

Srinagar

Thursday

July 30 | 2026

14 Safar 1448 AH

Issue No: 179

Volume: 16

Pages: 08

Price: Rs 02/-

16TH
YEAR OF
PUBLICATION

HEADLINES TODAY

Voice To The Voiceless

LUBAAB PUBLICATIONS
ONE STOP SOLUTION FOR ALL PRINTING NEEDS

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

9999038812
9419008414

Radio Colony,
Gund Hassibhat, Lawaipora Srinagar-190017

MeT Warns of Flash Floods and Landslides Till August 5

Persistent rainfall keeps temperatures below normal across Jammu and Kashmir as heavy showers likely over the coming days

■ HT NEWS DESK / AGENCIES

SRINAGAR, JULY 29: The Meteorological Department (MeT) on Wednesday warned of heavy to torrential rainfall, flash floods and landslides across vulnerable areas of Jammu and Kashmir until August 5, as widespread rain continued to keep daytime temperatures significantly below normal across the Union Territory.

According to the India Meteorological Department (IMD), Srinagar recorded a maximum temperature of 25.7 degrees Celsius, 4.2 degrees below normal, while similar below-normal temperatures prevailed across other parts of Jammu and Kashmir, including Qazigund, Pahalgam, Kupwara, Kulkernag, Gulmarg, Jammu, Banihal, Batote, Katra and Bhaderwah.

The highest rainfall during the past 24 hours was recorded in Samba at 87 mm, followed by Katra with 71.2 mm,



Udhampur with 65 mm and Jammu with 52 mm. Moderate rainfall was also reported from several other stations across both divisions.

The MeT has forecast light to moderate rain and thundershowers at most places

on July 30 and 31, with the possibility of brief but intense heavy to torrential showers, particularly over parts of the Jammu division. Similar weather conditions are expected to continue on August 1 and 2

● Turn on Page 2

Every Region of J&K Will Receive Equal Attention: Omar Abdullah

CM assures legislators that developmental issues and public concerns will be addressed on priority, reiterates commitment to balanced and inclusive growth.

■ HT NEWS DESK / AGENCIES

SRINAGAR, JULY 29: Chief Minister Omar Abdullah on Tuesday reiterated his government's commitment to ensuring equitable development across Jammu and Kashmir, assuring legislators that the developmental needs and public concerns of their constituencies would receive priority attention.

During a series of meetings held at the Civil Secretariat, legislators from different parts of the Union Territory called on the Chief Minister to discuss key developmental issues, infrastructure requirements and public grievances affecting their respective constituencies.

The legislators who met the



Chief Minister included MLAs Dr. Bharat Bhushan (Kathua),

Randhir Singh (Kalakote- ● Turn on Page 2

ISRO to Monitor Ladakh Glaciers from Space

■ HT NEWS DESK / AGENCIES

SRINAGAR, JULY 29: The Centre on Wednesday informed the Lok Sabha that the Indian Space Research Organisation (ISRO) is extensively using satellite and geospatial technologies to monitor glaciers, glacial lakes, snowfall, water resources, landslides, avalanches and other natural hazards in Ladakh, while several satellite-based projects are underway to strengthen disaster management and climate resilience in the Union Territory.

The information was provided by Minister of State in the Prime Minister's Office, Dr Jitendra Singh, in a written reply to a question raised by Mohamad Haneefa in the Lok Sabha on "Space Technology for Disaster Management in Ladakh".

Replying to the query, the minister said ISRO has generated a database of more than 2,000 glaciers in Ladakh using satellite data collected between 2020 and 2023, while changes in the extent of over 1,000 glaciers over the past two decades have also been mapped.

He said an inventory of 3,219 glacial

● Turn on Page 2

LS approves Anti-Paper Leak Amendment Bill

Amit Shah congratulates students

■ HT NEWS DESK / AGENCIES

NEW DELHI, JULY 29: Lok Sabha on Wednesday approved a bill to amend the anti-paper leak law with stricter punishment of up to 10 years' jail and Rs 50 lakh fine, amid slogan-

eering by opposition parties.

The Public Examination (Prevention of Unfair Means) Amendment Bill, 2026, with stricter punishment, was introduced in the House by Union Minister Jitendra Singh on July 27, days after large-scale student protests led by the Cock-

roach Janta Party forced Dharmendra Pradhan to resign as the education minister.

Speaking in Lok Sabha, Singh said the government acted swiftly in the NEET paper leak case, and as many as 52 FIRs have been lodged since the anti-paper leak law came into

force in 2024.

The amendment bill indicates that the government is open to learning from experience, he said, noting that the rate of suicide related to paper leaks has also reduced over the last few years.

● Turn on Page 2

Rijiju accuses Cong of avoiding debate

■ HT NEWS DESK / AGENCIES

NEW DELHI, JULY 29: Union Parliamentary Affairs Minister Kiren Rijiju on Wednesday accused opposition parties of trying to divert attention from the anti-paper leak Bill by talking about unrelated issues during the debate in the Lok Sabha.

● Turn on Page 2

Govt Clears Khoo Sahib Spring Project

■ HT NEWS NETWORK

SRINAGAR, JULY 29: In a significant step towards the preservation and development of Jammu and Kashmir's religious and heritage sites, the Government has approved a Rs. 6.38 crore project for the development of the revered holy spring of Khoo Sahib at Yarwan, Shadimarg in Pulwama district.

The project aims to upgrade essential infrastructure and improve facilities for

● Turn on Page 2

CS assesses progress of RIDF projects worth over ₹4,300 Cr

■ HT NEWS NETWORK

SRINAGAR, JULY 29: Chief Secretary, Atal Dulloo, today chaired a meeting of the High Powered Committee (HPC) constituted for reviewing the implementation of NABARD projects being executed under various tranches of the Rural Infrastructure Development Fund (RIDF).

The meeting was attended by Additional Chief Secretary, Agriculture Production Department; Additional Chief Secretary, Public Works (R&B); Additional Chief Secretary, Finance; Director Gen-



eral, Resources; Chief General Manager, NABARD; and senior officers from Health, Jal Shakti and other concerned departments.

The Chief Secretary impressed upon the concerned departments to maintain a ready shelf of projects complete in all respects, including Administrative Approval and Technical Sanction, so that the same can be submitted to NABARD immediately upon the opening of a new RIDF tranche or receipt of sanction, thereby ensuring timely appraisal, approval and

● Turn on Page 2

IFFJK receives overwhelming global response

875 film entries received from around 50 countries

■ HT NEWS NETWORK

SRINAGAR, JULY 29: The 1st International Film Festival of Jammu and Kashmir (IFFJK) 2026 has evoked an enthusiastic response from filmmakers across the globe, with 875 film submissions received from around 50 countries so far, reflecting the growing international interest in the J&K Govern-

ment's flagship cinematic initiative.

The film submission window for the festival will remain open till tomorrow i.e; July 30, 2026, providing filmmakers with the final opportunity to register their entries for participation in the inaugural edition of the festival.

The IFFJK, organised by the Department of Information and

● Turn on Page 2

Sakeena Itoo Reviews SASCI, CAPEX Progress

■ HT NEWS NETWORK

SRINAGAR, JULY 29: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, today chaired a comprehensive review meeting at Civil Secretariat here to assess the physical and financial progress achieved under

the Strengthening and Augmentation of State Capabilities for Citizen-Centric Infrastructure (SASCI), CAPEX Budget and other flagship developmental schemes being implemented by the Health and Medical Education, Social Welfare and Education departments besides implementation of key budget announcements in these departments.

The meeting was attended by Commissioner Secretary Social Welfare, Sarmad Hafeez; Commissioner Secretary Education, Ram Niwas Sharma; Mission Director ICDS, Mission

● Turn on Page 2

لَبَّائِكُ اللَّهُمَّ لَبَّائِكُ
LABBAIK ALLAHUMMA LABBAIK

AL MURAD

HAJJ AND UMRAH

— SAFAR-E-IBAADAT, SUKOOK KE SAATH —

Haji aur Umrah ka Mukammal aur Behtareen Intizam

HAMARI KHIDMAAT

- AIR TICKETS
Behtareen Airlines ke saath
- COMFORTABLE STAY
Makkah aur Madinah mein behtareen hotels
- TRANSPORTATION
Aaramdh aur time par safar
- QUALITY FOOD
Saaf, behtareen aur mazaydar khana
- EXPERIENCED GUIDES
Mukammal rehnumai aur sahulat

Humara Maqsad
Aapki Ibaadat ko Asaan Banana

Aapka Bharosa
Hamari Zimmedari

AL MURAD
HAJJ AND UMRAH

Har Qadam par
Aapke Saath

APNI ZINDAGI KA SABSE BEHTAREEN SAFAR
AL MURAD HAJJ AND UMRAH KE SAATH

CONTACT :
7889959854

ADDRESS :
Opp. Court complex
Pattan 193121

EMAIL :
almuradtourandtravel769@gmail.com

تَقَبَّلَ اللَّهُ مِنَّا وَمِنْكُمْ
TAQABBALLALLAHU MINNA WA MINKUM

پیشاپ

Preserve Your
Ideas
We Bring Them to Life

LUBAAB PUBLICATIONS
ONE STOP SOLUTION FOR ALL PRINTING NEEDS

We Publish in
Arabic | Urdu | Hindi | Persian | Kashmiri

Contact us:
9697071471 | 9999038812
lubaabpublications01@gmail.com

CMYK



CS Launches QR Code-Based Anganwadi Centres in J&K

Reviews ECC&E Initiatives of the Social Welfare Department

HT NEWS NETWORK

SRINAGAR, JULY 29: In a significant step towards strengthening transparency, digital governance and quality service delivery under Mission POSHAN, the Chief Secretary, Atal Dulloo, today launched the QR Code-based Anganwadi Centre (AWC) initiative in Jammu and Kashmir.

The initiative marks a major milestone in leveraging digital technology to make Anganwadi Centres more accessible, transparent and accountable while empowering citizens with real-time information about services being delivered at the grassroots level.

The launch was held during a review meeting convened by the Chief Secretary to assess the progress achieved by the Social Welfare Department in the implementation of Early Childhood Care and Education (ECCE) across the Union Territory.

The meeting besides Commissioner Secretary, Social Welfare Department was attended by Commissioner Secretary, Planning; Commissioner Secretary, Education; Secretary, RDD; MD, Mission Poshan; Representatives from BISAG-N and other concerned officers.

The Chief Secretary congratulated the Social Welfare Department for embracing digital innovations aimed at improving governance and enhancing public service delivery.

He observed that technology should become an effective instrument for improving the quality of services at the grassroots level and ensuring greater citizen engagement.

The Commissioner Secretary, SWD, Sarmaad Hafeez while speaking on this occasion revealed that the QR Code initiative has been developed by the Department in collaboration with BISAG and the Information Technology Department. He added that every Anganwadi Centre in the Union Territory has been assigned a unique QR Code, enabling citizens to instantly access comprehensive information regarding the respective Anganwadi Centre.

The platform hosts details relating to Anganwadi Workers and Helpers, beneficiaries, supplementary nutrition, services being delivered, infrastructure available, government schemes, events organised and other important information, thereby promoting greater transparency, accountability and public participation.

Reviewing the implementation of the Early Childhood Care and Education programme, the Chief Secretary emphasised the need for greater digital convergence across departments to create a comprehensive digital profile of every child.

He directed the Social Welfare Department to engage with BISAG-



N for integration of APAAR records of the School Education Department, ABHA (Ayushman Bharat Health Account) of the Health Department and U-WIN, the national digital platform for immunisation, with the QR Code-based Anganwadi ecosystem.

He observed that such convergence would enable consolidation of a child's educational, health, immunisation and other developmental records on a single digital platform, thereby ensuring seamless tracking of the child's overall growth, facilitating

informed interventions and improving inter-departmental coordination.

Highlighting the importance of inclusive and child-centric learning, the Chief Secretary observed that several reputed institutions across the country have developed scientifically designed play-based learning modules for addressing developmental, behavioural, health-related and curriculum-specific challenges faced by children with diverse learning needs.

He advised the Social Welfare Department to study these best

practices and explore the possibility of adopting and customising such evidence-based modules to suit the socio-cultural context and specific requirements of children in Jammu and Kashmir.

He said that introducing innovative, play-based pedagogical interventions would further enrich the Early Childhood Care and Education framework and help ensure holistic development of every child, particularly those requiring additional learning and developmental support.

During the meeting, the Managing Director, Mission POSHAN, Sajad Hussain Ganai, gave a comprehensive presentation on the initiatives being undertaken to strengthen Early Childhood Care and Education (ECCE) across Jammu and Kashmir. He highlighted the Mission's multi-pronged strategy encompassing digital integration, infrastructure development, capacity building of frontline workers, community participation, and convergence of health, nutrition and early learning services.

The Chief Secretary was informed about the successful implementation of digital initiatives, including universal Aadhaar enrolment of beneficiaries, generation of ABHA and APAAR IDs, mapping of all Anganwadi Centres on the Gati Shakti Portal and the development of an advanced Anganwadi Tracking Application.

The presentation also covered the co-location of Anganwadi Centres with schools to ensure a seamless transition to formal education, besides the ongoing upgradation of centres under the Saksham Anganwadi Programme and Bal Vidyalaya Scheme with modern, child-friendly infrastructure.

It was also highlighted that focused interventions for children aged 0-3 years under the Navchetana initiative through structured home visits and early stimulation activities, while children in the 3-6 years age group are being imparted activity-based learning under the Aadharshila curriculum to enhance school readiness.

The Chief Secretary also reviewed the delivery of integrated health and nutrition services through Village Health Sanitation and Nutrition Days (VHSNDs), including immunisation, growth monitoring, maternal care, anaemia screening and nutritional support.

Stressing the need for greater convergence among stakeholder departments, he called upon all concerned to transform every Anganwadi Centre into a vibrant hub of early learning, nutrition, health and community engagement, observing that investment in early childhood development lays the foundation for a healthier, better educated and more productive society.

Satish Sharma reviews performance of FCS&CA, IT departments; calls for transparent, citizen-centric, technology driven governance

HT NEWS NETWORK

SRINAGAR, JULY 29: Minister for Food, Civil Supplies & Consumer Affairs, Information Technology, Youth Services & Sports, Science & Technology and Transport, Satish Sharma, today chaired a review meeting to assess the performance, achievements, ongoing initiatives and future roadmap of the Food, Civil Supplies & Consumer Affairs (FCS&CA) and Information Technology (IT) Departments, with emphasis on strengthening the governance through technology, transparency and efficient public service delivery. During the meeting, the Minister undertook a detailed review of the functioning of both the departments, examining the key initiatives, infrastructure development, digital governance projects, financial management, citizen-centric reforms and the roadmap for implementation of major programmes during 2026-27. Reviewing the functioning of the Food, Civil Supplies & Consumer Affairs Department, Satish Sharma reiterated the government's commitment to ensure food security through an efficient, transparent and accountable Public Distribution System. The Minister reviewed the implementation of the Chief Minister's commitment of providing the benefit of six LPG cylinders annually to the eligible beneficiaries and directed the officers to expedite all procedural formalities for its timely rollout. He also reviewed the arrangements for advance distribution of foodgrains for the months of August to October to ensure uninterrupted supplies during the monsoon season.

The Minister was briefed on the suc-



cessful implementation of the SMART-PDS ecosystem, migration to the Ration Card Management System (RCMS), Aadhaar-enabled Public Distribution System, integration with national digital platforms and expansion of online citizen services. He emphasized leveraging technology to simplify service delivery, improve transparency and eliminate delays.

Satish Sharma appreciated the department's efforts in identifying and removing ineligible beneficiaries through the Rightful Targeting initiative, observing that the exercise has strengthened the transparency and ensured that welfare benefits reach genuine beneficiaries.

He also reviewed the status of CAPEX works, modernization of food storage infrastructure, upgradation of intermediate granaries, implementation of centrally sponsored schemes and the progress of the City Gas Distribution (CGD) project. Stressing the importance of clean energy, the Minister called for expediting the expansion of Piped Natural Gas (PNG) and Compressed Natural Gas (CNG) infrastructure across Jammu and Kashmir.

The Minister further reviewed the proposals for formulation of the Piped Natural Gas (PNG) Policy and the Compressed Biogas (CBG) Policy. He directed the department to accelerate the reforms aimed at promoting clean energy, sustainable development and a circular economy. He also emphasized strengthening Ease of Doing Business through simplification of departmental procedures, digitisation of services and timely implementation of the Business Reforms Action Plan (BRAP) and District Business Reforms Action Plan (D-BRAP).

Satish Sharma stressed timely completion of infrastructure projects, efficient procurement and distribution of essential commodities, rationalisation of Fair Price Shops wherever required and expansion of digital citizen services, including WhatsApp-based service delivery.

The Minister also conducted a comprehensive review of the Information Technology Department, assessing the progress of digital governance initiatives and the roadmap for major projects proposed for 2026-27. He was briefed on the

department's vision for building a resilient, secure and citizen-centric digital ecosystem to improve the public service delivery, enhance transparency and harness emerging technologies for inclusive development. The Minister reviewed several flagship initiatives proposed by the department, including integration of government services with WhatsApp, expansion of the State Data Centre, establishment of a Disaster Recovery Site, strengthening of LAN and Wi-Fi infrastructure in the Civil Secretariats, creation of a J&K Data Exchange and Data Lake, implementation of a comprehensive Wi-Fi Policy and introduction of multilingual digital services. Satish Sharma stressed that technology must serve as a catalyst for good governance by making public services more accessible, transparent and efficient. He directed the officers to ensure that every digital intervention remains citizen-friendly, secure, scalable and capable of reducing the need for physical visits to government offices, thereby enabling seamless access to services across both urban and remote areas of Jammu and Kashmir. The Minister also reviewed the achievements of the IT Department during 2025-26, including successful implementation of e-Office across government offices, expansion of the eUNNAT platform, DigiLocker integration, JK MyGov, Mobile Seva, the State e-Governance Mission Team, JK IT Cell and several cyber security initiatives. He was informed that Jammu and Kashmir has secured leading positions in national assessments relating to digital governance and online service delivery.

Special Joint Survey for Apple Leaf Blotch Miner insect conducted at Kupwara

HT NEWS NETWORK

KUPWARA, JULY 29: Central Integrated Pest Management Centre (Jammu & Srinagar), in collaboration with the Directorate of Horticulture Kashmir, conducted a Special Joint Survey on Apple Leaf Blotch Miner, at several villages of blocks Kralgund, Langate, Handwara, Drugmulla, Sogam of Kupwara district. The survey was aimed to check and verify level of infestation of the harmful pest in those areas, and also to advise proper IPM management practices to curb the level of infestation of the pest.

The survey was conducted by Dr. Vageesh Pandey, DD (E), who provided valuable insights to reduce infestation level of this pest. Farmers were acknowledged about Yellow Sticky Traps, Pheromone Traps, Orchard Sanitation, Proper Shade Fencing and also about accurate timing of chemical application to curb the pest infection. The survey was attended by Dr. Khurshid Habib Buda, HDO, Kralgund, who shared useful knowledge about pest infestations in that region. Dr. Haroon Rashid Hakla, APPO (PP) also told farmers about using of only CIBRC approved pesticides.

Sudhanshu Mishra, APPO (WS) and Abir Shankhari, APPO (WS) also noted several problems faced by farmers and provided important inputs to farmers to solve the problem. The main focus of whole survey was to identify problems faced by farmers in those villages and to address those problems as best as possible as per the government advisories. Farmers were also very much satisfied with the approach method of solving their issues. Officials urged orchardists to regularly monitor their orchards and adopt Integrated Pest Management (IPM) practices to minimise pest incidence and safeguard apple production.

HUDD extends Unified Building Bye-Laws to JKHB colonies

Revised norms to bring flexibility, ease of development for citizens

HT NEWS NETWORK

SRINAGAR, JULY 29: The Housing and Urban Development Department (HUDD) has extended the Jammu & Kashmir Unified Building Bye-Laws, 2021 (JKUBBL) to all existing housing colonies under the Jammu & Kashmir Housing Board (JKHB).

According to an order issued vide SO 207 dated July 24, 2026, the provisions of JKUBBL, as amended from time to time, shall now apply to existing JKHB colonies. The notification also prescribes revised planning and development norms for future Housing Board colonies.

The officials said these reforms are aimed at ensuring greater flexibility, ease of development and improved citizen services. Demand-driven land use will now be permitted in Housing Board colonies for activities other than those

prohibited or debarred under the negative list, enabling more responsive and citizen-centric development.

The notification further allows mixed land use activities, other than those included in the negative list, within JKHB colonies to promote balanced and vibrant neighborhoods. Besides, vertical and horizontal mixed-use activities will also be permissible on notified roads, creating opportunities for integrated residential and commercial development.

The notification added that the plots will be eligible to utilize the additional Floor Area Ratio (FAR) along with reduced setback requirements, facilitating more efficient use of plots. Optimum utilization of land will be ensured while planning housing colony layouts, resulting in improved urban design and infrastructure efficiency. Fast-track approval of building permission through

the Auto DCR system will streamline the building permission process and reduce approval timelines. A simplified process for building approvals and issuance of Occupancy Certificates will enhance transparency and ease of compliance. The Self-Certification and Auto-Approval mechanism (AutoDCR) will enable automatic generation of building permits through the online portal based on self-certification, significantly reducing procedural delays.

Officials said the extension of the Unified Building Bye-Laws is expected to modernise urban planning in Housing Board colonies by promoting planned development, improving regulatory efficiency and providing greater convenience to residents. The initiative is also aimed at ensuring sustainable land use while encouraging orderly growth in line with contemporary urban development standards.

MLA Devsar, DC Kulgam visits flash flood affected areas of Dardgund, Bangdar

HT NEWS NETWORK

KULGAM, JULY 29: Member of Legislative Assembly (MLA) Devsar, Peerzada Feroze Ahamad and Deputy Commissioner (DC) Kulgam, Shahzad Alam today visited the flash flood-affected areas of Dardgund, Bangdar and adjoining localities of Tehsil Devsar to take stock of the situation arising out of the sudden cloudburst that hit the area yesterday.

During the visit, the duo interacted with the affected families and undertook an on-the-spot assessment of the damage caused to residential structures, agricultural land, orchards and public infrastructure due to the flash floods triggered by the cloudburst.

They were accompanied by Tehsildar

Devsar, Block Development Officer (BDO) and officers of various line departments, who briefed them on the extent of damage and the immediate relief and restoration measures being undertaken in the affected areas.

As part of immediate relief measures, cash compensation and food kits were distributed among the affected families on the spot. The DC also directed the concerned line departments to carry out immediate restoration of damaged infrastructure, including roads, water and power supply, and to remain on alert in view of the prevailing weather conditions.

The MLA assured the affected people of all possible support from the administration and appealed to the residents of vulnerable areas to remain cautious.

DC Kulgam chairs Block Diwas at DH Pora; focus on responsive, participatory governance

Urges public participation in Gram Sabhas

HT NEWS NETWORK

KULGAM, JULY 29: Deputy Commissioner (DC) Kulgam, Shahzad Alam today presided over the Block Diwas at DH Pora, where an extensive public outreach programme was conducted to hear and address the grievances and developmental concerns of local residents.

During the programme, people and representatives from different areas of the sub-division including DH Pora, Ahmadabad, Nandimarg, Laisoo, Yarikah, Kounsarbal, Sadiwari, Aharbal, Khull, and several other villages projected various developmental demands before the DC relating to road connectivity & macadamisation, flood protection works, improvement in provision of drinking water, power tariff bills, staff for local health institutions and

ambulatory services, irrigation canal upgradations, augmentation of power infrastructure, removal of encroachments and establishment of dumping sites and provision of door to door waste collection and disposal, Playground construction and upgradation, rural development works, PMAY issues, and other public importance issues.

The DC gave a patient hearing to every issue and assured the public about the commitment of the district administration towards their welfare. All issues and demands have been noted and shall be taken at appropriate forums for resolution, while as local level issues and demands shall be taken up promptly by the district administration, assured the DC while replying to the demands of the public.

The DC sought the cooperation



of the residents in effective execution of rural development schemes while presenting the details of many ongoing

works in the area. He said, department wise monitoring of public demands shall be undertaken with

continuous follow up to ensure their timely fruition.

The DC exhorted against the open littering in water bodies and road sides and desisted public on polluting the natural resources and encroachments of canals and public lands. He sought cooperation of all stakeholders towards the socio-economic and inclusive development of the district.

He further called upon the public to actively participate in the upcoming Gram Sabhas across all panchayats and verify the Priority Lists of PMAY-G beneficiaries to ensure transparency, fairness and authenticity. The DC also encouraged eligible households to avail the benefits of the PM Surya Ghar initiative.

Earlier, Additional Deputy Commissioner (ADC) Kulgam, Vikar Ahmad Giri, addressed the gathering

and elaborated on sanitation-related concerns and the measures being taken to strengthen waste collection and disposal mechanisms. He also highlighted various labour welfare schemes, including educational assistance, marriage assistance, medical aid and insurance-based benefits, and urged eligible beneficiaries to apply for these Labour Department schemes.

The ADC informed the gathering that livestock healthcare services, including vaccination drives, and audit assessment of ongoing works under the Roads and Buildings (R&B) sector would also be taken up.

The programme was also attended by CPO, Exen R&B, DIO, district and sectoral officers, sub divisional and tehsil administration and a large number of residents from the area.

Intensified crackdown to continue against drug abuse in Budgam: DC

HT NEWS NETWORK

BUDGAM, JULY 29: Deputy Commissioner (DC) Budgam, Athar Aamir Khan, today said that the intensified crackdown against drugs shall continue across Budgam.

He said this while chairing the 49th District-Level NCORD meeting at the Conference Hall, Budgam, along with SSP Budgam Hariprasad KK.

At the outset, the Deputy Commissioner reviewed ongoing anti-drug measures, rehabilitation efforts, and awareness activities in the district. He appreciated coordinated efforts under the Nasha Mukht Bharat Abhiyan over the last 100 days and progress made to curb the menace in the District.

Underscoring need for sustained and intensified anti-drug drive with strong IEC campaigns, the Deputy Commissioner instructed for maintaining strict vigil around educational institutions, and regular inspections to protect youth falling prey to handlers.

He stressed 100 percent outreach for affected individuals, ensuring their

timely treatment, counselling, and rehabilitation.

The Deputy Commissioner also directed intensified action against illegal cultivation of cannabis, poppy, and other drugs, and removal of such crops from all areas. Instructions were given for 100 percent CCTV coverage and Computerised Billing Systems in all chemist shops, with strict monitoring and action against violations.

The DC underscored need for close inter-departmental coordination to identify and destroy illicit crops.

He further instructed that the Addiction Treatment Facility at District Hospital Budgam remain fully functional 24x7 and called for strengthening the Drug De-Addiction Centre for better treatment and follow-up care.

SSP Budgam emphasized stronger coordination among departments and intensified action against drug peddlers and traffickers.

Among others, the meeting was attended by SDM Khansahib, DSWO, officers from Health, Education, Excise, Police and other departments.

Collective Farming gains momentum in Budgam; Over 200 Farmers attend SKUAST-K outreach Programme

HT NEWS NETWORK

BUDGAM, JULY 29: More than 200 farmers participated in a major Farmer Producer Organisation (FPO) mobilisation drive in Budgam as SKUAST-K intensified efforts to strengthen farmer collectives under the IFAD-supported Jammu and Kashmir Competitiveness Improvement of Agriculture and Allied Sectors Project (JKCIP).

The programme, organised by The Ashtar Valley Farmer Producer Organisation Cooperative Ltd., Arigam Khansahib, focused on expanding farmer membership and promoting collective farming enterprises as a pathway to higher incomes, improved market access and sustainable agricultural growth.

The event brought together officials associated with the JKCIP collectivisation programme, FPO development officers from several districts, scientists, extension experts and members of the Ashtar Valley FPO.



Addressing the gathering, Prof. (Dr.) Raihana Habib Kanth, Director Extension and Dean, Faculty of Horticulture, SKUAST-Kashmir, said that FPOs are emerging as powerful institutions for transforming agriculture by enabling farmers to access quality inputs, modern technologies, institutional credit, value addition facilities and organised markets through collective action.

She urged farmers to actively join producer organisations and leverage opportunities being cre-

ated under the IFAD-backed JKCIP, adding that SKUAST-K remains committed to providing technical support, capacity building and extension services to strengthen farmer-led institutions across Jammu and Kashmir.

Speaking on the occasion, Prof. Bilal Ahmad Lone, Head, KVK Budgam, highlighted the importance of scientific farming, collective marketing and skill enhancement in improving farm profitability and rural livelihoods. Dr. Mohammad Iqbal Bhat,

Coordinator, Upscaling Collectivization Component, JKCIP, SKUAST-K, outlined the project's strategy for building strong and self-reliant farmer organisations. He said enhanced farmer participation and membership are critical for creating sustainable producer collectives capable of addressing production, aggregation and marketing challenges.

An interactive session held during the programme saw farmers seeking information on FPO membership, governance mechanisms, business planning and market opportunities. Experts responded to the queries and encouraged eligible farmers to join the growing collective of farmers.

The mobilisation drive forms part of ongoing efforts under JKCIP to expand and strengthen farmer-owned institutions, with a focus on improving competitiveness, market integration and income generation in the agriculture sector.

Rural Land Ownership strengthened as SVAMITVA Property Cards handed over in Drugmulla

HT NEWS NETWORK

KUPWARA, JULY 29: In a significant step towards streamlining rural land records, Property Cards under the Government of India's SVAMITVA Scheme were distributed today among the entitled beneficiaries of villages Radbugh, Shadipora, Bumhama and Waterkhani, falling under the jurisdiction of Tehsil Drugmulla.

The distribution exercise was carried out by Tehsildar Drugmulla on the directions of the Deputy Commissioner Kupwara, who has been closely monitoring the implementation of the scheme across the district.

Interacting with the beneficiaries during the programme, the Tehsildar highlighted that the SVAMITVA Scheme has been launched with the objective of providing verified ownership documents to rural households through the use of modern drone-surveying and mapping technology.

He further added that possession of a Property Card would now enable the beneficiaries to leverage their residential property as a financial asset, thereby facilitating easier access to bank loans and other credit facilities. This, he said, would go a long way in boosting the economic empowerment of the rural populace besides bringing their assets within the ambit of formal financial institutions.

The Tehsildar also impressed upon the beneficiaries the need to safeguard the Property Cards as valuable legal documents, to be produced as and when required in matters relating to property mutation, inheritance, sale or any other official transaction.

Meanwhile, the Revenue Department, Kupwara informed that the exercise for coverage of the remaining villages under the SVAMITVA



Scheme is progressing at a steady pace and would be completed within the stipulated timeframe, in keeping with the district administration's resolve to ensure hundred percent saturation of the scheme.

Revenue functionaries, Patwaris of the concerned Halqas and a sizeable number of villagers attended the distribution drive.

During the programme, revenue officials also briefed beneficiaries about the various features of the Property Cards and explained how the digitally verified ownership records would simplify future property-related transactions and improve transparency in rural land administration.

The officials informed that the SVAMITVA Scheme is expected to minimise disputes arising from un-

clear property boundaries by providing accurate geospatial mapping of residential properties through drone-based surveys and modern GIS technology.

Beneficiaries were encouraged to promptly report any discrepancies in property records to the Revenue Department so that necessary corrections could be made in a timely manner, ensuring the accuracy and reliability of the database.

The district administration reaffirmed its commitment to completing the implementation of the scheme in all eligible villages, stating that the initiative would strengthen rural governance, improve service delivery and enhance the socio-economic security of rural households by providing legally recognised ownership records.

DC Pulwama chairs meeting of District Advisory Committee on My Bharat Initiative

HT NEWS NETWORK

PULWAMA, JULY 29: Deputy Commissioner (DC) Pulwama, Dr. Basharat Qayoom, today chaired a meeting of the District Advisory Committee on My Bharat at the Administrative Complex, Pulwama, to review the implementation and progress of the MY Bharat initiative in the district.

At the outset, the District Youth Officer, Pulwama, delivered a detailed presentation highlighting the objectives of MY Bharat and the progress achieved in the district. The presentation covered youth registrations, formation of Youth Clubs, registration of NGOs, experiential learning opportunities, district performance on the MY Bharat portal, events conducted, and the roadmap for strengthening youth participation in the coming months.

Addressing the meeting, the DC highlighted the importance of creating meaningful opportunities for youth engagement through skill development, community service, and nation-building activities under the MY Bharat platform.

During the meeting, the Deputy Commissioner reviewed the district's performance under various indicators and took stock of the status of youth registrations and institutional participation. He stressed the need for coordinated efforts among all stakeholder departments to enhance outreach and ensure greater enrolment of youth on the MY Bharat platform.

Dr. Qayoom directed the concerned officers to intensify awareness campaigns in educational institutions and at the grassroots level through Youth Clubs, NSS, NCC, and other



community-based organisations. He also emphasized the importance of organising regular youth-centric activities to encourage leadership and community participation under the My Bharat initiative.

Dr. Qayoom emphasized that educational institutions, Youth Clubs, Panchayati Raj Institutions, Urban Local Bodies, and field functionaries should be actively involved in mobilising youth and ensuring maximum registrations.

On the occasion, the DC directed all concerned departments and stakeholders to work in close coordination with the District Youth Office to maximise youth enrolment and ensure effective implementation of the objectives of the MY Bharat initiative.

The meeting was attended by

the Additional Deputy Commissioner, Pulwama; General Manager, DIC, Pulwama; Assistant Commissioner Development, Pulwama; and other members of the District Advisory Committee.

The Deputy Commissioner also urged departments to identify and encourage talented youth to actively participate in innovation, volunteerism and civic engagement programmes under the MY Bharat platform, enabling them to contribute to the district's socio-economic development. He reiterated that sustained inter-departmental coordination and regular monitoring would be key to achieving the initiative's objectives, ensuring that more young people benefit from the opportunities offered through MY Bharat.

Anant Completes Year-Long Project for Revival and Preservation of Kashmiri Sufiana Mousiqi

■ GULFAM BARJI

SRINAGAR, JULY 28: Anant National University, in collaboration with Tulkul Arts and Media Collective has successfully completed a year-long project aimed at the revival, preservation, documentation and transmission of Kashmiri Sufiana Mousiqi to the younger generation.

The project which concluded on July 14, 2026, focused on preserving the traditional knowledge, musical heritage, craftsmanship and artistic practices associated with Sufiana Mousiqi. Various activities were organised during the project to document the rich legacy of Kashmiri Sufi traditions. Under the guidance of expert mentors and traditional craftsmen design students of Anant National University received practical training in the traditional process of making Kashmiri Santoor. Besides this five young individuals from



Kashmir were specially trained in Santoor craftsmanship, basics of Sufiana Mousiqi, traditional instruments and classical singing techniques to ensure the continuity of this ancient art form. The project also documented traditional Santoor-

making skills, Sufiana compositions, oral traditions, experiences of musicians, methods of instrument-making and traditional performance styles. The documentation will serve as a valuable resource for students, researchers, artists and cul-

tural institutions in the future. The project has been completed at a time when the Government of Jammu and Kashmir has recommended Kashmiri Sufiana Mousiqi for inclusion in UNESCO's Intangible Cultural Heritage list. Experts believe that such

initiatives will further strengthen efforts for the recognition and preservation of this unique cultural heritage.

Project Master Trainer and renowned Sufiana Mousiqi artist Manzoor-ul- Haq congratulated Anant National University for the initiative stating that for the first time documentation, instrument-making and practical music training were brought together under a single programme. He added that the initiative has generated greater interest among young people towards this traditional art form. A comprehensive report covering traditional Santoor-making techniques, Sufiana Mousiqi traditions, craftsmanship, training activities and research observations was also published at the conclusion of the project. The publication is expected to serve as an authentic reference material for researchers, artisans, and cultural practitioners.

Balwant Thakur's Acclaimed Play "Aap Hamare Hain Kaun" Receives Standing Ovation at IIT Jammu

■ HT NEWS NETWORK

JAMMU, JULY 29: Padma Shri Balwant Thakur's critically acclaimed play Aap Hamare Hain Kaun was staged today at the Mansar Auditorium of the Indian Institute of Technology (IIT) Jammu, where it received thunderous applause and standing ovations from a packed audience. The performance was presented as part of Navaramb-2026, the



institute's orientation programme for newly admitted students.

The event was organised under the guidance of the faculty members, including Dr. Malvika (Coordinating Team), Dr. Hardeep (Coordinating Team), Dr. Quleen (Cultural Event Organiser), Dr. Haneefa (Head, Department of Humanities and Social Sciences & Coordinating Team), and Dr. Amitash (Coordinating Team). The programme was actively supported by scholars and tutors Ajaz, Faisal, Sonam, Priya, Anjali, and Sharamana.

Addressing the gathering before the performance, Natrang Director Padma Shri Balwant Thakur expressed his gratitude to IIT Jammu for providing Natrang with the opportunity to connect young students with the transformative power of theatre. He said that his foremost objective was to introduce the new generation to the magic of theatre and demonstrate its extraordinary ability to shape personalities, inspire critical thinking, and nurture creativity. He emphasised that theatre is not merely a performing art but a powerful medium for personal growth and social transformation.

Aap Hamare Hain Kaun presents a thought-provoking critique of the growing culture of materialism, consumerism, and relentless ambition that increasingly defines contemporary society. The play urges parents, educators, and guardians to introspect on the emotional and moral pressures placed upon children in the pursuit of prestige, success, and unfulfilled personal aspirations. Through a deeply moving narrative and compelling performances, it portrays how children are often treated as extensions of parental ambitions, burdened with excessive academic expectations while being deprived of the freedom to discover their individuality, creativity, and true potential.

The production also examines the complexities of the modern education system in an era of rapid technological advancement and AI-driven learning environments. It raises significant questions about the gradual erosion of creativity, empathy, and human values, holding a mirror to society and calling for a more balanced, compassionate, and holistic approach towards education and childhood.

The audience was deeply impressed by the outstanding performances of the young actors, whose confidence, emotional maturity, and professional stage presence brought the powerful narrative vividly to life. The talented cast included Advik Sharma, Supria Gorka, Dwijesh Dutta, Mehak Chib, Aadhwika Gupta, Mahira Gupta, Ruhaan Chandan, Araiya Shan, Gautam Bhagat, Kavish Sharma, Aarohi Singh, Samaeira Raina, Priyal Ashok Gupta, Anmol Sharma, Sachetas Anand, Rishaan Marhatta, Aanandita Dutt, Aadadhya Thakur, and Mrigasaya Shan. Their performances received widespread appreciation and prolonged applause from the audience.

The music for the production was composed by Suraj Singh, with rhythmic accompaniment by Rakesh Kumar. The lighting design and execution were handled by Shivam Singh. Neeraj Kant served as the Production Head, while the performance was efficiently coordinated by Pawan Verma, Gauri Thakur, Kushal Bhat, Vishal Sharma, and Kartik Kumar, ensuring the smooth execution of the production.

Illegal Mining Crackdown Intensifies in Kulgam

15 Vehicles Compounded, ₹5.35 Lakh Penalty Recovered in a Day

■ FAROOQ RATHER

KULGAM, JULY 29: The District Administration Kulgam on Tuesday intensified its crackdown against illegal mining by compounding 15 vehicles and recovering Rs. 5.35 lakh in penalties from violators as part of its zero-tolerance policy against unauthorised extraction of minerals.

The enforcement drive was carried out in strict compliance with the directions of Deputy Commissioner Kulgam, Shahzad Alam (IAS), and under



the guidance of Director, Geology and Mining, Pawan Kumar Sharma (JKAS).

According to officials, the District Mineral Office has registered an unprecedented enforcement record during July 2026. More than 70 vehicles involved in illegal mining have been seized during the month, while over Rs. 32.50 lakh has been recovered as compounding penalties, marking the highest monthly enforcement in the district in recent years.

District Mineral Officer Khurshid Ahmad attributed the success of the intensified drive to the continuous guidance of the Deputy Commissioner, the Director of Geology and Mining, and the unwavering support of District Police Kulgam.

Officials said the sustained enforcement has resulted in a significant decline in illegal mining activities across the district and reflects the administration's firm commitment to protecting natural resources and ensuring strict enforcement of mining regulations.

The District Administration reiterated that the anti-illegal mining campaign will continue with full vigour, warning that stringent legal action will be taken against anyone found involved in unlawful extraction or transportation of minerals.

MCS Baramulla Stages Thought-Provoking Kashmiri Play "Aalav" at SKICC in Chinar Book Festival

■ HT NEWS NETWORK

SRINAGAR, JULY 29: As part of the 3rd edition of the Chinar Book Festival organised by the National Book Trust, India (NBT) at the Sher-i-Kashmir International Convention Centre (SKICC) Srinagar, Mehboob Cultural Society "MCS" Baramulla presented its thought-provoking Kashmiri stage play 'Aalav' captivating the audience with its powerful message and artistic excellence. The play was written and directed by noted theatre practitioner Ashraf Nagoo who also appeared in a lead role alongside Hilal Khan and Shabeer Hakak. Their compelling performance marked by emotional depth and natural expression received warm appreciation from the audience. 'Aalav' explored contemporary social issues and highlighted the importance of human values through an engaging narrative and effective stagecraft. The meaningful



dialogues, strong direction and impressive acting combined to make the production one of the memorable cultural presentations of the festival. Prominent literary figures, theatre enthusiasts and members of the cultural fraternity present on the occasion lauded the efforts of

MCS Baramulla describing the production as a significant contribution to the promotion and preservation of Kashmiri theatre. They congratulated the director, cast and the entire production team for delivering a meaningful and impactful performance.

Committee on Estimates reviews functioning of Health & Medical Education department

■ HT NEWS NETWORK

SRINAGAR, JULY 29: The Committee on Estimates of the Jammu and Kashmir Legislative Assembly today convened a meeting under the Chairmanship of Nazir Ahmad Khan (Gurezi) to review the overall functioning of the Health and Medical Education Department, with emphasis on strengthening healthcare delivery and assessing the availability of medical manpower across the Union Territory.

The meeting was attended by members of the Committee including Ghulam Ahmad Mir, Balwant Singh Mankotia, Ali Mohammad Dar, Javid Hassan Beigh, Irshad Rasool Kar, Sajad Shaheen, Sunil Bharadwaj and Pyare Lal Sharma. Commissioner Secretary, Health and Medical Education, M. Raju, Director SKIMS, Managing Director, National Health Mission, Principals of various Government Medical Colleges, Secretary, J&K Legislative Assembly, Manoj Kumar Pandita, besides other senior officers of the Health and Medical

Education and Legislative Assembly were also present.

During the deliberations, the Committee undertook a comprehensive review of the department's functioning, focusing on healthcare infrastructure, availability of human resources, quality of service delivery and the effectiveness of administrative mechanisms across Jammu and Kashmir.

The Committee sought detailed information regarding the sanctioned strength of doctors in all District Hospitals, Sub-District Hospitals and Medical Blocks across the Union Territory. It directed the department to furnish district and block-wise data on the sanctioned posts of doctors to facilitate a detailed assessment of healthcare staffing.

To evaluate the existing human resource scenario in the health sector, the Committee further called for block-wise details of filled and vacant posts in these health institutions for the last five years. The information will enable the Committee to examine trends in manpower

deployment, identify critical gaps and recommend appropriate measures for improving healthcare services across Jammu and Kashmir.

Speaking during the meeting, Chairman Nazir Ahmad Khan Gurezi reiterated the need for timely availability of accurate data to support evidence-based planning and policy interventions aimed at enhancing the efficiency, accessibility and quality of public healthcare services across J&K. He directed the Health department for immediate posting of doctors in rural and underserved areas.

The Chairman also called for timely interventions like installation of CCTVs to enhance status of security and monitoring mechanisms in public health institutions.

With a focus on strengthening administrative accountability, the Committee also sought information on the measures taken by the Health Department to implement online/Biometric Attendance systems for employees working across healthcare institutions in Jammu and Kashmir.

Centre Must Fulfil Promises To CJP, Otherwise The Campaign Could Grow: Farooq Abdullah

■ HT NEWS DESK / AGENCIES

SRINAGAR, JUL 29: National Conference (NC) president Farooq Abdullah on Wednesday said the government must keep its promises to the Cockroach Janta Party (CJP), otherwise the campaign could grow.

"If they (government) do not fulfil the promises they have made, and (revoke) FIRs, (if they do not) stop harassing those who provided food and water there, who took care of them (protestors), they (government) started persecuting them and their fami-

lies, then this campaign will grow even more and bring a change," he said.

To a question about a police-man firing AK47 rounds on protestors in Bihar, the NC chief said, "Everyone knows this, and you must have heard what the president of All India Student Association (Neha) has said. This will not stop. Children have stood up against it... they will take it forward."

Abdullah also refused to comment on the apology tendered by PDP chief Mehbooba Mufti over her recent remarks at the Jantar

Mantar justifying the use of force against Kashmiris.

"I do not want to say anything about it," he said.

While opposing police action against student protestors in Delhi, the Peoples Democratic Party (PDP) chief appeared to defend the use of pellet guns in the valley in the past, saying that it was different in Kashmir as the security forces were fighting militancy.

Mehbooba clarified on Tuesday, saying she meant to say that the security forces get an excuse to use force against Kashmiris as there is militancy.

"I meant to say the words 'bahana banta hai' (they get an excuse), but I couldn't say 'bahana' as I was talking to a lot of people," she added.

When asked about the PDP chief announcing protests on August 5 (the anniversary of the abrogation of Article 370), Abdullah said: "Please, it is her job; she can do what she likes".

To another question about Mehbooba alleging that the NC had signed on the death warrants of Parliament attack convict Afzal Guru, who was hanged inside the Tihar Jail on February 9, 2013, and

JKLF founder Maqbool Bhat, who was hanged on February 11, 1984, Abdullah said, "Let her say whatever she wants".

"I will not say anything about Mehbooba. Let her say whatever she wants," he said.

He pointed to a maxim in his school, "they say what they say, let them say what they say, for they say what they say", to not respond to what the PDP chief said.

Asked about the reported remarks of Lieutenant Governor Manoj Sinha that 90 per cent of the 5,000 hotels built in the last six years in Kashmir were "ille-

gal", Abdullah said he should be grateful that the hotels were built to accommodate the tourists visiting the valley.

"Be grateful that they were built. Tourists come here. Where will they stay? I have also seen that time when they used to sleep in taxis, they used to sleep in cars. They used to sleep on the road. There was no space. Thank God people stood on their own feet, and they did not look for government jobs," he added.

The NC chief also called for stringent action against those peddling drugs in the valley.

HT EDITORIAL

Zero Tolerance Must Become
Everyday Governance

The battle against corruption is not won through occasional crackdowns; it is won by building institutions where corruption finds no space to flourish. As Jammu and Kashmir continues its journey towards stronger governance, transparency and accountability must remain at the centre of every administrative decision. Clean governance is not merely a political promise—it is the foundation upon which public trust, economic growth and social justice depend.

Over the past few years, Jammu and Kashmir has witnessed a noticeable push towards administrative reforms. The expansion of digital governance, online public services, e-governance initiatives, transparent recruitment processes and tighter financial monitoring have reduced opportunities for discretionary decision-making. These measures have made governance more accessible and accountable, while also sending a clear message that integrity is becoming an institutional priority rather than a slogan.

Yet, the fight is far from over. Corruption today often manifests in subtle ways—delays in public services, manipulation of procedures, favouritism in decision-making and misuse of official authority. Such practices may not always make headlines, but they steadily weaken public confidence and slow the pace of development. Every rupee diverted through dishonest means ultimately deprives citizens of better roads, healthcare, education and other essential public services.

The government's emphasis on transparency must therefore be matched by continuous institutional vigilance. Departments should regularly review administrative procedures, simplify rules that create unnecessary bottlenecks and expand technology-driven systems that minimise direct human interface. Digitisation has already demonstrated its ability to reduce leakages and improve service delivery. Its reach must now extend uniformly across every level of administration.

Equally important is the responsibility of public servants themselves. Government employment is a public trust, and that trust can only be preserved through honesty, professionalism and accountability. Regular ethics training, internal vigilance, timely audits and rotation of officials in sensitive positions should become standard administrative practice rather than exceptional measures. At the same time, officials with exemplary records of integrity deserve recognition, for positive reinforcement strengthens institutional culture.

Citizens, too, remain indispensable partners in this effort. Accessible grievance redressal systems, effective protection for whistle-blowers and swift action on genuine complaints encourage greater public participation in ensuring clean administration. Transparency becomes meaningful only when people believe their voices will be heard without fear or discrimination.

The justice delivery mechanism must also keep pace. Investigations into corruption should be impartial, prosecutions expeditious and disciplinary proceedings concluded without avoidable delays. Accountability loses its deterrent value when cases remain unresolved for years.

Encouragingly, both the Union Territory administration and the elected government have consistently reaffirmed their commitment to transparent and accountable governance. The challenge now lies in maintaining that momentum through sustained reforms rather than isolated initiatives. Public confidence grows not from announcements but from visible improvements in the quality, speed and fairness of governance.

Clean governance is not an end in itself; it is the pathway to stronger institutions, faster development and greater public confidence. Jammu and Kashmir has laid the foundations for a more transparent administrative system. The task ahead is to ensure that these reforms become deeply embedded in governance, making integrity not the exception but the defining character of public administration.

Chief Patron Of Lubaab Publications Group:
Syed Sad Ud Din Bukhari (Saidi),
Printer Publisher, Owner And Editor:
Syed Jahangir Bukhari,
Printed At: Lubaab Publications, Radio
Colony Gund Hassibhat Lawaipora
Srinagar -190017,
Gen. Manager: Sheikh Mushtaq Ahmad
Cell No - 9697071471,
Editorial Section: 7006846797,
Multimedia Section: 9419008414,
Advertisement Section: 9697071471
RNI No: Jkeng/2011/39231
dailyheadlinestoday@gmail.com
headlinestoday2024@gmail.com

Our School - A Place I Will Always Call Home

GOVT. BHSS QALAMABAD



■ IQRA MOHIUDIN

A school is more than just a place of learning; it is where dreams take shape, values are nurtured, and the foundation of our future is built. Government Boys Model Higher Secondary School, Qalamabad, has been a beacon of quality education for many years. From Classes 9 to 12, it has guided generations of students towards academic excellence and responsible citizenship.

Our school has produced numerous distinguished alumni, including professors, teachers, police officers, and professionals serving in various fields. One of the most inspiring aspects of our institution is that several former students have returned as teachers. Their journey reflects the school's enduring legacy and the deep bond it creates with its students.

I am currently a Class 12 Commerce student in the Management stream, and I consider myself fortunate to be part of this remarkable institution. As my final year draws to a close, I am filled with a mixture of gratitude and nostalgia. In just a



few months, I will leave behind these classrooms, the morning assemblies, my friends, and the countless memories that have become an inseparable part of my life.

Our Principal, Vice Principal, teachers, and supporting staff work tirelessly with dedication and sincerity to make the school a second home for every student. They not

only impart academic knowledge but also instil discipline, confidence, compassion, and the values needed to become responsible members of society. The friendly and supportive atmosphere makes learning both meaningful and enjoyable.

Among all my teachers, Gowhar Sir holds a very special place in my heart. His knowledge, patience, dedication, and unwavering encouragement have inspired me throughout my academic journey. His unique teaching style motivates every student to strive for excellence, while his guidance has strengthened my confidence and deepened my love for learning. I will always remain grateful for the invaluable lessons I have learned under his mentorship.

This summer vacation has made me realise how deeply attached I am to my school. I miss the vibrant classrooms, the cheerful conversations with friends, the inspiring guidance of my teachers, and the warmth that makes this institution feel like a second home. These cherished memories will remain with me for a lifetime.

As I prepare to begin a new chapter in life, I carry with me the knowledge, values, friendships, and unforgettable experiences that my school has given me. No matter where life leads me, Government Boys Model Higher Secondary School, Qalamabad, will always hold a special place in my heart. I will forever be proud to say that I was a student of this great institution.

Reading enhance our vocabulary



■ SAHIL MANZOOR BHATTI

Newspaper reading is the best way to learn and gain knowledge. One thing we should never ignore is whether we are skilled, whether we have potential, or whether we are becoming dependent on applications and machines. The development of any nation does not mean that we should abandon the human mind and worship machines and Android apps. No doubt we have technology and facilities that we never had before, but we must always rely on the human brain; there is nothing more efficient than it. Therefore, we have to keep our minds sharp and practice every day. We need more ways to make our minds sharp and efficient, not machines and gadgets. The time is not far when we may lose our mental power and rely entirely on machines and Android apps.

It has been centuries since the first newspaper was printed in 1605. In India, the first newspaper was published in 1780 by James Augustus Hickey. The Times of India is one of the leading newspapers in the country today, and there are many other prominent newspapers published daily across the world. Newspaper reading adds new words to our vocabulary and provides us with current general knowledge about our surroundings. It is one of the most reliable sources of information and helps people remain aware of what is happening around them.

Today, everyone should have a wealth of knowledge to tackle difficult situations in day-to-day life. Every individual needs to be capable of facing different kinds of hardships and achieving success. Today's world is filled with advanced technology, and society needs technically skilled, energetic, and active people who possess good communication skills. These skills help individuals deal with others properly, politely, and in a humble and kind manner.

Language is simply a medium through which we communicate and express our ideas and thoughts. At the same time, we live in a competitive world where we must have skills, motivation, and strong communication abilities. One should possess a wide range of knowledge to express thoughts clearly and confidently. Reading newspapers regularly strengthens language skills and improves both reading and writing abilities.

During vacations, several coaching institutes offer English-speaking courses, personality-development training, and language-learning class-



es to help students prepare for employment. Nowadays, the level of competition is very high among learners and job-seeking youth, yet many of us still lack essential skills. Education is necessary to obtain a reputable job and earn a respectable income. Being educated enhances morale, develops personality, and increases self-respect and dignity.

There are many other sources that we should use to develop our overall personality. The time is not far when our nation will witness a revolution in education and development. A nation grows when its youth come forward with zeal and enthusiasm, carrying dreams for themselves and their country. When we develop positive thoughts, set big goals, and move ahead with strong determination, no one can stop us from achieving success.

In today's article, I explore the benefits of newspaper reading and how it helps us become educated unintentionally. Social media plays a major role in spreading information quickly. It brings many good things to light, but it also has a negative side. Due to the influence of social media, many people spend more time on mobile phones instead of engaging in productive physical and mental activities. This habit can affect concentration and overall development.

Several Android applications display current events quickly, and Google also plays a vital role in keeping us updated. However, newspapers are a different and more reliable learning medium for students and society. Newspaper reading helps us learn new words, understand proper sentence formation, and improve pronunciation. It provides a wide range of knowledge in a short time and keeps us informed about important national and international events.

Newspaper reading helps us know what is

happening around the world, in the country, and in the state. It provides detailed information about politics, sports, education, health, science, and technology. It also gives updates about weather conditions, national highways, job advertisements, government schemes, and famous places worth visiting. By reading newspapers regularly, people become aware of the share market, the state of the economy, and other significant developments.

Most importantly, newspaper reading enhances vocabulary because editors use new and trending words in news columns. Readers come across various sentence structures and writing styles, which help improve their writing skills. Other interesting features in newspapers include poetry, short stories, recipes, advertisements, religious facts, puzzles, cartoons, jokes, and educational articles. These sections make newspaper reading both informative and entertaining.

Newspapers also play an important role in shaping public opinion. They encourage people to think critically about social and national issues. Editorials and opinion columns present different viewpoints, helping readers develop their own perspectives. This habit strengthens analytical thinking and decision-making abilities.

Another major benefit of newspaper reading is that it builds discipline. When a person develops the habit of reading a newspaper daily, it becomes part of a healthy routine. Spending a few minutes every morning reading a newspaper is a productive way to start the day. It refreshes the mind and prepares a person to face daily challenges with confidence.

For students, newspapers are extremely useful. They help in preparing for competitive examinations, improving language skills, and staying informed about current affairs. Many examination questions are based on current events, and regular newspaper reading provides accurate and updated information. Teachers also encourage students to read newspapers to broaden their knowledge.

Newspapers in our country are published in many languages such as English, Urdu, and Hindi. Readers can choose the language they are most comfortable with. This helps people from different backgrounds stay connected with national and global developments and promotes awareness and understanding in society.

In conclusion, newspaper reading is one of the best habits a person can develop. It increases knowledge, improves language skills, builds confidence, and keeps us informed about the world. If you want to enhance your personality, broaden your thinking, and stay informed, make newspaper reading a part of your daily routine. It is an inexpensive and easily accessible source of knowledge that benefits people of all ages.

sahilmanzoor411990@gmail.com

The Silent Choking of Kashmir's Waters: Saving Our Lakes Requires More Than Money



■ DR. RIZWAN RUMI

There was a time when Kashmir's lakes and rivers were celebrated not merely for their breathtaking beauty but for the life they sustained. They nourished settlements, supported agriculture, regulated floods, preserved biodiversity, and shaped the Valley's cultural identity. Dal Lake mirrored the Zabarwan hills in pristine clarity, Wular Lake breathed life into the Jhelum, Nigeen shimmered like a sapphire amidst the willows, while countless streams carried crystal-clear waters from glaciers and springs to villages across the Valley.

Today, that picture is fading. Across Kashmir, a quiet ecological crisis is unfolding in plain sight. Our lakes, wetlands, rivers, and streams are dying a slow and painful death. What once symbolized abundance is increasingly becoming a reminder of neglect. Floating plastic bottles, untreated sewage, construction debris, encroachments, invasive weeds, and shrinking shorelines have become distressingly common sights. The tragedy is that this decline has not happened overnight. It has unfolded gradually, year after year, while society watched with concern but often without meaningful action.

The deterioration of Kashmir's water bodies has become one of the greatest environmental challenges facing the region. Yet it is also among the most misunderstood. Public discourse often revolves around one recurring question: How can our lakes remain polluted despite hundreds of crores being spent on their restoration? It is a valid question, but it tells only part of the story.

The truth is that no amount of government spending can revive a lake if pollution continues to flow into it every single day. Mechanical dredging, weed removal, and beautification projects may offer temporary relief, but they cannot substitute for responsible governance, scientific planning, and public stewardship. Saving Kashmir's waters requires much more than money—it demands a collective change in attitude.

KEY TAKEAWAY: The truth is that no amount of government spending can revive a lake if pollution continues to flow into it every single day.

The scale of the crisis is alarming. Ac-

cording to the Comptroller and Auditor General (CAG) of India, Jammu and Kashmir had 697 recorded water bodies in 1967. Today, 315 of them have disappeared completely, while another 203 have shrunk considerably. These are not merely disappearing ponds or marshes; they represent vanishing ecosystems that once stored floodwaters, recharged groundwater, supported wildlife, moderated local climate, and sustained livelihoods.

Dal Lake perhaps best illustrates both the beauty and the tragedy of Kashmir's environmental story. Spread over nearly 25 square kilometres in the early twentieth century, the lake has steadily shrunk because of encroachments, siltation, pollution, and unchecked urban expansion. Decades of conservation programmes have involved dredging operations, de-weeding campaigns, relocation initiatives, and infrastructure development. Hundreds of crores of rupees have been spent over the years, yet the lake continues to battle eutrophication, nutrient enrichment, declining water quality, and increasing human pressure.

The problem lies not only within Dal itself but in everything that flows into it. Untreated sewage from surrounding settlements, household waste, detergents, agricultural runoff, and plastic waste continue to enter the lake through drains and channels. Every fresh load of pollutants undermines the progress made by restoration projects. It is like attempting to empty a flooded room while leaving the tap running.

Wular Lake presents an equally worrying picture. Recognised as one of Asia's largest freshwater lakes and designated as a Ramsar Wetland of International Importance, Wular performs ecological functions that extend far beyond its shoreline. It acts as a natural flood basin for the Jhelum River, supports thousands of migratory birds, sustains fisheries that provide livelihoods to local communities, and plays a vital role in regulating Kashmir's hydrological cycle.

Yet Wular has suffered extensive degradation due to excessive silt deposition, encroachments, willow plantations, agricultural expansion, and pollution carried by the Jhelum and its tributaries. Similar pressures are evident in Nigeen Lake, Manasbal Lake, Anchar Lake, Hokersar Wetland, Shalabugh Wetland, and numerous smaller streams that once formed the ecological arteries of the Valley.

The degradation of these water bodies is no longer merely an environmental concern; it has become an economic, social, and public health challenge.

Tourism—the backbone of Kashmir's economy—depends heavily upon the Valley's natural beauty. Visitors arrive ex-

pecting pristine lakes, tranquil waterways, and breathtaking landscapes. Polluted shorelines, foul-smelling waters, and floating garbage diminish that experience and threaten the reputation Kashmir has earned over generations.

Fisheries have also suffered. Declining water quality affects fish breeding, reduces aquatic biodiversity, and undermines the livelihoods of thousands of families dependent on freshwater resources. Farmers increasingly face uncertainty as degraded wetlands lose their capacity to store and gradually release water during dry periods.

Even more concerning is the impact on flood management. Wetlands function like natural sponges, absorbing excess rainwater during heavy precipitation and releasing it gradually afterwards. Their disappearance increases flood vulnerability. The devastating floods of 2014 reminded Kashmir that nature's protective systems cannot be replaced simply by concrete embankments and engineering structures. Healthy lakes and wetlands remain among the Valley's most effective natural flood defences.

Climate change has further intensified these challenges. Rising temperatures, declining snowfall, retreating glaciers, erratic rainfall patterns, and prolonged dry spells are placing unprecedented stress on freshwater ecosystems throughout the Himalayas. Reduced snow accumulation means less sustained inflow during summer months, while intense rainfall events increase erosion and sediment transport into rivers and lakes.

Ironically, just as climate change increases our dependence on healthy freshwater ecosystems, we continue to weaken them through pollution and poor planning.

KEY TAKEAWAY: Ironically, just as climate change increases our dependence on healthy freshwater ecosystems, we continue to weaken them through pollution and poor planning.

Government institutions undoubtedly bear a significant responsibility. Conservation cannot succeed without efficient sewage treatment plants, scientific catchment management, strict environmental regulation, regular monitoring of water quality, effective solid waste management, and firm action against illegal encroachments.

Equally important is transparency. Conservation projects involving public funds should be subject to periodic environmental audits, publicly accessible progress reports, and independent scientific evaluation. Citizens deserve to know not only how much money has been spent but also whether measurable improvements in water quality, biodiversity, and ecosystem health have actu-

ally been achieved.

However, it would be both unfair and inaccurate to assign the entire blame to government agencies alone.

Environmental degradation begins long before waste reaches a lake. It starts when a household dumps garbage into a nearby stream, when untreated wastewater is discharged into drains, when plastic bottles are discarded carelessly after picnics, when construction debris is dumped along riverbanks, or when commercial establishments bypass proper waste disposal systems. Every such action contributes incrementally to the degradation of Kashmir's waters.

Perhaps the greatest challenge is not technological but behavioural.

No government can deploy enough workers to monitor every stream, every drain, and every village. Environmental protection ultimately depends upon civic responsibility. If citizens continue to treat rivers and lakes as convenient dumping grounds, even the most ambitious restoration programmes will struggle to achieve lasting success.

This calls for a new environmental ethic—one that recognises water bodies not merely as tourist attractions but as living ecosystems essential for human survival.

Schools and universities must strengthen environmental education beyond classroom textbooks. Community organisations should adopt local streams and wetlands for regular clean-up campaigns. Religious institutions can play an influential role by encouraging environmental stewardship as a moral obligation. Tourism operators should promote responsible tourism practices, while hotels, restaurants, and houseboat owners must comply strictly with waste management norms.

Local communities should become active partners rather than passive observers. Citizen-led monitoring groups can report illegal dumping, identify encroachments, and work alongside authorities in protecting neighbourhood water bodies. Such community participation has proven successful in several countries where lake restoration became a shared public movement rather than solely a government programme.

There is also much that policymakers can learn from successful restoration efforts across the world. London's River Thames, once declared biologically dead, has been revived through decades of strict pollution control, sewage treatment, and continuous monitoring. South Korea restored Seoul's Cheonggyecheon stream by removing concrete structures and reviving natural waterways. Similar examples demonstrate that degraded water bodies can recover when science, political commitment, and public par-

ticipation work together.

Kashmir need not replicate these models blindly, but it can certainly adapt their guiding principles: pollution prevention before restoration, scientific planning over cosmetic beautification, transparency over bureaucracy, and public participation over administrative isolation.

The future demands a comprehensive and integrated water management strategy. Every lake, wetland, stream, and river must be viewed as part of one interconnected ecosystem rather than as isolated conservation projects. Catchment forests must be protected. Decentralised sewage treatment facilities should intercept wastewater before it enters natural water bodies. Modern technologies such as satellite monitoring, GIS mapping, drone surveys, and real-time water quality sensors should complement traditional ecological knowledge possessed by local communities.

Most importantly, conservation should become a permanent commitment rather than a seasonal campaign launched whenever environmental concerns dominate headlines.

Kashmir's waters have shaped its civilisation for centuries. They have inspired poets, sustained communities, welcomed travellers, and nurtured extraordinary biodiversity. They are far more than scenic landscapes; they are living lifelines that support the Valley's ecology, economy, and identity.

History will judge our generation not by the number of restoration projects we announced or the amount of money we spent, but by whether we had the wisdom to preserve these priceless natural treasures before it was too late.

Saving Dal, Wular, Nigeen, Manasbal, Hokersar, the Jhelum, and countless streams is not solely the responsibility of the government, nor can it be left entirely to environmental activists. It is a shared obligation that belongs equally to policymakers, local bodies, scientists, businesses, tourists, and every citizen who calls Kashmir home.

The silent choking of Kashmir's waters can still be reversed. But that reversal will begin not with another dredging machine or another budget announcement. It will begin the day we collectively realise that every drop of water we protect today is an investment in the future of Kashmir.

KEY TAKEAWAY: The silent choking of Kashmir's waters can still be reversed... it will begin the day we collectively realise that every drop of water we protect today is an investment in the future of Kashmir.

For if our lakes disappear, we will lose far more than beautiful landscapes. We will lose a part of our history, our culture, our resilience, and ultimately, ourselves.

Where Victory Begins with Training



■ M S NAZKI

The principles of war have remained timeless, and few military texts have influenced strategic thinking as profoundly as The Art of War by Sun Tzu. Its enduring lessons continue to shape military doctrines across the world, including those of the Indian Army's Army Training Command (ARTRAC), where leadership, preparation and adaptability remain central to achieving victory.

The philosophy is captured in one of Sun Tzu's famous observations: "The art of war is of vital importance to the State. It is a matter of life and death, a road either to safety or to ruin." Equally relevant are his teachings that the highest form of victory is breaking the enemy's resistance without fighting and that a wise commander knows both when to fight and when to refrain. These principles continue to guide ARTRAC's approach to training future military leaders.

Recently, General Officer Commanding-in-Chief of ARTRAC, Lt Gen Devendra Sharma, PVSM, AVSM, SM, visited the Military College of Materials Management



(MCM) in Jabalpur. During his visit, he reviewed the institution's modern training methodologies in ordnance, logistics, stores and ammunition management. The Army Commander praised the college's technology-driven transformation, its focus on producing future-ready logistics leaders and its initiatives in technical certification. He also honoured serving personnel for excellence in training and felicitated a veteran for outstanding contributions to veterans' welfare.

Established on 1 October 1991 at Mhow and later shifted to Shimla in 1993, ARTRAC was created to strengthen the In-

dian Army's training framework in response to rapidly changing battlefield realities and technological advancements. Its primary mission is to formulate military doctrines, develop operational concepts, streamline institutional training and integrate emerging technologies such as simulation-based war gaming. The command also works closely with other services to develop joint doctrines while serving as the Army's nodal agency for institutional training.

Lt Gen Devendra Sharma, an alumnus of Mayo College, the National Defence Academy and the Indian Military Academy,

has enjoyed a distinguished military career spanning nearly four decades. Awarded the prestigious Sword of Honour at the Indian Military Academy, he has commanded formations ranging from the historic Scinde Horse regiment to strike corps, infantry divisions and Vajra Corps. His experience includes counter-insurgency operations, United Nations peacekeeping assignments and senior appointments at Western Command before assuming charge as GOC-in-C ARTRAC on 1 July 2024.

MCM, one of the Indian Army's premier logistics training institutions, traces its origins to 1925 when it was established as

the Indian Army Ordnance Corps School of Instructions. Relocated to Jabalpur in 1939, the institution has evolved into an autonomous college affiliated with Rani Durgavati Vishwa Vidyalyaya. It provides specialised training in ordnance logistics, ammunition management, combat equipment, logistics support, computer technology and recruit training while also educating officers from friendly foreign nations.

The college's specialised faculties—including the Faculty of Higher Ordnance Management, Faculty of Munitions, Faculty of Logistics Support, Faculty of Combat Equipment and Faculty of Computer Technology—ensure that Army personnel remain equipped to meet modern logistical and operational challenges. Its commitment to excellence has earned national recognition, including Republic Day and Army Day unit citations.

Sun Tzu's teachings remain deeply relevant to modern military leadership. His emphasis on preparation, adaptability and calculated decision-making reflects the philosophy that ARTRAC seeks to instil in every officer. As he wrote, "If you know the enemy and know yourself, your victory will not stand in doubt." Victory, therefore, is not determined solely on the battlefield but is shaped long before combat begins through disciplined training, careful planning and strong leadership. It is this enduring philosophy that continues to define ARTRAC's mission of preparing the Indian Army for the challenges of tomorrow.

Monsoon Foot Care



SHAHNAZ HUSAIN

The soft rhythm of raindrops, lush greenery, and earthy aromas—monsoon is easily the most romantic season of the year.

While the season is a rainbow of happiness for your heart, our feet are soaking up something else—rainwater, muck, and bacteria.

If you've ever peeled off wet socks only to discover itchy feet, painful foot cracks, or white, flaky skin, you're not alone.

Navigating through puddles and enduring constant humidity creates the perfect breeding ground for fungi, bacteria, and a host of foot ailments.

Wet feet create an ideal environment for fungal infections like athlete's foot, which thrive in warm, damp conditions. Closed shoes, which are often worn during this season, can trap moisture, further increasing the risk of infections.

Soggy shoes, smelly feet, and surprise cracks on your heels are just part of the many skin concerns this rainy season brings with it.

A little extra care tendered to your feet during monsoon and rainy seasons can help prevent shoe bites & serious foot conditions

Keep your feet dry

Everyone knows to keep feet dry, especially between the toes, but technique matters. After washing or exposure to rain, pat your feet dry thoroughly with a separate, clean towel.

Pay special attention to your feet, while bathing. After washing them well, dry them thoroughly and apply talcum powder.

Wash your feet with a liquid wash every time you come home from outside.

As soon as you get indoors, remove wet shoes and socks.

Never wear the same damp shoes two days in a row.

Wearing the same pair of shoes on

back-to-back rainy days can trap moisture, leading to unpleasant odours and fungal infections

Let them air-dry in sunlight to kill bacteria and avoid foul odour. Avoid storing wet footwear in closed spaces like shoe racks or under the bed.

Keep your shoes in a shaded, well-ventilated area and avoid direct sunlight to prevent the leather from cracking

Choose the Right Footwear

Selecting appropriate footwear is crucial to maintaining foot health during the monsoon. Avoid wearing heels in the monsoons as roads get wet and slippery. If unavoidable, wear footwear that is resistant and has as little heel as possible.

Switch your heels for simple footwear such as flip-flops, slippers, rubber boots, sandals, etc., as they allow maximum ventilation and help the perspiration evaporate. But open footwear also attracts dirt and therefore, foot hygiene becomes all the more important. Don't forget to wear gum boots if you live in a region prone to heavy rainfall and floods. If you wear closed shoes, talcum powder can be sprinkled inside the shoes.

Choose the Right Socks and Liners

If socks are a must, wear clean, breathable cotton ones to lock in moisture and protect from friction.

Change socks regularly, especially if they become wet. Cotton or moisture-wicking socks are ideal.

Opt for high-performance socks crafted from bamboo, merino wool blends, or moisture-wicking fabrics. Odour-control liners with silver ions or activated charcoal. Quick-drying athletic socks for days with unavoidable moisture

In fact, during the hot and humid season, the feet should be exposed to the air as much as possible.

Toenails

Keeping your toenails short makes cleaning easier and reduces the risk of dirt and grime build-up under the nails.

Take extra care while trimming your toenails; cut them straight and file the corners to remove sharp edges.

Avoid cutting nails too short or rounding the corners, as this can lead to in-

BENEFITS OF MONSOON Foot Care

Healthy Feet • Happy You

Monsoon brings relief from the heat, but also moisture, mud and germs. A little foot care goes a long way!

WHY IT MATTERS

PREVENTS INFECTIONS
Keeps away fungal infections, athlete's foot and bacteria.

KEEPS FEET CLEAN
Regular cleaning removes dirt, germs and prevents itching and odor.

AVOIDS MOISTURE DAMAGE
Proper care prevents cracked heels, blisters and skin problems.

IMPROVES COMFORT
Clean, dry and cared for feet keep you active and comfortable.

BETTER BLOOD CIRCULATION
Massage and care improve blood flow and reduce foot fatigue.

PREVENTS FOOT ODOR
Helps control sweat and odor caused by wet socks or shoes.

STAYS ACTIVE LONGER
Healthy feet support mobility, balance and daily performance.

OVERALL WELL-BEING
Good foot health contributes to overall physical and mental well-being.

MONSOON FOOT CARE TIPS

WASH DAILY
Clean feet with mild soap and water.

DRY THOROUGHLY
Especially between toes.

WEAR DRY SOCKS
Change socks if they get wet.

WEAR BREATHABLE FOOTWEAR
Prefer open footwear or waterproof shoes.

USE ANTIFUNGAL POWDER
Keeps feet dry and infection-free.

MOISTURIZE
Apply foot cream to prevent dryness and cracked heels.

TAKE CARE OF YOUR FEET TODAY, SO THEY CAN TAKE YOU EVERYWHERE TOMORROW!

grown toenails, which are prone to infections.

If you experience any skin damage during a nail trim, use an antiseptic and antibiotic cream for a few days.

Keeping your toenails groomed by cutting them to an optimal short length is a way of making sure that an unnecessary amount of dirt doesn't accumulate in your toenails. Additionally, moisture causes toenails to become brittle, so a regular trim keeps it under check.

Here are some home remedies for Monsoon foot care:

Foot Soak: In one-fourth bucket of warm water, add half a cup of coarse salt and 10 drops of lemon or orange essential oil (if you cannot get essential oil, use half a cup of lemon or orange juice). If your feet tend to sweat a lot, use a few drops of tea tree oil, as it has germicidal properties. It helps to deal with bad odour. Soak the feet for 10 to 15 minutes.

Foot Lotion: Mix 3 tablespoons of rose water, 2 tablespoons of lemon juice and one teaspoon pure glycerin. Apply on feet and leave on for half an hour.

Foot Care for Dryness: In one-fourth bucket of cold water, put 2 tablespoons of honey, one tablespoon herbal shampoo, one tablespoon almond oil. Soak feet in it for 20 minutes.

Cooling foot bath: Add rose water, lemon juice and a splash of eau de cologne in cold water and soak feet in it. Cools, cleans and removes odour.

Cooling Massage Oil: Take 100 ml olive oil and add 2 DROPS eucalyptus oil, 2 DROPS rosemary oil and 3 DROPS khush, or rose oil. Mix and keep in an airtight glass jar. Use a little of this for a foot massage. It cools and protects the skin and keeps it healthy.

Make a mix of three tablespoons of rose water with two tablespoons of lemon juice and one teaspoon of pure glycerine. Apply this daily after washing and drying the feet.

Turmeric: Paste of turmeric, which is well known for its antibacterial, antifungal and antiviral properties, can be applied around the toes to get rid of fungal infections too.

The author is an internationally famous beauty expert and is called the Herbal Queen of India

EFF AAR MED ZONE ORGANISES FREE MEDICAL CAMP

HT NEWS NETWORK

ANANTNAG, JULY 29: EFF AAR MED ZONE located at Pahalpora Bijbehara today successfully organised a free medical camp aimed at providing accessible and quality healthcare services to the local community. The camp witnessed an overwhelming response, with a large number of patients from the surrounding and far flung areas availing themselves of free medical consultations and health check-ups.

The camp was led by Dr Tasaduk Hussain Itoo, Physician Consultant, who examined patients with a wide range of medical conditions, including diabetes, hypertension, thyroid disorders, respiratory illnesses, gastrointestinal disorders, infections, and other chronic diseases. Patients also received counselling on preventive healthcare, healthy lifestyle practices, medication adherence, and the importance of regular health screening.

Speaking on the occasion, Head of EFF AAR

MED ZONE, Dr Irfan Shah, said that the organisation is committed to providing quality, affordable, and compassionate healthcare to the people of the region. He stated that such free medical camps are an important step towards promoting preventive healthcare, early diagnosis, and timely treatment, and added that EFF AAR MED ZONE will continue to organise similar community outreach programmes in the future.

Dr Tasaduk Hussain Itoo emphasised that early diagnosis and timely medical intervention are essential in preventing complications of chronic diseases. He encouraged people to undergo regular health check-ups and adopt healthy lifestyle practices to reduce the burden of non-communicable diseases.

The organisers expressed their gratitude to all patients, healthcare professionals, and volunteers for their enthusiastic participation and support, making the camp a successful community healthcare initiative.

DR TASADUK HUSSAIN ITOO

PHYSICIAN

MBBS, PGDFM(CMC Vellore), B.Sc, FRCP(London, UK),
FRSPH(London, UK), CBiol(UK), CSci(UK), MRSB(UK),
MAcadMED(UK)

FELLOW, INTERNATIONAL DIABETES FEDERATION
(IDF FELLOW, BELGIUM)

MEMBER, AMERICAN COLLEGE OF PHYSICIANS
(ACP, USA)

ACADEMIC LIFE MEMBER, RESEARCH SOCIETY
FOR THE STUDY OF DIABETES IN INDIA (RSSDI)

JKMC REGD. NO. 15414

WILL BE AVAILABLE AT

UMEED DAY CARE AND DIAGNOSTICS

NEAR PETROL PUMP, MATTAN ANANTNAG

FOR APPOINTMENT CONTACT THE BELOW NUMBER.

7006309882

DAY CARE
Chemotherapy
& Day Care
Services

X-RAY
Digital X-Ray
Services

USG
All Types of
Ultrasound
Services

LAB
All Pathology
Tests &
Investigations

OPD
Consultation
by Experienced
Doctors

Umeed daycare and diagnostics

Umeed daycare and diagnostics

UMEEDDAYCAREANDDIAGNOSTICS
@GMAIL.COM

NEAR PETROL PUMP, MATTAN K.P ROAD, ANANTNAG

CMYK

Sat Sharma raises PMAY-U 2.0 issues in Rajya Sabha, seeks better housing facilities for J&K

■ **HT NEWS NETWORK**

NEW DELHI, 29 JULY : BJP Jammu & Kashmir President and Rajya Sabha MP Sat Sharma (CA) submitted important issues concerning the implementation of Pradhan Mantri Awas Yojana-Urban (PMAY-U) 2.0 in Jammu & Kashmir during the Rajya Sabha session in New Delhi, and sought details from the Union Government regarding housing for urban residents, migrant workers,

and middle-class families. In his question, Sat Sharma asked about the number of houses sanctioned for Jammu & Kashmir under PMAY-U 2.0, the progress towards achieving housing saturation in the Union Territory, the provision of Affordable Rental Housing Complexes (ARHCs) in industrial areas like Samba and Bari Brahmana, and measures taken to simplify the Interest Subsidy Scheme for middle-class families purchasing apart-

ments. Replying to the question, Union Minister of State for Housing and Urban Affairs Tokhan Sahu informed the House that 45,982 houses, including 2,120 under PMAY-U 2.0, have been sanctioned for Jammu & Kashmir so far. Out of these, 43,907 houses have been grounded, while 35,961 have already been completed. The Minister also stated that the Centre has encouraged the J&K Government to submit



more proposals to ensure that all eligible beneficiaries receive housing benefits under the scheme. The Minister further informed that 336 housing units have already been converted into Affordable Rental Housing Complexes in Jammu & Kashmir. Under PMAY-U 2.0, a separate Affordable Rental Housing vertical has also been introduced, and the J&K Government has been encouraged to submit proposals for developing rental housing for migrant workers and other eligible beneficiaries. Regarding the Interest Subsidy Scheme, the Government clarified that eligible EWS, LIG and MIG families can avail interest subsidy for purchasing or constructing houses through the PMAY-U 2.0 portal. It also clarified that ownership of land is not mandatory for purchasing approved ready-built or under-construction apartments.

JMC steps up scientific dairy waste management drive, promotes sustainable disposal practices

■ **HT NEWS NETWORK**

JAMMU, JULY 29 : The Jammu Municipal Corporation (JMC) has intensified its campaign to promote scientific dairy waste management, launching a comprehensive awareness drive to encourage environmentally sustainable practices among dairy units and gaushalas across the city. Conducted under the directions of JMC Commissioner Dr. Devansh Yadav, the campaign was led by the corporation's Veterinary Section under the supervision of Veterinary Assistant Surgeon Dr. Divya Sharma. Awareness programmes were organised in Janipur, Paloura, Roop Nagar, Muthi, Barnai and Patoli, where dairy owners were sensitised about scientific cattle waste disposal and environmentally responsible dairy management.

Officials urged dairy operators to adopt sustainable waste management systems, including biogas plants, vermicompost units and compost pits, to scientifically process cattle dung. The initiative aims to reduce environmental pollution, improve sanitation and convert dairy waste into valuable resources such as renewable energy and organic manure, thereby promoting a circular economy. Dr Sharma said the JMC has been implementing measures to regulate dairies and gaushalas in accordance with the guidelines of the Central Pollution Control Board (CPCB), directions of the National Green Tribunal (NGT) and the prescribed Food Safety and Standards Authority of India (FSSAI) norms. She informed that 100 dairy units have already been registered after meeting the prescribed environ-

mental standards, including the installation of scientific dung disposal systems such as biogas plants and vermicompost units. Registration of the remaining dairy units and gaushalas within the municipal limits is being carried out in a phased manner to ensure full compliance with environmental regulations. Highlighting the importance of stakeholder participation, Dr Sharma said awareness campaigns play a key role in encouraging dairy owners to adopt sustainable waste management practices, comply with statutory norms and register their establishments under JMC regulations. She appealed to dairy operators to strictly follow CPCB guidelines and ensure scientific processing, recycling and productive utilisation of dairy waste for renewable energy generation.

Office of the Executive Engineer, (Jal Shakti) PHE, Mechanical Rural Division, Sgr.

Gist of e-Tender.
E-N.I.T. No: - PHE/MRD/TS/ 22 of 07/2026

For and on behalf of the Lieutenant Governor of Union Territory of Jammu and Kashmir, the Executive Engineer Jal Shakti (PHE) Mechanical Rural Division Srinagar invites e-tenders on item rate basis in two cover system from approved and eligible Contractors having GST registration/registered with J&K Govt., Railways and other State/Central Government Organizations for the following work: -

Sr.	Nature of Work	Location	Est. Cost (Rs. in Lacs)	Earnest Money Rs.	Cost of Tender Doc. Rs.	Time of Completion	Programme
A	Repairs/replacement of damaged delivery system at stage 1st of WSS	Narbal	0.315	630/-	50/=	03 days	M&R

Critical Dates/Information.	
1. Publishing Date	29-07-2026 (5:00 PM)
2. Period of Downloading of Bids	29-07-2026 (5:00 PM) to 04-08-2026 (11:00 AM)
3. Period of Submission of bids	29-07-2026 (5:00 PM) to 04 -08-2026 (11:00 AM)
4. Date of opening of Tender/Timing	04-08-2026 at (12:00 P.M)
5. Tender Receiving Authority: Executive Engineer, (Jal Shakti) PHE Mechanical Rural Division Srinagar	
6. Document Cost: Non-Refundable in the shape of Treasury Challan/receipt shall be deposited to Account Head 0215 in favour of Executive Engineer (Jal Shakti) PHE Mechanical Rural Division Srinagar. (The firm shall specify the e-NIT No. & name of work for which applied)	
7. Bid Validity Period: 90 Days	
8. The bids can be downloaded or uploaded on www. Jktenders.gov.in	
9. Earnest Money Deposit in the shape of CDR/FDR/ bank guarantee from any Nationalized/Scheduled Bank pledged to the Executive Engineer Jal shakti PHE Mechanical Rural Division Srinagar. In case the e-NIT is cancelled, the EMD submitted for this e-NIT shall remain valid and will be considered for fresh e-NIT. Note: The Date of cost of tender document fee and Earnest money must be between the date of start of bid and Bid Submission End date. Any deviation shall render the bidder as non-responsive.	

No: PHE/MRD/TS/1395-99
DT: 29-07-2026

Sd/-
Executive Engineer,
Jal Shakti (PHE) Mechanical Rural
Division Srinagar

DIPK: 3847/26 | Dated: 29-07-2026

GOVERNMENT OF JAMMU AND KASHMIR JAL SHAKTI DEPARTMENT OFFICE OF EXECUTIVE ENGINEER, PHE MECHANICAL RURAL DIVISION, SRINAGAR, KASHMIR CORRIGENDUM

E-NIT No. PHE/MRD/TS/ 18 of 07/2026 dt: - 23-07-2026 , published vide No: 2026_PHE_317532_1 is hereby cancelled and shall be tendered afresh in due course of time.
No: PHE/MRD/1390-94
Dated: 29 -07-2026

Sd/- Executive Engineer,
PHE Mechanical Rural Division, Srinagar.

DIPK: 3848/26 | Dated: 29-07-2026

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE GENERAL MANAGER DISTRICT INDUSTRIES CENTRE, SRINAGAR Near Petrol Pump Baghi Ali Mardan Khan, Srinagar - 190011 PUBLIC NOTICE

M/s K.G. Industries I/E BAMK, Srinagar registered with District Industries Centre, Srinagar under No. 07/09/00836/PMT/SSI dated 24.05.1979 for the activity of "Manufacturing Confectionery and additional line of activity Wax Candles" as proprietorship concern of Mr. Khurshid Ahmad Gagroo S/o Abdul Gani Gagroo R/o Alamgaribazr, Srinagar.
Now, the promoter of the unit has approached this office for transfer of lease hold rights of the unit from Mr. Khurshid Ahmad Gagroo S/o Abdul Gani Gagroo R/o Alamgaribazr, Srinagar to Mr. Fayaz Ahmad Malik S/o Habibullah Malik, R/o Firdous Colony Syedpora, Srinagar. The incoming partner also intend to establish a new unit for the activity of "wool washing, Carding, Dyeing, Weaving of Raffle/Silk/Wool Fabric/Shawls and other Fabric on power looms, Spinning of wool " under New name and style M/S Malik Industries I/E BAMK, Srinagar as well as de-registration of existing unit M/s K.G. Industries I/E BAMK, Srinagar.
Any person having any objection with regard to the above mentioned change shall report to the Office of General Manager, District Industries Centre, Srinagar within a period of 07 days from the date of Publication of this notice, failing which no objection shall be entertained.

Sd/- General Manager
District Industries Centre Srinagar

DIPK: 3883/26 | Dated: 29-07-2026

Ashok Koul reviews preparations for Samrasta Yatra, Sant Sampark Abhiyaan

■ **HT NEWS NETWORK**

JAMMU, 29 JULY : BJP Jammu & Kashmir General Secretary (Organization) Ashok Koul chaired an organizational meeting at the party headquarters in Jammu to review preparations and strategize for the successful conduct of the Samrasta Yatra and Sant Sampark Abhiyaan, being organized as part of the programmes commemorating the 650th Birth Anniversary of Sant Shiromani Guru Ravidas Maharaj Ji. The meeting was attended by BJP J&K General Secretaries Baldev Singh Billawaria and Gopal Mahajan, MLAs Dr. Devinder Kumar Manyal, Prof. Gharu Ram, Ch. Vikram Randhawa, Rajiv Bhagat, along with senior party leaders and organizational functionaries. Ashok Koul, while addressing the meeting, reviewed the district-wise preparations for the upcoming programmes and emphasized that every organizational unit must work with dedication to ensure their grand success. He said that the Samrasta Yatra and Sant Sampark Abhiyaan are not merely organizational programmes but a social movement aimed at spreading the timeless message of equality, harmony, social justice, and human dignity propagated by Sant Shiromani Guru Ravidas Maharaj Ji. Koul directed party leaders to ensure that the programmes reach the grassroots level, covering every district, mandal, ward, booth, and village so that the teachings of Guru Ravidas Ji inspire every section of society. He stressed that BJP workers should actively engage with saints, social organizations, intellectuals, and members of all communities to strengthen the spirit of Samrasta (social harmony) and foster greater social unity. He said that the party is committed to taking the ideals of great saints to the masses while working to build an inclusive and empowered society in line with the vision of Prime Minister Narendra Modi. Baldev Singh Billawaria, Convenor of the Shree Guru Ravidas Samrasta Abhiyaan, said that detailed preparations have been made to ensure the effective execution of the programmes across Jammu and Kashmir. He expressed confidence that the campaign would receive enthusiastic public participation and further strengthen the message of social harmony. Gopal Mahajan emphasized the importance of organizational coordination and urged party functionaries to work in close cooperation to make every programme meaningful and impactful at the grassroots level. Dr. Devinder Kumar Manyal said that Sant Shiromani Guru Ravidas Maharaj Ji's teachings continue to inspire society to rise above discrimination and work for equality and brotherhood. He appealed to party workers to actively participate in the programmes and ensure that the saint's inspiring message reaches every household.

DC Kishtwar chairs District-Level NCORD Committee meeting

■ **HT NEWS NETWORK**

KISHTWAR, JULY 29: Deputy Commissioner Kishtwar Pankaj Kumar Sharma today chaired a meeting of the District-Level Narco Coordination Centre (NCORD) to review the district's response to drug abuse and deliberate on measures to strengthen anti-narcotics initiatives. The meeting focused on reinforcing the institutional framework for drug de-addiction and reviewing progress under the Information, Education and Communication (IEC) campaign implemented as part of the Nasha Mukht Bharat Abhiyan. At the outset, District Social Welfare Officer Kishtwar Tariq Parveaz Qazi presented the Action Taken Report (ATR) on the decisions taken during the previous NCORD meeting. The Deputy Commissioner reviewed the preventive, rehabilitative and enforcement measures being undertaken by the departments concerned to curb drug abuse and illicit trafficking. The Deputy Commissioner directed all Heads of Departments concerned to ensure the active participation of designated resource persons and officials in the IEC campaign under the Nasha Mukht Bharat Abhiyan every Monday, cautioning that any negligence or non-compliance would be viewed seriously. The Excise and Taxation Department Kishtwar was directed to intensify enforcement against the illegal cultivation of cannabis and ensure destruction of all identified cannabis crops across the district in accordance with the prescribed legal provisions and Standard Operating Procedures (SOPs); all SDMs and BDOs to convene meetings with Youth Clubs and Mahila Nigrani Samitis to sensitise them and obtain their inputs for strengthening community participation; and the ADC Kishtwar to convene meetings with courier service operators and postal service providers and hold regular interactions with courier operators to ensure proper maintenance of records and prevent the transportation of unauthorised Schedule H drug consignments. The CMO Kishtwar was directed to provide additional Rapid Drug Testing Kits to the departments concerned; the School Education Department to declare all remaining educational institutions as Tobacco-Free Educational Institutions in strict compliance with the TOFEI guidelines; all Sub-Divisional Magistrates and Tehsildars to expedite the declaration of Panchayats as "Nasha Mukht" in accordance with the prescribed SOPs, with due verification and active community participation; and all remaining Drawing and Disbursing Officers (DDOs) to furnish Drug-Free Office Certificates after obtaining duly certified self-declaration forms from all government employees. The Deputy Commissioner called upon citizens and self-motivated volunteers to contribute towards making Kishtwar a drug-free district and to continuously monitor suspicious drug consignments, particularly those routed through courier networks.

DC Srinagar Reviews Mission YUVA Progress

Directs Banks, SBDUs to expedite disbursement of DLIC-approved cases to promote entrepreneurship and self-employment across the District

HT NEWS NETWORK

SRINAGAR, JULY 29: Deputy Commissioner (DC) Srinagar, Akshay Labroo, today chaired a comprehensive review meeting of Officers of line Departments and Bankers at the Meeting Hall of the DC Office Complex to assess the progress and implementation of the Mission YUVA scheme in the District.

The meeting was attended by Additional District Development Commissioner, Rifat Aftab Qureshi, Additional Deputy Commissioner, Mir Imtiyaz Ul Aziz, Additional Deputy Commissioner, Aadil Fareed, Chief Planning Officer, Fayaz Ahmad Dar, General Manager DIC, Abid Husain, SDM West, Irfan Bahadur, Deputy Director Employment, Shubhi Tabasum, Zonal Head Jammu and Kashmir Bank, senior Officers from concerned departments, representatives of various banks, SBDUs and other stakeholders associated with the implementation of the scheme. During the meeting, the Deputy

Commissioner reviewed the status of applications received, cases approved by the District Level Implementation Committee (DLIC), and the progress made in sanctioning and disbursing financial assistance to eligible beneficiaries under Mission YUVA.

The DC directed the concerned Bank Officials and SBDUs to expedite the processing of DLIC-approved cases and ensure timely financial support to aspiring entrepreneurs. He emphasized the need for close coordination among all stakeholders to remove procedural delays and facilitate smooth implementation of the scheme on the ground.

Highlighting the importance of Mission YUVA in promoting entrepreneurship and self-employment opportunities, the DC stressed that all eligible beneficiaries should be provided necessary support within stipulated timelines. He called for proactive engagement with applicants and regular monitoring and clearance of pending cases to



achieve the set targets under the scheme.

The DC further directed the concerned Officers to intensify awareness and outreach activities to encourage more youth to avail the

benefits of Mission YUVA and establish sustainable livelihood and self-employment ventures. He emphasized the need to ensure that maximum eligible young entrepreneurs across the district are covered

under the scheme.

The Deputy Commissioner also reviewed the progress of entrepreneurship mentoring initiatives, registration of Self-Help Groups (SHGs), coverage of college students under the Udyam Jagriti programme, and other key components of Mission YUVA. He urged all stakeholders to work in close coordination for the effective implementation of the scheme and timely achievement of its objectives across Srinagar district.

The Deputy Commissioner also instructed the concerned departments to regularly monitor the progress of beneficiaries after the sanction of financial assistance, ensuring that the supported enterprises become operational and generate sustainable employment opportunities. He stressed the importance of providing continuous handholding and guidance to first-time entrepreneurs.

During the meeting, emphasis was laid on strengthening coordination between banks, line departments and

implementing agencies to improve the pace of loan sanctions and disbursements. The DC directed officials to resolve bottlenecks on priority and ensure transparent and efficient service delivery under the scheme.

He further called upon educational institutions, employment offices and grassroots-level functionaries to motivate aspiring entrepreneurs to come forward and take advantage of the opportunities available under Mission YUVA. Awareness campaigns, counselling sessions and entrepreneurship workshops were also suggested to enhance participation among the youth.

Reiterating the administration's commitment to youth empowerment, the Deputy Commissioner said Mission YUVA has the potential to transform the entrepreneurial landscape of the district by promoting innovation, self-employment and inclusive economic growth. He urged all stakeholders to work with dedication to achieve the scheme's objectives within the prescribed timelines.

District-wide PTMs witness encouraging participation across Bandipora

DC, senior officers monitor proceedings

HT NEWS NETWORK

BANDIPORA, JULY 29: The District Administration Bandipora today organised District-wide Parent-Teacher Meetings (PTMs) across Government/Private recognised Higher Secondary and High Schools, ITIs, Polytechnic Colleges of the district.

The initiative was held under the Re-harab initiative as part of the culmination of the 100 Days Nasha Mukti J&K Abhiyan to strengthen parent-school engagement and promote the shared responsibility of ensuring the holistic development and well-being of children.

Deputy Commissioner Bandipora, Indu Kanwal Chib, personally participated in and monitored the proceedings of PTMs at Higher Secondary School Pazalpora, PM Shri Government High School Bonakoot, Government Girls High School Nadihal and Government High School SK Bala, where she interacted with parents, teachers and students.

During her visits, the Deputy Commissioner urged parents to maintain regular interaction with teachers to remain informed about their children's academic progress, behaviour, attendance, health and overall development. She emphasised that active parental involvement is essential in shaping responsible, disciplined and confident students and encouraged parents to frequently discuss their children's learning and classroom performance with teachers.

At PM Shri Government High School Bonakoot, the Deputy Commissioner inquired about the number of PTMs conducted by the institution so far and di-



rected the school authorities to maintain close coordination with the Chief Education Office, Bandipora for the effective conduct of future PTMs. She encouraged the participation of both parents in the meetings wherever possible and urged parents to visit classrooms and observe the teaching-learning environment to better understand their children's educational journey. She also observed that morning hours are generally more suitable for organising PTMs and stressed that the schedule should take into consideration the convenience of all sections of society to ensure maximum participation.

At Government Girls High School Na-

dih, parents appreciated the academic arrangements and the efforts made by the institution towards providing a conducive learning environment. The Deputy Commissioner encouraged parents to continue monitoring their children's academic progress, punctuality, discipline and overall activities in close coordination with teachers.

Interacting with parents at Government High School SK Bala, the Deputy Commissioner enquired about the well-being of their children, their academic performance and the support being extended by families towards their education. She reiterated the importance of sustained parent-school cooperation in

ensuring better learning outcomes.

The Deputy Commissioner observed that Bandipora has long been recognised for its educational achievements and rich tradition of learning. She said that while the district has registered significant improvement in various educational parameters, greater focus is now being placed on enhancing parental participation in PTMs, as active engagement of parents remains crucial for improving educational outcomes. She stressed that both educational institutions and parents should jointly monitor children's attendance, punctuality, behaviour and academic performance to help them realise their full potential.

To ensure effective monitoring and coordination, senior officers of the District Administration, designated as observers, including Zaffar Husson Shawl, Additional Deputy Commissioner, Yar Ali Khan, Programme Officer, Mission Poshan; Shabir Ahmad Wani, Assistant Commissioner Revenue and other district officers also participated in PTMs across the district.

The observers interacted with parents, teachers and students, reviewed the conduct of PTMs in their assigned institutions and gathered feedback aimed at further strengthening parent-school collaboration and improving the quality of education across the district.

The District Administration reaffirmed its commitment to promoting meaningful parental participation in the education system and strengthening community involvement in nurturing a well-informed, healthy and educated generation.

J&K Sports Council to hold Open Selection Trials for Junior Boys Football Team

HT NEWS NETWORK

SRINAGAR, JULY 29: The Jammu & Kashmir Sports Council has announced open selection trials for the formation of the Junior Boys Football Team that will represent the Union Territory in the upcoming Junior Boys National Football Championship for the Dr. B.C. Roy Trophy 2026-27, to be conducted under the aegis of the All India Football Federation (AIFF). The Council has invited talented and eligible young footballers from across Jammu and Kashmir to participate in the trials. Division-level selection trials will be held on 31st July and 1st August 2026 at Mini Stadium Synthetic Turf, Parade Ground, Jammu for players from the Jammu Division, and at Synthetic Turf Football Stadium, TRC, Srinagar for players from the Kashmir Division.

The final UT-level selection trials for shortlisted players from both divisions will take place on 3rd and 4th August 2026 at the TRC Football Stadium, Srinagar. The notification states that players born between 1 January 2011 and 31 December 2012 are eligible to participate. Applicants must be residents of Jammu & Kashmir and are required to produce their original birth certificate, Aadhaar card with a recent photograph, and two passport-size photographs along with photocopies of all documents for verification. Participants have been instructed to report in complete playing kit, including jersey, shorts, stockings, shin guards and football boots. No TA/DA will be provided for attending the trials. Players selected at the UT level will undergo a coaching camp in Srinagar before the final squad is announced.

Selected players may undergo bone age tests as per AIFF norms. The Sports Council urged aspiring footballers to seize the opportunity to represent J&K at the national level.

Power Shutdown by KPDCL

HT NEWS NETWORK

SRINAGAR, JULY 29: Chief Engineer, Distribution, KPDCL has informed that the Shutdown of 33 kV KP Bagh line will be observed due to which power supply to KP Bagh, Soiteng PHE, Mehjoornagar, Jawaharnagar, Kursoo, Rajbagh, Zero Bridge, Gogjibagh, Lalmandi and adjoining areas will be affected from 08 AM to 02 PM on 02, 05 & 10 August 2026. Similarly, shutdown of 33 kV Exhibition line and 33 kV Silk Factory line will be observed due to which power supply to Exhibition, Baranpanther, Batamalloo, Silk Factory, Allochibagh, Rambagh, LD Hospital, Old Barzullah, Solina and adjoining areas will be affected from 08 AM to 11 AM on 02 August 2026.

Likewise, shutdown of 33 kV Awantipora Tral-1st and 33 kV Zirpora Tapline will be observed due to which power supply to Chewa, Tral Bala, Bawani, Veeri, Nowbugh, Srigufwara, Kanalwan, Beewora, Darigund and adjoining areas will be affected from 08 AM to 02 PM on 01 August 2026.

KPDCL has advised consumers in the affected areas to plan their activities accordingly and bear with the temporary inconvenience, stating that the shutdowns are necessary to facilitate essential maintenance works aimed at improving the reliability and efficiency of the power distribution network. The department also appealed to consumers to cooperate during the scheduled shutdowns, assuring that every effort will be made to complete the maintenance work within the stipulated time to restore power supply at the earliest. Consumers have been requested to avoid undertaking electrical repair or maintenance work during the shutdown period and to treat all power lines as live until the supply is officially restored by KPDCL.

MC Shopian launches major cleanliness drive at Sanglo Nallah under "Safai Apnao, Bimaari Bhagao" Campaign



HT NEWS NETWORK

SHOPIAN, JULY 29: As part of the Ministry of Housing and Urban Affairs (MoHUA) nationwide "Safai Apnao, Bimaari Bhagao" campaign under Swachh Bharat Mission-Urban 2.0, the Municipal Council (MC) Shopian today conducted a comprehensive cleanliness drive at Sanglo Nallah to promote sanitation, protect local water resources and prevent water-borne diseases during the monsoon season.

The drive witnessed active participation from Municipal Council officials, Swachhata Executives, Community Mobilizers, sanitation workers and local residents, who jointly removed solid waste, plastic debris, silt and other obstructions from the water body and its adjoining banks, restoring the natural flow of water.

Alongside the cleanup, awareness sessions were conducted to educate residents

and commercial establishments about the harmful effects of dumping waste into waterbodies. Participants were urged to adopt source segregation, responsible waste disposal and community-led sanitation practices.

The initiative reflects the Municipal Council Shopian's continued commitment to maintaining a clean environment, safeguarding public health and encouraging active public participation in building a cleaner, healthier and more resilient Shopian.

Municipal Council officials appealed to residents to actively support cleanliness initiatives by adopting responsible waste disposal practices and helping keep public spaces and water bodies free from pollution.

The Council reiterated its commitment to organising similar sanitation drives across the town to strengthen public health, improve environmental hygiene and promote greater community participation under the Swachh Bharat Mission-Urban 2.0.

RCFC NR-II organizes Awareness Programme on Cultivation of Medicinal Plants at KVK Ganderbal

HT NEWS NETWORK

GANDERBAL, JULY 29: The Regional Cum Facilitation Centre, Northern Region-II (RCFC NR-II), National Medicinal Plants Board (NMPB), Ministry of AYUSH, Government of India, SKUAST-K, organized a Training-cum-Awareness Programme on "Opportunities in Cultivation of Medicinal Plants of Kashmir Valley," with special focus on Inula racemosa (Pushkarmool), at Krishi Vigyan Kendra (KVK), Ganderbal.

The programme aimed at promoting scientific cultivation, conservation, and commercialization of high-value medicinal plants native to the Kashmir Valley, while creating sustainable livelihood opportunities for farmers, youth, and other stakeholders.

On the occasion, Dr. Ajaz Ahmed Malik, Head, KVK Ganderbal, highlighted the significance of medicinal plants in ensuring livelihood security and emphasized their potential for commercial cultivation. He specifically underlined the promise of Inula racemosa as a high-value medicinal crop suited to the agro-climatic conditions of Ganderbal, given its established demand in the herbal and pharmaceutical trade.

Dr. Sofi Imtiyaz Ali, Project Manager, RCFC NR-II, delivered a detailed lecture on conservation strategies, package of practices, market linkages, and value addition of commercially important medicinal plants of the region, with special emphasis on Inula racemosa. He empha-

sized the urgent need to shift from the unsustainable wild harvesting of medicinal plant species such as Inula racemosa to their ex-situ cultivation, thereby mitigating anthropogenic pressure on natural habitats and conserving the genetic diversity of wild populations of the species.

He further highlighted prevailing market demand trends and price dynamics of key medicinal plants, including Inula racemosa, and underlined the vast potential for medicinal plant-based enterprises in the region. He outlined the ongoing initiatives of RCFC NR-II aimed at promoting the conservation, cultivation, and commercialization of medicinal plants across Jammu & Kashmir and Ladakh. His address focused on value addition and entrepreneurship development and encouraged stakeholders to explore these opportunities for income generation and self-employment.

The programme witnessed enthusiastic participation from farmers, entrepreneurs, youth, and other stakeholders, along with scientists and technical staff from KVK Ganderbal and the RCFC NR-II team.

The event concluded with an appeal to participants to adopt scientific cultivation practices for medicinal plants, explore entrepreneurial avenues in the medicinal plants sector, and utilize the technical guidance and institutional support provided by RCFC NR-II for building sustainable livelihoods.

Tata Power targets first private nuclear plant by 2032-33, awaits policy clarity

UNITED NEWS OF INDIA

NEW DELHI, JULY 29: Tata Power is aiming to commission India's first privately developed nuclear power plant by 2032-33, with construction expected to begin in 2028 once the government finalizes the regulatory framework for private sector participation in the country's nuclear energy sector.

Tata Power Chief Executive Officer and Managing Director Praveer Sinha said the company has already identified potential locations for nuclear power projects in Madhya Pradesh, Odisha, and Gujarat, where preliminary geotechnical studies are underway.

Sinha said the company expects to begin construction in early 2028, subject to regulatory approvals and the completion of the government's policy framework. He added that the approval process itself is likely to take around 12 to 14 months, according to a Bloomberg report.



"We are targeting that by 2032-33, the first nuclear plant from the private sector should be ready," Sinha said.

The company is awaiting greater clarity from the government on key issues, including long-term uranium fuel availability and pricing mechanisms, before moving ahead with large-

scale investments.

India's move to allow private companies into the nuclear power sector marks a major policy shift after decades of state control. The reforms are aimed at accelerating clean energy capacity, strengthening energy security, and helping the country meet its long-term decar-

bonization goals amid rising electricity demand.

The renewed focus on nuclear energy also aligns with a broader global trend, as several countries revisit atomic power to support growing electricity consumption driven by artificial intelligence, data centers, and industrial expansion. Nations

such as Japan are restarting reactors, while China, South Korea, and Bangladesh continue to expand their nuclear power capacity.

India currently generates only about 3% of its electricity from nuclear energy. The country's entire operational nuclear capacity of around 8.8 GW is owned and operated by the state-run Nuclear Power Corporation of India Ltd. (NPCIL).

The government has set an ambitious target of expanding nuclear power generation capacity more than eleven-fold by 2047. A government-appointed panel has estimated that achieving this objective would require investments of nearly Rs. 19.3 trillion.

Earlier this month, India and Australia also agreed to deepen cooperation in the civil nuclear sector, including uranium supplies for India's civilian nuclear programme, during Prime Minister Narendra Modi's official visit to Australia

Sund Fin revises interest rates on 3-yr Fixed Deposits

UNITED NEWS OF INDIA

CHENNAI, JULY 29(UNI) Sundaram Finance Limited (SFL) on Tuesday announced an increase in the interest rates on its three-year fixed deposit schemes. The hike in interest rates would come into effect from August 1, 2026, reinforcing SFL's commitment to offering attractive returns to its customers. Under the revised rates, the interest rate for the general public on three-year fixed deposits has been increased by 25 basis points, from 7.00% per annum to 7.25% per annum. For senior citizens, the interest rate on three-year fixed deposits has been increased by 25 basis points, from 7.50% per annum to 7.75% per annum.

The interest rates for one-year and two-year deposit tenures remain unchanged, the company said in a statement. SFL continues to enjoy the confidence of its deposit holders, with its public deposit base currently standing at Rs 6,160 crore. The steady growth in deposits reflects the enduring trust that customers have placed in the company over the years, backed by its strong financial fundamentals, prudent governance, and consistent track record. Commenting on the revision, Dhandayuthapani, Head Deposits said "The increase in the interest rate for our three-year deposits is aimed at providing enhanced value to our deposit holders while continuing to offer a safe and dependable investment avenue. We are grateful for the continued trust and confidence reposed in Sundaram Finance by our deposit holders, as reflected in our growing deposit base."

Air India turnaround may take up to a decade: Tata Sons Chairman N. Chandrasekaran

UNITED NEWS OF INDIA

NEW DELHI, JULY 29: Air India's transformation journey could take as long as a decade, significantly longer than the airline's original five-year revival roadmap, with Tata Sons Chairman N. Chandrasekaran citing multiple operational and structural challenges that continue to weigh on the carrier's progress.

In the Tata Sons annual report, Chandrasekaran said the airline's revival is a long-term exercise that extends beyond financial restructuring and requires rebuilding several core aspects of the business.

According to him, the turnaround is being slowed by persistent global supply-chain disruptions affecting the availability of critical aircraft components, the complexity of modernising legacy technology platforms, fleet renewal and expansion, cultural transformation, and the need to develop a much larger pool of skilled technical and aviation professionals.

The revised outlook marks a shift from Vihaan.AI, Air India's five-year transformation strategy unveiled in September 2022 under then Chief Executive Officer and Managing Director Campbell Wilson. The roadmap had

outlined an ambitious plan to restore Air India's position as a world-class global airline by 2027.

The latest assessment also comes at a challenging time for the airline. Air India has been dealing with disruptions caused by airspace restrictions linked to tensions in West Asia, higher aviation fuel costs, and the aftermath of last year's fatal aircraft crash, all of which have added pressure to its operations.

Meanwhile, the airline is also preparing for a leadership transition. Campbell Wilson is scheduled to step down as Chief Executive Officer on September 30 after completing his notice period. Air India has not yet announced his successor.

Financially, the carrier reported a net loss of Rs 22,238 crore for the financial year ended March 2026, more than doubling from Rs 10,859 crore recorded in the previous fiscal year.

India's aviation sector has witnessed a strong recovery in passenger traffic since the pandemic, supported by robust domestic demand. However, airlines continue to face profitability challenges due to elevated operating costs, ongoing aircraft supply constraints, and intense fare competition, making long-term financial recovery a difficult task even as demand remains resilient.

VST Tillers breaks ground for its new GTC in TN with Rs 100 cr investment

UNITED NEWS OF INDIA

CHENNAI, JULY 29(UNI) Farm equipment majors VST Tillers Tractors Ltd. (VTTL) on Tuesday conducted the Bhoomi pooja and groundbreaking ceremony for its new Global Tech Centre (GTC) at Hosur in Krishnagiri district of Tamil Nadu to be set up with an initial investment of Rs 100 crores.

The state-of-the-art facility will significantly strengthen the company's research and development capabilities and serve as its primary global hub for advanced engineering and innovation.

The new GTC has been envisioned to accelerate the development of next-generation technologies, with a strong focus on tractors, tillers, farm mechanization equipment, intelligent farm machinery for sustainable agricultural solutions using both ICE and EV drive trains.

The facility will play a pivotal role in fast-tracking innovation, developing proprietary technologies, enhancing testing and vali-



dation capabilities, and fostering collaborations with global technology partners and research institutions.

The GTC will also significantly enhance VST's product development ecosystem by strengthening testing infrastructure, accelerate the development and address customer requirements across different continents.

The investment underscores VST's long-term commitment to delivering innovative, efficient and sustainable mechanization solutions

for Indian and global agriculture, the company said.

Speaking on the occasion, Company MD V.T. Ravindra said "The foundation of our GTC marks a significant milestone in VST's journey of innovation and technology leadership. As agriculture rapidly embraces electrification, automation and digital technologies, this facility will become the cornerstone of our future R and D initiatives. It will enable us to accelerate innovation, develop proprietary technologies and create world-class products that

empower farmers with smarter, more sustainable mechanization solutions."

"The new centre will substantially strengthen our engineering, testing and validation capabilities while fostering collaborations with leading global technology partners and research institutions. By investing in advanced R&D infrastructure today, we are preparing VST to lead the next generation of farm machinery and deliver products that meet the evolving needs of customers across domestic and international markets", he said.

The establishment of the GTC reflects VST's strategic vision of building indigenous technology capabilities while driving sustainable innovation in farm mechanization. With this forward-looking investment, the company reinforces its commitment to engineering excellence, product innovation and industry leadership in the rapidly evolving landscape of smart and sustainable agriculture.

AI-era software supply chain attacks becoming more targeted: Sonatype, Forrester

UNITED NEWS OF INDIA

HYDERABAD, JULY 29: Cybersecurity threats targeting AI-driven software development are becoming increasingly sophisticated, with attackers focusing on influencing software selection even before code reaches production, executives from Sonatype and Forrester said at a press conference organised by The Guru Forum in Hyderabad on Tuesday.

Abhishek Chauhan, Senior Director of Technology and India Country Head, Sonatype, said the company's latest research, based on analysis of over 9,747 verified malicious packages and binaries detected between January 2020 and May 2026, found a major shift from broad malware campaigns to highly targeted attacks.

He said targeted malicious package advisories have increased 75-fold in the past two years, while 47 per cent of malicious packages now impersonate trusted software.



He added that by the first half of 2026, financial services had already recorded over 64 per cent of the malicious package activity seen during the whole of 2025.

Chauhan stressed that enterprises must build governance into the software development process instead of relying solely on post-development security checks.

He also announced that Sonatype is expanding its Hyderabad operations by adding 100 AI-focused en-

gineering roles over the next 12 to 18 months, taking the company's headcount in the city to over 200 by the end of the year.

Ashutosh Sharma, Vice President and Principal Analyst at Forrester, said organisations adopting AI agents must strengthen governance, security and risk management to prevent misuse.

He announced the launch of Forrester's AGES (Agentic Enterprise Guardrails for Information Security) framework in India to help enterprises securely deploy AI agents and mitigate emerging cyber risks.

Sharma said Hyderabad, with its large concentration of Global Capability Centres (GCCs), is playing a key role in global AI development and that Indian enterprises are emerging as leaders in enterprise AI adoption.

He emphasised that the future of AI depends not only on innovation but also on secure and responsible governance.

Kyndryl completes Pidilite's IT modernisation with Google Cloud

UNITED NEWS OF INDIA

BENGALURU, JULY 29: Kyndryl on Tuesday announced the successful completion of Pidilite Industries Ltd's IT modernisation programme with Google Cloud, marking the company's exit from its data centres and migration of non-ERP workloads to a cloud-based environment.

Under the project, Kyndryl migrated Pidilite's non-ERP workloads from on-premises infrastructure and existing cloud environments to Google Cloud and will continue to provide cloud managed services.

According to the company, the modernised IT environment has delivered a 20 per cent improvement in service response times, a 30 per cent reduction in infrastructure provisioning and turnaround times, and more consistent performance across Pidilite's application landscape. Pidilite said the migration has



created a more agile, resilient and scalable IT foundation to support its business expansion and future data and artificial intelligence (AI)-led transformation initiatives.

Vivek Sharma, Chief Information Officer, Pidilite Industries, said the company was building a technology

environment that would support its growth strategy while laying the foundation for data and AI-driven transformation. He said Kyndryl's expertise in managing cloud environments and its decade-long association with Pidilite played a key role in the transition.

Ajay Kak, Chief-IT Infrastructure, Network and Technical Security at Pidilite, said the collaboration had simplified operations, improved service responsiveness and enabled the company's teams to focus on innovation and growth.

Lingraju Sawkar, President, Kyndryl APxJ (Asia Pacific excluding Japan), said the project reflected the growing emphasis among Indian enterprises on cloud modernisation to enhance business agility. He said Kyndryl's structured migration approach had helped build a flexible and resilient technology platform to support Pidilite's long-term growth.

GMR Aero Technic partners with Honeywell Aerospace for LEAP engine MRO services

UNITED NEWS OF INDIA

HYDERABAD, JULY 29: GMR Aero Technic has signed a licensing agreement with Honeywell Aerospace to provide maintenance, repair and overhaul (MRO) services for line replaceable units (LRUs) used in LEAP engines powering Airbus A320neo

and Boeing 737 MAX aircraft.

Under the agreement, GMR Aero Technic will carry out comprehensive repair, overhaul and depot-level maintenance for seven Honeywell aerospace LRUs, including disassembly, inspection, repair, reassembly and functional testing of critical engine control systems.

Ashok Gopinath, President and Accountable Manager of GMR Aero Technic, said the partnership would strengthen the company's component MRO portfolio by combining Honeywell's technology with GMR's advanced repair infrastructure to deliver efficient and reliable repair solutions for LEAP

engine operators in India and the region.

Honeywell Aerospace President (Europe, Middle East, Africa and India) Cooper Cullen said India is among the world's fastest-growing aviation markets and described GMR Aero Technic as a key partner in expanding Honeywell's MRO capa-

bilities and providing high-quality support to regional airline customers.

The collaboration is expected to improve turnaround times by enabling repairs within the region, enhance service quality and offer more cost-effective solutions to airlines.

The partnership also supports GMR Aero Technic's long-term expansion plans and aligns with the Government of India's 'Make in India' initiative by strengthening indigenous aircraft component repair capabilities and reducing dependence on overseas MRO services, a company statement said on Tuesday.



Saransh Jain gets maiden India call-up for Test series in Sri Lanka

Jasprit Bumrah and Sai Sudharsan's availability is subject to fitness clearance

UNITED NEWS OF INDIA

BENGALURU: Offspin allrounder Saransh Jain has earned a maiden call-up to the India squad for the two-match Test series in Sri Lanka in August. While Jasprit Bumrah has also returned to the side, his and Sai Sudharsan's availability is subject to fitness clearance from the BCCI's Centre of Excellence.

Ravindra Jadeja has recovered from tennis elbow and is part of the squad. However, Washington Sundar was unavailable for selection for the first Test with a hamstring injury he sustained during the ODIs against England.

Sunder's injury opened the door for Madhya Pradesh's Jain. It is un-

derstood that the presence of several left-hand batters in the Sri Lanka side prompted the selectors to consider him. The 33-year-old was impressive during the recent India A tour to Sri Lanka, where he scored an unbeaten 70 and picked up six wickets in the second four-day game. In all, he has 2223 runs at an average of 31.75 and 188 wickets at 27.30 from 54 first-class games.

Sai Sudharsan was also part of the A tour and scored hundreds in both games. If he fails to get the fitness clearance, Devdutt Padikkal could slot in at No. 3. In the fast-bowling department, apart from Bumrah, India have picked Mohammed Siraj, Prasidh Krishna and uncapped Gurnoor Brar.

Manav Suthar, who had picked up seven wickets against Afghanistan on his Test debut, retained his place but with Jadeja returning, there was no room for Harsh Dubey.

The first Test begins on August 15 in Galle and the second on August 23 at the SSC in Colombo. Ahead of the series, the team will play a four-day practice match in Colombo, starting on August 7.

The series in Sri Lanka is India's first in the World Test Championship cycle since the 2-0 home defeat to South Africa in November. Before that, they had drawn a five-Test series in England 2-2 and beaten West Indies 2-0 at home. India are fifth in the WTC standings, while Sri Lanka are sixth.

Will Jacks hits fifty in nervy MI London win as Brave lose again

UNITED NEWS OF INDIA

LONDON: MI London got home from the very last ball of the match to secure a three-wicket win over Southern Brave under lights at the Utilita Bowl. Ollie Pope sliced Nikhil Chaudhary for two through backward point to see his side to a nervy victory on a tricky pitch after 54 from Will Jacks helped set up the run chase.

It signalled a third loss for Brave, but took MI London up to third in the table.

Marcus Stoinis took two-in-two in the powerplay, removing ex-Brave captain James Vince caught in the deep by Tristan Stubbs before having Nicholas Pooran caught behind first ball as MI London's pursuit of Brave's 129 started shakily. Jacks and Sam Curran took the equation down to 76 required from the final 50 balls. Curran was then bowled by Adil Rashid for 30 before Stoinis returned to take the big wicket of Jacks leaving 37 required from 21; the Aussie allrounder finishing with 3 for 17.

CARROM & CHESS CONCLUDED IN WELKIN, SOPORE

HT SPORTS DESK

SOPORE: Varmul Gindo-03, Carrom & Chess Championships concluded successfully in Welkin Institution, Sopore, with enthusiastic participation from a large number of players across the district.

The champions were inaugurated by Prominent Advocate Sheikh Aamir and Vice Chairperson Madam Baseema. At the closing ceremony, Chairman Welkin Institution Haji Inayatullah distributed medals among the winners & runners-up. The occasion was also graced by Hakeem Ab. Aziz (Former DD Youth Affairs & Sports, Govt. of India), Kakroo, Umer Azhar, former Chairman Municipal Council Baramulla, Qaiyum Peerzada, former Chief J&K Sports Council, and the entire Welkin administration.

As a token of gratitude for the institution's excellent support and hospitality, the President, District Olympic Association and District Chess Asso-

ciation presented a memento to Haji Inayatullah.

The General Secretary, Chess, delivered a vote of thanks, appreciating all guests, officials, and the school management for making the championship a great success.

The former Chief J&K Sports Council, while talking to the print & electronic media (Press), said that the event once again reflected the spirit of VARMUL GINDO-03 in promoting sports, unity and youth empowerment across the district and continues to inspire hope, unity and excellence by bringing together young minds through sports.

The championship reaffirmed that when Army, sports bodies, institutions and communities work hand in hand, they create opportunities that shape a brighter future for our youth.

May the spirit of VARMUL GINDO-03 continue to inspire every young sportsperson to dream bigger, play fair and make the whole district proud and drug free.



MARUTI SUZUKI

NEXA

Go Bold. Go Further.

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

EFFECTIVE STARTING PRICE ₹ 5.54 LAKH*

BALENO

IN A CATEGORY

0

UP TO 100% WAIVER ON CAR LOAN PROCESSING FEE**

SCHEME CONNECTED TO A CREDITORS WITH YOU

LUBAAB PUBLICATIONS

ONE STOP SOLUTION FOR ALL PRINTING NEEDS

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

9999038812
9419008414

Radio Colony, Gund Hassibhat, Lawaipora Srinagar-190017

HEADLINES TODAY INVITES CONTRIBUTIONS

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

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

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

Send your contributions to:

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

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

