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Country's Future is Measured by How Crowded
Its Libraries Are, Not Its Markets: Amit Shah

■ HT NEWS DESK / AGENCIES

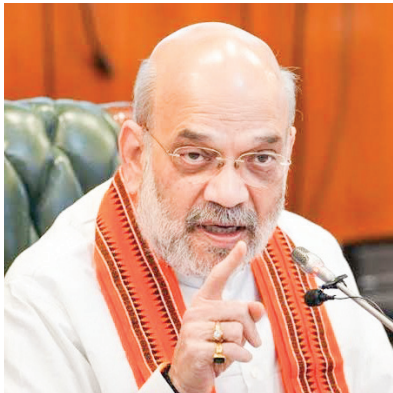
NEW DELHI, JUL 11: Union Home Minister Amit Shah on Saturday inaugurated the Jayaprakash Narayan Public Library in the NDMC area, making a compelling case for why libraries—not economic prosperity—are the true barometer of a nation's future.

Addressing the inaugural function, Shah declared: "If you want to assess the future of a country, it cannot be done by looking at how prosperous its agriculture is, how crowded its markets

are, or how many industries it has. It can be assessed by seeing how crowded its libraries are and whether young people are there."

The minister emphasized that knowledge and wisdom form the bedrock of nation-building, with libraries serving as the crucial institutions that nurture both. "The activities that take a nation forward and bring it prosperity are rooted in knowledge and wisdom. And that knowledge comes only through libraries," Shah said.

In a direct appeal to the library



administration, Shah urged librarians to reach out to schools across the 10 nearby assembly constituencies and bring young people to the library. "Once a young person develops the habit of reading, he himself learns to distinguish between right and wrong," he said, highlighting the transformative power of reading on moral development.

The Jayaprakash Narayan Public Library boasts an impressive collection of approximately 32,000 physical

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Government places 539 Masters
as Incharge Headmasters

Sakeena Itoo says landmark decision will improve educational outcomes across J&K

■ HT NEWS NETWORK

SRINAGAR, JULY 11: In a significant step aimed at strengthening the administrative and academic framework of government schools, the Jammu and Kashmir Government has placed 539 Masters of School Education department as in-charge Headmasters and posted them in various schools across length and breadth of Jammu and Kashmir.

The decision marks a major initiative towards ensuring effective school leadership, addressing administrative requirements and enhancing the overall quality of education in government schools.

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Our Patience Has Been Rewarded With Continued Delay:
CM Omar On Statehood, Alleges BJP of Defection Bid

■ HT NEWS DESK / AGENCIES

SRINAGAR, JULY 11: Chief Minister Omar Abdullah on Saturday launched a scathing attack on the Centre and the Bharatiya Janata Party, alleging a failed bid to destabilize his government while accusing New Delhi of breaking its Supreme Court promise on statehood restoration.

Addressing a gathering after paying tributes to Begum Akbar Jehan at Naseem Bagh, Omar claimed one of his party's legislators from Jammu was offered between Rs. 20 crore and Rs. 30 crore, a ministerial berth, and political assurances to defect an offer he said was conveyed through a Supreme Court lawyer associated with the BJP.

"The offers included assurance that statehood



would be restored if he switched allegiance," Omar alleged, warning the BJP against attempting to enter government through what he

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Prove Or Apologise: BJP Demands Evidence
From J&K CM Over Poaching Allegations

Saffron party threatens legal action if CM fails to substantiate claims of bribery attempts on MLAs

■ HT NEWS DESK / AGENCIES

JAMMU, JULY 11: The Jammu and Kashmir BJP on Saturday escalated its war of words with Chief Minister Omar Abdullah, demanding he either provide proof of his poaching allegations or issue a public apology, warning of legal action if he fails to substantiate his claims.

The confrontation erupted after Abdullah, while addressing a workers convention, alleged that a Supreme Court lawyer linked to the BJP was attempting to lure his MLAs



with substantial financial incentives and promises of statehood.

"After greed for money and ministerial berths didn't work, the BJP is now telling my MLAs behind closed doors, 'Come with us and we will give you statehood,'" Abdullah said. He claimed that one MLA from Jammu had informed him that a BJP office-bearer, who is also a Supreme Court lawyer, had offered Rs 20-30 crore, a ministry, and statehood in exchange for support.

BJP spokesperson and MLAs RS Pathania responded sharply, accusing the Chief Minister of attempting to divert public

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Resolve, Soldiers Will Win
Future Wars: Rajnath

■ HT NEWS DESK / AGENCIES

VISAKHAPATNAM, JULY 11: Future wars may be fought with Artificial Intelligence, but they will still be won by national resolve, trained soldiers and robust military power, Defence Minister Rajnath Singh said on Saturday.

Speaking at the commissioning ceremony of INS Mahendragiri here, Singh also said Andhra Pradesh has emerged as a new powerhouse of India's defence and aerospace manufacturing.

Highlighting the government's balanced approach towards defence modernisation, Singh said India is investing in next-generation technologies while simultaneously strengthening conventional military capabilities.

He cited Operation Sindoor as an example

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J&K's high-altitude areas warmed by
nearly 1°C in two decades: Study

■ HT NEWS NETWORK / KNO

SRINAGAR, JUL 11: High-altitude regions of Jammu and Kashmir, including the tourist destinations of Pahalgam and Gulmarg, have witnessed a temperature rise of nearly 1°C over the last two decades, highlighting the growing impact of climate change on the fragile Himalayan ecosystem, according to a new scientific study.

The study, titled "Warming of the High-Mountainous Climate Sensitive Jammu and Kashmir During the Period 1980-2024", was conducted by researchers G.S. Gopikrishnan, Jayanarayanan Kuttippurath and V.M. Pranav Chandran from the Indian

Institute of Technology (IIT) Kharag-

pur.

The researchers analysed temperature records from 1980 to 2024 using observations from ten India Meteorological Department (IMD) stations across Jammu and Kashmir, including Jammu, Srinagar, Pahalgam, Gulmarg, Kupwara, Kokernag, Qazigund, Banihal, Batote and Bhaderwah.

The study, accessed by the news agency—Kashmir News Observer (KNO), found that warming is not uniform across the region. Mid- and high-altitude areas have experienced a stronger rise in temperatures than lower-altitude locations, a phenomenon known as Elevation-Dependent

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Widespread rain, thundershowers lash J&K
parts, more precipitation likely

■ HT NEWS NETWORK / KNO

SRINAGAR, JUL 11: Widespread rain and thundershowers hit several parts of Jammu and Kashmir on Saturday evening, while the Meteorological Centre Srinagar warned of the possibility of flash floods, mudslides and landslides in

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IMD Warns of Heavy Rain Across
North India Till Mid-July

■ HT NEWS NETWORK

PANCHIKULA, JULY 11: The India Meteorological Department (IMD), in its All India Weather Summary and Forecast Bulletin issued at 8:24 am on Saturday, has forecast an active monsoon spell over northwest India during the next six days.

The weather office has warned of heavy rainfall over Jammu & Kashmir, Himachal Pradesh, Uttarakhand, Punjab, Haryana,

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BRICS Must Lead Global Mobility: Gadkari

■ HT NEWS DESK / AGENCIES

NAGPUR, JULY 11: Union Minister Nitin Gadkari on Saturday called for deeper cooperation among BRICS nations to build transport systems that are sustainable, resilient, inclusive and future-ready, stating that the grouping's collective strength presents a unique opportunity to shape the future of global mobility through innovation, partnership and shared responsibility.

The Union Minister for Road Transport and Highways was addressing



the 3rd BRICS Transport Ministers' Meeting being held in Nagpur under India's BRICS Chairship.

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School dropout from Anantnag turns
'smart farmer', employs 6 people

■ HT NEWS NETWORK / KNO

ANANTNAG, JUL 11: A school dropout from the Cheki-Isherdas-Wantrag area of South Kashmir's Anantnag district has emerged as a successful farmer by cultivating six varieties of watermelon and several other crops, creating employment and inspiring local youth to take up agriculture.

Talking to the news agency—Kashmir News Observer (KNO), farmer

Muhammad Aslam Khan said he started watermelon cultivation in 2008, when many people in the village believed the crop could not be grown in the area.

"We established this farm in 2020, but I began cultivating watermelon in 2008. Initially, people did not believe watermelon could be grown here. With support from the Agriculture Department, Anantnag,

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Lakhanpur Selected For Developing 'Street
Food Hub' Under Central Scheme: Dr Jitendra

■ HT NEWS NETWORK

NEW DELHI, JULY 11 : Union Minister of State (Independent Charge) for Science & Technology, Earth Sciences, and Minister of State in the Prime Minister's Office, Personnel, Public Grievances & Pensions, Atomic Energy and Space, Dr. Jitendra Singh today disclosed that the Government of India has given approval for establishing a "Street Food Hub" at Lakhanpur in Kathua district under the PM SVANidhi initiative. Lakhanpur is among 50 towns selected pan-India for developing such hubs.

Thanking Prime Minister Narendra Modi for according high priority to the development of Jammu & Kashmir, Dr. Jitendra Singh said Lakhanpur's inclusion among the first approved towns



reflects the Centre's sustained commitment to strengthening infrastructure, tourism and livelihoods in the Union Territory. He said the

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We Remain Committed to
Taking Stringent Legal Action:
Srinagar Police Seizes ₹1.20 Crore
Property in Major NDPS Crackdown

■ HT NEWS DESK / AGENCIES

SRINAGAR, JUL 11: Srinagar Police has dealt a significant blow to narcotics operations in the city by attaching a prime residential property worth over Rs. 1.20 crore, marking another milestone in its relentless campaign against the drug trade.

The double-storey house, constructed on 08 marlas of land in the upscale Sikh Bagh locality of Lal Bazar, has been seized under the Narcotic Drugs and Psychotropic Substances (NDPS) Act following investigations into FIR No. 16/2026. The property belongs to Zamin Makhdoomi, son of Fayaz Ahmed Makhdoomi. During the investigation, police

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CEO SSCL conducts extensive inspection of historic Water Channels across Srinagar

■ HT NEWS NETWORK

SRINAGAR, JULY 11: In a significant initiative aimed at undertaking a comprehensive assessment of Srinagar's historic water network, the Chief Executive Officer, Srinagar Smart City Limited (SSCL), Faz Lul Haseeb, today conducted an extensive inspection of several historic water channels and rivulets across the city, including Kutte Kul, Sonar Kul, Rainawari Kul, and other interconnected waterways.

The inspection was undertaken to obtain a first-hand assessment of the present condition of these water channels, examine their hydraulic connectivity, and evaluate various factors influencing their overall status.

During the visit, the CEO extensively inspected different stretches of the waterways, assessing issues such as silt accumulation, vegetation growth, obstructions, encroachments, discharge points,



and other location-specific conditions requiring detailed technical evaluation.

Interacting with officers and engineers on-site, Haseeb underscored the historical, ecological, and urban significance of Srinagar's traditional water chan-



nels, observing that these waterways form an integral part of the city's unique landscape. He directed the concerned officers to undertake detailed documentation and technical assessments of the inspected stretches, along with comprehensive field observations,

to establish an accurate baseline of their existing condition.

The CEO emphasized that the conservation and restoration of Srinagar's traditional water channels are essential for mitigating waterlogging, enhancing environmental sustainability, and

preserving the city's centuries-old water heritage.

He further stressed the need for close coordination among all stakeholder departments to ensure the long-term conservation and rejuvenation of these vital water bodies. He emphasized that scientific assessments, coordinated planning, and institutional collaboration are essential for safeguarding these important urban assets.

Interacting with local residents during the inspection, Haseeb emphasized the importance of public participation in protecting the traditional waterways and appealed to citizens to refrain from dumping waste into the channels and to cooperate with the administration in maintaining their cleanliness and ecological health.

The CEO was accompanied by senior officers and engineers of Srinagar Smart City Limited (SSCL) during the inspection.

Two Drug Peddlers Held with 13.8 Grams of Heroin in Qazigund; Kulgam Police Intensify Anti-Narcotics Drive

■ HT NEWS NETWORK

KULGAM, JULY 11: Continuing its crackdown under the "Nasha Mukht Jammu and Kashmir Abhiyan", Kulgam Police on Saturday arrested two alleged drug peddlers and recovered 13.8 grams of heroin-like contraband, along with a digital weighing machine and silver foil, during a naka checking at Qazigund. According to an official statement, a police team led by the Station House Officer (SHO) of Police Station Qazigund established a checkpoint at Wanpora near the bridge. During the checking, a Hyundai i20 bearing registration number JK01BA-6269 was intercepted with two occupants on board.

During the search of the vehicle, the police recovered 13.8 grams of heroin-like contraband substance, one digital weighing machine and a silver foil. The recovered items were seized as evidence, and the vehicle used in the commission of the offence was also taken into custody.

The accused have been identified as Towseef Ahmad Khan, son of Tariq Ahmad Khan, and Zaheen Fayaz Bhat, son of Fayaz Ahmad Bhat, both residents of Batmaloo, Srinagar. Both were arrested on the spot.

In this connection, FIR No. 178/2026 under Sections 8/21 and 29 of the NDPS Act has been registered at Police Station Qazigund, and further investigation has been initiated.

Kulgam Police reiterated its commitment to intensifying its campaign against drug trafficking and urged the general public to share any information regarding drug peddling or other anti-social activities. The police appealed for active public cooperation to eliminate the drug menace, emphasizing that narcotics continue to endanger the lives and future of the younger generation.

Thousands Join 25th Muharram Procession at Chainabal as Moulana Imran Reza Ansari Pays Tribute to Karbala Martyrs

Calls on faithful to uphold the teachings and values of Imam Hussain (AS) and Imam Zain-ul-Abideen (AS)

■ HT NEWS NETWORK

BARAMULLA, JULY 11: Thousands of mourners participated in the 25th Muharram procession at Chainabal in Pattan, Baramulla district, on Saturday, marking one of the major religious observances in the area. Organisers estimated that nearly 50,000 devotees attended the procession, which featured Marsiya Khwani (elegiac recitations) and traditional mourning rituals.

A religious congregation was also held to commemorate the martyrdom anniversary of Imam Zain-ul-Abideen (AS). The gathering was presided over by Moulana Imran Reza Ansari, who highlighted the life, patience, and sacrifices of Imam Zain-ul-Abideen (AS), emphasizing his pivotal role in preserving the message of Islam in the aftermath of the tragedy of Karbala.

Addressing the congregation, Moulana Ansari paid rich tributes to the martyrs of Karbala and urged the



faithful to uphold the teachings, values, and principles exemplified by Imam Hussain (AS) and Imam Zain-ul-Abideen (AS) in their daily lives.

The procession concluded peacefully, with thousands of devotees

participating in the Azadari and Zuljanah Sharif procession, reaffirming their devotion to the enduring legacy of Karbala and its timeless message of sacrifice, justice, and steadfastness.

PSA Honours Newly Elected Budgam Body

Dr Owais Mattoo Elected District President

■ FAROOQ RATHER

BUDGAM, JULY 11: The Private Schools' Association (PSA) on Saturday organised a grand Felicitation-cum-Award Ceremony in Budgam to honour its newly elected District Body and Zonal Presidents following the successful completion of the Association's democratic election process in the district.

During the ceremony, Dr Owais Mattoo was elected as the District President of PSA Budgam. The event witnessed the participation of school leaders, educationists, PSA office bearers and distinguished personalities from across Jammu and Kashmir.

Joint Commissioner, GST J&K, Dr Umair Mir (IRS), who attended as the Chief Guest, said education should prepare children not only for examinations and careers but also for life.

"In a rapidly changing world, classrooms must encourage curiosity, critical thinking, creativity and innovation instead of rote learning. Teachers are mentors

who shape the character of future generations, while parents and schools must work together to nurture responsible and ethical citizens," he said.

PSA Chief Patron and NISA Joint Secretary Dr G.N. Var congratulated the newly elected office bearers and stressed that every educational decision must place the child at the centre.

"The child must always remain the top priority. Parents entrust schools with their greatest asset, and it is our moral responsibility to provide quality education, discipline, values and compassion," he said, adding that private schools have consistently contributed to strengthening the education sector by producing responsible and confident citizens.

Former Joint Director, School Education Department, Mehboob Hussain, said government and private schools face similar challenges and should work together to prepare children for the future. He advocated introducing skill development from the primary



level and called for greater attention to students' mental health, stress management and protection from substance abuse.

PSA President Bilal Ahmad Bhat said the Association would continue working for the welfare of private schools while ensuring that every decision ultimately serves the best interests of students. He emphasized unity, transparency and meaningful educational reforms.

Former trade union leader and JK Civil Society Forum member Mir Fayaz described the election as "a victory of democracy, unity and institutional values." He urged private schools to take pride in their role as partners in

nation-building while ensuring the safety and well-being of every child.

PSA General Secretary (Organisation) Mohammad Syed Wani announced that the Association would organise free district-level teacher training programmes with national-level resource persons.

"Technology can support teachers, but it can never replace a well-trained, dedicated and inspiring teacher. Our priority will remain child-centric education, teacher empowerment and strengthening private education across Jammu and Kashmir," he said.

The ceremony also included

JKCCTU Demands Early Resolution of Employees' Issues at State Committee Meeting

■ FAROOQ RATHER

SRINAGAR, JULY 11: The Jammu and Kashmir Coordination Committee of Trade Unions (JKCCTU) on Friday held its State Committee meeting in Srinagar, where members representing various government departments discussed a range of issues concerning regular and non-regular employees.

During the meeting, the participants expressed concern over the delay in resolving long-pending service-related issues affecting different categories of employees. They observed that despite repeated assurances and sympathetic responses from the authorities, disparities in wages, honorarium, and salaries continue to persist.

The committee reiterated its commitment to serving society and contributing to better governance. At the same time, it urged the Lieutenant Governor and the Chief Minister to address the long-standing demands of employees at the earliest.

The key issues highlighted during the meeting included the regularisation of non-regular employees, implementation of the Minimum Wages Act, enforcement of the principle of "Equal Pay for Equal Work," removal of disparities in pay structures, and restoration of the Old Pension Scheme (OPS). The participants stressed that timely resolution of these issues would boost employee morale and improve the efficiency of public service delivery across Jammu and Kashmir.

Among those who attended the meeting were Abdul Rashid Najar, Fayaz Ahmad Bhat, Hooria Banoo, Sheikh Mohammad Ramzan, Amina Ji, Shah Nawaz Ahmad Bhat, Mushtaq Ahmad Bhat, Tartaz Ahmad Shah, Mohammad Rafeeq, Gulzar Ahmad Zargar, Abdul Hamid, Mohammad Yaqoob Bhat, Nazir Ahmad Tantary, Sareer Ahmad, Manzoor Ahmad Lone, Riffat Ji, Bilqeesa Ji, and Maroofa Ji.

Two-week NCM funded Mathematics School Concludes at NIT Srinagar

■ HT NEWS NETWORK

SRINAGAR, JULY 11: A two-week Instructional School for Teachers (IST) on "Theoretical and Numerical Aspects of Partial Differential Equations: Applications to Flow Dynamics" concluded on Saturday at the National Institute of Technology (NIT) Srinagar.

The programme, held from June 29 to July 11, 2026, was organised by the Department of Mathematics, NIT Srinagar, with financial support from the National Centre for Mathematics (NCM), a joint centre of the Tata Institute of Fundamental Research (TIFR), Mumbai, and IIT Bombay.

The instructional school brought together 42 faculty members, researchers, and teachers from universities and higher educational institutions across the country for an intensive academic programme focused on the theoretical and numerical aspects of partial differential equations (PDEs) and their applications in flow dynamics.

The valedictory ceremony was marked by the distribution of certificates to all participants in recognition of their successful completion of the programme. Faculty members of the Department of Mathematics, including Dr. Mehraj Ahmad Lone, Dr. Rameez Raja, Dr. Mushtaq Ahmad Bhat, Dr. Owais Ahmad, Dr. Idrees Qasim, Dr. Saleem Yousuf, Dr. Bilal Ahmad Wani and Dr. Sivaramakrishnan, actively participated in the successful organisation of the programme. Convener of the programme, Dr. Atendra Kumar, expressed satisfaction over the successful completion of the instructional school and thanked all participants for their active engagement.

"We are confident that the faculty members, students and research scholars who attended this programme will greatly benefit from the concepts, analytical methods and academic interactions they experienced here. These learnings will significantly contribute to their present and future research in applied mathematics and related disciplines," he said.

Dr. Atendra expressed gratitude to the National Centre for Mathematics (NCM) for sponsoring the programme and acknowledged the support extended by the Institute administration, the Department of Mathematics, organising team and all those who contributed to the successful conduct of the event.

He also thanked the distinguished resource persons for delivering high-quality lectures throughout the programme, including Prof. Muthukumar T (IIT Kanpur), Prof. Rajendra K. Ray (IIT Mandi), Dr. Tanmay Sarkar (IIT Jammu) along with tutorial instructors Mr. Arindam Sarkar (IIT Mandi) and Mr. Andleeb Hamid (NIT Srinagar), whose academic guidance and mentoring greatly enriched the learning experience. Speaking on the occasion, Dr. Zamrooda Jabben, Head, Department of Mathematics, congratulated the participants and appreciated their enthusiastic involvement throughout the two-week programme.

She said such academic initiatives provide an excellent platform for faculty members and researchers to strengthen their theoretical foundations while fostering collaboration with experts from premier institutions.

Participants praised the academic quality of the programme and the arrangements made by the organising team. Dr. Mohd Shuaib Akhtar from Aligarh Muslim University and Dr. Shyaman V.P. from Cettinad Institute of Technology (CARE), Tamil Nadu, among others, shared their positive feedback, describing the instructional school as academically enriching and highly beneficial for teaching and research.

DC Ganderbal visits Yatra Transit Camp Manigam, takes stock of facilities for devotees

Directs highest standards of facilities for Shri Amarnath Ji Yatris

HT NEWS NETWORK

GANDERBAL, JULY 11: Deputy Commissioner (DC) Ganderbal, Jatin Kishore, today visited the Yatra Transit Camp at Manigam to review the arrangements and facilities put in place for the smooth stay and welfare of Shri Amarnath Ji Yatris.

During the visit, the DC undertook a comprehensive inspection of the camp and reviewed the functioning of various facilities, including medical services. He interacted with patients and healthcare staff to assess the quality of services and directed the medical teams to remain fully prepared to provide prompt and efficient healthcare to every pilgrim.

The DC also inspected sanitation and cleanliness arrangements across the transit camp and instructed the concerned departments to maintain the highest standards of hygiene to ensure a



clean, healthy and comfortable environment for the pilgrims.

As part of the visit, the DC interacted with officers deployed at the camp, inspected various

langars and met with the Yatris to receive firsthand feedback about the facilities and services being provided. He reiterated that the comfort, safety and well-

being of every pilgrim must remain the top priority of all departments.

Emphasizing a pilgrim-centric approach, the DC directed all officers and frontline staff to extend every possible assistance to the Yatris with courtesy, compassion and promptness, ensuring that no pilgrim faces any inconvenience during their stay at the transit camp.

The DC also stressed close coordination among all line departments to ensure seamless delivery of essential services and immediate redressal of any issues arising at the camp.

Among others, the visit was attended by Assistant Commissioner Revenue Ganderbal, who is also the Nodal Officer for Yatra Transit Camp Manigam, Police incharge Transit Camp Manigam, officers from R&B, KPDC, Jal Shakti, Municipal Council Ganderbal, Information Department and other concerned officers.

DLSA Ganderbal organises Legal Awareness Programme on World Population Day at DH Ganderbal

HT NEWS NETWORK

GANDERBAL, JULY 11: In observance of World Population Day, 2026, District Legal Services Authority (DLSA), Ganderbal, under the guidance of Abdul Nasir, Chairman, DLSA, (Principal District & Sessions Judge), Ganderbal and under the supervision of Sheikh Babar Hussain, Secretary, DLSA Ganderbal, organised a Legal Awareness Programme at District Hospital (DH), Ganderbal.

The programme was conducted with the objective of creating awareness regarding population issues, reproductive health, family welfare, and the legal rights and entitlements available to citizens.

On the occasion, Assistant Legal Aid Defence Counsels acted as Resource Persons and sensitised the participants on the importance of population stabilisation, maternal and reproductive health, responsible parenthood, gender equality, and the role of legal awareness in promoting the well-being of families.

The Resource Persons also highlighted the provisions of the Legal Services Authorities Act, 1987, informing the participants about their right to free legal aid, the legal assistance available through Legal Services Institutions, and the importance of seeking legal remedies for



the protection of their rights.

The programme witnessed active participation from the hospital officials and staff, who appreciated the initiative undertaken by DLSA Ganderbal to spread awareness on issues of public importance.

The programme concluded on an interactive note, with participants seeking clarification on various legal and social issues relating to population and reproductive health. The Resource Persons responded to the queries in detail and emphasised the importance of legal awareness in empowering citizens to safeguard their rights and avail free legal aid.

Secretary DLSA Ganderbal reviews implementation of 'Pragya' Scholarship Scheme

HT NEWS NETWORK

GANDERBAL, JULY 11: Secretary, District Legal Services Authority (DLSA), Ganderbal, who is also holding the additional charge of District Legal Services Authority, Bandipora, Sheikh Babar Hussain today convened a virtual meeting to review the implementation of the 'Pragya' Scholarship Scheme and discuss the identification of vulnerable girl students eligible for scholarship assistance.

The meeting was attended by all Para Legal Volunteers (PLVs) of District Legal Services Authorities, Ganderbal and Bandipora.

During the meeting, the Secretary highlighted the objectives of the 'Pragya' Scholarship Scheme, stating that it aims to provide financial assistance to vulnerable girl students to enable them to continue their education.

He informed that the scheme covers girl students who have lost both parents, those who have lost the bread-winning parent, girls with physical disabilities whose parents are unable to support their education, girls whose fathers are in jail and whose mothers are not earning enough to support their education, tribal girls from economically disadvantaged families, and other similarly placed vulnerable girl students.

The Secretary directed all Para Legal Volunteers of both districts to undertake door-to-door identification and verification of eligible beneficiaries in their respective areas.

He instructed them to verify the supporting documents, socio-economic background and living conditions of the identified beneficiaries and submit detailed verification reports to the respective District Legal Services Authorities by July 13, 2026.

The Para Legal Volunteers were further asked to identify deserving vulnerable girl students from their respective villages and areas, wherever required, strictly in accordance with the eligibility criteria prescribed under the 'Pragya' Scholarship Scheme.

Emphasizing the importance of a transparent and sensitive approach, the Secretary directed that the identification and verification process be carried out with utmost confidentiality, fairness and diligence to ensure that the benefits of the 'Pragya' Scholarship Scheme reach the most deserving and vulnerable girl students in Ganderbal and Bandipora districts.

DIRECTOR EXTENSION SKUAST-K VISITS KVK BANDIPORA-1, REVIEWS RESEARCH AND EXTENSION ACTIVITIES

HT NEWS NETWORK

BANDIPORA, JULY 11: Director Extension, Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K), Dr. Raihana Habib Kanth, today visited KVK Bandipora-1 to review its ongoing research, demonstration, and extension activities.

On the occasion, Senior Scientist and Head, KVK Bandipora-1, Dr. Tariq Sultan, briefed the Director about the Centre's major research, frontline demonstrations, extension programmes, and innovative initiatives undertaken for the benefit of the farming community.

During the visit, the Director inspected the Lotus Demon-

stration Plots, Makhana Demonstration Plots, Water Chestnut Units, Paddy Research Fields, High-tech Greenhouses, and other research and demonstration units established at KVK Bandipora-1. She reviewed the technologies being promoted by the Centre and appreciated their potential in enhancing crop diversification, improving farm productivity, and generating sustainable livelihood opportunities for farmers.

Interacting with the scientists, Dr. Raihana Habib Kanth emphasized the importance of strengthening the linkage between research and extension to ensure the effective dissemination of scientific technologies



among farming communities. She highlighted the need for continued field demonstrations, farmer capacity building, and timely technical advisories to address emerging challenges in agriculture.

The Director appreciated the dedication and commitment of the scientists and staff of KVK Bandipora-1 in promoting innovative and location specific technologies. She observed that the Centre's initiatives in Lotus, Makhana, Water Chestnut, protected cultivation, and improved paddy production have significant potential to support sustainable agriculture, diversify farming systems, and enhance farmers' income in the district.

She also appreciated the well

maintained research farms and demonstration units and commended KVK Bandipora-1 for its valuable contribution towards strengthening agricultural extension and improving the socio-economic well-being of the farming community.

The visit concluded with a review of the Centre's future action plan. Dr. Raihana Habib Kanth assured continued institutional support for strengthening research and extension programmes and expressed confidence that KVK Bandipora-1 would continue to serve as a centre of excellence in technology dissemination and farmer empowerment through scientific and need based interventions.

DC Rajouri reviews progress under SAMAGRA Shiksha, PM POSHAN Schemes

HT NEWS NETWORK

RAJOURI, JULY 11: Deputy Commissioner Rajouri Abhishek Sharma, today chaired a comprehensive review meeting to assess the implementation and progress of the SAMAGRA Shiksha and PM POSHAN schemes in the district.

The Deputy Commissioner reviewed the facilities available in Kasturba Gandhi Balika Vidyalayas (KGBVs) and took stock of the functioning of seasonal education centres established in upper and remote areas during the summer season to ensure uninterrupted education for children. Emphasising regular monitoring, he directed the concerned officers to submit weekly reports on the activities and functioning of these centres.

The meeting also reviewed the



physical and financial progress of works being executed under SAMAGRA Shiksha. The Deputy Commissioner instructed the executing agencies to ensure timely completion of all ongoing projects while maintaining prescribed quality standards. He directed officers to closely monitor progress and resolve bottlenecks without delay.

A detailed review of the human resource position under SAMAGRA

Shiksha was also conducted. Discussions focused on the availability of teaching and non-teaching staff, measures to strengthen educational institutions and the enrolment status in both government and private schools.

Reiterating the district administration's commitment to improving the education sector, the Deputy Commissioner called for close coordination among all stakeholders to ensure effective implementation of educational schemes and timely achievement of the intended outcomes. The meeting was attended by ADDC Malik Zada Sheraz Ul Haq, ADC Ramkesh Sharma, ADC Dil Mir, ADC Pritam Lal Thapa, SDM Abid Hussain Shah, CPO Maqsood Ahmed, SE PWD (R&B) Manzoor Ahmed, Chief Education Officer and other concerned officers.

District admin Kishtwar disburses funds under PM-RAHAT Scheme

HT NEWS NETWORK

KISHTWAR, JULY 11: The district administration Kishtwar under the leadership of Deputy Commissioner Pankaj Kumar Sharma successfully disbursed the treatment funds received through MoRTH to the eligible beneficiaries through PFMS, thereby effectively implementing the Prime Minister's Road Accident Victims' Hospitalisation and Assured Treatment (PM-RAHAT) Scheme.

The district administration has ensured the effective rollout of the PM-RAHAT Scheme, which provides cashless treatment to eligible road accident victims during the critical golden-hour period, thereby enhancing the chances of survival through timely medical intervention.

As part of the implementation, the Office of the Deputy Commissioner Kishtwar has facilitated the disbursement of 4,200 (Rupees Four Thousand Two Hundred only) to the concerned empanelled hospital for the treatment of an eligible beneficiary under the scheme, marking a landmark in the operationalisation of the initiative in the district of the Union Territory of Jammu and Kashmir.

Since the launch of the scheme in the district, 36 cases have been registered on the PM-RAHAT portal, of which 23 cases have been approved after police verification, while 13 cases were rejected due to ineligibility. Notably, there are currently no pending or pre-approved cases, reflecting prompt verification and efficient inter-departmental coordination.

It is pertinent to mention here that the Motor Vehicle Department Kishtwar under the directions of the Deputy Commissioner conducted various awareness programs at multiple locations across the district regarding the PM-RAHAT Scheme.

The successful implementation of the scheme has been made possible through the coordinated efforts of the district administration, Police, Transport Department and other stakeholders, ensuring seamless processing of cases and timely financial assistance to healthcare institutions.

DC Rajouri calls for mission-mode implementation of MY Bharat

Focuses on Youth Registration across the district especially border villages

HT NEWS NETWORK

RAJOURI, JULY 11: Deputy Commissioner Rajouri Abhishek Sharma, today chaired a meeting of the District Advisory Committee (DAC) to review the implementation of the MY Bharat initiative, with a focus on maximizing youth registration, strengthening departmental participation and enhancing coordination across the district.

At the outset, the Deputy Commissioner reviewed institution-wise registrations on the MY Bharat portal, covering Government Degree Colleges, schools, Industrial Training Institutes (ITIs) and other educational institutions. A subdivision-wise

assessment was also conducted to identify areas requiring intensified registration efforts.

The Deputy Commissioner directed all officers to ensure maximum enrolment of youth on the MY Bharat portal by mobilizing educational institutions, youth clubs and volunteers. He emphasized that greater participation would enable young people to benefit from the platform's opportunities for experiential learning, volunteerism and nation-building.

Highlighting the importance of convergence, the DC instructed officers to integrate MY Bharat with flagship initiatives such as Mission YUVA, Dharti Aaba Janjatiya Gram Utkarsh Abhiyan

(DAJGUA) and the Vibrant Villages Programme (VVP). He laid special emphasis on conducting intensive registration drives in the district's 143 border villages to ensure the active participation of youth from remote and border areas. To streamline implementation, all Additional Deputy Commissioners were directed to prepare and share comprehensive calendars for registration and outreach activities within their respective jurisdictions. The Deputy Commissioner also reviewed the onboarding status of government departments on the MY Bharat portal and instructed every department to prepare activity calendars and regularly upload

programmes, awareness campaigns and volunteer initiatives to the portal. Special emphasis was laid on the registration of Aapada Mitras to strengthen disaster preparedness and community resilience. The concerned departments were asked to expedite the registration process and encourage wider participation of trained volunteers. To improve coordination and accountability, the Deputy Commissioner directed every department to nominate a dedicated Nodal Officer responsible for registrations, activity planning, timely uploading of events and coordination with the district administration. Reiterating the transformative potential of MY

Bharat, the Deputy Commissioner called upon all stakeholders to work in close coordination to make the initiative a vibrant youth movement across Rajouri, ensuring meaningful participation from every educational institution, government department and village.

The Deputy Commissioner also reviewed the progress under Mission YUVA and directed the concerned officers to expedite the disbursement of benefits to eligible beneficiaries in a time-bound manner. He stressed the need to intensify awareness and outreach through Yuva Doots to motivate unemployed youth towards entrepreneurship, self-employment.

JKAACL Organises One-Day Hussaini Poetic Symposium at Khanqah-e-Hyderi, Aishmuqam



■ **JAMEEL ANSARI**

SRINAGAR, JULY 11: The Jammu & Kashmir Academy of Art, Culture and Languages (JKAACL) today organised a Day Long Hussaini Poetic Symposium at Khanqah-e-Hyderi, Aishmuqam, to commemorate the timeless message of sacrifice, truth, justice, and human dignity embodied by the martyrdom of Hazrat Imam Hussain (AS). The programme was presided over by Dr. Sameer Siddique, Patron

of Khanqah-e-Hyderi, while noted scholar and writer Nadir Ahsan attended as the Chief Guest.

The proceedings commenced with the recitation of the Holy Qur'an. Jawaid Iqbal Khan, Editor (Kashmiri), JKAACL, delivered the welcome address and greeted the distinguished guests and participants. In his address, he highlighted the enduring relevance of the message of Karbala, describing it as a universal symbol of truth, courage, justice and resistance against

oppression.

The keynote address was delivered by Riyaz Ahmed Riyaz, who eloquently reflected on the philosophy of Karbala and the universal teachings of Hazrat Imam Hussain (AS). He observed that the message of Karbala transcends time and geography, inspiring humanity to uphold truth, justice, compassion, and steadfastness in the face of oppression.

In his presidential address, Dr. Sameer Siddique said that the life

and martyrdom of Hazrat Imam Hussain (AS) continue to inspire humanity to uphold righteousness, compassion, and moral integrity. He emphasised the need to imbibe the values of Karbala in contemporary society.

Speaking on the occasion, Nadir Ahsan observed that Karbala is not merely a historical event but an eternal lesson in steadfastness, sacrifice and the triumph of truth over falsehood. He urged people to draw inspiration from the teachings of

Imam Hussain (AS) in addressing the moral and social challenges of the present time.

The symposium also featured a grand Hussaini poetic session, in which the poets presented their poems and paid rich tributes to Hazrat Imam Hussain (AS) and the martyrs of Karbala. Their thought-provoking verses eloquently conveyed the eternal values of sacrifice, faith, justice, and unwavering commitment to truth, captivating the audience.

The vote of thanks was presented by Dr. Gulzar Ahmad Rather, who expressed gratitude to the distinguished guests, poets, participants, and organisers for making the symposium a success. He reiterated the Academy's commitment to promoting literary, cultural, and spiritual traditions through Suchitra meaningful programmes. The proceedings of the programme were conducted by Maqbool Sajid, who efficiently compered the event and ensured its smooth conduct.

Best Dancer of J&K 2026 – Season 9 Draws Enthusiastic Participation in Jammu

■ **HT NEWS NETWORK**

JAMMU, JULY 11: Acharya Academy for Dance & Fitness successfully organised "Best Dancer of J&K 2026 – Season 9" on Saturday at Jammu Club, M.A. Stadium, Jammu, witnessing enthusiastic participation from aspiring dancers from across the Union Territory.

The event, organised under the leadership of Director Mr. Raj Kumar Shavotra, provided a vibrant platform for talented dancers to showcase their artistic skills, creativity, and passion before an enthusiastic audience. Participants from different age groups delivered



energetic performances in various dance forms, making the competition a grand celebration of talent and performing arts.

The programme was graced by Shri Jasmeet Singh, JKAS, Regional Transport Officer (RTO), Jammu, as the Chief Guest.

The event was honoured by the presence of distinguished Guests of Honour:

- Shri Davinder Seth, Social Activist
- Shri Daleep Dhar, Personal Assistant, State Procurement & Supplies Agency, Department of RDD&PR
- Shri Virender Gupta, DySP, Criminal Investigation Department (CID), Special Branch, Jammu
- Shri Anil Sharma, Under Secretary to the Government, Industries & Commerce Department, Civil Secretariat, J&K Addressing the gathering, the dignitaries appreciated the efforts of Acharya Academy for Dance & Fitness in promoting dance and nurturing young talent. They encouraged participants to pursue their passion with dedication and discipline, stating that such platforms play a vital role in building confidence, creativity, discipline, and overall personality development among the youth. The event was expertly anchored by renowned compere Rahul Manhas, whose lively presentation and engaging interaction with the audience added charm and excitement to the programme, ensuring its smooth and entertaining conduct throughout.

Speaking on the occasion, Director Mr. Raj Kumar Shavotra expressed gratitude to all participants, parents, judges, sponsors, supporters, and guests for making the ninth season of the event a grand success. He stated that Best Dancer of J&K has emerged as one of the premier dance competitions in the region, providing a valuable platform for aspiring artists to showcase their talent and gain recognition.

The programme concluded with the presentation of trophies, medals, certificates, and mementoes to the winners and participants. Acharya Academy for Dance & Fitness reaffirmed its commitment to promoting dance, fitness, and cultural excellence by organising more such talent platforms in the future.

Tulkul Arts and Media Collective Condolences Death of Chirag, Son of Rajiv Gandhi Foundation CEO

■ **GULFAM BARJI**

SRINAGAR, JULY 11: Tulkul Arts and Media Collective has expressed profound grief and heartfelt condolences on the untimely demise of Chirag, the beloved son of Shri Vijay Mahajan, CEO of the Rajiv Gandhi Foundation, New Delhi. Chairman

Rayees Wathori, on behalf of the Collective, conveyed his deepest sympathies to Shri Vijay Mahajan and his bereaved family. He described Chirag's passing as a tragic and irreparable loss and said that the entire Collective stands with the family in this moment of profound sorrow. The members of the Collective prayed for

the eternal peace of the departed soul and wished strength, courage, and resilience for the bereaved family to endure this difficult time. Tulkul Arts and Media Collective reaffirmed its solidarity with Shri Vijay Mahajan and his family, sharing in their grief and extending sincere prayers for the eternal peace of the young soul.



SAT SHARMA ASKS BJP MAHILA MORCHA TO LEAD WOMEN'S OUTREACH, EXPOSE NC'S MISGOVERNANCE

■ **HT NEWS NETWORK**

JAMMU, JULY 11: J&K BJP President and Rajya Sabha MP Sat Sharma chaired a meeting of the BJP Mahila Morcha at the party headquarters, Trikuta Nagar, Jammu, to review the organizational activities of the Morcha and chalk out its future programmes aimed at strengthening the party's outreach among women across Jammu & Kashmir.

J&K BJP General Secretary Sanjita Dogra, BJP Secretary Reema Padha, BJP Mahila Morcha President Adv. Neha Mahajan, along with office bearers and senior members of

the Mahila Morcha participated in the meeting.

Sat Sharma, addressing the meeting, said that under the visionary leadership of Prime Minister Narendra Modi, women have emerged as equal partners in India's development journey. He said that the Modi government has transformed the lives of crores of women through historic welfare initiatives such as Beti Bachao Beti Padhao, Ujjwala Yojana, PM Awas Yojana Sukanya Samridhi Yojana, Poshan Abhiyaan, Matru Vandana Yojana, Lakhpati Didi initiative, Self Help Group empowerment programmes, and the Nari Shakti Vandan Adhinyam,

ensuring dignity, and financial independence.

Sat Sharma asked the Mahila Morcha to ensure that every eligible woman benefits from the welfare initiatives of the Modi government. He called upon the Morcha to ensure maximum participation of women in every organizational programme, stating that a stronger Mahila Morcha would further strengthen the BJP at every booth and every constituency.

Launching a sharp attack on the National Conference government, Sat Sharma said that instead of fulfilling the promises made in its election manifesto, the NC leadership

has resorted to diversionary politics and misinformation campaigns to escape public scrutiny over its failures.

Sanjita Dogra stressed that women workers are the backbone of the BJP's organizational strength and asked the Mahila Morcha to intensify its outreach by highlighting the achievements of the Modi government at the grassroots. She said every worker should become an effective ambassador of the government's welfare initiatives.

Reema Padha asked Mahila Morcha activists to identify beneficiaries of central schemes, address their concerns and ensure wider

public participation in the party's programmes through sustained social engagement.

Adv. Neha Mahajan assured the party leadership that the Mahila Morcha would further expand its organizational network and launch an extensive campaign to take the Modi government's women-centric schemes to every village and ward. She said the Morcha would actively involve more women in organizational programmes while exposing the failures and misleading propaganda of the National Conference government through continuous public outreach.

PCC delegation raises power supply issues in Miran Sahib with PDD

■ **HT NEWS NETWORK**

JAMMU, JULY 11: A delegation of the Progressive Citizens Council (PCC), Miran Sahib, on Saturday met Executive Engineer (XEN) Ashok Kumar Dubey and the Technical Officer (TO) of the Power Development Department (PDD) and highlighted the persistent electricity problems affecting Miran Sahib and adjoining areas of the R.S. Pura subdivision.

During the meeting, the delegation apprised the officials of frequent power outages, low voltage, unscheduled power cuts and other electricity-related issues that have been causing inconvenience to residents, particularly during the ongoing summer season. The members urged the department to take immediate remedial measures to ensure a stable and uninterrupted power supply.

The delegation said that irregular electricity supply has been adversely affecting domestic consumers, students, farmers, traders and small businesses. It also stressed the need for strengthening the power distribution network to meet the growing demand in the area.

Giving a patient hearing to the issues raised, Executive Engineer Ashok Kumar Dubey assured the delegation that the department was fully aware of the problems and that necessary corrective measures had already been initiated.



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Mr. Majid Chalkoo
Principal
Government Degree College, Uri

DATE
13th July, 2026 (Monday)

TIME
11:00 A.M. Sharp

VENUE
Government Degree College, Uri
Auditorium

We earnestly request your esteemed presence to grace the occasion and encourage our artists with your valuable support and blessings.

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HT EDITORIAL

A Shot in the Arm for Kashmir's Healthcare

In a move that serves as a powerful and welcome shot in the arm for Jammu and Kashmir's healthcare infrastructure, the administration's approval for 50 additional MBBS seats at Government Medical College, Srinagar, is a profoundly strategic and praiseworthy decision.

This is more than a simple increase in student capacity; it is a direct investment in the region's future, addressing the long-standing issue of brain drain and the perennial shortage of medical professionals. For years, countless talented students have had to leave the valley to pursue their medical ambitions, with many never returning to serve their home communities.

This expansion to 250 annual seats is a significant step towards reversing that trend, creating vital opportunities for our own youth to become the bedrock of a more resilient local health system.

The true value of this initiative lies in its potential to cultivate a generation of doctors who are not only clinically proficient but also deeply attuned to the unique cultural and environmental context of the region. A physician trained in the valley is inherently equipped with an understanding that cannot be taught in a textbook, fostering a stronger doctor-patient relationship built on shared experience and trust. Crucially, the fact that this expansion comes after rigorous vetting by the National Medical Commission provides confidence that this growth in numbers is supported by a solid foundation of quality, with the requisite faculty and infrastructure in place. It demonstrates a thoughtful approach to scaling up, ensuring that excellence in medical education remains paramount.

This commendable action lays the groundwork for a healthier, more self-reliant future for Jammu and Kashmir. To ensure this investment yields the greatest possible return for our society, the next logical step should be to develop a clear and compelling framework for public service. By creating attractive career pathways and incentives for these new graduates to serve in the district and rural hospitals where the need is most acute, we can ensure that the benefits of this educational expansion are felt in every corner of the Union Territory.

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Why Are We Harming Our Kashmir Valley?



■ SAHIL MANZOOR BHATTI

Kashmir is truly one of the most astonishing places in the world. Every year, people travel from far and wide to experience its beauty for recreation, research, trekking, winter sports, trade, and many other purposes. The Kashmir Valley is not merely a place on the globe; it is a priceless treasure blessed with breathtaking landscapes, magnificent mountains, crystal-clear rivers, and world-famous Mughal gardens such as Nishat Garden, Shalimar Garden, Pari Mahal, and Verinag.

Every corner of Kashmir offers a unique fragrance of nature. The cool breeze touching our cheeks, the lush vegetation, and the peaceful surroundings create an atmosphere that is both captivating and unforgettable. Anyone visiting Kashmir for the first time is likely to feel as though they have stepped into a dream.

The valley remains beautiful throughout the year. Its pleasant climate, majestic mountains of the Peer Panjal Range, sparkling streams, and scenic meadows make it one of the world's most attractive tourist destinations. Kashmir's warm hospitality has earned admiration from visitors across the globe. Tourists leave with unforgettable memories, photographs, and stories to share with their loved

ones. Every season—spring, summer, autumn, and winter—adds a unique charm to the valley and contributes greatly to the tourism sector.

Despite this natural paradise, I am deeply concerned about the way we are harming our own homeland. Pollution has become one of the greatest threats to the sustainable future of Kashmir. Unfortunately, many people believe that development means constructing more roads, large buildings, and hotels. While infrastructure is important, true development should never come at the cost of our environment. Development should improve the quality of life while protecting nature for future generations.

As a resident of Raiyar-Ich, Doodhpathri, I have witnessed these changes over the past fifteen years. Our village has increasingly suffered from air, water, noise, and soil pollution. There is no proper solid waste management system, and many people dispose of waste into nearby canals. This pollutes our water bodies and increases the risk of diseases such as hepatitis and other water-borne illnesses.

Before it is too late, we must educate and encourage local communities, especially those living near tourist destinations, to adopt proper waste disposal practices. We must keep our beautiful destinations clean, green, and free from environmental hazards. Protecting our environment is a shared responsibility.

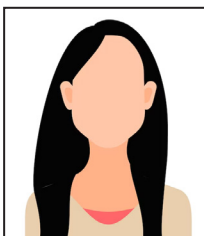
Development is meaningful only when it benefits society without destroying nature. It should be sustainable and continue serving generations to come. Development should not be measured solely by economic gains but by how well we preserve our natural heritage. Let us educate the younger generation, inspire them to care for nature, and work together to keep Kashmir clean and beautiful.

I conclude with a poem dedicated to my beloved homeland.

My Charming Kashmir
Oh, my Kashmir, oh my crown,
Why in the pleasant month of June
Do you still look so brown?
I love the summer, I long for heat,
Yet your valleys remain incomplete.
You are my pride, you are my crown,
Then why, dear Kashmir, do you look so brown?
My lofty mountains still feel cool,
My meadows remain beneath winter's rule.
I yearn for greenery, fresh and fair,
And gentle breezes in the air.
Oh, my Kashmir, oh my crown,
Why do you still look so brown?
This is truth and not a myth,
You are unique, with beauty rich.
You are charming, you are alluring,
Your timeless grace is so enduring.
I seek your charm, I seek your beauty,
Your splendour is my heart's duty.
Oh, my Kashmir, oh my crown,
Why do you still look so brown?
People travel thousands of miles,
To find your peace and wear your smiles.
They come to ease their weary minds,
Leaving anxiety and fatigue behind.
Yet I worry when summer turns white,
As pollen fills the air in sight.
I fear the dust that may surround
The beauty for which you are renowned.
Oh, my Kashmir, oh my crown,
Why do you still look so brown?

sahilmanzoor9419@gmail.com

From the Living Room to the Day of Judgement: The Terrifying Weight of Raising Sons



■ UZMA NAZIR

Parenting is not a personal lifestyle choice; it is a sacred trust, an amanah, for which parents are directly accountable before Allah. Every time a horrific headline shatters our collective conscience—whether it is a brutal assault case in budgam (Kashmir) of only 13 years and shocking exploitation cases from Sri gangadhar Rajasthan, or similar moral crises across the world—society follows a predictable, reactive script. We demand swift legal action. But courts are reactive; true prevention begins in our living rooms. As Frederick Douglass wisely said, "It is easier to build strong children than to repair broken men."

In Islam, this responsibility is made even clearer. Allah says: "O you who have believed, protect yourselves and your families from a Fire whose fuel is people and stones" (Surah At-Tahrim 66:6). This verse shows that parenting is not only about providing food, clothing, and education; it is about protecting faith, character, and moral direction.

■ The High Cost of Busy Parenting

We live in a tragic modern irony: we work harder than ever to provide material comfort, yet we leave our children unattended in the lawless wilderness of the internet. When parents are too busy, a dangerous psychological vacuum forms. This vacuum is quickly filled by toxic digital algorithms, gaming group chats, and harmful influences that gladly do the teaching before parents do.

The Prophet ﷺ said: "Every child is born upon fitrah..." meaning a natural pure state, and it is the parents who influence the child's development. This means the home is the first classroom, and what happens there shapes the future.

■ Islam and the Duty to Raise Men of Adab:

Islam commands men to lower their gaze. Respect and consent are not optional social preferences; they are religious obligations. Allah says: "Tell the believing men to lower their gaze and guard their chastity" (Surah An-Nur 24:30). This command is

Parents must treat children as an amanah. The Prophet Muhammad ﷺ said that no father can give his child anything better than good manners and noble character. This is why a son must understand that he is never entitled to another person's time, attention, or body. True masculinity must be anchored in emotional control, empathy, and the protection of the vulnerable, never in dominance, arrogance, or physical aggression

deeply relevant to raising sons in a world where entitlement, lust, and violence can be normalized.

Parents must treat children as an amanah. The Prophet Muhammad ﷺ said that no father can give his child anything better than good manners and noble character. This is why a son must understand that he is never entitled to another person's time, attention, or body. True masculinity must be anchored in emotional control, empathy, and the protection of the vulnerable, never in dominance, arrogance, or physical aggression.

This is also why parental example matters so deeply. As James Baldwin observed, "Children have never been very good at listening to their elders, but they have never failed to imitate them." Boys do not only learn from lectures; they learn from the way fathers speak to mothers, how adults handle anger, and whether home teaches respect or entitlement.

■ The Moral Duty to Examine Ourselves

Parents often blame external influences—modern media, the West, bad friends, or the internet—for a child's moral decay. But before blaming the world, we must ask what our own homes are teaching. As Carl Jung warned, "If there is anything we wish to change in the child, we should first examine it and see whether it is not something that could better be

changed in ourselves."

Islam strongly supports this principle of self-correction. The Prophet ﷺ said: "He is not one of us who does not show mercy to our young and respect to our elders." This hadith reminds parents that good character begins with mercy, gentleness, and humility inside the home. If we want sons who respect women, we must first model respect in the home. If we want children to use screens wisely, we must also show discipline in our own screen use.

■ The Hysterical Proof of Present Parenting:

History repeatedly shows that great minds are often shaped by highly intentional and present parents. Imam al-Bukhari was raised by a widowed mother who personally guided his education and helped shape history's greatest master of hadith. Imam al-Shafi'i learned under hardship because his mother refused to let poverty excuse parental duty. Thomas Edison, once dismissed by school, was transformed by a mother who believed in him and educated him at home.

These stories are not sentimental decorations. They are proof that presence, discipline, and sacrifice in parenting can shape the course of history. Islam honors this effort, because raising righteous children is one of the greatest forms of worship.

■ The Blueprint: Three Stages of Parenting

Parents must balance emotional security with strict boundaries. A child's moral development does not happen by accident; it requires deliberate stages of guidance.

■ Age 0 to 7 (play): Flood with Love

Children must be surrounded by affection, safety, and warmth so they never seek validation from predators online.

■ Age 7 to 14: Discipline and Tarbiyah

This is the stage for teaching boundaries, manners, internet safety, privacy, and the absolute law of consent. This is also the time to teach the commands of modesty, lowering the gaze, and respectful behavior, so that moral formation is being laid early.

■ Age 14 to 21 (friendship): Be a Trusted Advisor

Teenagers need guidance without humiliation. Parents should become non-judgmental advisors so children can openly report peer pressure, harmful influences, or moral confusion without fear of being crushed by shame. Islam encourages wisdom, mercy, and sincere advice, not harshness that closes hearts.

■ Why Prevention Must Begin at Home

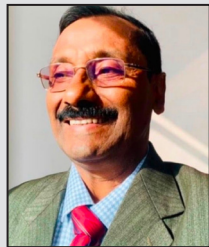
Our streets cannot be cleaned until our homes are reformed. Safety begins with the moral boundaries we instill today. A society that tolerates aggression in boys as a "passing phase" is a society that quietly manufactures future harm.

The goal is not merely to raise successful sons, but righteous ones. Sons who know that strength means self-control. Sons who understand that women are not to be consumed, mocked, or violated. Sons who carry adab as part of their identity.

■ From the Living Room to the Day of Judgment

Every correction, every silence, every example in the living room carries weight that will echo into eternity. The choices parents make today—whether to guide, protect, correct, or ignore—will be answered before Allah. And it may become one of the greatest acts of worship a parent can perform...

The author is a Clinical psychologist; worked as counsellor and headmistress



■ DR. RATAN BHATTACHARJEE

Silence in literature is rarely an absence of speech. It is often a language in itself, carrying memories, fears, emotions, and unspoken conflicts that words fail to express. In the fiction of Shashi Deshpande, silence becomes one of the most compelling narrative strategies through which she explores the complexities of human relationships, especially those involving women in patriarchal Indian society. Alongside silence appears another recurring metaphor—the shadow. Shadows represent memories, inherited traditions, psychological burdens, social expectations, suppressed identities, and invisible fears that accompany individuals throughout their lives. Together, silence and shadow create the emotional and philosophical landscape of Deshpande's novels and short stories. They define the lives of her protagonists, shape their decisions, and ultimately become instruments through which they seek self-awareness and freedom. Shashi Deshpande occupies a distinguished place in contemporary Indian English literature because she rejects melodrama and sensationalism. Instead, she examines the ordinary lives of middle-class Indian women whose inner struggles reveal profound truths about society, gender, marriage, family, identity, and personal autonomy. Her fiction is not driven by spectacular events but by subtle emotional movements, psychological introspection, and quiet resistance. Silence, therefore, is not merely imposed by external forces; it also becomes a protective shell, an emotional refuge, and sometimes an act of moral courage. Similarly, shadows are not simply symbols of darkness. They accompany every individual as reminders of the past, of inherited values, and of unresolved emotional conflicts that shape the present.

One of the finest examples of this artistic vision appears in the novel *That Long Silence*. The very title announces silence as its central metaphor. The protagonist Jaya has spent years suppressing her thoughts in order to preserve domestic harmony. Her marriage has demanded compromise, accommodation, and emotional restraint. She learns to adjust her aspirations according to the expectations of her husband and society. The silence she inhabits is neither accidental nor voluntary in its beginning. It is created by generations of patriarchal conditioning that teach women to maintain peace through self-denial. Jaya gradually realizes that silence has erased significant parts of her identity. Her writing, imagination, ambitions, and individuality have all retreated into shadows. Yet the novel does not advocate noisy rebellion. Instead, it presents self-recognition as the first meaningful step toward liberation. Breaking silence begins internally before it becomes verbal. The psychological journey from suppression to articulation represents one of Deshpande's greatest achievements.

The shadows surrounding Jaya are equally significant. They consist of memories of childhood, family expectations, marital disappointments, and inherited definitions of ideal womanhood. These shadows constantly influence her present actions. Deshpande demonstrates that individuals never exist independently of their past. Childhood experiences, parental attitudes, social customs, and cultural myths continue to shape adult consciousness. The shadow therefore functions as psychological continuity. It follows the individual even when circumstances change. Liberation requires not the destruction of these shadows but an understanding of their origin and power.

Deshpande's women frequently inhabit the space between tradition and modernity. They receive education, pursue careers, and participate in public life, yet they remain emotionally bound by deeply internalized cultural values. This tension creates another dimension of silence. Many of her protagonists cannot easily express dissatisfaction because they genuinely love their families. Their conflict is not between affection and hatred but between love and individuality. This complexity distinguishes Deshpande from many writers who portray domestic life only as oppression. Her families contain warmth, affection, humour, and

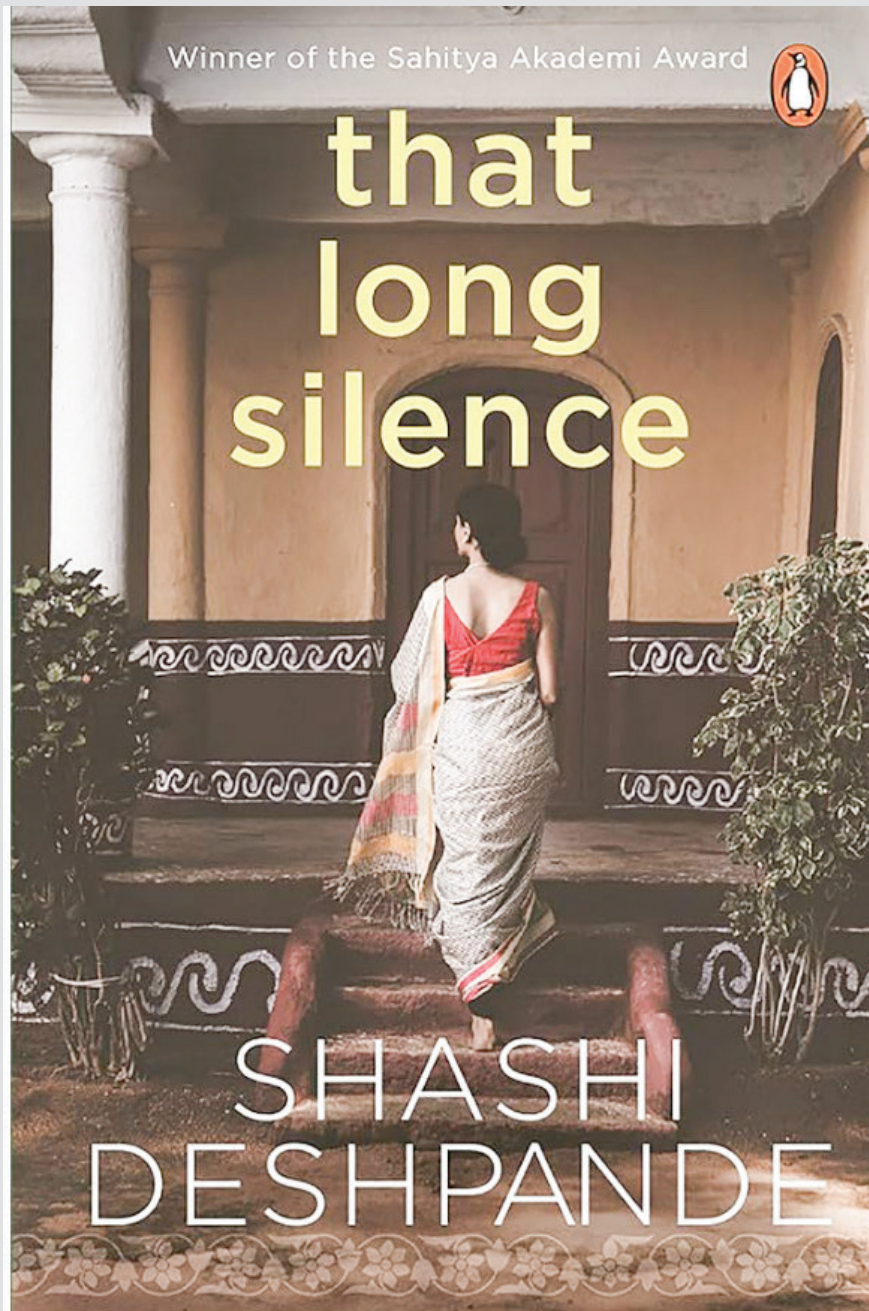


emotional dependence alongside inequality and misunderstanding. Silence therefore emerges from emotional complexity rather than simple victimhood. The women remain silent not only because society demands it but because relationships matter deeply to them. Their struggle is to preserve love without sacrificing selfhood.

Another important novel, *The Dark Holds No Terrors*, explores silence through psychological trauma. Sarita appears professionally successful as a doctor, yet her domestic life becomes increasingly oppressive. The silence within her marriage conceals humiliation, emotional violence, and deep loneliness. Deshpande carefully illustrates how external success cannot eliminate internal suffering. Sarita's childhood memories continue to cast long shadows over her adult existence. The preference shown by her mother toward her brother leaves emotional wounds that never completely heal. These childhood shadows influence her confidence, relationships, and perception of herself. The novel reveals how psychological shadows survive across decades, shaping responses long after the original events have passed. Healing requires confronting these buried memories rather than escaping them.

Silence also governs communication between generations in Deshpande's fiction. Parents often fail to understand their children because emotional expression has never been encouraged within the family. Important feelings remain unspoken until misunderstandings become permanent. Deshpande portrays families where affection exists but communication remains incomplete. Fathers rarely express tenderness openly. Mothers silently bear disappointments. Children interpret silence as indifference even when it conceals love. This emotional distance becomes one of the recurring tragedies of middle-class domestic life. The author neither condemns nor romanticizes these relationships. She simply reveals the invisible emotional barriers that shape ordinary existence. Deshpande's narrative style mirrors psychological reality where recollections appear unexpectedly, triggered by ordinary objects, places, or conversations. Shadows therefore function structurally as well as symbolically. They shape both the content and form of her fiction.

The symbolism of the house occupies a central place in Deshpande's exploration of silence. Homes in her novels represent both security and confinement. They provide emotional belonging while simultaneously limiting personal freedom. Rooms, corridors, windows, and kitchens become symbolic spaces where silence accumulates. The walls seem to absorb generations of unspoken emotions. Women move efficiently through domestic routines while carrying invisible burdens that remain unnoticed by others. The house thus becomes a metaphorical shadow extending over individual identity. Leaving



ing the house physically does not necessarily eliminate its psychological influence. The domestic environment continues to inhabit memory long after one departs. Deshpande challenges simplistic notions of empowerment by demonstrating that courage sometimes consists of patient endurance while at other times it requires difficult speech. The transition from silence to voice is gradual, painful, and deeply personal.

Masculinity also appears in shadows within Deshpande's fiction. Her male characters are themselves products of patriarchal expectations. Many struggle to express affection, vulnerability, or emotional dependence because traditional definitions of masculinity discourage such openness. Husbands, fathers, and brothers frequently become prisoners of social roles they never consciously chose. Their inability to communicate contributes significantly to domestic tensions. Deshpande therefore presents patriarchy not merely as a system that oppresses women but as one that emotionally impoverishes men as well. Silence extends across gender, although its consequences remain unequal.

Ultimately, silence and shadow in Shashi Deshpande's fiction are not symbols of defeat but stages in the journey toward selfhood. Silence conceals the possibility of speech, while shadow implies the presence of light. Her protagonists gradually learn that identity cannot flourish through perpetual self-erasure. They discover that acknowledging pain is the beginning of healing and that understanding one's inner life is essential for authentic relationships. Deshpande's remarkable artistic achievement lies in revealing extraordinary emotional depth within apparently ordinary lives. Her novels and stories illuminate the invisible landscapes of the human mind where silence speaks more eloquently than noise and where shadows preserve the memories, fears, and hopes that ultimately shape individual destiny. Through subtle characterization, psychological realism, and compassionate insight, she has created a body of fiction that continues to inspire readers and scholars alike, demonstrating that the quietest voices often carry the deepest truths and that within every

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shadow resides the possibility of illumination. *That Long Silence* (1988), representative of her fictional oeuvre winner of the Sahitya Akademi Award, is widely regarded as Shashi Deshpande's finest novel and one of the most significant works in Indian English literature. The novel is an intense psychological exploration of marriage, identity, gender inequality, and the struggle of a middle-class Indian woman to recover her own voice. Rather than presenting dramatic social conflicts, Deshpande examines the quiet emotional crises that define ordinary domes-

tic life. Through the protagonist Jaya, the novel investigates how years of silence, compromise, and self-suppression gradually erode individuality, while also suggesting that self-awareness can become the first step toward liberation.

The title itself is deeply symbolic and the stress on Silence is significant. "That Long Silence" refers not merely to the absence of speech but to decades of emotional repression. It signifies the silence imposed by patriarchal society, maintained within marriage, and internalized by women themselves. Jaya realizes that she has remained silent not only before her husband Mohan but also before her own conscience. The novel argues that silence may preserve domestic peace temporarily, but it ultimately destroys communication, mutual understanding, and personal identity. The novel also examines communication between generations. Mothers and daughters often inherit patterns of silence without consciously recognizing them. Women learn from earlier generations that endurance is a virtue and self-sacrifice defines ideal womanhood. Deshpande questions this inheritance while acknowledging its historical roots. She neither condemns tradition entirely nor glorifies modernity. Instead, she explores the difficult process of negotiating change within existing cultural frameworks.

Motherhood is portrayed with equal complexity. Jaya deeply loves her children, yet motherhood alone cannot fulfill her emotional and intellectual needs. Deshpande rejects sentimental stereotypes by presenting motherhood as one important aspect of female identity rather than its sole purpose. Women require opportunities for self-expression beyond domestic responsibilities. Language in *That Long Silence* reflects Deshpande's artistic restraint. Her prose is simple, lucid, and conversational, yet rich in psychological nuance. She avoids dramatic rhetoric, allowing ordinary conversations, pauses, and silences to reveal emotional tensions. Much remains implied rather than explicitly stated. This understated style mirrors the novel's central concern with unspoken emotions.

From a feminist perspective, the novel is highly significant because it exposes the invisible mechanisms through which patriarchy operates. Deshpande does not focus primarily on legal inequality or physical oppression. Instead, she examines subtle psychological conditioning that persuades women to silence themselves in the name of family harmony. Her feminism is rooted in everyday experience rather than ideological slogans. She advocates self-awareness, communication, and equality rather than confrontation for its own sake. The ending of the novel is deliberately open and realistic. Jaya does not suddenly become a revolutionary figure, nor does her marriage undergo miraculous transformation. Instead, she arrives at a new understanding of herself and recognizes the necessity of breaking her long silence. This realization marks the beginning rather than the completion of change. Deshpande suggests that meaningful transformation starts with honest self-recognition and truthful communication.

That Long Silence for the symbolical focus on silence and shadows remains one of the landmark novels of Indian English literature because it gives literary expression to the inner lives of countless women whose experiences often remain invisible. Through Jaya's journey from silence toward self-awareness, Shashi Deshpande reveals the emotional costs of conformity and the enduring human need for identity, dignity, and authentic communication. The novel's enduring appeal lies in its psychological realism, subtle characterization, restrained narrative style, and profound exploration of the silent spaces within family life. It reminds readers that silence may preserve appearances, but only honest dialogue can sustain meaningful human relationships. In presenting the ordinary experiences of one middle-class woman with extraordinary psychological insight, Deshpande creates a work of universal significance that continues to inspire literary criticism, feminist discourse, and readers across generations.

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41 juice cures you should know about

Ag es ago, juice cures were very common as people relied more on home remedies than medicines. If we refer back to them, we can find juice cures for almost all health issues. Wondering how they work? Let's have a look.

The treatment of diseases through an exclusive diet of fruits and vegetables is known as raw juice therapy. It is also called juice fasting or juice cure. During the therapy, the eliminative and cleansing capacity of organs (lungs, kidneys, liver and skin) increases. As a result of this, all the accumulated metabolic waste and toxins are eliminated from the body. Raw juice therapy is considered by many as the most effective way to rejuvenate and detoxify the body and restore health.

The raw juice therapy allows your digestive system to rest because digesting raw juice doesn't put much pressure on the digestive system. This translates into a better and quicker absorption of nutrients by the body.

The process is very simple because all you need to do is blend different fruits and vegetables and consume them to manage the symptoms of an ailment. To get the maximum benefit from fruits and vegetables, use a '900 watt' slow electric juicer to blend them. Make sure you consume the juice immediately to ensure no loss of nutrients because fruits and vegetables may become stale after you peel their outer skin and lose some of their nutritive value.

Juice therapy can be used as the only diet if you want better and quicker results. But in that case, you need to take juice every three hours to maintain your health. If you do not find this comfortable, the therapy can be carried along with your normal diet.

You must have also noticed that when you get sick and consult a doctor, the doctor advises you to have fresh fruits, juice and vegetables. The reason behind this is the same as explained above.

But if you take a juice that's not advised during the kind of sickness you have, your condition can get worse. Every juice is not good for every disease and problem. But overall, raw juices are beneficial and have rejuvenating and revitalising effect on all functions of the body.

There are many positive outcomes of juice therapy, such as follows:

:- Raw juices contain certain natural medicines, antibiotics and vegetal hormones. For example, fresh juice of onion, tomato, garlic and radish contain antibiotic substances, string bean contains insulin like substance and cucumber and onion juice have the hormone needed by the pancreas to produce insulin.

:- Raw juices are rich in alkaline elements, which help to normalise acid-alkaline balance in our body. Like in most of the health conditions, there is excess acidity in the body. Juices can help prevent it.

:- Raw juices have good amount of easily absorbable organic minerals like calcium, potassium and silicon. These minerals help in restoring biochemical and mineral balance in the cells and tissues and thus, prevent premature ageing.

:- Raw juice helps in speedy recovery by supplying needed elements for body's healing process and cell regeneration.

:- The best part about raw juices is that they require no digestion and all the nutrients get absorbed into the bloodstream directly.

Here is a list of 41 different disease with their respective "Raw Juice Therapy"

1. **ACIDITY** - Grapes, orange, sweet lime, carrot and spinach

2. **ACNE** - Pear, plum, grapes, tomato, cucumber

3. **ALLERGIES** - Apricot, grapes, beet, spinach and carrots

4. **ANAEMIA** - Prune, red grape,

radish and celery

8. **BLADDER AILMENTS** - Apple, watercress, parsley, celery, lemon, cucumber, carrot

9. **BRONCHITIS** - Onion, carrot, peach, tomato, pineapple, lemon

10. **CELLULITE** - Carrot, apple, ginger, beet

11. **CONSTIPATION** - Carrot, Apple, spinach

12. **COLDS** - Spinach, celery, carrot, onion, grapefruit, pineapple

13. **DIABETES** - Citrus fruits, celery, lettuce, spinach and carrots

14. **DEPRESSION** - Carrot, Apple, Beetroot, Spinach

15. **DIARRHOEA** - Papaya, lemon, pineapple, carrot and celery

16. **ECZEMA** - Cucumber, beetroot, red grapes, spinach

17. **EPILEPSY** - Figs, red grapes, carrot, celery, spinach

18. **EYE DISORDERS** - Apricot, tomato, parsley, spinach, celery

19. **FATIGUE** - Carrot, lemon, oranges, spinach

20. **GOUT** - Red sour cherries, tomato, cucumber, spinach, carrot, celery

21. **.HALI-** Apple, to-celery, car-

22. **HANGOVER** - Pineapple, honey

23. **HEADACHE** - Grapes, lemon, carrot, lettuce, spinach

24. **HEART DISEASES** - Beet, spinach, red grapes, lemon, cucumber, carrot, grapefruit

25. **HIGH BLOOD PRESSURE** - Grapes, or-

beetroot, celery, strawberry, carrot and spinach

5. **ARTERIOSCLEROSIS** - Grapefruit, pineapple, celery, lettuce and spinach

6. **ARTHRITIS** - Pineapple, sour apple, sour cherry, lemon, grapefruit, cucumber, beetroot, spinach, grapefruit

7. **ASTHMA** - Apricot, lemon, peach, carrot,



DO YOU KNOW A SIMPLE EYE TEST CAN NOW DETECT GLAUCOMA?

Researchers have developed a simple eye test that could help solve the biggest global cause of irreversible blindness—glaucoma, by detecting the onset of the disease at a very early stage. Loss of sight in patients with glaucoma is caused by the death of cells in the retina at the back of the eye. This cell death is called apoptosis.

The new technique called DARC, stands for detection of apoptosing retinal cells.

It uses a specially developed fluorescent marker which attaches to cell proteins when injected into patients. Sick cells appear as white fluorescent spots during eye examination.

In clinical trials, the pioneering diagnostic — developed by researchers at the University College London (UCL) and the Western Eye Hospital in England — allowed doctors to see individual nerve cell death in the back of the eye.

"Detecting glaucoma early is vital as symptoms are not always obvious. Although detection has been improving, most patients have lost a third of vision by the time they are diagnosed," said lead researcher Professor Francesca Cordeiro of the UCL Institute of Ophthalmology.

"Now, for the first time, we have been able to show individual cell death and detect the earliest signs of glaucoma. While we cannot cure the disease, our test means treatment can start before symptoms begin."

Glaucoma affects an estimated 60 million people in the world, with one in 10 suffering total sight loss in both the eyes.

Initial clinical trials were carried out on a small number of glaucoma patients and compared with tests on healthy people. The initial clinical trials established the safety of the test for patients, according to a study published in the journal BRAIN.

The researchers believe the test has potential for early diagnosis of other degenerative neurological conditions, including Parkinson's, Alzheimer's and multiple sclerosis.

"In the future, the test could also be used to diagnose other neuro-degenerative diseases," Cordeiro said. **PTI**

Suffering from inflammatory bowel diseases? Include this in your diet to ease the symptoms!

Are you suffering from inflammatory bowel diseases? If yes, then start eating a diet supplemented with soy protein as it may serve as an effective adjunct therapy and can also help to ease the symptoms of the disease.

Penn State researchers reported the results after completing a study that included mice and cultured human colon cells.

The findings are significant because inflammatory bowel diseases, including ulcerative colitis and Crohn's disease, are characterized by either continuous or periodic inflammation of the colon and represent a significant risk factor for colon cancer.

Inflammatory bowel diseases, also known as IBD, has affected nearly four million people worldwide and have an economic impact of more than \$19 billion annually in the United States alone.

Joshua Lambert, associate professor of food science in the College of Agricultural Sciences said, the development of dietary strategies to mitigate IBD is of considerable public health importance.

He added that his team found that soy-protein concen-



trate can exert antioxidant and cytoprotective effects in cultured human bowel cells and can moderate the severity of inflammation in mice that have an induced condition similar to ulcerative colitis.

Zachary Bitzer and Amy Wopperer, former graduate students in the Department of Food Science and the lead researchers, substituted soy-protein concentrate into the diet of the mice and removed corresponding amounts

of the other protein sources, equaling about 12 percent. They kept human equivalents in mind as they determined the amount.

Bitzer said, "We didn't want to get carried away with using doses that were really high and would crowd out all the other protein that was there."

"Instead, we wanted to find a scenario that was going to fit into a more human-relevant situation."

The dietary soy-protein con-

centrate at the 12-percent dose level ameliorated body-weight loss and swelling of the spleen in the mice with induced inflammatory bowel disease.

Wopperer said, "Soy-protein concentrate mitigates markers of colonic inflammation and loss of gut barrier function in the mice with induced IBD."

Follow-on studies will focus on whether the results of this research with mice, published in The Journal

of Nutritional Biochemistry, are readily translatable to people.

Because soy protein is a widely used food ingredient — often used as a meat substitute and commonly referred to as "texturized vegetable proteins" in ingredient lists — Lambert believes human studies could be arranged in the near future.

"Since it is already out there commercially, that makes it more straightforward," he said. "But practically speaking, the actual clinical studies are a little bit out of our area of expertise. I think the most likely thing to happen will be for us to try to identify a collaborator either through the Clinical Translational Science Institute on campus or with someone at the Penn State College of Medicine Inflammatory Bowel Disease Center."

However, Lambert's laboratory soon will start a related investigation of whether the inflammation-moderating effects triggered in the mouse colons are due solely to the soy protein or also may be caused by soy fiber. Soy-protein concentrate is 70 percent protein by weight, but it also has quite a bit of soybean fiber in it, he explained. **Courtesy EMJ**

Bedtime habits for good sleep

Like with most other things, there's a protocol for peaceful bedtime. A comforting bath, softly-lit ambience, relaxing conversation and no stimulants... are some factors that decide whether you'll sleep well. Studies prove a good sleep hygiene solves long-term sleep issues.

Lay out your clothes

You can help your body recognise that bedtime is looming by setting routines and repeating them every night, like laying out your nightwear. If people establish nightly routines, they can help their brain shift into sleep mode faster.

Fix the lights

As it starts getting dark outside, your body releases the chemical melatonin, which peaks at 2-3 am. It automatically makes you sleepy. Any kind of light (gadgets, phones, iPads) that interferes with the secretion of melatonin, causes a delay in sleep and poor quality slumber. Lights in the bedroom should be dimmed and gadget use avoided for at least one hour prior to bedtime.

No stimulants

A heavy meal or spicy snack too close to bedtime can leave your digestive system working overtime. Also, any substance high in caffeine or nicotine acts as a stimulant and



interferes with the ability to fall asleep. They are best avoided for at least 4-6 hours before bed. Also, contrary to common belief, alcohol relaxes and induces sleep only initially. In the long run, it actually keeps you from getting the deep, restorative REM sleep you need to feel refreshed.

Cut the noise

High intensity sounds can cause arousals (periods of wakefulness in sleep) resulting in poor quality of sleep. It results in fatigue during the day. For instance, increased traffic noise causes increased cortisol levels, resulting in poor sleep. So, what content you watch or listen to before

sleeping is also crucial. Soothing chants or symphonies, a light banter with kids or simply catching up with your spouse can put you at ease.

To nap or not to nap

Snoozing while travelling or catching short power-naps in between work is a habit with most of us. However, studies have shown that sleep is best obtained in a single and continuous block and such frequent naps during the day may eventually hamper a restful night's sleep.

Breakfast, rich in vitamin B6, and sunlight exposure in the morning hours (for at least 10 min) is known to improve sleep quality. **IANIS**

Early diagnosis, right treatment can control asthma, say experts

With World Asthma Day being observed on May 2, experts have stressed on the importance of lung check-up. Pulmonologist Dr Nitin Abhyankar highlighted that asthma is a long-term disease that has no cure, but can be controlled through inhalers.

"There are many patients who stop using inhalers once they feel better. This can be dangerous and affect their breathing... Patients should consult their doctor before taking any step and get necessary tests done to keep their lungs healthy and fit," Abhyankar said. The important tests for proper lung check-up include spirometry and pulmonary function test. Spirometry measures airflow, by measuring how much and how quickly one exhales. It can evaluate a broad range of lung diseases.

Whereas pulmonary function tests are a broad range of tests that measure how well the lungs take in and exhale air and how efficiently they transfer oxygen into the blood. Lung volume measurement detects restrictive lung diseases. These tests further helps in early diagnosis of asthma and the right treatment plays a crucial role in patient condition.

Asthma patient, if not received proper treatment, runs the continuous risk of asthma attacks which often requires regular admission to hospital and can be life-threatening, Dr Mahavir Modi said.

According to the WHO, between 100 and 150 million people around the world suffer from asthma. In India, the soaring numbers have reached 15-20 million and the number will continue to grow until adequate emphasis is laid on the importance of identifying the right medication, which can help manage asthma effectively, experts said.

Courtesy Healthline

Suffering from bleeding gums? Eat these foods to prevent it!

Does your gums bleed often? Well, bleeding gums is caused by the buildup of plaque at the gum line which leads to inflamed gums or gingivitis.

Bleeding gums could also be an indication of a periodontal or gum disease which should be taken care of immediately.

The best way to prevent bleeding gums is to add certain foods in the diet as it can help heal the gums and improve the oral health.

Here are a few foods which we should eat to prevent bleeding gums: Vitamin C rich foods

One should include a lot of citrus fruits like oranges and lemons in your diet to maintain healthy tissue in the gums and encourage healing as deficiency of Vitamin C often causes your gums to bleed.

Apricots

Eat lots of apricots as they are a good source of beta-carotene which converts to vitamin A in your body. Vitamin A deficiency can also contribute to sore and bleeding gums. Even spinach and carrots are also good sources of beta-carotene.

Milk

Make sure that you drink at least two glasses of milk every day to prevent bleeding gums as you need calcium in your body to strengthen your gums.

Raw vegetables

Include lots of raw vegetables in your diet as it helps to improve the blood circulation in your gums, thus reducing bleeding of gums.

Cranberries

Because of its antibacterial properties, cranberries clean the gums of excess bacteria. And consuming cranberries can be a good way to stop bleeding gums.

Courtesy Healthline

Justice Sanjeev Kumar lays foundation stone for Court complex at Mahanpur, inaugurates Basholi Court complex

■ HT NEWS NETWORK

KATHUA, JULY 11: Chief Justice (Acting), High Court of Jammu & Kashmir and Ladakh, Sanjeev Kumar, today laid the foundation stone for new Court Complex at Mahanpur, marking another significant milestone towards strengthening of judicial infrastructure in Kathua district.

The foundation stone laying ceremony at Mahanpur was held in presence of Deputy Commissioner, Kathua Rajesh Sharma; Senior Superintendent of Police, Kathua Mohita Sharma; judicial officers, officers of the civil administration, members of the Bar and other dignitaries.

Later, the acting Chief Justice inaugurated the newly constructed Court Complex at Basohli in presence of Justice Rajnesh Oswal, Judge High Court of Jammu & Kashmir and Ladakh and Administrative Judge for District Kathua; Additional Deputy Commissioner, Basholi Pankaj Bagotra; President Bar association Kathua and Hiranagar, judicial officers, members of the Bar and officers of the civil administration.

The inaugural ceremony commenced with the unveiling of the commemorative plaque by Justice Sanjeev Kumar, followed by an inspection and visit of the newly constructed Court Complex and its various facilities and amenities.

Thereafter, the formal function commenced with the traditional lighting of the ceremonial lamp by the dignitaries on the dais.

Delivering the keynote address, Justice Sanjeev Kumar, reiterated the commitment of the High Court towards strengthening the judicial institutions through creation of adequate and modern infrastructure. He observed that, being a son of the soil, he had made earnest efforts to ensure judicial development in his home district by providing the judiciary with the requisite basic infrastructure for efficient functioning



and effective justice delivery.

Justice Sanjeev Kumar further observed that these endeavours attained fruition owing to the collective efforts and cooperation extended by the people and civil administration of Basholi and District Kathua. He also placed on record his appreciation for the invaluable support and cooperation extended by the Registrar General, High Court of Jammu & Kashmir and Ladakh, in facilitating and overseeing the execution of various infrastructural projects undertaken in the district.

Justice Rajnesh Oswal, Administrative Judge for District Kathua, in his special address, appreciated the vision and commitment of the Acting Chief Justice towards judicial infrastructural development in District Kathua.

He observed that during the last two years the district had witnessed remarkable growth in judicial infrastructure, including the inauguration of Court Complexes at Kathua, Hiranagar and Basholi, laying of the foundation stone for the Court Complex at Mahanpur, besides inauguration of Lawyers' Chambers at Kathua and Judicial Quarters in the district.

Justice Rajnesh Oswal remarked that while the Chief Justice (Acting)

had sown the seeds of this infrastructural transformation, he had merely been fortunate to reap the fruits of the initiatives already undertaken by His Lordship for the district.

Principal District and Sessions Judge, Kathua Jatinder Singh Jamwal expressed gratitude to the Chief Justice (Acting) and Administrative Judge for their continued guidance and support in augmenting the judicial infrastructure in Kathua. He observed that the district had witnessed the inauguration of Court Complexes at Kathua, Hiranagar and now Basholi, thereby substantially strengthening the justice delivery system and facilitating greater access to justice for the litigant public.

President, Bar Association Basholi Shub Kumar, also addressed the gathering and expressed gratitude to the High Court for providing modern judicial infrastructure in the region for the benefit of litigants, members of the Bar and the general public.

The vote of thanks was presented by Bhanu Bhasin. The proceedings of the programme were conducted by Secretary, District Legal Services Authority, Kathua, Urvashi Raina, who acted as the Master of Ceremonies for the occasion.

Member Parliament Er. Ghulam Ali Khatana inspects Ward No. 74, Reviews development, civic works

■ HT NEWS NETWORK

JAMMU, JULY 11: Member Parliament, Rajya Sabha, Er. Ghulam Ali Khatana today conducted an extensive inspection of Ward No. 74 (Bathindi-Sunjan) and its adjoining localities to review the progress of ongoing development works and assess the status of essential civic infrastructure. He was accompanied by Commissioner Jammu Municipal Corporation (JMC) Dr. Devansh Yadav.

During the visit, the Member Parliament interacted with locals and patiently listened to their grievances and suggestions. The residents highlighted various civic issues, including damaged roads, inadequate drainage, desilting and cleaning of drains, construction of new drains at vulnerable locations, sanitation, beautification of public spaces, drinking water supply and other essential civic amenities. He conducted on-the-spot inspections of the affected locations and issued necessary directions to the concerned officers for the prompt execution of the required works.

Special emphasis was laid on strengthening the drainage network to ensure efficient stormwater disposal and prevent waterlogging during the ongoing monsoon season. The Member Parliament reviewed the progress of drain-cleaning operations, identified critical locations requiring additional drainage infrastructure and directed the concerned officials to prepare and implement comprehensive measures for improving civic facilities across the area. Addressing the residents, the Member Parliament reiterated his commitment to the holistic development of Bathindi-Sunjan and adjoining areas. He stated that all developmental works falling within the jurisdiction of the Jammu Municipal Corporation would be expedited in close coordination with the concerned departments. He assured the public that every genuine issue would receive due attention and that sustained efforts would be made to provide improved civic amenities and robust public infrastructure.

The Commissioner JMC reaffirmed the Corporation's resolve to deliver efficient, transparent and citizen-centric civic services. He assured the residents that all genuine grievances would be addressed in a time-bound manner and directed the concerned officers to regularly monitor the ongoing works, maintain quality standards and ensure their completion within the stipulated timelines.

The Commissioner appealed to the residents to voluntarily remove all encroachments over drains and nallahs, stating that such obstructions impede the free flow of stormwater and significantly increase the risk of waterlogging and flood-like situations during the monsoon season. He urged the public to extend full cooperation to the Corporation in keeping drainage channels free from encroachments to ensure smooth and efficient water discharge.

Director CAD Jammu conducts extensive tour of district Kathua; Reviews progress of NABARD RIDF-XXXI Irrigation Projects

■ HT NEWS NETWORK

KATHUA, JULY 11: Director Command Area Development Jammu Pankaj Magotra today conducted an extensive tour of district Kathua to inspect the progress of various irrigation development works being executed under NABARD RIDF-XXXI.

He was accompanied by Project Officer Command Area Development Samba Roshan Lal Bhagat, Assistant Soil Conservation Officer Dayalchak Er. Brij Rana besides other officers and officials of the Command Area Development Department.

During the visit, the Director inspected the ongoing works of construction of Field Channels on Seswan Link Distributary of MRC Command Area Development Project, Remodeling of Field Channels on Hamirpur-Mangian Canal Command Area Development Project and Remodeling/Reconstruction of Field Channels on the Distributaries of Drung Canal Command Area Development Project. He reviewed the physical progress and quality of works and directed the concerned officers to ensure timely completion of all projects while strictly adhering to the prescribed technical specifications and quality standards.

The Director also interacted with beneficiary farmers at various project sites to obtain firsthand feedback regarding the implementation and impact of the Command Area Development interventions. The farmers expressed satisfaction over the improved irrigation facilities and appreciated the department's efforts in ensuring better water distribution and enhanced agricultural productivity.

While interacting with the officers and field functionaries, the Director stressed the importance of close supervision, timely execution and effective coordination with the farming community to maximize the benefits of the projects. He reiterated the department's commitment to strengthening irrigation infrastructure and promoting efficient water management for sustainable agricultural development.

The Director lauded the efforts and dedication of the officers and field staff of the Command Area Development Department in implementing these important irrigation projects and urged them to maintain the same level of commitment to ensure that the benefits of the schemes reach every intended beneficiary in a timely and effective manner.

Office of the Chief Horticulture Officer Kupwara H.Q. (Handwara)

email:kupwaracho@gmail.com

OPEN AUCTION NOTICE 04 OF 2026

Subject: Open Auction of fruit crop of Departmental orchards/nurseries/farms for the year 2026.

Pursuant to the Director Horticulture Kashmir Srinagar's letter No. DHK/Prod/E-7885002/2026/11828-29 Dated: 10-07-2026, the fruit crop of the following Departmental farms (orchards/nurseries) of district Kupwara for the year 2026 is to put on open auction. In this connection, the open auction will be conducted as per below schedule.

S No.	Date	Time	Name of the nursery/ orchard	CDR/Cash Amount	Place of auction.
	17-07-2026 (Friday)	11:00 am to 12:30pm			
01			Chedkakh orchard	10000	CHO Office Kupwara HQ: Handwara)
02			Fruit Plant Nursery Dringla	500	

The concerned Horticulture Development Officer & Incharge departmental orchards/ nurseries will ensure due publicity of the date of auction by assigning the concerned field functionaries the responsibility to publicize the date among the masses in their jurisdiction and nearby areas of the Farms (Orchards/Nurseries)

Terms and Conditions

- The participating bidders shall have to deposit the earnest money as shown above in the form of CDR pledged to Chief Horticulture Officer Kupwara (Handwara) before the commencement of auction proceedings.
- The fruit plants earmarked for studies/ field trails shall be marked in advance as reserved (not for auction) by the concerned officers.
- The successful bidder shall have to deposit the auction amount in one installment in the office of Chief Horticulture Officer Kupwara within three days (03) from the date of communication of acceptance of offer.
- Payments of auction money in the form of cheque will not be accepted.
- In case the committee is not convinced that the highest bid offered is genuine offer for the fruit crop, the committee reserves the right to cancel the offer. As such, the highest bid alone should not necessarily make the bidder eligible for the contract or considered as a successful bidder. The committee can make the appropriate arrangements for re-auction of fruit crop.
- On communicating the approval of bid/ offer, if the successful bidder fails to deposit the auction amount or execute the agreement within the specified time limit, it shall be construed as backing out from contract by the concerned. The department in that case shall be within its rights to decide the matter on its merits or allot the contract to 2nd highest bidder or may re-auction the fruit crop of the respective orchard/nursery. Loss, if any, sustained by the Government on this account, shall have to be recovered from the defaulting contractor through the concerned Tehsildar Recoveries and the CDR will be forfeited to departmental revenue besides initiating action against the defaulter.
- On depositing the auction amount in the office of Chief Horticulture Officer, the successful bidder shall have to execute an agreement immediately with the Department on non-judicial paper of Rs.10/- as per the specimen of the Department where after only the approval of the offer and formal authority for taking possession for the fruit crop of concerned orchard/ nursery/ farm will be issued by concerned officer.
- In respect of Departmental orchards/ nurseries where the open auction takes place and full amount of auction money is deposited, a notarized document containing all the safety clauses (as per the specimen to be made available separately) will be obtained by the concerned officer from the on-spot auction bidders before award of the bid formally, to ensure safety of Departmental assets.
- Soon after the bid is allotted to final bidder, he will be responsible for maintaining the orchard which include irrigation and spraying as per the spray schedule of SKUAST (K). If the bidder will not conduct the spray as per the schedule, officer concerned will serve a written notice to the bidder/ his representative to do the needful within 24 hours and in case of the failure to do the needful, the department will conduct the spray and recover the three times cost of expenditure from the bidder. The record of spraying will be maintained jointly by the concerned bidder/ Horticulture Development Officer in a register which will be signed by both of them. The bidder will spray the pesticides only in consultation with the concerned Horticulture Development Officer or Incharge departmental nursery/orchard.
- The concerned bidder will communicate the complete particulars of the representative/ Chowkidar/ Watcher, who will remain in the orchard till harvesting of fruit crops, alongwith photograph to concerned officer within two days of occupation of the place.
- In case the successful bidder does not follow the instructions/ terms/ conditions, the Department will be at liberty to take necessary action against the bidder.
- Successful bidder(s), who fail to execute the contract shall be deemed to have been "Black Listed" for future auction process.
- For smooth implementation of the contract, instructions as may be deemed necessary and issued by the Department from time to time, will be binding on the successful bidder and deemed to be part of contract/ agreement.
- If any mishap/ untoward incident or any other unforeseen situation arises during course of activity, the bidder shall be solely responsible for the consequences thereof, and the Department shall not be liable to bear the responsibility in any case.

Sd/- Chief Horticulture Officer
Kupwara (HQ: Handwara)

DIPK: 3128/26 | Dated: 11-07-2026

JKSHC
JAMMU & KASHMIR STATE HAJ COMMITTEE

Government of India
Ministry of Minority Affairs
Haj Committee of India

HAJ 2027 (1448 H)

IMPORTANT GUIDELINES

- PASSPORT VALIDITY**

 - Passport must be valid till **31 December 2027**.
 - Passport must be valid on the date of application.
- COVER / GROUP**

 - A group can have maximum **5 members**.
 - Minimum age – **18 years** on the date of application.
- COVER HEAD**

 - Cover Head must be a **male member**.
 - Minimum age – **18 years** on the date of application.
- MOBILE NUMBER & WHATSAPP**

 - Cover Head must use his own mobile number.
 - WhatsApp must be active on the same number.
- 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.
- NOMINEE**

 - Nominee: Son / Daughter / Parents / Spouse (Legal heir preferred)
 - Add only one nominee who will perform Hajj in your place.
- 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:
 - Front and back pages of machine-readable Indian Passport (1200 × 800 px, JPG/JPEG, 100–500 KB), issued on or before the application closing date and valid up to at least 31.12.2027;
 - Passport-size photo with white background (480 × 640 px, JPG/JPEG, 5–20 KB);
 - Bank passbook or cancelled cheque (590 × 750 px, JPG/JPEG, 80–250 KB); and
 - Address proof (590 × 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

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IRCS organizes Drug De-addiction Awareness Programme at GDC Uri

■ HT NEWS NETWORK

BARAMULLA, JULY 11: The Indian Red Cross Society (IRCS), Jammu & Kashmir, in collaboration with Government Degree College (GDC) Uri, today organized a Drug De-addiction Awareness Programme under the Nasha Mukti Jammu & Kashmir Abhiyan at the college auditorium to create awareness among students about the harmful effects of drug abuse and promote a healthy, drug-free lifestyle.

The programme commenced with the National Anthem, followed by the screening of a special message from Hon'ble Lieutenant Governor, Shri Manoj Sinha, emphasizing the collective responsibility of society in eradicating the menace of drug abuse. An awareness documentary on drug abuse, prepared by the Department of Information and Public Relations (DIPR) Baramulla, was also screened to educate participants about the devastating impact of substance abuse and the importance of prevention and rehabilitation.

The programme was presided over by General Secretary, Indian Red Cross Soci-

ety, Jammu & Kashmir, Shubhankar Pratyush Pathak, who, in his address, stressed that drug addiction is a serious social challenge that can only be tackled through co-ordinated efforts of educational institutions, families, civil society and government agencies. He urged the youth to stay away from drugs and become ambassadors of the anti-drug movement in their communities.

Sub-Divisional Magistrate (SDM) Uri, Prince Kumar, in his address, called upon students to remain focused on education, discipline and positive life values. He urged the youth to channelize their energy towards nation-building and contribute actively towards realizing the vision of a drug-free Jammu & Kashmir. Appreciating the initiative of the Indian Red Cross Society and GDC Uri, he emphasized that sustained awareness, community participation and timely intervention are key to effectively combating drug abuse.

Speaking on the occasion, Principal, Government Degree College Uri, Prof. Abdul Majeed Chalkoo, highlighted the crucial role of educational institutions in shaping responsible citizens and creat-



ing awareness against substance abuse. He reiterated the college's commitment to supporting initiatives that safeguard the physical, mental and social well-being of

students. Experts from the Indian Red Cross Society, Government Medical College (GMC) Baramulla, and Jammu & Kashmir Police delivered in-

formative sessions on the medical, psychological, social and legal consequences of drug abuse. They sensitized students about preventive measures, early intervention, rehabilitation, and the importance of making informed and responsible life choices.

Later, a special First Aid Training session was conducted by experts from the Indian Red Cross Society. Participants were imparted practical training on basic life-saving techniques, including cardiopulmonary resuscitation (CPR), management of bleeding, fracture immobilization and emergency response, equipping them with essential skills to provide immediate assistance during medical emergencies and accidents.

The programme witnessed enthusiastic participation from students, faculty members and officials, who actively interacted with the speakers and experts during the awareness and training sessions. The event concluded with a collective pledge by all participants to stay away from drugs and work together towards building a healthy, safe and drug-free society.

DDC Kulgam review functioning of Education Department in district

■ HT NEWS NETWORK

KULGAM, JULY 11: A review meeting of the Education Department was held under the Chairmanship of the District Development Commissioner (DDC), Kulgam, Shahzad Alam to assess the progress of key educational programmes and infrastructure projects across the district.

The Chief Education Officer presented the status of PM POSHAN, Samagra Shiksha, APAAR, UDISE+, civil works, school infrastructure, KGBVs, Girls' Hostels, and other important initiatives.

After reviewing the progress, the Chair directed that all pending civil works be completed on priority by resolving land and other issues in coordination with the concerned departments. Regular inspections of schools, KGBVs, and Girls' Hostels were emphasized to improve infrastructure, academic standards, and implementation of PM POSHAN.



Strict adherence to food quality, hygiene, timely lifting of food grains, and proper record maintenance was also stressed.

The Chair further directed that 100% APAAR ID generation, UDISE+ data updation, and registration of all eligible Class 5 students for JNVST 2027-28 be completed within the prescribed timelines. It was impressed that the vacancies of Cook-cum-Helpers shall be filled as per norms, and their training on hygiene and food safety shall be ensured. Convergence with the Health Department, establishment of School Nutrition Gardens, effective implementation of vocational education, solarisation of schools, construction of boundary walls, and provision of safe drinking water facilities were also emphasized.

To improve the overall learning environment, one Pilot Model School shall be developed in each educational zone with upgraded infrastructure and basic amenities.

The Chief Education Officer was directed to closely monitor the implementation of all decisions, while Zonal Education Officers were directed to conduct regular field visits and submit progress reports. The Chair stressed that timely execution, accountability, and effective coordination at all levels are essential to achieve the desired outcomes and improve the quality of education across District Kulgam.

The meeting was attended by the Additional Deputy Commissioner Kulgam, Chief Education Officer, Exens, District Officers, Zonal Education Officers, and other concerned officers.

Director Agriculture Jammu calls for accelerated execution of development projects in Samba, Kathua

■ HT NEWS NETWORK

JAMMU, JULY 11: Director Agriculture Jammu Anil Gupta today chaired a high-level review meeting to assess the physical and financial progress of developmental projects being implemented in Samba and Kathua districts under the Holistic Agriculture Development Programme (HADP), JKICP, CAPEX, Centrally Sponsored Schemes (CSS) and NABARD-funded projects.

The meeting was attended by Deputy Director Agriculture (Central), Sanjeev Rai Gupta; SMS (RL), Krishan Kant; Chief Agriculture Officer Kathua, Jatinder Kumar; District Agriculture Officer Samba, Sanjay Kumar Badyal; ADO (Veg.) Kathua, Vijay Abrol; ASCO Kathua, Murari Lal; SDAO Hiranagar, Ashwani Kumar; SDAO Billawar, Ravi Sharma; SDAO Samba, Rohit Gandotra; besides technical officers and officers from the



CSS and Planning Sections of the Directorate of Agriculture, Jammu.

During the meeting, the Director conducted a comprehensive review of the physical achievements, financial expenditure, infrastructure development, fund utilisation and district-wise implementation of approved action plans under all ongoing schemes.

He also reviewed the progress of NABARD-funded projects and the implementation of Irrigation Infrastructure and Innovative Water Conservation Techniques for Small and Marginal Farmers under the Baba Jitto Scheme, emphasizing timely completion and quality execution.

Anil Gupta directed all officers to ensure that every developmental work is executed strictly in accordance with the approved action plan and prescribed timelines. He instructed the field officers to closely monitor works, remove implementation bottlenecks and ensure that projects are completed within the stipulated timeframe without compromising quality.

The Director also stressed the need for expeditious submission of bills to the Treasury to ensure optimum utilisation of allocated funds during the current financial year. He instructed all Drawing and Disbursing Officers (DDOs) to maintain financial discipline, process eligible payments promptly and closely monitor both physical and financial progress.

Calling for greater accountability and coordinated efforts, the Director directed officers to maintain proper documentation, submit periodic progress reports on time and strengthen inter-departmental coordination for effective implementation of all flagship programmes.

ADDC Baramulla concludes Two-Day extensive tour of Gulmarg Sub-Division, reviews Developmental Works

■ HT NEWS NETWORK

BARAMULLA, JULY 11: The two-day extensive tour of Additional District Development Commissioner (ADDC) Baramulla, Pranjal J. Hazarika, across Gulmarg Sub-Division concluded today with a comprehensive review of developmental works, implementation of government schemes and progress of key infrastructure projects in the area.

During the tour, the ADCD was accompanied by the Sub-Divisional Magistrate (SDM), Gulmarg, Jaleel Ahmed Mir, along with the Tehsildar Tangmarg, Block Development Officer (BDO), Executive Officers of the Municipal Committees, officers from the Agriculture, Horticulture, Fisheries and Tourism departments, besides other concerned officials.

As part of the tour, the ADCD inspected the Apiculture Unit and Trout Farm established under the Holistic Agriculture Development Programme (HADP) at Tangmarg. He reviewed the functioning of these units, assessed the infrastructure



created under the programme and interacted with the concerned officers regarding production, beneficiary outreach and future expansion plans.

Emphasizing the effective implementation of HADP, the ADCD directed officers to maximize the benefits of the programme for local farmers, beekeepers, entrepreneurs and other stakeholders by ensuring

proper execution and greater public outreach.

The ADCD also visited the Ziarat of Baba Reshi, Drung Temple Ruins (Pandava Temple), St. Mary's Church and Maharani Temple at Gulmarg, where he reviewed ongoing efforts for the preservation, maintenance and promotion of these important heritage sites.

He stressed the need to safeguard the district's rich cultural and historical heritage while improving visitor amenities and ensuring proper upkeep of the monuments.

Reviewing various ongoing developmental works across the sub-division, the ADCD interacted with the executing agencies and directed all concerned departments to ensure the timely completion of projects without compromising quality standards. He underscored the importance of close inter-departmental coordination, regular field monitoring and prompt resolution of bottlenecks to ensure efficient and transparent implementation of developmental initiatives for the benefit of the public.

DC Poonch reviews arrangements for grand Independence Day 2026 celebrations

■ HT NEWS NETWORK

POONCH, JULY 11: Deputy Commissioner Poonch Ashok Kumar Sharma today chaired a comprehensive review meeting to assess the preparedness for the forthcoming Independence Day, 2026 celebrations in the district.

The meeting was attended by Senior Superintendent of Police, Shafket Hussain Bhat, Additional Deputy Commissioner, Tahir Mustafa Malik, officers from the district administration, police and other allied departments.

During the meeting, Additional Deputy Commissioner Tahir Mustafa Malik delivered a detailed PowerPoint presentation highlighting departmental responsibilities and the progress achieved in the preparations.

The Deputy Commissioner reviewed all key arrangements, including security and traffic management, venue decoration, seating arrangements, Public Address System, Shehnai Vadan, parade and cultural performances, vehicle parking, fire safety measures, barricading, refreshments and hospitality for guests, uninterrupted power and water supply, illumination of government buildings and cleanliness drives in and around the venue. Emphasising the importance of meticulous planning, the Deputy Commissioner directed all concerned officers



to complete their assigned responsibilities well in time and ensure that every arrangement is made as per established protocols and past practice. He stressed that there should be no lapse in coordination or execution.

The main Independence Day function will be held at Sports Stadium Poonch, where the Chief Guest will unfurl the National Flag and take the salute during the ceremonial march-past presented by various contingents. Colourful cultural performances showcasing the rich heritage and patriotic spirit of the nation will also form part of the celebrations.

The Deputy Commissioner called upon all departments to work in close coordination and uphold the spirit of unity, discipline and patriotism to ensure that Independence Day 2026 is celebrated in a grand, inclusive and memorable manner across the district.

ANNUAL SARVADHAR CHHARI YATRA FLAGGED OFF FROM UKHRAL

■ HT NEWS NETWORK

RAMBAN, JULY 11: The annual Sarvadhari Chhari Yatra was ceremonially flagged off today from Ukhral by Senior Superintendent of Police Ramban, Arun Gupta and Additional Deputy Commissioner Ramban Varunjeet Singh Charak, marking the commencement of the revered pilgrimage to the holy shrine of Senabhati Sarvadhari.

The annual Sarvadhari Yatra is a sacred pilgrimage dedicated to Mata Chamunda Devi and culminates at the historic Chamunda Mata Temple, situated atop the scenic Sarvadhari Peak in the Pogal-Paristan area of Ramban district. The yatra symbolizes the deep-rooted faith and spiritual devotion of the people and attracts thousands of devotees from Ramban and various other districts of Jammu & Kashmir every year.

The flag-off ceremony was attended by various officers and prominent citizens and a large number of devotees.

The SSP extended heartfelt greetings and best wishes to the pilgrims for a safe, peaceful, and spiritually fulfilling journey. He stated that elaborate security arrangements, including the deployment of adequate police personnel have been put in place to ensure the safety and security of the devotees throughout the pil-



grimage.

The Additional Deputy Commissioner said that the district administration, in close coordination with all line departments has made comprehensive arrangements for the smooth and successful conduct of the yatra.

He informed that adequate medical facilities, drinking water, sanitation, transportation management and other essential services have been ensured to provide a safe and comfortable pilgrimage experience for all devotees.

The devotees expressed gratitude to the district administration and all concerned departments for the arrangements made for the pilgrimage. They also prayed for peace, prosperity and the well-being of all.



Space Matrix bets big on data centres, life sciences; Google Vizag project drives expansion

■ UNITED NEWS OF INDIA

BENGALURU, JULY 11: Work-place design and build company Space Matrix is sharpening its focus on India's rapidly expanding data centre and life sciences sectors as it seeks to accelerate growth beyond its core corporate office interiors business, with the execution of Google's data centre in Visakhapatnam emerging as one of its flagship projects.

Speaking to UNI ahead of the inauguration of the company's newly renovated Bengaluru experience centre, D Annaiah Livingston, Managing Director (Business Operations), said the company has created dedicated verticals for data centres and life sciences to capitalise on growing demand from global enterprises investing in digital infrastructure and specialised facilities.

"We have opened new verticals in life sciences and data centres because these are high-growth sectors. The Google data centre in Visakhapatnam is one of our most prestigious assignments and reflects the confidence global clients have in our capabilities," Livingston said.

He said the company, known for designing and building workplaces for multinational corporations such as Google, Microsoft, Shell, the World Bank and the Royal Bank of Scotland, is leverag-



ing its long-standing client relationships to expand into specialised projects beyond conventional office interiors.

"Many of our existing clients are investing in data centres and advanced research facilities. We want to support them across these projects instead of limiting ourselves to office spaces. This strategy will help us grow much faster than relying only on organic expansion," he said.

Livingston said Space Matrix currently executes nearly 80 lakh square feet of office space annually and records an annual turnover of around Rs 1,200 crore. The

company has set an ambitious target of significantly increasing its business over the next two years through diversification into emerging infrastructure segments.

"In terms of revenue, we are the largest workplace design company in Asia. We have a strong presence across the region with 16 offices and continue to invest in new capabilities to meet evolving client requirements," he said.

The company operates from seven cities in India, including Bengaluru, Chennai, Hyderabad, Mumbai, Pune, Gurugram and Noida. Bengaluru is its largest of-

fice, employing around 250 professionals, while the company has delivered projects for about 450 corporate clients across the country, many of whom have multiple offices in different cities.

Livingston said the newly inaugurated Bengaluru office has been conceived as an immersive experience centre where clients can see emerging workplace concepts in action. Designed as a collaborative "sandbox", the facility showcases flexible work environments, ergonomic furniture, technology-enabled meeting spaces, acoustic phone booths, wellness-focused interiors and layouts tailored to different generations of employees.

"Today's workplace has employees from four generations, each with different expectations. Instead of creating one uniform office, we have demonstrated how organisations can offer different work zones—from quiet focus areas and structured workspaces to collaborative hubs and informal lounges—within the same office," he said.

He added that the experience centre is intended to help clients visualise future-ready workplaces that improve employee experience, productivity and collaboration while integrating design, lighting, acoustics and sustainability into a cohesive environment. UNI

Centre mandates MSMEs payments through TReDS by CPSEs

■ UNITED NEWS OF INDIA

NEW DELHI, JULY 11: Centre has mandated the payments to Micro, Small and Medium Enterprises (MSMEs) through the Trade Receivables Discounting System (TReDS) by all operating Central Public Sector Enterprises (CPSEs) for the settlement of transactions with their MSME suppliers.

With every CPSE invoice flowing through TReDS, MSME suppliers have the option to convert approved invoices into cash well before the due date.

Financing on TReDS is collateral-free and without recourse to the seller, with banks and NBFCs bidding competitively to discount invoices, giving MSMEs working capital within a short span of time at competitive rates of interest.

MSMEs are the backbone of the Indian economy, with over 8.70 crore enterprises registered on the Udyam Registration Portal and Udyam Assist Platform providing employment to more than 38 crore persons.

Yet delayed payments remain one of the sector's most persistent challenges, locking up working capital and constraining growth.

By making TReDS the settlement route for all CPSE purchases from MSME, public sector procurement will now work actively for the small supplier: procurement by CPSEs gets captured on TReDS, and timely payment to MSME will be ensured through invoice financing from banks and financial institutions.

"The mandatory adoption of TReDS by all Central Public Sector Enterprises is a transformational reform for the MSME

ecosystem. Timely access to working capital is fundamental for business continuity, capacity expansion and employment generation said Mr. Rajeev Juneja, President, PHDCCI "

With the mandatory routing of CPSE invoices through TReDS, MSME suppliers will have the opportunity to discount approved invoices through competitive bidding by banks and financial institutions, enabling access to collateral-free and non-recourse financing well before the contractual payment due date.

This initiative establishes an important benchmark for payment discipline across the corporate sector. Wider adoption of digital receivables financing has the potential to reduce working capital constraints, strengthen supply chains and enhance the competitiveness of MSMEs in domestic as well as international markets, he said.

TReDS has witnessed remarkable growth in recent years. Invoice discounting through the platform has increased from nearly Rs 40,000 crore in FY 2021-22 to around Rs 3.47 lakh crore in FY 2025-26, reflecting increasing confidence among buyers, financiers and MSMEs. Currently, five RBI-authorised TReDS platforms are operational—RXIL, M1xchange, Invoicemart, C2treDS and DTX.

Over 8.70 crore enterprises registered on the Udyam Registration Portal and Udyam Assist Platform providing employment to more than 38 crore persons. Yet delayed payments remain one of the sector's most persistent challenges, locking up working capital and constraining growth. UNI

L&T bets on AI-native engineering with global hackathon

■ UNITED NEWS OF INDIA

BENGALURU, JULY 11: L&T Technology Services (LTS) has stepped up its push towards AI-native engineering, bringing together nearly 4,000 engineers from across India, the US and Europe in a global innovation challenge aimed at developing the next generation of industrial solutions powered by artificial intelligence.

The company's Engineering Intelligence (EI) OpenHack 2026 saw more than 770 teams simultaneously participate from nine locations, working round-the-clock on over 500 real-world engineering problems spanning software-defined mobility, smart manufacturing, energy, automation, AI infrastructure, MedTech and software platforms.

The initiative underscores LTS's strategy of embedding artificial intelligence into engineering research and development, moving beyond productivity gains to create AI-driven solutions capable of transforming industrial operations, product development and enterprise decision-making.

Participants developed AI-based applications across industrial automation, cybersecurity, autonomous systems, supply chain intelligence, enterprise optimisation and healthcare. The best-performing teams were selected based on innovation, technical excellence, scalability, commercial relevance and effective use of AI.

Winning teams received cash prizes worth over Rs 30 lakh, while promising solutions were shortlisted for incubation under Project Equinox, LTS' innovation platform that supports the development of scalable technologies. Patent-worthy ideas were also identified for intellectual property creation, reinforcing the company's focus on innovation-led growth.

Congratulating the participants, LTS Chief Operating Officer Mritunjay Kumar Singh said the hackathon reflected the company's vision of Engineering Intelligence, where engineering expertise and artificial intelligence converge to solve complex industry challenges.

He said the scale of participation and the quality of AI-driven solutions demonstrated how engineers could combine domain expertise with emerging technologies to create innovations with tangible business impact, adding that such initiatives would help shape the future of engineering.

A listed subsidiary of Larsen & Toubro, LTS provides engineering research and development services to global clients across mobility, sustainability and technology sectors. The company employs over 23,800 professionals worldwide and serves 69 Fortune 500 companies and 57 leading ER&D firms. UNI

India-Afghan relations built on centuries of friendship, trust and cultural heritage: Mawlawi Ataullah Omari invites Indian companies to invest

■ UNITED NEWS OF INDIA

NEW DELHI, JUL 11: Mawlawi Ataullah Omari, Minister of Agriculture, Irrigation and Livestock of Afghanistan, on Friday described the India-Afghanistan relationship as one built on centuries of friendship, trust, and shared cultural heritage.

Addressing a session on "India-Afghanistan Trade Opportunities" at PHDCCI here, the Minister highlighted that nearly 80 per cent of Afghanistan's population depends on agriculture, irrigation, and livestock.

Omari called for greater collaboration in agricultural mechanisation, certified seeds, food processing, cold-chain infrastructure, packaging, livestock development, irrigation, renewable energy, and rural development.

He invited Indian companies to invest in organic fertilizer production, agri-processing, and technology transfer.

Mufti Noor Ahmad Noor, Charge d'Affaires, Embassy of Afghanistan, New Delhi, emphasised the centuries-old civilisational and people-to-people ties between India and Afghanistan. He noted that recent diplo-



matic engagements have created renewed momentum for

expanding bilateral economic relations.

Telangana CM calls for development-focused politics, opens Premier Energies Solar Facility

■ UNITED NEWS OF INDIA

HYDERABAD, JULY 11: Telangana Chief Minister A. Revanth Reddy on Thursday said politics should be confined to election periods and the focus should remain on the development of the State.

The Chief Minister who inaugurated Premier Energies' next-generation solar module manufacturing facility at Seetarampur in Shabad (Ranga Reddy district) on the city outskirts, said the government was working with the objective of ensuring Telangana contributes 10 per cent to India's economic growth and transforming the State into a USD 3 trillion economy by 2047.

He said the current level of investments was insufficient to compete globally and stressed the need to strengthen infrastructure to attract more investments and accelerate economic growth.

"Politics should be limited to elections. The priority now is the development of Telangana," he said, adding that the government was committed to making Telangana



the country's leading State despite political criticism.

Expressing concern over rising pollution in Delhi and traffic congestion in cities such as Bengaluru and Chennai, Revanth Reddy said the Telangana government had already initiated measures to ensure sustainable urban development in Hyderabad.

He said the government had earmarked a 2,100 sq km area within the Outer Ring Road under the CURE initiative for the service sector and classified the State into CURE, PURE and RARE zones to promote balanced and environmentally sustainable development.

The Chief Minister said a Skills University and Advanced Training

Centres (ATCs) had been established to equip youth with industry-relevant skills and welcomed the commissioning of the new solar manufacturing facility.

He directed the Ranga Reddy District Collector to provide housing and develop commercial complexes for families who lost land for the project to ensure their rehabilitation and livelihood.

Revanth Reddy thanked farmers of Ranga Reddy district for facilitating the establishment of the manufacturing unit and said the government had allocated special funds for the development of the Chevella constituency.

He also announced that a 100-metre-wide road was being constructed from Budwel to Kodangal and said he would visit the area again for the inauguration of a temple.

Premier Energies Chairman Surender Pal Singh Saluja, Managing Director Chiranjeevi Saluja, Executive Director Revathi Rohini Buragadda, Director Sudheer Reddy and senior officials attended the programme. UNI

International shipping via Strait of Hormuz declines rapidly post renewed US-Iran clashes

■ UNITED NEWS OF INDIA

TEHRAN, JUL 11: Global shipping through the Strait of Hormuz has declined sharply following a fresh round of US strikes on Iranian coastal targets.

According to marine tracking data, some vessels may be continuing to transit the Strait without active transponders, making

an accurate assessment difficult.

The latest US strikes were launched on Wednesday and Thursday after drone attacks targeted three commercial vessels that Iran said had crossed the Strait of Hormuz without its authorisation. In a statement today, Iran's theocratic guard, the IRGC, insisted that foreign powers had no say in determin-

ing navigation arrangements in the waterway. "Foreigners have no stake whatsoever in this land or the Strait of Hormuz," the IRGC said. "Interference in determining the shipping route will not only be met with our crushing response, but will also seriously disrupt the gradual reopening process."

The IRGC added that ships

must "obtain authorisation from the IRGC Navy by disciplined compliance with security protocols" before being permitted to transit the Strait.

Despite mounting tensions, however, Iran has greatly accelerated crude exports from Kharg Island, the country's main oil export terminal, in an apparent effort to maximise shipments

before a potential reimposition of the US naval blockade.

According to maritime monitoring firm TankerTrackers, Tehran exported at least 10 million barrels of crude oil and fuel oil overnight. "Anticipating a possible imminent resumption of the US Navy blockade, Tehran shipped out no less than 10 million barrels of crude oil.

Stock markets extend recovery; Sensex, Nifty gain 1pc

■ UNITED NEWS OF INDIA

NEW DELHI, JUL 11: Indian Stock Markets on Friday extended their recovery for a second consecutive session with both the Sensex and Nifty gaining around 1 percent.

At close, the Sensex was up 827.57 points or 1.08 percent at 77,569.39, and the Nifty was up 244.10 points or 1.02 percent at 24,206.90. While for the entire week, BSE Sensex and Nifty fell 0.2pc each. The cumulative market capitalisation of BSE-listed firms rose to almost Rs 482 lakh crore from Rs 476 lakh crore in the previous session with the investors earning nearly Rs 6 lakh crore in a single session. Among the sectors, Nifty Realty was up 3.49pc, PSU Bank up by 3.03pc, IT up by 1.96pc, Metal up by 1.48pc, Oil and Gas up by 1.31pc, and Private Bank up by 1.16pc.

Further, Nifty Bank jumped 1.39pc, while the Financial Services index rose by 1.32pc.

The volatility index, India VIX declined 8pc to 12.25, signalling market participants do not expect any wild moves in the near future.

On the BSE, Sun Pharma, Grasim Industries, FSN E-Commerce Ventures (Nykaa), Oracle Financial Services Software (OFSS), and The Phoenix Mills were among the 141 stocks that hit their 52-week high while on the flip side were 73 stocks including JSW Holdings, National Standard (India), and CMR Green Technologies, hit their 52-week lows. Around 42 stocks rose in the Nifty 50 index, while 7 declined while One stock Bajaj Auto ended flat. The top gainers were Jio Financial Services, HDFC Life Insurance Company, and Adani Enterprises while on the other hand, Dr. Reddy's Laboratories, Eternal, and Bharti Airtel ended as the top laggards in the index.

Kalyan Jewellers shares extended gains for the third straight session rising nearly 34 percent over the three-day rally.

Indian rupee erased some of the intraday gains but ended marginally higher at 95.32 per US dollar.

Godrej Industries, which surged 15pc, Paytm extended their winning streak to a second straight session, rising another 6.25pc. UNI





Matt Fisher: 'When you're bowling your fastest, everything just feels in tune'



UNITED NEWS OF INDIA

BULAWAYO: Matt Fisher loves bowling fast. So much that he hasn't allowed a spate of injuries, including compartment syndrome - a painful build-up of pressure around muscles - to slow him down.

The 26-year-old New Zealand tearaway hit 150kph on his T20I debut in Bangladesh in April in Chattogram and is now on the verge of making his ODI debut, against West Indies in Guyana in the series that starts on the weekend.

Fisher received the unexpected call-up for the Caribbean tour when he was at a training camp in Chennai, following injuries to a number of front-line New Zealand fast bowlers. Working his way back from a heel injury of his own, Fisher steadily built up his loads. By the end of the camp, in Chennai's unforgiving heat, he hit full tilt and proved that he's ready for international cricket once again.

Fisher was first fast-tracked into the New Zealand side after his rapid pace caught the attention of head coach Rob Walter when he was a net bowler in the lead-up to the Zimbabwe tour in August last year. He came away with two wickets on Test debut in Bulawayo, with his father in attendance.

"I hit 150 [kph] on my T20 debut in Bangladesh. I kind of had an inkling to bowl fast when I was younger," Fisher said on the sidelines of a training session at the Chennai Super Kings Academy in June. "Bowling fast kind of stuck with me as I went through high school and later. I just really enjoy bowling fast. But, it's getting tougher nowadays and with batters lining

you up, it seems to go further if you bowl faster (laughs). But no, I enjoy the craft of fast bowling and I'm hoping to just kind of hone it down.

"It's just trying to be as relaxed as possible at the top of your mark, not trying to force it too fast. When you're bowling your fastest, everything just feels in tune and you're just gliding in and your wrist is just snapping over it. So when you try and force it, that's probably when you start losing the wrist and spraying it around."

Fisher ended up spraying it around a bit in that debut T20I, conceding 53 runs in four wicketless overs in April, but has taken that in his stride, and is learning to deal with the pressure that international cricket invites. Support from his team-mates and the team management certainly helped him cope with it better.

"I suppose that's the nature of T20 cricket - you're going to go for runs," Fisher said. "As a bowler, you're going to have more bad days than good. You can't really miss it [lines and lengths] at the international level. But, yeah, it was tough at the time. But looking back, I'm very grateful to get the opportunity, and the Black Caps have a good leadership squad. Everyone got around me, kind of sat me down, asked me what I learnt and how I could become better."

While extreme pace continues to be Fisher's USP, he has been fine-tuning his off-pace deliveries as well, in order to become a more versatile bowler.

"The cool thing about this Chennai camp is that it's probably a less-pressure situation," Fisher said.

Mustafizur Rahman ruled out for four weeks with hamstring and knee injuries

UNITED NEWS OF INDIA

CHATTOGRAM: Bangladesh quick Mustafizur Rahman has been ruled out for four weeks due to a grade 1 muscle tear in his right hamstring and a meniscal degeneration in his right knee. He will miss the remainder of Bangladesh's ongoing tour of Zimbabwe. The injury also puts Mustafizur's scheduled stint in the Hundred in significant doubt, with the tournament due to run from July 21 until August 16. Mustafizur was signed for £100,000 by Birmingham Phoenix in March's auction, but his involvement now looks unlikely.

Chennai locked in to host Renegades vs Scorchers BBL opener

UNITED NEWS OF INDIA

PERTH: Melbourne Renegades will face defending champions Perth Scorchers in Chennai on December 12 to launch the 2026-27 BBL season with the tournament's first game overseas, and Cricket Australia (CA) are hopeful it could lay the groundwork for hosting an IPL game in the future if the BCCI took any offshore.

The match at the MA Chidambaram Stadium, home of Chennai Super Kings in the IPL, is penciled in to start at 2.40pm local time, which will be 8.10pm AEST, to run directly after the fourth day's play in the first Test against New Zealand in Perth, although that

timing does create the risk of some overlap if the Test is still ongoing. It will count as a home game for Renegades.

The fixture, which is currently a one-off deal, was officially announced at the MCG on Friday at an event attended by the Prime Ministers of Australia and India, Anthony Albanese and Narendra Modi, respectively. The two governments have been involved in securing the fixture, which has been partly funded by a grant from the Centre of Australia-India Relations, and is among a week of activities promoting links between the two countries. CA will also provide funding but will look for specific commercial



opportunities around the event. "There's certainly been interest from time to time at state government level and at venue

level, and with some of our clubs to imagine what that could look like bringing an IPL game out here," Alistair Dobson, executive gen-

eral manager of Big Bash Leagues, said. "The IPL's next level, isn't it, - and it would bring an amazing connection. We've seen already the hype around an NFL game in Melbourne.

"It's not necessarily connected to this event or this initiative, but the opportunity to have those discussions when the time's right, I'm sure we'd be open to that, as would everyone across Australian cricket, because the IPL's got a huge following already in Australia."

Other than the Caribbean Premier League (CPL) previously hosting games in Florida, T20 leagues have not gone outside of their country or region unless forced to.

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