED NEWS OF INDIA

HAMILTON: Jacob Bethell is set to open the batting in England's ODI series against India, in a move that could foreshadow a future elevation in Test cricket. They have included two uncapped players in their squad for the three-match series later this month in James Coles and Josh Tongue, with Gus Atkinson and Saqib Mahmood both recalled.

Ben Duckett has had four different opening partners in 50-over cricket since the start of last year. Phil Salt was dropped after the Champions Trophy, and his replacement Jamie Smith was discarded after averaging 26.11 in nine innings. In their most recent series against Sri Lanka in January, Zak Crawley made 6 in his only innings, and Rehan Ahmed was used as a pinch-hitter.

Bethell is in line to become Duckett's fifth opening partner against India, a promotion from his recent role at No. 4. He has previously opened the batting in 50-over cricket for both England Under-19s and England Lions, and could potentially shuffle up from his role at No. 3 in Test cricket in the future.

England's rejigged ODI batting line-up is expected to feature Joe Root, captain Harry Brook and wicket-keeper Jos Buttler from No. 3-5, while Will Jacks will continue to bat in the middle order after his success at the T20 World Cup. There is then a decision to make around the balance of the side, with a choice between an extra batter in Tom Banton or an additional bowling option.

Jofra Archer will return to ODI cricket after he was rested for January's series win in Sri Lanka, while Atkinson's and Tongue's inclusions mean that England's seam attack looks increasingly similar to the one they used in their recent Test series against New Zealand. Mahmood is also in line for a return after missing England's ODIs this winter with a knee injury.

Brydon Carse (hand) and Jamie Overton (quad) are both unavailable after injuries, though Carse trained with England before their washed-out first T20I in Durham on Wednesday night. Liam Dawson is another notable inclusion, signalling that he will come into contention for the 2027 World Cup in South Africa with the uncapped Coles offering a similar skillset.

Sam Curran stays calm in the spotlight as England 'noise' grows

UNITED NEWS OF INDIA

TRAFFORD: Sport works in strange ways. This has been a very good week for Sam Curran's standing as an international cricketer, for reasons that have very little to do with anything Curran himself has done. But there is an inevitable ripple effect when a player like Ben Stokes calls time on their England career, and Curran could benefit from Stokes' absence in two distinct ways. The first is a long-awaited Test return. It is nearly five years since Curran played his last Test match, with injuries and financial incentives dragging him towards the white-ball game. But when Brendon McCullum spoke this week about the scarcity of "seam-bowling allrounders who can bat in the top seven", it was a reminder that Curran's skillset is hugely valuable.

The second is slightly less direct, but just as plausible. Harry Brook is the favourite to replace Stokes as Test captain and whatever Brook says, England's management have made clear that they consider leading across three formats to be unsustainable.

Experience Fuels England's Dream

UNITED NEWS OF INDIA

OVAL: England's desire was there for all to see. Even a defeated South Africa coach, Mandla Mashimbyi, couldn't help but notice that his side's T20 World Cup semi-final opponents "wanted it a little bit more today". And so, England will face Australia in Sunday's title decider at Lord's, when the hosts will look to emulate their 50-over success of 2017.

Two of the three remaining members of that campaign, Nat Sciver-Brunt and Heather Knight, were instrumental in securing a 40-run victory at The Oval against South Africa, who had had the better of them in recent World Cup knockouts.

The other, Danni Wyatt-Hodge, had lost her place in the

starting XI by the time England lifted the trophy back then but she is now this tournament's leading run-scorer with 294 runs at 73.50 and a strike rate of 152.33. In a rare off night, Wyatt-Hodge managed just 12 on Thursday before she had her stumps rearranged by Marizanne Kapp, who combined with Shabnim Ismail for a destructive opening salvo that had England 23 for 3 inside the powerplay.

Then Sciver-Brunt and Knight, England's current and former captains, combined for a 133-run stand which defined the course of the match and turned the tables on South Africa, who had won their previous two semi-finals, at last year's 50-over World Cup and the 2023 T20 edition.

It had been uncertain until



match eve whether Sciver-Brunt would even play, after a recurrence of a calf injury had kept her out for the previous three games. But an intensive rehabilitation programme had her

more than ready for the moment. A boundary-laden 75 off 47 balls, the same number of deliveries faced by Knight for her 58, helped to lift England out of a hole and into the final.

"I was very nervous going in and I suppose quite emotional about it yesterday, the occasion and what we've been able to do as a team," Sciver-Brunt said. "Trying to live up to the three games I missed and still have an impact as a leader and as a captain."

"I managed to put those thoughts to bed for the warm-up starting, that is the moment where you switch on to game mode and get into the day. I'm just so excited and proud of what I've been able to do today."

It was the culmination of England's undefeated progression through the group stages, characterised by the batting group finally living up to the enviable depth they offered on paper, with players able to step up if others fail or are injured.

MARUTI SUZUKI NEXA

Go Bold. Go Further.

Experience refined comfort and an impressive mileage of 22.94km/l* in the Bold Baleno.

EFFECTIVE STARTING PRICE ₹ 5.54 LAKH

BALENO

UP TO 100% WAXER ON CAR CARE PROCESSING FEE**

LUBAAB PUBLICATIONS

ONE STOP SOLUTION FOR ALL PRINTING NEEDS

NEWSPAPER | BOOKS | FLYERS | LOGO | FLEX | MAGAZINES
VISITING CARDS | BROCHURES | 3D BOARDS | COVER PAGES
WEDDING CARDS | CALLIGRAPHY | WALL PAINTINGS

9999038812
9419008414

Radio Colony,
Gund Hassibhat, Lawaipora Srinagar-190017

HEADLINES TODAY INVITES CONTRIBUTIONS

Are you a writer, poet, storyteller, columnist, or feature writer with a passion for literature or health writings? Headlines Today offers a platform to share:

Literature Section: Well-crafted essays, literary articles, reflections, and creative writings.

Health Section: Well-researched articles, expert columns, and in-depth feature reports from professionals and specialists.

Send your contributions to:
Dr Basharat Khan
Honorary Editor: Literature & Health Sections (HT) at
chogalwriter76@gmail.com

YOUR WORDS CAN INSPIRE, INFORM, AND IGNITE; LET THEM BE HEARD.