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16TH
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Voice To The Voiceless



P-12

Flick refuses to discuss
Barcelona interest in Alvarez

BRIEFLY

**Army Soldier Drowns in
Kishanganga River in Gurez**

HT NEWS DESK / AGENCIES

BANDIPORA, AUG 27 : An Army soldier drowned in the Kishanganga River near Tarbal village in the Gurez area of north Kashmir's Bandipora district on Thursday. The deceased has been identified as Ashiq Hussain Khan, a resident of Rafiabad in north Kashmir's Baramulla district. Following the incident, a rescue operation was launched, during which the soldier's body was retrieved from the river. The body was later shifted to Dawar Hospital for medico-legal formalities. Police have registered a case and initiated an investigation to ascertain the circumstances leading to the drowning. [KNS]

**Two Non-Local Labourers Sustain
Burn Injuries in Zainakote Room Fire**

HT NEWS DESK / AGENCIES

SRINAGAR, AUG 27: Two non-local labourers sustained burn injuries after a fire broke out inside their rented room at Umar Abad, Zainakote, Srinagar, allegedly following a gas cylinder leakage. The injured have been identified as 30-year-old Mansoor Ansari and 45-year-old Nazeer Ahmad, both residents of Bihar and presently staying at Umar Abad, Zainakote. According to the reported history, the two were cooking food inside the rented accommodation when the cooking gas cylinder allegedly developed a leakage, resulting in a fire. Mansoor Ansari sustained approximately 80 per cent burn injuries and was referred to SKIMS Soura after initial treatment at JVC Hospital, Bemina. He is stated to be in critical condition. Nazeer Ahmad sustained approximately 50 per cent burn injuries and was also shifted to SKIMS Soura for treatment. [KNT]

**FIR Registered Against Five
Shopkeepers Over Roadside
Obstruction at Jehangir Chowk**

HT NEWS DESK / AGENCIES

SRINAGAR, AUG 27: Police have registered an FIR against five shopkeepers for allegedly creating roadside obstructions at Jehangir Chowk in Srinagar, affecting the movement of pedestrians and vehicles. According to officials, the shopkeepers had placed matting outside their shops, allegedly occupying space along the roadside and obstructing the free movement of the public and vehicular traffic. The obstruction was also stated to have increased the risk of accidents at the busy location. Police have initiated proceedings under law against these shopkeepers, who according to officials had been obstructing movement of traffic and people on daily basis. [KNT]

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**Satish Sharma extends greetings
to people on Raksha Bandhan**

HT NEWS DESK / AGENCIES

SRINAGAR, AUGUST 27: Minister for Food, Civil Supplies & Consumer Affairs, Information Technology,

MORE ON P 02

**Raksha Bandhan Symbolises Unconditional
Love, Trust and Togetherness : LG Manoj Sinha**

Wishes Heartiest Greetings and Best Wishes
to All on Auspicious Occasion of Raksha Bandhan

HT NEWS NETWORK

SRINAGAR, AUGUST 27: Lieutenant Governor Manoj Sinha on Thursday extended his heartiest greetings to the people of Jammu and Kashmir on Raksha Bandhan, saying the sacred festival celebrates the timeless bond between brothers and sisters and strengthens the spirit of unity, affection and social harmony.

MORE ON P 02



**"We will not become part of the
Cabinet until statehood is restored"**

Tariq Karra says Congress will continue
supporting Omar government while
retaining right to raise public issues

HT NEWS DESK / AGENCIES

SRINAGAR, AUGUST 27: Jammu and Kashmir Pradesh Congress Committee



not prevent it from raising issues concerning
the people, Jammu and Kashmir Pradesh
Congress Committee (

MORE ON P 02

**"India's EV market will be
worth ₹20 lakh crore by 2030"**

Nitin Gadkari projects five crore jobs as India
targets global leadership in automobile industry



HT NEWS DESK / AGENCIES

NEW DELHI, AUGUST 27: Union Road Transport and Highways Minister Nitin Gadkari has projected that India's electric vehicle market could reach 20 lakh crore by 2030 and generate five crore jobs, while

asserting that the government aims to
make the country's automobile industry
the world's largest within the next five
years.

India's electric vehicle (EV) market is
expected to grow to Rs 20 lakh crore by
2030, with the potential to create five
crore jobs, Union Minister Nitin Gadkari
said on Wednesday.

Addressing a summit organised by
the CII-ITC Centre of Excellence for
Sustainable Development, Gadkari said
that currently 57 lakh electric vehicles are
registered in India, with 7 per cent market
penetration.

"India's electric vehicle (EV) market
will be worth Rs 20 lakh crore by 2030. It
will also create five crore jobs by 2030,"
he said. The road transport and highways
minister highlighted that India's two largest
two-wheeler vehicle

MORE ON P 02

**Sujit Kumar takes
charge as IGP Kashmir following
major police reshuffle**

HT NEWS DESK / AGENCIES

SRINAGAR, AUGUST 27: Senior IPS officer Sujit Kumar, a 2007-batch AGMUT cadre officer, on Wednesday assumed charge as Inspector General of Police, Kashmir Zone, succeeding V K Birdi and bringing extensive experience in counter-insurgency, security and law-and-order management to his new assignment.

Senior IPS officer Sujit Kumar on Wednesday
took charge as the Inspector General of Police (IGP),
Kashmir Zone, succeeding V K Birdi as part of a
major reshuffle of the Jammu and Kashmir Police.
Kumar, a 2007-batch AGMUT cadre officer,
formally assumed charge on Wednesday afternoon
following the Home Department's order transferring
and posting 14 police officers with immediate
effect.

Kumar, who was serving as Inspector General
of Police, Security, J&K, has now been posted as
IGP Kashmir Zone under Government Order No.



438-Home of 2026. Birdi, who was serving as IGP
Kashmir, has been relieved of the charge following
Kumar's appointment. Senior officers of the Kashmir
Zone were present

MORE ON P 02

"The reshuffle will streamline financial management"

J&K Government transfers 11 Senior Officers in Major Finance Department Shake-Up

HT NEWS DESK / AGENCIES

SRINAGAR, AUGUST 27: The Jammu and Kashmir government has ordered a major bureaucratic reshuffle in the Finance Department, transferring and posting 11 senior officers across key departments including School Education, Jal Shakti, Labour & Employment, Cooperation,

Tourism and Youth Services and Sports with immediate
effect.

The Jammu and Kashmir government on Thursday
effected a major bureaucratic reshuffle in the finance
department, ordering the transfer and posting of over
a dozen senior officers with immediate effect.

According to a government order issued by Financial

Commissioner (ACS), Finance Department, Shailendra
Kumar accessed news agency Kashmir News Service
(KNS) said the move is aimed at administrative efficiency
and comes in continuation of an earlier order issued on
August 4. Among the key changes, Rajesh Chander Kotwal,
who was serving as Director

MORE ON P 02

HT BOTTOM NEWS

"No Junk Food Within 50 Metres of J&K Schools"

FDA directs strict enforcement of food safety and
healthy-eating norms across government and private schools

HT NEWS DESK / AGENCIES

SRINAGAR, AUGUST 27: The Food & Drugs Administration (FDA), Jammu and Kashmir, has directed the School Education Department to strictly enforce food safety regulations in government and private schools, including a ban on the sale, marketing and advertising of junk food within school premises and within 50 metres of school gates. The directive seeks to ensure that children have access to safe, hygienic and nutritionally balanced food and prohibits food products high in saturated fat, trans-fat, added sugar or sodium from being sold or offered to schoolchildren in the restricted area.

The Food & Drugs Administration
(FDA), Jammu and Kashmir, has

directed the School Education
Department to strictly implement
food safety regulations in all

In a communication to the
Directors of School Education, the
FDA said the Food Safety and Standards



government and private schools,
including a ban on the sale of junk
food within school premises and
within 50 metres of school gates.

(Safe Food and Balanced Diets for
Children in School) Regulations, 2020
must be

MORE ON P 02

**J&K will remain hot and
humid over the next 10 days ;**

MeT forecasts brief rain spells,
warns of flash floods, mudslides and
landslides in vulnerable areas

HT NEWS DESK / AGENCIES

SRINAGAR, AUGUST 27: The Meteorological Centre on Thursday forecast generally hot and humid weather across Jammu and Kashmir during the next 10 days, with brief spells of rain and thundershowers at scattered places and a warning of possible flash floods, mudslides and landslides during intense showers on August 31 and September 1.

The Meteorological Centre on Thursday predicted that
Jammu and Kashmir would witness generally hot and humid
weather over the next 10 days, with brief spells of rain and
thundershowers at scattered places. According to the forecast
accessed by the news agency—Kashmir News Observer (KNO)
brief spells of rain or thundershowers are expected at scattered
places during the early morning and afternoon hours from
August 28 to 30.

MORE ON P 02

DC Srinagar, SSP review anti-drug measures in District NCORD meeting

Emphasis on intensified, coordinated enforcement & stronger rehabilitation

■ HT News Network

SRINAGAR, AUGUST 27: Deputy Commissioner (DC) Srinagar, Akshay Labroo, today chaired a comprehensive meeting of the District-Level NCORD Committee at the Meeting Hall of the DC Office to review and strengthen district's strategy the measures being undertaken to combat drug trafficking and substance abuse in the district.

Senior Superintendent of Police (SSP) Srinagar, Dr. G.V. Sundeeep Chakravathy, also attended the meeting.

The meeting held detailed discussions on enforcement, prevention and rehabilitation, with emphasis on dismantling narcotics networks, strengthening action under the NDPS and PITNDPS Acts, effective implementation of the Common SOP for action against accused persons, implementation of the nationwide 100 Weeks Nasha Mukht Bharat Abhiyan, maintaining zero tolerance towards Government employees involved in NDPS cases, and strengthening rehabilitation measures for drug victims.

While reviewing the implementation of nationwide 100 Weeks Nasha Mukht Bharat



Abhiyan, the Deputy Commissioner directed all concerned Departments to submit their detailed activity plans for the campaign. He stressed the need for sustained awareness and

preventive interventions, particularly among youth and vulnerable sections, to strengthen the collective fight against drug abuse.

The DC also reviewed rehabilitation measures

and emphasized effective implementation of the proposed rehabilitation policy, being implemented on pilot basis in selected Districts of Jammu and Kashmir, including Srinagar. He called for strengthening rehabilitation, counselling, follow-up and aftercare mechanisms for drug victims to facilitate their recovery and reintegration into society.

The DC also stressed the enrolment of rehabilitation cases, aimed at ensuring better tracking of beneficiaries, timely interventions and improved coordination among departments and rehabilitation institutions.

Emphasizing the coordinated approach, the DC called upon all stakeholder Departments to intensify joint efforts, strengthen information sharing and surveillance and ensure effective implementation of anti-drug measures. The DC further directed all concerned departments to work in close coordination and with a shared sense of responsibility to protect the youth from the harmful effects of drugs and contribute towards realizing the vision of a drug-free Jammu and Kashmir.

On the occasion, the SSP Srinagar underlined the coordinated approach against narcotics-related activities with sustained commitment.

Speaker holds public outreach camp at Hardu Dalwan, launches Rs 2.5 cr development works

■ HT News Network



BUDGAM, AUGUST 27: Speaker, Jammu and Kashmir Legislative Assembly, Abdul Rahim Rather, today convened an extensive public outreach programme in Charari Sharief constituency at Hardu Dalwan to listen to the grievances, issues and developmental demands of the people.

During the camp, the local residents and public representatives apprised the Speaker of various issues concerning road connectivity, water scarcity, electricity along with basic amenities and other developmental requirements of the area.

The Speaker assured them that their genuine demands would be taken up with the concerned departments for redress in a phased and time bound manner.

Rather emphasized that regular interaction with the public is essential for ensuring that development priorities remain aligned with the actual needs of the people. He said that concerted efforts would be made to resolve the highlighted issues through the concerned departments.

The Speaker urged the people to continue providing constructive feedback regarding developmental works and public services. He said that active public participation and cooperation are vital for achieving balanced and sustainable development across the constituency.

During his tour, the Speaker visited the Government Higher Secondary School, Hardu Dalwan and assessed the facilities and requirements of the institution.

On the occasion, the students presented a colourful cultural programme, showcasing their talent and enthusiasm.

During his interaction with the students, teaching staff and school management, the Speaker took detailed feedback on functioning of the institution. The school management apprised him of the need for adequate desks and benches and provision of smart-class facilities to enhance the learning environment for the students.

Responding to the demands, the Speaker assured that the required funds would be made available and the identified requirements, including benches and smart classes, would be fulfilled at the earliest. He emphasised the importance of quality education in empowering the younger generation. He encouraged them to remain focused on their studies and actively contribute towards the development and progress of their communities.

Earlier, the Speaker launched development works worth more than Rs 2.5 crore, giving further impetus to road infrastructure in the constituency. The works included macadamization/blacktopping of a 1.5 kilometre long PMGSY road at Ahangar Mohalla and one-kilometre-long road at Kakawring.

District Admin Bandipora Organises Dosti Discussion under Nasha Mukht J&K Abhiyan

■ HT News Network

BANDIPORA, AUGUST 27: As part of the Nasha Mukht Jammu and Kashmir Abhiyan, the District Administration Bandipora, in collaboration with HSS Sumbal, organised a Dosti Discussion at Sumbal to engage students in an open and friendly dialogue on preventing drug abuse and strengthening communication among students, parents and teachers.

Deputy District Election Officer Bandipora, Er. Hilal Ahmad Bhat, attended the programme as the chief guest, while Dr. G. M. Puij, Deputy Chief Education Officer Bandipora, was the guest of honour.

The discussion provided students an opportunity to interact directly with officers from the District Administration in a cordial and informal setting.

On the occasion, the speakers highlighted the importance of parental



guidance, positive peer relationships, open communication and community participation in preventing substance abuse and promoting a healthy environment for young people. The speakers encouraged students to make informed choices, stay connected with their families and seek guidance whenever faced with challenges or peer pressure.

The importance of constructive activities, responsible use of time and supportive friendships was also emphasised to help young

people stay away from substance abuse and build a positive future.

The programme concluded with a collective resolve by all stakeholders to contribute towards a safe, healthy and addiction-free society.

Students and participants appreciated the Dosti Discussion initiative, noting that its informal and interactive format provided young minds a comfortable space to express their views and engage in meaningful conversation on issues affecting their lives and communities.

Div Com Kashmir reviews Proposed Road Projects for Srinagar

■ HT News Network

SRINAGAR, AUGUST 27: Divisional Commissioner Kashmir, Anshul Garg, today chaired a meeting to review various proposed road projects for Srinagar aimed at improving urban mobility, easing traffic congestion and strengthening the city's transportation network.

The meeting was attended by the Deputy Commissioner Srinagar, Commissioner SMC, Chief Conservator of Forests, Chief Executive Officer, Cantonment Board, Chief Engineers of I&FC and R&B, and officers from PHE, NHAI, Police, Traffic and KPDC, among other concerned departments.

At the outset, the Superintending Engineer, PWD, presented replies to the observations raised during the previous meeting regarding



the proposed Parimpora-Dalgate Flyover, along with a detailed analytical report on the project.

While reviewing the report, the Divisional Commissioner directed the Commissioner SMC to submit the final report of the committee constituted under his chairmanship to assess the project's likely impact on traffic decongestion and improved mobility.

He instructed to incorporate assessments, concerns and inputs from all stakeholder departments regarding the flyover.

The Divisional Commissioner emphasized that the project should be evaluated

through a comprehensive and integrated assessment, taking into account its impact on the overall transportation network rather than examining it in isolation. He stressed the need for detailed technical and stakeholder evaluation before taking the project forward.

The meeting also reviewed the proposed Ring Road Part-III, particularly the stretch passing through the city from Lasjan to Pandach. The Divisional Commissioner examined the comparative statement of the three alternative alignments proposed by the National Highways Authority of India (NHAI).

He further reviewed the observations made by the I&FC Department and the Cantonment Board regarding the proposed 8-km flyover component from Lasjan to Dalgate.

Refresher Training on Digital Crop Survey-Kharif 2026 held across Bandipora

■ HT News Network

BANDIPORA, AUGUST 27: On the directions of Deputy Commissioner Bandipora, Refresher training sessions on Digital Crop Survey (DCS)-Kharif 2026 were conducted across Bandipora district for Supervisors, Surveyors and VLEs to strengthen field-level implementation and ensure accurate crop data collection.

The sessions were conducted at Conference Hall DC Office Bandipora, SDM Office Sumbal and SDM Office Gurez, covering Bandipora, Alosa, Ajas, Hajin and Sumbal; and Gurez and Tulail respectively. At the Conference Hall, Mini Secretariat Bandipora, the session was presided over by Assistant Commissioner Revenue, Bandipora, Shabir Ahmad Wani, who reviewed the training proceedings and emphasised effective implementation of the Digital Crop Survey-Kharif 2026.

The training was impacted by designated Master Trainers from the Agriculture and Horticulture Departments, with concerned Tehsildars monitoring the sessions. During the training, participants were familiarised with the DCS mobile application, including survey assignment and task management, Master Data and geo-referenced maps, GPS-based plot navigation, RoR information, and



procedures for recording agricultural, non-agricultural, fallow, waste, vacant and harvested land. Special focus was laid on the newly incorporated AI-enabled features of the DCS application, including Aadhaar-based Face Authentication for verifying the identity and on-ground presence of surveyors, Angle-based Sector Coverage System (ASCS) for ensuring survey execution within the designated plot, and detection of incorrect survey photographs. The training also emphasised accurate identification and recording of crops and their categories, including perennial, biennial and seasonal crops, along with crop variety, crop status, area and irrigation details. Similarly, refresher training on Digital Crop Survey (DCS)-Kharif 2026 was imparted at SDM Office Sumbal and SDM Office Gurez to Supervisors, Surveyors and VLEs by designated Master Trainers from the Agriculture and Horticulture.

Budgam initiates Programme for eye check ups of all school children 100% kids to be covered, free eyeglasses and tertiary care to be provided

■ HT News Network

BUDGAM, AUGUST 27: Deputy Commissioner Budgam, Athar Aamir Khan, today launched a comprehensive Children's Eye Health Programme for school-going children across the district.

The programme has been launched by the District Administration Budgam in collaboration with Nayonika Eye Care Charitable Trust and Help Foundation J&K, with the objective of ensuring early detection and timely treatment of vision-related problems among students enrolled in Government schools.

Under the initiative, approximately 1.67 lakh students studying in 917 schools across the district will be covered through a comprehensive eye screening programme.

As part of the programme, preliminary eye screening of students will be conducted at the school level through the Snellen Eye Chart test. After initial screening, all those identified with vision related difficulties will be rescreened and assessed at District and Sub-District hospitals. All those kids requiring spectacles will be provided free of cost and those requiring surgical or other specialised treatment will be facilitated



for same at GMC and other tertiary care eye hospitals.

Following the examination, the required lens power and other specifications will be determined and recorded by the concerned medical professionals. The

Nayonika Eye Care Charitable Trust and Help Foundation J&K will facilitate the provision of the required spectacles free of cost to needy students identified under the programme.

Speaking at the outset, the Deputy

Commissioner said that the initiative has been launched with the objective of ensuring that no child is left behind in education due to undetected or unaddressed vision-related difficulties. He said that timely identification and correction of visual impairments are essential to enable children to participate effectively in classroom learning and other educational activities. He further stressed that every possible effort would be made to ensure that vision-related difficulties do not adversely affect the education, overall development and future prospects of any student.

The Deputy Commissioner appreciated the collaborative efforts of the Nayonika Eye Care Charitable Trust, Help Foundation J&K, Education Department, Health Department and school teachers in implementing the initiative at the grassroots level.

Among others, those present on the occasion included ADC Budgam, Mehraj-ud-Din Shah, Chief Education Officer Budgam, Chief Medical Officer Budgam, all Zonal Education Officers, Block Medical Officers, Medical Superintendent, District Hospital Budgam, and Principals of Higher Secondary Schools of the district.

DC Pulwama reviews implementation of Pradhan Mantri TB Mukht Bharat Abhiyan

■ HT News Network

PULWAMA, AUGUST 27: Deputy Commissioner Pulwama, Dr. Basharat Qayoom, today chaired a meeting at Circuit House Pulwama to review the implementation of the Pradhan Mantri TB Mukht Bharat Abhiyan and the functioning of Block Level TB Mukht Bharat Committees in the district.

During the meeting, the District Health Officer gave a comprehensive presentation on the progress made under the campaign, covering various aspects including screening of high-risk populations, diagnosis, treatment, differentiated TB care, nutritional support, TB Preventive Treatment, microbiology and NAAT performance, community participation and notification of TB cases. The presentation also outlined the roles and responsibilities of the Block Level TB Mukht Bharat Committees.

The DC reviewed the block-wise progress and sought detailed feedback from the Block Medical Officers on various parameters and indicators of the campaign. He directed all concerned to adopt a well-planned and coordinated approach for effective implementation of the PM TB Mukht Bharat Abhiyan across the district.

The DC said that while Pulwama is a TB-free district, sustained and



coordinated efforts are required to ensure complete elimination of TB from the district. He stressed the need for continued vigilance, intensified screening, early identification of presumptive cases and timely diagnosis and treatment so that no person suffering from TB remains undetected or untreated.

Dr. Qayoom directed the Block Medical Officers and other concerned health functionaries to prepare proper block-level plans, identify gaps and ensure their timely resolution through coordinated field-level interventions. He also called for regular field visits and

directed the concerned officers and frontline health workers to visit TB patients to monitor their treatment adherence, provide counselling and ensure that they receive the required nutritional and other support. During the meeting, the District Health Officer gave a comprehensive presentation on the progress made under the campaign, covering various aspects including screening of high-risk populations, diagnosis, treatment, differentiated TB care, nutritional support, TB Preventive Treatment, microbiology and NAAT performance, community participation

and notification of TB cases. The presentation also outlined the roles and responsibilities of the Block Level TB Mukht Bharat Committees.

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DC Kulgam reviews progress of financial inclusion-cum-social security schemes

■ Farooq Rather



KULGAM, AUGUST 27: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today chaired a meeting to review the progress and implementation of various financial inclusion and social security schemes in the district.

During the meeting, the DC took stock of the coverage and progress of beneficiaries under various financial inclusion and social security initiatives. He also reviewed the effectiveness of existing mechanisms for identifying eligible beneficiaries and facilitating their access to various entitlements and services under Pradhan Mantri Jan Dhan Yojana (PMJDY), Pradhan Mantri Suraksha Bima Yojana (PMSBY), Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY), Atal Pension Yojana (APY) and other such schemes.

The concerned officers presented the latest status of implementation, achievements made, issues requiring intervention and measures being undertaken to further enhance outreach and coverage of the schemes.

The DC stressed coordinated efforts among all concerned departments to ensure inclusion and registration of people for financial inclusion and social security schemes.

The meeting was attended by Chief Planning Officer, Malik Suheel; Chief Medical Officer, Chief Education Officer, Lead District Manager; Chief Horticulture Officer; Chief Agriculture Officer, District Social Welfare Officer; Assistant Labour Commissioner and other concerned officers and officials.

ADDC Shopian reviews implementation of Revamped Distribution Sector Scheme

■ HT News Network

SHOPIAN, AUGUST 27: Additional District Development Commissioner (ADDC) Shopian, Dr. Nasir Ahmed Lone today chaired a comprehensive review meeting at the Conference Hall of the Mini Secretariat Complex, Shopian, to evaluate the progress and implementation of the Revamped Distribution Sector Scheme (RDSS) across the district.

The meeting focused on resolving critical field-level bottlenecks, addressing lingering functionality issues within the Power Development Department to ensure seamless, reliable power supply to consumers across District Shopian.

Addressing the meeting, the ADDC emphasized the importance of strict adherence to timelines and quality standards. He directed the



executing agencies and contractor firms to expedite ongoing civil and electrical works and ensure smooth inter-departmental coordination to achieve 100% saturation of targets within the stipulated timeframe.

The ADDC emphasized that quality execution and active monitoring are vital for ensuring sustainable and long-term strengthening of the district's power distribution system. Clear instructions were issued

to ensure project management authorities complete field evaluations and submit comprehensive status reports before issuing final clearances.

The meeting was attended by the Assistant Commissioner Revenue (ACR) Shopian, Shakoor Ahmed Dar, Sub Divisional Magistrate (SDM) Zainapora, Bilal Ahmed, Executive Engineer KPDCL Division Shopian, Mohammed Saleem, AEEs, JEs, and other concerned.

DC Kulgam Inaugurates Annual Athletic Meet 2026

■ Farooq Rather

KULGAM, AUGUST 27: Youth Services & Sports (YSS) Department, Kulgam today organised the Annual Athletic Meet 2026 for girls all age group under the Annual Activity Calendar of the Directorate of Youth Services & Sports, J&K. The meet was inaugurated by Deputy Commissioner Kulgam, Shahzad Alam, who appreciated YSS Kulgam for promoting athletics and nurturing sporting talent at the grassroots level. He emphasized upon the budding athletes to make use of the platform to showcase their sporting spirit in a disciplined and competitive atmosphere. The event was also attended by Chief Education Officer Kulgam, Fayaz Ahmad Mir, officials and sports lovers along with enthusiastic participation of young athletes from all six zones.



DC Kupwara Chairs District Level Committee Meeting on NRCP, SPCA

Directs Launch of Anti-Rabies Vaccination Camps, Awareness Drives in Schools

■ Farooq Rather

KUPWARA, AUGUST 27: Deputy Commissioner (DC) Kupwara, Shrikant Suse today chaired a meeting of the District Level Committee constituted under the National Rabies Control Programme (NRCP), reviewed matters pertaining to the Society during the same meeting.

The meeting was attended by Chief Medical Officer (CMO) Kupwara, Dr. Zaffar; Chief Education Officer (CEO), Chief Animal Husbandry Officer (CAHO); BDO Hqr District Epidemiologist; besides officers from the Army and Police Department.

During the meeting, the DC undertook a detailed review of the status of rabies prevention and control measures in the district, taking inputs from the Departments of Animal/Sheep Husbandry, Municipal Committee Kupwara, Education, Health and other allied departments.

The Deputy Commissioner directed the CAHO to initiate Anti-Rabies Vaccination camps for stray dogs across the district on priority basis, with the first camp to be held at the Army Camp, Zanglai, Kupwara. The CEO was directed to conduct awareness programmes in schools to sensitise students on preventive measures and basic first-aid in the event of an animal bite.



The Deputy Commissioner also reviewed the functioning of the SPCA, wherein the CAHO briefed the Committee on the current status and activities of the Society in the district.

The Deputy Commissioner directed all stakeholder departments to work in close coordination to strengthen surveillance and reporting of animal-bite and rabies cases, ensure uninterrupted availability of Anti-Rabies Vaccine (ARV) and Anti-Rabies Serum (ARS) at all health institutions up to the PHC level, and intensify community awareness on responsible animal ownership, with the objective of achieving the national goal of zero human deaths from dog-mediated rabies by 2030.

ADC Sopore Felicitates Tonga Rally Participants

■ HT News Network

SOPORE, AUGUST 27: Additional Deputy Commissioner Sopore, Dr. S.A. Raina today felicitated the tonga riders and officials who participated in the Tonga Rally organised during the Tiranga Rally as part of the Independence Day celebrations.

During the felicitation ceremony, the ADC presented mementos and certificates of appreciation to the participants in recognition of their enthusiastic participation and contribution to the event.

Appreciating their efforts, the ADC said that the participation of tonga riders added a distinctive traditional and cultural touch to the celebrations. He commended their enthusiasm and cooperation, which



contributed to making the rally vibrant and memorable.

The felicitated participants expressed gratitude to the Sopore Administration for acknowledging their participation and appreciated the initiative to showcase local traditions and encourage community participation in public celebrations.

Cm's Advisor visits far-flung area of Moorie, Kalaroose; reviews development issues, public grievances

Directs officers to execute works on war footing ahead of winter season

■ HT News Network

KUPWARA, AUGUST 27: Advisor to Chief Minister, Nasir Aslam Wani, today visited the far-flung area of Moorie in Kalaroose of Lolab Sub-Division to take stock of the developmental issues and problems being faced by the people of the area.

The Advisor was accompanied by SE R&B Circle Kupwara, ACD Kupwara, ACP Kupwara and other officers of the concerned departments.

During the visit, the Advisor visited Sona Pend village in Moorie, where several residential houses and a mosque were damaged in a recent cloudburst.

Interacting with the affected residents, the Advisor said that the government has announced special assistance for restoration and rehabilitation of the affected families and infrastructure.

During his day-long tour, the Advisor also inspected the identified land near Lastiyal Bridge in Kasba Kalaroose,



proposed for establishment of a Sports Stadium. He directed the Executive Engineer, Sports Council Srinagar, to initiate the construction work within a week positively.

Nasir Aslam also interacted with various public delegations from Moorie, who apprised him of their day-to-day developmental issues, including road connectivity, water supply, ration and other basic amenities. He assured them that their genuine issues would be taken up with the concerned departments for timely redress.

On the occasion, the Advisor

directed the concerned officers to accord top priority to the issues of the far-flung and hard-to-reach areas. He asked them for ensuring execution of developmental works on war footing, particularly in view of the approaching winter season.

Nasir Aslam undertook a detailed tour of various villages and hamlets, including Sona Pend Gali, Narizeb, Ladah, Kothiyar, Nagsri, Thayan Gijran, Moorie and adjoining areas. He took stock of the developmental requirements of the local population.

DM Bandipora chairs District-Level NCORD Meeting Reviews NDPS Cases, Anti-Drug measures

■ HT News Network

BANDIPORA, AUGUST 27: District Magistrate (DM) Bandipora, Indu Kanwal Chib, along with Senior Superintendent of Police (SSP) Bandipora, chaired a meeting of the District Level NCORD Committee at the SSP Office, Bandipora, to review the status of NDPS/PIT NDPS cases and the implementation of anti-drug measures across the district.

During the meeting, the Senior Superintendent of Police Bandipora, Ajaz Ahmad Zargar presented the status of cases registered under the NDPS/PIT NDPS Acts and apprised the committee about the action taken against drug peddlers and traffickers,

including enforcement measures and action against vehicles and driving licences linked to drug-related cases.

The District Magistrate directed the concerned departments to ensure strict implementation of all prescribed measures and strengthen coordination for effective action against drug trafficking.

The Deputy Director Prosecution apprised the meeting about the status of NDPS cases and legal proceedings.

The DM directed the concerned officers to closely analyse the progress of cases and strengthen coordination for effective follow-up.

The ARTO Bandipora presented the Action Taken Report, detailing

the action initiated for suspension, disqualification of driving licences and suspension of vehicle Registration Certificates in drug-related cases. The DM directed the ARTO Bandipora to submit a detailed report on the auction of seized vehicles.

The Assistant Drug Controller briefed the committee on inspections and enforcement action. The DM directed the department to intensify inspections, particularly of courier service providers, and ensure strict compliance with the applicable provisions to prevent misuse of courier networks for transportation of narcotic substances.

The meeting also reviewed the progress of key initiatives including

Maa Se Guft-a-Gu, Dosti Discussions, Noon Chai Talks, religious outreach through Waqar Groups and Nasha Mukht Bharat Abhiyan (NMBA) wall paintings in schools and colleges.

The Exercise Range Bandipora presented its action taken report regarding destruction of wild cannabis and poppy cultivation, besides surveys, awareness camps, IEC campaigns and Friday sermons undertaken as part of the anti-drug campaign. The DM directed the Deputy District Election Officer, Bandipora, to analyse the activities undertaken by Excise Range Bandipora during the last three months and assess their impact. The meeting also reviewed the Rehbar

Initiative, a mentorship-based rehabilitation model launched by the District Administration for sustained support to recovered substance-abuse victims. The initiative aims to provide continued mentoring, guidance and institutional support. The Medical Officer, Addiction Treatment Facility (ATF), District Hospital Bandipora, apprised the committee about the functioning of the facility and the progress of treatment and rehabilitation services.

Government Degree Colleges also presented their respective action taken reports, apprising the committee about awareness, preventive and anti-drug activities undertaken among students.



DIPR Announces eminent Jury for 1st International Film Festival of Jammu and Kashmir

■ HT News Network

Srinagar, August 27: The Department of Information and Public Relations (DIPR), Government of Jammu and Kashmir, today announced the eminent five-member jury for the 1st International Film Festival of Jammu and Kashmir (IFFJK), scheduled to be held from 7th to 10th September 2026.

The maiden edition of IFFJK is being organised with the objective of establishing Jammu and Kashmir as an important destination for cinema, creative expression, cultural exchange and meaningful dialogue. The festival will provide a platform for diverse cinematic voices while showcasing the rich cultural heritage, stories and creative potential of Jammu and Kashmir before a national and international audience.

The jury comprises distinguished personalities from the world of cinema, including internationally acclaimed filmmakers, cinematographers, sound artists and film curators.

The five-member jury includes, Santosh Sivan – Acclaimed Indian cinematographer, filmmaker, producer, and actor, and a founding member of the Indian Society of

Cinematographers (ISC). His acclaimed directorial work includes The Terrorist, and in 2024 he was honoured with the Pierre Angénieux Tribute at the Cannes Film Festival.

Resul Pookutty, an Academy Award (Oscar) and BAFTA Award winner for Slumdog Millionaire, a Padma Shri recipient, and National Film Award winner. Internationally acclaimed sound designer, he has served on the executive committee of the Academy of Motion Picture Arts and Sciences (AMPAS), elevating Indian cinema's global recognition.

Dorothee Wenner, a German filmmaker, curator, writer, and journalist renowned for her contributions to international cinema and cultural exchange. Since 1990, she has been associated with the Berlin International Film Festival, serving as a programmer and delegate for India and Sub-Saharan Africa. She is also a founding jury member of the Africa Movie Academy Awards and has worked extensively to promote African and Asian cinema globally. As a filmmaker, her notable works include Peace Mission, Drama Consult, and Kinshasa Collection.

Keiko Bang, Japanese media entrepreneur, documentary filmmaker, producer, and



international curator with over three decades of experience in the global media industry. As the founder and CEO of Bang Singapore Pte Ltd., she has produced more than 50 award-winning documentaries, including Zheng He: Emperor of the Seas, Guge: The Lost Kingdom of Tibet, and Secrets of the Samurai. A leading advocate for international co-productions across Asia, she has worked with governments, broadcasters, and media organizations in over 25 countries.

Himansu Sekhar Khatua National

Film Award-winning filmmaker, and educator known for his significant contributions to Indian cinema. An alumnus of FTII Pune, he has worked on acclaimed films including Shunya Swaroopa, Ishanou, and several award-winning regional productions. He has also served as a faculty member and mentor, influencing generations of filmmakers through teaching and practice. He has also served as Director of Satyajit Ray Film and Television Institute (SRFTI).

The jury will evaluate films submitted under various competition and thematic sections of the festival, including international, national and Jammu and Kashmir-focused categories. Their collective expertise is expected to ensure an independent, credible and internationally informed assessment of the cinematic works presented at IFFJK.

The festival will feature a diverse programme of film screenings, masterclasses, in-conversation sessions, panel discussions and other cinematic engagements, providing opportunities for filmmakers, students, film professionals and audiences to interact and exchange ideas.

JKEDI Srinagar, GCW, Conducts Startup Idea Challenge 2.0

■ HT News Network

Srinagar, August 27: The Jammu & Kashmir Entrepreneurship Development Institute (JKEDI), in collaboration with Government College for Women, M.A. Road, Srinagar, organised the Startup Idea Challenge 2.0 under the J&K Startup Policy 2024-27.

The programme is part of JKEDI's broader efforts to foster innovation, entrepreneurship and youth-led startups across the Union Territory.

The programme witnessed enthusiastic participation from students and young entrepreneurs of Government College for Women (GCW) Srinagar, GCW Zakura, ICAI, GD Goenka Healthcare Sciences, IGNOU, and University of Kashmir, Zakura Campus, who presented a diverse range of innovative ideas before the



selection committee.

Prof. (Dr.) Yasmeen Manzoor Khan, Principal, Government College for Women, M.A. Road, Srinagar, graced the occasion as the Chief Guest and appreciated the innovative concepts presented by the participants, congratulating them for taking their first step towards innovation and emerging as the startups of tomorrow.

FDA intensifies Food Safety Drive Ahead of Raksha Bandhan

120 Inspections Conducted; 51 Food Samples Lifted Across J&K

■ HT News Network

Srinagar, August 27: The Food & Drugs Administration (FDA), J&K, conducted a special food safety enforcement drive across the UT ahead of Raksha Bandhan, with particular focus on establishments dealing in sweets, bakery products and other high-risk food commodities.

The drive was conducted across Srinagar, Jammu, Budgam, Baramulla, Anantnag, Pulwama, Kathua, Samba, Udhampur, Rajouri and other districts of the Union Territory, covering food establishments dealing with festive and high-risk food commodities.

During the drive, 120 inspections

were conducted and 51 food samples were lifted for testing of quality and safety parameters. 04 Improvement Notices were issued to Food Business Operators (FBOs) for deficiencies in prescribed hygiene and sanitary conditions. Further, 09 cases were compounded under Section 69 of the Food Safety and Standards Act, 2006, involving a total penalty of 11,000/-, while 09 challans were also issued under the relevant provisions of the Act. The enforcement activities covered major festive and high-risk food commodities, including sweets, bakery products, paneer, khoya, milk, ghee and spices.

IUST Holds Industry-Academia Interaction for B.Voc Tourism & Hospitality Students

■ HT News Network

Awantipora, Aug. 27: The Centre for Good Governance & Policy Analysis (CGG&PA), IUST, organised an industry-academia interaction session for students of B.Voc Tourism & Hospitality Management, with Mr. Khalid Nazir, Senior Consultant, Corporate Guest Relations, The Lalit New Delhi and The Lalit Suri Hospitality School, Delhi NCR, as the guest speaker. The session provided students with valuable industry perspectives on the evolving hospitality and tourism landscape, emerging career pathways, professional competencies, guest relations, and diverse opportunities across the sector. Drawing on his rich professional experience and practical insights, Mr. Nazir highlighted industry expectations and encouraged students to pursue their careers with professionalism, adaptability and a commitment to service excellence. The interaction served as a meaningful bridge between academic learning and real-world industry practices, strengthening the University's commitment to experiential learning, industry engagement and the holistic professional development of its students.

Mission Shakti Samba organises awareness workshop at GDC Ramgarh

■ HT News Network

SAMBA, AUGUST 27: Mission Shakti, Samba, in collaboration with ActionAid Association India and Government Degree College (GDC), Ramgarh, organised an awareness and sensitisation workshop on Gender Equality, Women's Rights and Social Security on the College Campus.

The workshop focused on critical issues concerning women's safety, dignity, rights and empowerment, including the POSH Act, She-Box mechanism, women's safety and support systems, legal rights, access to free legal aid, women's health and well-being, gender equality, and social security schemes.

The sessions provided participants with comprehensive information on workplace safety, prevention of sexual harassment, grievance-redressal mechanisms, women's legal rights, access to justice and free legal aid,



health and hygiene, preventive healthcare, and social security entitlements. The discussions emphasised the importance of awareness, institutional support, equality, dignity and empowerment of women. An interactive Question-and-Answer session was also conducted, providing participants an opportunity to seek practical information and clarification on issues related to women's rights, safety, health, legal assistance and social security. The programme concluded

with a memento presentation and appreciation ceremony, acknowledging the valuable contribution and participation of the dignitaries, resource persons and collaborating teams. The programme was organised under the guidance of District Mission Coordinator, Mission Shakti Samba Dr. Ruchi Thakur. The College Principal Prof. Meeru Oberoi, DSP Sakshi Sharma; Dr. Sneha, faculty member; Dr. Geetanjali, Health Department and Advocate Hitesh Sharma, High Court of Jammu & Kashmir and Ladakh.

DIPR announces cash prizes across nine categories for 1st International Film Festival of J&K

■ HT News Network

Srinagar, August 27: In a major initiative to recognise and encourage excellence in filmmaking, the Department of Information and Public Relations (DIPR) has announced cash prizes across nine distinct award categories during the first International Film Festival of Jammu and Kashmir (IFFJK) 2026, scheduled to be held from 7th to 10th September 2026 at SKICC Srinagar, gulmarg and Jammu.

The awards are aimed at celebrating creative excellence, technical craftsmanship, individual performances and emerging cinematic talent, while providing a significant platform of recognition to the filmmakers and artists participating in the inaugural edition of the festival.

The Best Film award carries the highest prize of Rs. 25 lakh, recognising the outstanding cinematic work of the festival. The Best Director and Best Debut Film of a Director categories carry a cash prize of Rs. 15 lakh each, underlining the festival's emphasis on both established creative leadership and new voices in cinema.

Giving special prominence to the cinematic identity of Jammu and Kashmir, DIPR has announced a Rs. 10 lakh cash prize for Best Film – J&K Select, aimed at recognising the compelling cinematic works connected

with Jammu and Kashmir and highlighting its rich cultural, social and artistic landscape.

The DIPR will also honour excellence in acting during the festival, with Rs. 8 lakh each proposed for Best Actor (Male) and Best Actor (Female).

Recognising the crucial role played by technical and creative crafts in filmmaking, the department has proposed Rs. 5 lakh each for Best Cinematography, Best Sound Design and Best Editing.

The award framework reflects the DIPR's endeavour to create a meaningful ecosystem of recognition for the filmmakers across different dimensions of cinematic excellence.

The cash prizes seek to appreciate the creative achievement, individual performance, technical craftsmanship and regional talent, making the inaugural IFFJK not merely a celebration of films but a platform for acknowledging the diverse artistic contributions that bring cinema to life.

The cash prizes are part of the broader vision of the J&K Government to position Jammu and Kashmir on the international cinematic map, provide opportunities for the filmmakers to showcase their work, facilitate cultural exchange and encourage emerging as well as established talent.

Mission Shakti Jammu, SMVD Narayana Superspeciality Hospital organise free Health Check-Up Camp

■ HT News Network

JAMMU, AUGUST 27: Mission Shakti, District Hub for Empowerment of

Assistant Professor, Ophthalmology and Dr. Sunpreet Kour, Medical Officer, Gynaecology. The participants received medical consultations and guidance on general health, eye care and women's



Women (DHEW), Jammu, Department of Social Welfare J&K, in collaboration with Shri Mata Vaishno Devi Narayana Superspeciality Hospital and Mission Poshan, CDPO Akhnoor organised a Free Health Check-Up Camp at Floriculture Hall, Broota Mandi, Akhnoor. The camp was organised with the objective of promoting preventive healthcare, early diagnosis and greater awareness about women's health and well-being.

The camp witnessed enthusiastic participation from women and community members, providing access to specialist medical consultations, health screening, blood pressure and blood sugar testing, medicines and essential health guidance free of cost.

A team of specialist doctors from Shri Mata Vaishno Devi Narayana Superspeciality Hospital extended their expertise during the camp, including Dr. Ankita Sharma, Assistant Professor, Internal Medicine; Dr. Malvika Sharma,

reproductive health.

The camp was conducted under the supervision of CDPO Akhnoor Gurwinder Kour and District Mission Coordinator, Mission Shakti Jammu Shagun Manchanda.

The CDPO appreciated the collaborative efforts behind the initiative and highlighted the importance of taking quality healthcare services closer to the community. She emphasised that timely screening, awareness and preventive healthcare can play a crucial role in improving the quality of life, particularly for women and vulnerable sections of society.

The camp marked another significant step towards the vision of "Healthy Women, Empowered Women, Stronger Families and a Healthier Society," reaffirming Mission Shakti Jammu's commitment to ensuring that women have greater awareness, access and opportunities to lead healthy, safe and empowered lives.

Chandi Maa Da Darbar Jana echoes devotion and spiritual heritage of J&K: Sat Sharma

Sat Sharma, Dr. Manyal, others release devotional album 'Chandi Maa Da Darbar Jana'

■ HT News Network

Jammu, 27 August 2026: J&K BJP President and Rajya Sabha MP Sat Sharma, along with MLA Dr. Devinder Kumar Manyal, released the devotional musical album "Chandi Maa Da Darbar Jana", sung by renowned singer Makhan Singh Chahal, at the BJP headquarters, Trikuta Nagar, Jammu.

They were accompanied by J&K BJP Media Incharge Dr. Pardeep Mahotra, Convenor of the Sanskriti, Art & Culture Cell Narinder Singh, and Cell Co-Convenor Sahil Mahajan, who organized the programme.

Sat Sharma, while speaking on the occasion, said that devotion is the eternal strength of our society and the spiritual soul of our cultural heritage. He said that Maa Chandi represents Shakti, courage,

protection and righteousness, and devotional compositions dedicated to the Divine Mother have the power to awaken faith, inner strength and positive consciousness among people. He appreciated the entire team for presenting the glory of Maa Chandi through music and said that such initiatives connect the younger generation with India's timeless spiritual traditions. He added that Jammu & Kashmir, blessed with a profound spiritual legacy, has a special responsibility to preserve and promote devotional art, music and traditions.

Dr. Devinder Kumar Manyal said that music rooted in devotion and spirituality has always played an important role in strengthening social and cultural values. He congratulated the singer and entire



creative team, saying that the album dedicated to Maa Chandi carries a message of faith, positivity and spiritual awakening. He expressed hope that the song would receive appreciation from devotees and music lovers alike.

Dr. Pardeep Mahotra said that the album beautifully combines devotion with musical expression and reflects the deep spiritual traditions of Jammu & Kashmir. He congratulated Makhan Singh Chahal and the entire team for their creative

initiative.

Narinder Singh said that promoting devotional and folk music is essential for preserving the region's cultural identity, adding that the Sanskriti, Art & Culture Cell will continue to encourage

talented artists.

Sahil Mahajan, who organized the programme, said that the initiative was aimed at providing a platform to artists and promoting devotional music among the younger generation.

The lyrics of the song have been penned by Makhan Singh Chahal, while the music has been composed by Kumar Gourav and the video has been created by Rahul Dutta. Makhan Singh Chahal also performed the devotional song in his melodious voice, creating a deeply spiritual atmosphere. The video song was screened before the dignitaries.

Expressing gratitude, Makhan Singh Chahal thanked Sat Sharma, Dr. Devinder Kumar Manyal and all the dignitaries for encouraging

his musical endeavour. He said that "Chandi Maa Da Darbar Jana" is his humble offering at the feet of Maa Chandi and hoped that it would touch the hearts of devotees. Narinder Singh said that promoting devotional and folk music is essential for preserving the region's cultural identity, adding that the Sanskriti, Art & Culture Cell will continue to encourage talented artists.

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HT EDITORIAL

A Welcome Shield for the Health of J&K's Children

Keeping junk food away from schools is an investment in the health and future of an entire generation. The decision of the Food & Drugs Administration (FDA), Jammu and Kashmir, to ensure strict enforcement of food safety regulations and prohibit the sale, marketing and advertising of junk food within school premises and within 50 metres of school gates deserves unequivocal appreciation. At a time when unhealthy eating habits are increasingly becoming a part of childhood, this is not merely a regulatory measure but a necessary intervention to protect the health and future of Jammu and Kashmir's younger generation.

For years, junk food has steadily occupied an alarming space in the lives of children. Easily available, aggressively marketed and often cheaper than healthier alternatives, foods loaded with excessive sugar, salt, saturated fat and trans-fat have become an almost routine part of children's diets. What may appear to be an innocent packet of chips, sugary drink, confectionery or other processed snack can, when consumed regularly, contribute to unhealthy weight gain and poor nutritional habits. More importantly, such habits developed during childhood can continue into adulthood.

Schools are places where children spend a substantial part of their formative years. They are expected not only to impart education but also to nurture responsible, healthy and disciplined citizens. Allowing unhealthy food to be freely sold at school gates defeats that larger educational purpose. A child who is encouraged to learn about health and hygiene in the classroom should not simultaneously be surrounded by shops and advertisements promoting unhealthy food choices outside the school premises.

The FDA's decision to extend the restriction to 50 metres around school gates is therefore particularly significant. Children are highly impressionable consumers, and proximity, attractive packaging and advertising can strongly influence their choices. Creating a healthier food environment around educational institutions can help make nutritious choices easier and unhealthy choices less accessible.

The issue, however, should not be reduced to prohibition alone. Parents, teachers, school management committees, food vendors and local authorities must collectively participate in changing children's food habits. Schools should encourage nutritious meals, provide safe drinking water and create awareness about balanced diets. Parents, too, must understand that healthy food is not a luxury but a fundamental investment in their children's wellbeing.

The requirement that food businesses operating within school campuses be properly registered or licensed and maintain prescribed standards of hygiene is equally welcome. Safe food is as important as nutritious food. Regular inspections, Food Safety Display Boards and designated Food Safety Supervisors can bring greater accountability and transparency to food services operating in educational institutions.

There is also a larger social message behind this initiative. A healthy generation cannot be built on unhealthy eating habits. Jammu and Kashmir has invested enormously in educating its children; it must now invest equally in protecting their physical wellbeing. The health consequences of poor dietary habits can impose a lifelong burden on individuals, families and the health-care system.

The FDA and the School Education Department must therefore ensure that the latest directive does not remain confined to official communications and circulars. Enforcement must be visible, regular and uniform across both government and private schools, in urban as well as rural areas. Vendors who violate the prescribed restrictions should face appropriate action, while schools that fail to maintain food safety standards must also be held accountable.

At the same time, authorities should encourage vendors around schools to offer affordable and hygienic alternatives such as fresh fruits, nutritious snacks and other healthier food options. The objective should not simply be to remove junk food but to replace an unhealthy food culture with a healthier one.

The future of Jammu and Kashmir is sitting in its classrooms today. Protecting these children from the growing influence of junk food is therefore not an interference in personal choice; it is a responsible public-health measure. The FDA's initiative should be welcomed, strengthened and implemented in letter and spirit. If we want our children to build a stronger Jammu and Kashmir tomorrow, we must first ensure that they grow up healthy today.

Allah Creates You Perfectly

Discovering the Divine Purpose Behind Who You Are



By Bisma Ashraf

We are born into a world that already speaks a language—the language of creation. The sky, the earth, the changing seasons, the rhythm of night and day, and the extraordinary complexity of the human body all carry signs inviting us to observe, think and reflect. The Qur'an repeatedly calls upon humanity to look beyond what is visible and recognize the wisdom and purpose behind creation.

Among the most profound descriptions of human creation in the Qur'an are the words: "Wa laqad khalaqnal insaana fee ahsani taqweem" — "And We certainly created man in the best of forms." (Qur'an 95:4). This verse is not merely a statement about physical appearance. The expression ahsani taqweem carries a much deeper meaning of proportion, balance, suitability and purposeful creation.

Modern society often defines perfection through beauty, youth, physical strength, wealth and social success. The Qur'anic understanding is considerably richer. Perfection does not mean that a human being will never experience illness, ageing, disability, disappointment or weakness. Rather, it reminds us that every human life possesses inherent dignity and has been created with



purpose.

Consider the human body. Our eyes enable us to see the world in remarkable detail, our ears allow us to hear, our minds enable us to reason, and our hearts give us the capacity to love, grieve, forgive and hope. These abilities are not merely physical conveniences; they shape our moral, emotional and spiritual lives. Human beings have been given the capacity to think, choose and distinguish between right and wrong. With these gifts comes responsibility.

The Qur'an also reminds humanity of its humble origin:

"Wa laqad khalaqnal insaana min sulalaatin min teen" — "Indeed, We created man from an extract of clay." (Qur'an 23:12). The contrast is profound. Human beings originate from humble material, yet Allah has granted them extraordinary faculties and dignity. This should inspire gratitude rather than arrogance.

Our bodies are a trust. Islam neither

teaches contempt for the body nor encourages its worship. Caring for our health, maintaining cleanliness, eating responsibly, resting adequately and protecting ourselves from unnecessary harm are expressions of gratitude for what Allah has entrusted to us. At the same time, we must remember that the body is temporary. Youth gives way to age, strength eventually diminishes, and every human being ultimately returns to the Creator.

This understanding also changes how we see other people. If every human being has been intentionally created by Allah, then no one should be judged solely by appearance, wealth, social position, education, physical ability or achievements.

The Qur'an says: "Ya ayyuha naasu inna khalaqnaakum min zakarin wa unthaa wa ja'alnaakum shu'ooban wa qabaa'ila lita'arafuu" — "O mankind, We created you from a male and a female and made you peoples and tribes so that

you may know one another." (Qur'an 49:13).

Human diversity is therefore not a justification for superiority or discrimination. Differences in appearance, temperament, ability and culture are part of the richness of human existence. The proper response to difference is recognition, understanding and respect.

The belief that Allah creates with wisdom also raises an important question about suffering. If creation is purposeful, why do people experience illness, disability, loss and hardship? The Qur'an does not deny suffering or instruct believers to ignore grief. Instead, it places hardship within a larger framework of trial, patience, moral responsibility and ultimate justice.

A person living with illness or disability is not a defective human being. Hardship does not diminish dignity. Nor does suffering mean that a person's life has lost its meaning. Sometimes difficult circumstances reveal qualities that comfort may never reveal—patience, courage, empathy, resilience and compassion. Yet suffering should never be romanticised. Where pain can be relieved, human beings have a moral responsibility to provide relief, treatment and support.

This perspective is especially relevant in an age dominated by social media and manufactured standards of beauty. Filters, carefully edited photographs and commercial images can make ordinary people believe that they are somehow inadequate. Individuals begin comparing their real lives and natural appearances with carefully constructed versions of other people's lives.

Doval's Diplomacy and a New Turn in India-China Relations



Lalit Gargg

After several years of strained relations, India and China now appear to be entering a new phase marked by dialogue, restraint and pragmatic cooperation. This should not be viewed as a sudden transformation, but rather as part of a long-term process that seeks to balance security, diplomacy and national interests. In this evolving scenario, the role of National Security Adviser Ajit Doval has emerged as particularly significant. The 25th round of the Special Representatives' talks, held in Beijing on August 25 with Chinese Foreign Minister Wang Yi, has provided a concrete foundation for this process. Both sides agreed to maintain peace along the border, make early and meaningful progress

towards boundary delimitation, and strengthen the mechanism for military-to-military bilateral communication.

Doval's visit to Beijing was significant not merely because it focused on the border dispute. It also addressed the broader question of whether India and China, despite their strategic competition, can find a path towards coexistence, stability and mutual interests. The two countries agreed to establish two additional military contact points and two additional military hotline links in the eastern and central sectors. They also decided to advance border trade, the Kailash Mansarovar Yatra, and cross-border cooperation. The greatest strength of Ajit Doval's approach is that he does not view security and diplomacy as mutually exclusive. His approach is clear: a strong security architecture provides the foundation for effective diplomacy. In the context of China too, India's message has consistently been that complete normalization of bilateral relations is impossible without peace and stability along the border. This Indian position was once again prominently reflected in the 25th round of talks.

Doval is not merely a negotiator; he is a seasoned security strategist. He served for many

years in the intelligence establishment, worked in several sensitive regions and later became Director of the Intelligence Bureau. According to the Government of India, he played an important role in dealing with security issues relating to the Northeast, Sikkim, Jammu and Kashmir, Punjab and Pakistan. He is also the country's longest-serving National Security Adviser. His working style reflects a remarkable balance—firmness where necessary and dialogue wherever an opportunity exists. His role in the surgical strikes following the Uri attack, the Balakot operation, diplomatic efforts during the Doklam crisis, and the strengthening of India's internal security framework are regarded as examples of this broader strategic approach. In 2026, while presenting him with the Lokmanya Tilak National Award, Union Home Minister Amit Shah also highlighted his contribution to strengthening India's national security apparatus.

The most difficult phase in India-China relations began after the violent clash in the Galwan Valley in 2020. For nearly four years, military tensions continued along the border. Following the disengagement of troops and resolution of related issues in October 2024, a

gradual process of restoring bilateral relations began. During their meeting in Kazan that year, Prime Minister Narendra Modi and President Xi Jinping emphasized the importance of maintaining peace along the border and ensuring that differences did not affect the overall direction of bilateral relations. It was at this juncture that Doval's role assumed even greater importance. The process that began with Special Representatives-level talks in December 2024 has now reached its 25th round. The eight-point understanding reached this time indicates that the dialogue is no longer merely a formal exercise. Activating expert and working groups for boundary delimitation and border management, using existing military and diplomatic channels to prevent misunderstandings along the Line of Actual Control (LAC), and creating new communication mechanisms are important practical steps towards building confidence.

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School bags on their shoulders, dreams in their eyes, and rain along the way. Harsh weather and tough roads are a daily routine for Paharis..



By M S Nazki

The mind once enlightened cannot again become dark! Educating the mind without educating the heart is no education at all!.....Think over!

-The story line which we got was about a school and it read something like this! School bags on their shoulders, dreams in their eyes, and rain along the way. Harsh weather and tough roads are a daily routine for Pahadis.....

-Saturday is a holiday for me, writing about 30,000 words is a normal thing!

-This one was an usual task for me when I started my innings in a school! Nainital and Dehradun were always come into my future!

-The future had to play games and I was prepared to accept the challenges!

-I have never let my schooling interfere with my education! You educate a man; you educate a man. You educate a woman; you educate a generation.

-The world is a book and those who do not travel read only one page. "Education is the most powerful weapon which you can use to change the world.!.....



-A school is an educational institution designed to provide structured learning and development for students under the guidance of teachers.

-A school is a place where students receive formal education, typically organized into stages such as early childhood education, primary school, middle school, and secondary school, with some students continuing to higher education like colleges or universities

-Schools provide a structured environment for learning core subjects such as reading, writing, mathematics, science, arts, and social studies, while also fostering social, emotional,

and cognitive development!

-They act as a bridge between home and the wider world, exposing students to peers from diverse backgrounds and helping them develop respect, cooperation, and critical thinking educerecentre.com

-Schools also provide a controlled and organized environment that supports all-round development. - Types of Schools

-Schools can vary widely depending on age, curriculum, and specialization:

-Preschool/Kindergarten: Early education for children aged 3–5, focusing on basic skills and intelligence!

-Primary/Elementary School: Foundational education in reading, writing, and arithmetic for young children

-Middle/Secondary School: Education for adolescents, often including specialized subjects and preparation for higher education

-Vocational or Technical Schools: Focused on job-specific skills and practical training

-Private and Religious Schools: Offer alternative curricula, sometimes with religious or specialized educational goals!

-Higher Education Institutions: Colleges and universities for advanced learning and professional training!

-Structure and Learning Environment

-Schools are typically staffed by trained teachers who follow planned curricula, lesson plans, and timetables to ensure systematic learning

-Classrooms provide a space for group learning, discussions, and activities, while schools may also include laboratories, libraries, and recreational areas to support diverse learning experiences

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My First Days at SMHS Srinagar

A Journey from Fear to Compassion in the World of Healthcare



By Wani Arfat

On the first day of April 2026, I entered SMHS Hospital Srinagar not merely as a student, but as someone stepping into a profession that demands patience, compassion, and responsibility. A quiet mix of fear and excitement stayed within me. The long corridors, the steady movement of staff, and the silent pain on patients faces made me realize that this was not just a hospital, but a place where life is tested and hope is restored. My posting began in Ward 5 of the medicine department, where I met nursing staff including Bilal Sir and Rozy Maam, whose calm and welcoming nature eased my nervousness. I also observed my seniors, Imtiyaz Sir and Seerat Maam, who were skilled, kind, and humble. Alongside my fellow students Yasir, Owais, and Aiman, I began this journey with hope, though uncertainty remained.

On the very first day, our Clinical Incharge, Sakia Maam came and asked us questions. It was not easy. She was checking both knowledge and confidence. She said one thing that stuck later, that observation is half learning. At that time I didn't really get it properly. We were told to maintain a clinical diary. Slowly I started writing it, but in the beginning, my time in the ward felt very limited. Most of the work was just medication rounds, and there were too many students, so chances to do things were less. I started feeling like I am just coming, watching, spending money, and going back without much learning. Sometimes I even felt maybe this is not useful for me.

On the third day, an incident changed everything. While breaking an ampoule, it slipped and a sharp piece pierced my thumb, causing heavy bleeding. I had done it before, but this time it went wrong. I was taken to the emergency department, where I was advised



stitches, but I chose dressing. What stayed with me was not the pain, but the care. Tabasum Maam was concerned about me, administered an injection herself, and insisted that I take two days of rest because of the loss of blood. Her kindness showed me that healthcare is not only about treatment, but about humanity. After taking permission, I stayed home for two days, recovering and reflecting. I realized that if I truly wanted to learn, I needed to take initiative.

When I returned, I decided to move to the emergency department. With the help of my friend Junaid Shafi from GMC Srinagar, I shifted there. He personally brought me and stayed with me for hours on my first day. The environment there was active, demanding, and full of learning. It was here that I met Navi Maam and Rafiya Maam. At first, I thought

they were senior students because of their friendly and simple nature, but later I realized they were staff members. I even told Navi Maam that she still felt like one of us. When she noticed my hands still marked with blood, she said with concern, "Zan chuth kath moormut," which showed her attentiveness and care.

Apart from being exceptionally skilled, Navi Maam and Rafiya Maam were exceptional due to their humanness. These two taught me with a lot of patience, ensured I understood every aspect of what they taught, and ensured that I did not get intimidated in any way. My confidence levels grew thanks to them. Both of them exhibited great humanness in the way they treated patients and the students. I remember how Rafia Maam once introduced me to another staff member by saying, "This is my cousin," a small gesture that made me feel valued. In

their presence, I never feared mistakes, because I knew I would be guided with kindness.

In emergency, everything started feeling real. I started spending more and more time there. Sometimes I stayed till evening, sometimes I came back again early morning around 7. In around ten days, I learned more than I had learned before. I started understanding patient care in a real way.

I saw how medicines are given oral, IV, IM. I learned how to set IV lines, manage drips, insert cannulas, and give glucose. I also learned blood sampling in a better way. Slowly my confidence increased. I also understood how important hygiene and infection control is. And communication that was another big thing. Talking to patients and their families in a respectful way matters a lot.

During this time, I also started feeling

responsibility. Many patients and attendants started calling me "Sir." It felt good, but at the same time it also made me serious. I started thinking more carefully about my behavior and actions because people were trusting me.

One strong thing I felt during this journey was emotional connection with patients. Many times I saw them and somehow felt like they are my own elders, like my grandparents. That feeling changed me. I stopped seeing them as just cases. I started caring naturally. Every patient has a story, pain, and struggle. I realized dignity and respect matter as much as treatment. That made me more sure that I am in the right field. I don't just want skills, I want to be useful for people.

The encouragement of senior students like Rahil Sir and Shakir Sir contributed to my growth as well. The senior students guided me in terms of processes and knowledge sharing, making me understand that health education is something to be undertaken as a community. But retrospectively, I find that my frustrations in Ward 5 were actually very beneficial to me. They made me take things into my own hands and make the most appropriate decisions for myself.

I did not come into nursing with big dreams. It was simple for me, just to help people in some way. But now that simple thought has turned into something stronger. I really want to serve people with honesty.

To every nursing student, I would just say one thing don't rush. First observe, then understand. Confidence will come slowly. Every patient teaches something. If your intention is real, you will grow automatically. This journey is just starting, but I already feel that real success in healthcare is not only about skill, it is about staying human, kind, and present for people when they need you.

(Mohammad Arfat Wani is a writer, social activist, and nursing student from Kuchmulla, Tral. He writes on social issues, culture, and public concerns with the aim of raising awareness and inspiring positive change. Email: wania6817@gmail.com)

Prayers woven into Rakhi threads

The sweetness of the brother-sister relationship, changing times and the increased responsibility associated with Raksha Bandhan.



- Dr. Satyawan Saurabh

Raksha Bandhan is one of the most intimate festivals in Indian culture. It's not just a day of tying a Rakhi on a brother's wrist and feeding him sweets, but a day of love, trust, memories, and lifelong friendship between siblings. Rakhi is just a thread that holds many emotions, from childhood to present-day love and hopes for a better future. A sister tying a Rakhi is not just a prayer for protection, but also a symbol of their bond. She is silently praying for her brother's happiness, well-being, health, and success. In return, the brother fulfills his duty of being a support to his sister at various stages of life.

Sibling relationships often begin with minor conflicts, but they gradually develop into one of life's deepest emotional bonds. For children, small squabbles over toys, sweets, or anything else become treasured memories. As siblings grow older, they become busy with their studies, job searches, marriage, and family. Some move to other cities or even countries. Even as the distance between them grows, the emotional bond deepens. Raksha Bandhan is a way to remember and rekindle this bond.

In today's changing social environment, it's important to understand the significance of Raksha Bandhan in a broader perspective. Families are shrinking, and joint families are being replaced by extended neighborhoods. Brothers and sisters live far apart and rarely meet throughout the year. Therefore, Rakhi isn't just a thread tied on the wrist; it's an emotional bond that bridges distances. The sentiment behind Rakhi remains the same, whether it's received by post or celebrated via video call—a prayer for the well-being and peace of one's loved one.

But with change, it's necessary to reconsider a brother's responsibility toward his sister. Protection isn't just about standing by her in an emergency. It also includes respecting her dignity, independence, choices, and rights. To say that protection requires restricting a sister's freedom isn't protection, but control. A good brother is one who believes in his sister's abilities, encouraging her to study, pursue her career, pursue her ambitions, and make her own decisions about her life.

Today's women are proving their mettle in fields like education, science, administration, politics, the armed services, sports, business, the arts, and more. The best thing a brother can give his sister in this world is self-confidence. He should do just that, be her support,

and recognize her achievements as his and his family's. Tying a Rakhi and wishing a brother a long life is not just about the relationship; a sister's responsibility shouldn't be limited to that. The brother-sister relationship is one of care, support, and sensitivity. A sister can provide emotional support to a brother when he's in trouble, and a brother can provide support to a sister when she's in trouble. Emotional support can sometimes prove more beneficial than financial support during life's hardships. For someone, simply saying "I'm with you" can be enough to give them the courage to face the toughest times.

Raksha Bandhan is also an opportunity to assess the evolution of family communication. Technology has bridged the gap between people, but it has also sometimes

of gifts, and the competition to celebrate it often become more of a hindrance than a blessing. Love is a beautiful thing, best expressed through gifts, but the value of a relationship is not limited to gifts. A brother's respect, trust, time, and emotional support are more valuable to a sister than any expensive gift. Similarly, a sister's love and support during difficult times are priceless to a brother.

It is essential to foster a year-round environment where every girl feels safe, independent, and respected. Respect for women must begin within the family and gradually become a societal value. Children should learn from a young age the importance of equality, empathy, consent, and respect as core values of healthy relationships.

In this sense, Raksha Bandhan isn't just a day to tie



created distance between those sitting at the same table. Families stay in touch through phone calls and social media, but not much time is spent in meaningful conversations. Festivals remind us that relationships cannot be sustained by messages, photos, and emojis. They require time, listening, understanding, and support through thick and thin.

The Rakhi thread holds special emotional significance for those who have lost a brother or sister. For some, it's a day of laughter and celebration, while for others, it's a day of memories and silent tears. Sisters whose brothers are serving far away, even on the nation's borders, harbor a special blend of affection and patriotism. Similarly, brothers and sisters who are separated by circumstances may never be able to reunite, but Rakhi sends the message that they need not worry; they must not forget their love for each other.

Sadly, consumerism is increasingly taking over festivals these days. The significance of Rakhi, the exchange

a thread on your brother's wrist. It's an occasion to understand and fulfill the needs of relationships. It helps us understand that love isn't about possessiveness, but about trust; that security isn't about control, but about respect; and that relationships aren't strengthened by blood ties, but by empathy, understanding, and mutual support.

But a Rakhi is much more than just a string tied around the wrist, isn't it? It holds the joys of childhood, the moral values of a mother, the prayers of a sister, the promises of a brother, and the hopes of family happiness. That's why this tiny string becomes insignificant even thousands of miles away. Without love and trust, a Rakhi isn't just a string tied around the wrist; it's a thread that has the power to connect two hearts.

(Dr. Satyawan Saurabh, PhD (Political Science), is a poet and social thinker.)

The Acid Rain



SURINDERPAL SINGH

Rain is generally considered a gift of nature. It fills rivers and lakes, nourishes crops, replenishes groundwater and supports life on Earth. But when rain becomes unusually acidic because of air pollution, it turns into a serious environmental problem. This phenomenon is known as acid rain.

Acid rain is not a problem limited to one city or country. Air pollutants can travel long distances through the atmosphere, meaning that pollution produced in one region can affect forests, rivers, soil and buildings far away. Therefore, acid rain reminds us that environmental protection is a shared responsibility.

Normal rain is slightly acidic because carbon dioxide in the atmosphere dissolves in rainwater and forms a weak acid called carbonic acid. However, when the atmosphere contains large amounts of sulphur dioxide (SO₂) and nitrogen oxides (NO_x), these gases react with water vapour and oxygen to form stronger acids, mainly sulphuric acid and nitric acid. When these acids reach the Earth through rain, snow, fog or other forms of precipitation, the phenomenon is called acid deposition. The term "acid rain" is commonly used to describe this wider problem. The main cause of acid rain is the burning of fossil fuels such as coal, petrol and diesel. Power plants, factories, vehicles and other industries release sulphur dioxide and nitrogen oxides into the atmosphere. These gases undergo chemical reactions with oxygen and moisture in the air. They are converted into acidic compounds, which may later return to the Earth with precipitation. This process may occur hundreds of kilometres away from the original source of pollution.

Coal-fired power plants are major sources of sulphur dioxide. Industries that depend heavily on coal and other fossil fuels can therefore contribute significantly to acid deposition. Cars, buses, trucks and other vehicles burn petrol or diesel and release nitrogen oxides. Large numbers of vehicles in cities can therefore increase the concentration of pollutants responsible for acid rain. Factories, refineries, metal-processing plants and other industries may release sulphur and nitrogen compounds into the atmosphere if effective pollution-control systems are not used. Not all acidic pollutants come from human activities. Volcanic eruptions, forest fires and some biological processes can also release gases that contribute

to atmospheric acidity. However, human activities are major contributors to acid deposition in many industrial and urban regions.

Acid rain can affect almost every part of an ecosystem. Acid deposition can remove important nutrients from soil and make it difficult for trees to obtain minerals such as calcium and magnesium. It can also weaken plants and make them more vulnerable to diseases, insects, drought and extreme weather. Forests located in areas with heavy pollution may gradually lose their health and biodiversity.

Healthy soil contains nutrients necessary for plant growth. Acidification can wash away essential minerals and may increase the availability of certain toxic metals, such as aluminium. This can negatively affect plant roots and soil organisms. When acidic substances enter lakes, ponds and rivers, the water becomes more acidic. Aquatic organisms such as fish, frogs, insects and other small organisms may be affected. Some species are particularly sensitive to changes in water chemistry. As acidity increases, their populations can decline, disturbing the entire aquatic food chain.

Acid rain can slowly damage buildings, statues, bridges and monuments made from materials such as limestone and marble. The acids react with these materials and gradually wear away their surfaces. Historic monuments are especially vulnerable because damage accumulated over many years can be difficult or impossible to repair completely. Acid rain itself does not usually burn human skin or directly cause illness simply by falling on people. However, the pollutants responsible for acid rain—particularly sulphur dioxide and nitrogen oxides—can contribute to harmful air pollution. These pollutants can help form fine particulate matter and other secondary pollutants that are associated with respiratory and cardiovascular problems. Therefore, reducing the pollution that causes acid rain can also contribute to cleaner and healthier air.

Agriculture can also be affected. Acidification of soil may reduce the availability of essential nutrients and alter soil chemistry. In some areas, crops may become weaker or less productive.

However, the effects are not identical everywhere. Soil type, rainfall, crop variety and local environmental conditions determine the severity of the impact. Farmers can reduce some effects through proper soil management, soil testing and the scientifically recommended use of materials such as agricultural lime where necessary. Acid rain teaches us an important lesson: air pollution does not remain confined to the place where it is produced.

Surinderpal Singh
Faculty In Science Department
Sri Amritsar Sahib
Punjab.



District Health Society meeting held at Ramban

DC calls for strengthening patient care services

■ HT News Network

RAMBAN, AUGUST 27: Deputy Commissioner Ramban Mohammad Alyas Khan today conducted a comprehensive review of health services here at a meeting of the District Health Society (DHS).

The meeting assessed the performance and achievements of the Health Department under different schemes and programmes. The deliberations focused on evaluation of ongoing initiatives, identification of gaps in service delivery and areas requiring improvement to strengthen public health infrastructure.

The meeting was attended by PO ICDS Abdul Qayoom, CPO Dr. Shakeeb Ahmed Rather, CMO Dr. Kamaljee Zadoo, Executive Engineer PWD Ranjeet Singh, Medical



Superintendent, DH Ramban, Dr. Sudarshan Singh Katoch, District Tuberculosis Officer Dr. Naseer, BMO Banihal Dr. Opinder Singh Raseem, BMO Batote Dr. Vijay, BMO Ukheral Dr. Abdul Rehman, BMO Gool Dr. Iqbal Malik, District Programme Management Unit and other concerned officials.

The DC directed the CMO and

BMOs to cover all the far-flung areas through the Mobile Medical Unit under the initiative 'Hospital on Wheel' to provide healthcare facilities to people at their doorsteps.

During the meeting, a detailed presentation was made by the CMO on the overall health profile of the district, healthcare infrastructure, human resources, programme-wise

achievements and financial progress. Ramban district has four medical blocks—Banihal, Batote, Ukheral and Gool—with 122 health institutions, including one District Hospital, one Trauma Centre, three CHCs, nine PHCs, 23 New Type PHCs and 85 Sub-Centres. The DC reviewed the performance of major health programmes, including the National Tuberculosis Elimination Programme, National Programme for Prevention and Control of Non-Communicable Diseases (NP-NC), Ayushman Bharat PM-JAY, Janani Suraksha Yojana, Janani Shishu Suraksha Karyakram, Rashtriya Bal Swasthya Karyakram and other national health programmes.

The Deputy Commissioner appreciated the encouraging progress in key health indicators, including OPD/IPD, institutional deliveries,

diagnostic services and surgeries. Significant progress was also reported under Ayushman Bharat PM-JAY, with 2,56,734 beneficiaries registered and Golden Cards generated, representing 91.51 per cent coverage. A total of 12,902 patients had benefited under the scheme, involving an amount of 811.99 lakh.

Reviewing the performance under the National Tuberculosis Elimination Programme, the DC directed CMO and BMOs to intensify X-ray testing, case detection and prompt treatment of TB cases.

The DC also took note of progress under NCD screening. The meeting emphasized strengthening preventive healthcare, early diagnosis and timely intervention through community-level awareness and screening activities.

DC Kathua reviews progress under ABDM, NTEP

■ HT News Network



KATHUA, AUGUST 27: Deputy Commissioner Kathua Rajesh Sharma today chaired a meeting to review the progress under the Ayushman Bharat Digital Mission (ABDM) and National Tuberculosis Elimination Programme (NTEP) in the district. During the meeting, it was informed that 92 per cent ABHA registrations have been completed in the district under ABDM. The initiative aims to facilitate creation and maintenance of a digital repository of patients' medical records, enabling seamless and accessible healthcare services. The meeting was also apprised about the ongoing registration of doctors and nurses, besides healthcare professionals and health facilities, followed by pharmacies, under the digital health ecosystem. The Deputy Commissioner directed the concerned departments to intensify IEC activities to acquaint left-out citizens and all stakeholders, including pharmacy owners.

DC chairs NCORD meeting, Calls for stronger coordination to combat drug menace

■ HT News Network

UDHAMPUR, AUGUST 27: Deputy Commissioner Udhampur Minga Sherpa, today chaired a meeting of the District-Level Narco Coordination Centre to review drug control measures in the district.

The meeting was attended by Additional Deputy Commissioner Prem Singh and the officers from the line departments.

The DC conducted a detailed review of measures pertaining to the identification and rehabilitation of drug users, progress on PIT-NDPS cases, action against erring pharmacies, installation of CCTV cameras, prevention of illicit cultivation of narcotic crops, inspections of pharmacies and de-addiction centres, destruction of wild cannabis, hotspot surveillance and preventive enforcement.

The meeting also reviewed block-wise data on drug users, identification of drug hotspots, surveillance of educational institutions, implementation of IEC campaigns, mass awareness programmes, computerised billing systems in pharmacies, Nasha Mukti Panchayats and cases registered under the NDPS Act.

Emphasising the need for robust inter-departmental coordination, the DC directed all concerned agencies to intensify efforts to identify and apprehend individuals involved in drug trafficking, monitor drug abuse-prone areas and promote community-based rehabilitation and awareness initiatives. He instructed the stakeholder departments to intensify counselling services and strengthen IEC activities to sensitise the public, particularly youth, about the harmful effects of drug abuse.

DC Udhampur reviews arrangements for Shree Krishna Janmashtami, Kailash Kund Yatra, annual Sankri Devta mela

■ HT News Network

UDHAMPUR, AUGUST 27: To review and discuss the arrangements for the forthcoming Shree Krishna Janmashtami celebrations, Kailash Kund Yatra and Annual Sankri Devta mela at Panchari, the Deputy Commissioner Udhampur Minga Sherpa, today convened a meeting of officers of various line departments and prominent citizens. The meeting was attended by Additional Deputy Commissioner Prem Singh, PO Poshan Subash Dogra, senior officers of various departments and prominent citizens.

Threadbare discussions were held on various arrangements related to security, sanitation, healthcare, transportation, traffic management, drinking water, power supply and monitoring of prices of essential commodities.

While addressing the meeting, the DC emphasized the importance of seamless



coordination and close collaboration among all concerned departments to ensure that all necessary arrangements are finalized and put in place well in advance. The Executive Engineers of Jal Shakti and JPCL were directed to ensure adequate drinking water supply and uninterrupted power supply during the festive season. The Executive Engineer PMGSY was tasked with undertaking necessary road maintenance and pothole repairs.

The Chief Medical Officer was directed to deploy a team of doctors along with an ambulance at the mela site to provide first-aid and immediate medical assistance. The District

Youth Services and Sports Officer was instructed to organize various sports activities throughout the mela to encourage youth participation. District Police will deploy adequate personnel to ensure security and smooth traffic regulation during the events. The ARTO was directed to arrange a sufficient fleet of buses from different locations for the convenience of devotees and visitors. Tehsildar Panchari has been designated as the Mela Officer, while the Legal Metrology Department will conduct inspections to ensure proper rates, accurate weighing and quality of consumable items in coordination.

District-Level NCORD Committee meeting held at Poonch

Stress laid on strengthening fight against drug abuse

■ HT News Network

POONCH, AUGUST 27: The District-level NCORD (Narco - Coordination) Committee meeting was held today at the DC Office, Poonch.

Deputy Commissioner Ashok Kumar Sharma chaired the meeting attended by SSP Shoukat Hussain Butt, besides other functionaries from the district administration, police, health, education, revenue, social welfare, agriculture and other concerned departments.

The meeting undertook a detailed review of the measures being implemented to prevent drug abuse, curb the illegal drug trade and ensure effective coordination among all stakeholder departments. The officers presented their progress reports of respective departments and discussed the challenges being faced at the field level.



The Deputy Commissioner emphasized the need for a united, sustained and multi-dimensional approach to eradicate the drug menace. He stressed upon the concerned departments to work in close coordination, strengthen enforcement against drug peddling and simultaneously focus on awareness, prevention, counselling and rehabilitation of persons affected by substance abuse.

The meeting underlined the importance of intensified awareness programmes, particularly among youth and students, community participation, early

identification of vulnerable individuals and effective follow-up of de-addiction and rehabilitation efforts.

The Police Department was urged to maintain strict vigil against drug trafficking and strengthen intelligence-based action, while other departments were asked to contribute actively towards prevention, awareness and rehabilitation initiatives.

The meeting concluded with a renewed commitment by all concerned departments to work collectively towards making Poonch a drug-free district and protecting the younger generation from the devastating consequences of drug abuse.

DC Kathua reviews PC & PNDT Act compliance, Tobacco control measures

■ HT News Network

KATHUA, AUGUST 27: Deputy Commissioner Kathua Rajesh Sharma today chaired the meeting of the District Appropriate Authority Committee (DAC) under the Pre-Conception and Pre-Natal Diagnostic Techniques (PC & PNDT) Act, followed by a District Level Coordination Committee (DLCC) meeting to review the implementation of National Tobacco Control Programme (NTCP).

During the DAC meeting, it was informed that Kathua has recorded a sex ratio of 958, the best figure achieved by the district in the last nine years.



It was revealed that a total of 20 ultrasound facilities, including 06 in Government health institutions and 14 in private institutions are running in the district.

Chief Medical Officer Dr Vijay Raina informed that designated teams are conducting

frequent inspections of ultrasound centres to ensure compliance with the provisions of the PC & PNDT Act. The meeting also discussed strengthening surveillance against malpractice and illegal sex determination, including the use of decoy operations

wherever required.

The Deputy Commissioner directed the concerned authorities to remain proactive, conduct regular inspections and ensure strict adherence to the prescribed rules and procedures. He made it clear that no illegal activity or violation of the Act would be permitted. Later, the DC reviewed the implementation of the National Tobacco Control Programme, including action taken and progress towards declaring 40 Gram Panchayats as Tobacco-Free Panchayats. BDO Headquarters informed the meeting that the process is underway and efforts are being made to expedite it.

Arrangements for Kailash, Manimahesh Yatras, Janamashtami reviewed at Bhaderwah

■ HT NEWS DESK

BHADERWAH, AUGUST 27: Additional Deputy Commissioner (ADC) Bhaderwah Sunil Kumar Bhutyal today convened a meeting to review and finalise comprehensive arrangements for the upcoming Kailash Yatra, second Manimahesh Yatra and Janmashtami celebrations 2026.

The meeting was attended by senior officers and representatives of various departments, including Bhaderwah Development Authority (BDA), Police, Army, CRPF, Forest, PWD (R&B), Health, Municipal Committee, Fire &



Emergency Services, Traffic, Power and other concerned departments. Religious heads and stakeholders associated with the Kailash Yatra, along with representatives from various religious organisations and trusts also participated in the deliberations. The ADC

reviewed arrangements related to traffic management, road connectivity, sanitation, drinking water, power supply, health and medical facilities, security, fire safety and other essential services to ensure a smooth and safe pilgrimage for devotees. The arrangements

for the Manimahesh Yatra 2026 and Janmashtami celebrations were also discussed. Officers and representatives from the Army, CRPF, SDRF, Civil Defence, PMGSY, Horticulture and Food, Civil Supplies & Consumer Affairs Department attended the meeting and apprised the ADC of the preparations being undertaken by their respective departments. Meanwhile, the Additional Deputy Commissioner conducted a surprise inspection of the government offices to assess their functioning, staff attendance and the quality of public services being delivered.

Jammu Takes a Giant Leap into Future of Green Urban Mobility with PM e-Bus Sewa

JSCL signs agreement with PMI Electro Mobility Solutions Private Limited for addition of 25 electric buses to Jammu's existing fleet

■ HT News Network

JAMMU, AUGUST 27: Jammu Smart City Limited (JSCL) today signed an agreement with PMI Electro Mobility Solutions Private Limited for the addition of 25 electric buses to Jammu's existing electric public transport fleet under the Government of India's PM e-Bus Sewa Scheme.

Divisional Commissioner Jammu Ramesh Kumar was

also present on the occasion.

The agreement was signed by Chief Executive Officer, Jammu Smart City Limited Dr. Devansh Yadav on behalf of the Housing and Urban Development Department, Government of Jammu & Kashmir and COO - SPV Operations, PMI Electro Mobility Solutions Private Limited Chandrakant Goyal.

The agreement marks an important milestone in scaling up Jammu's existing electric mobility ecosystem. Jammu

Smart City Limited is already operating 100 electric buses in the city, and the addition of 25 more buses will further strengthen the public transport network and expand access to clean and sustainable mobility. The initiative represents a continued commitment to transforming Jammu into a cleaner, greener and future-ready city, where modern public transport keeps pace with the city's growth and evolving mobility needs.

As part of the programme,



PMI Electro Mobility Solutions

Private Limited made a detailed

presentation before the Chairman, JSCL and Divisional Commissioner Jammu Ramesh Kumar, showcasing its electric bus products and apprising the senior leadership of the key features and passenger-oriented aspects of its mobility solutions.

Dr. Devansh Yadav, CEO, JSCL, also briefed the Chairman, JSCL and Divisional Commissioner on the PM e-Bus Sewa project, the proposed fleet augmentation and the current status of the associated

infrastructure, including the development of the Bhagwati Nagar Depot.

The new electric buses will be operated from the Bhagwati Nagar Depot, which is currently being developed by Jammu Smart City Limited as a dedicated electric bus and mobility facility.

The Chief Minister of Jammu & Kashmir laid the foundation stone for the Bhagwati Nagar Depot earlier this month, marking the beginning of another important

piece of mobility infrastructure for Jammu.

The development of the depot, together with the expansion of the electric bus fleet, reflects JSCL's integrated approach towards building the next generation of public transport infrastructure in Jammu. The facility will provide the supporting ecosystem required for the growing electric bus network and will play an important role in strengthening public transportation in the city.





SBI Handwara Conducts Pan-India CSR Plantation Drive at Court Complex

■ Dr Abdul Qayoom

Handwara, August 27: State Bank of India (SBI), Handwara Branch, under the aegis of Region-IV, Srinagar Administrative Office, Jammu, organised a Pan-India CSR Plantation Activity at the Court Complex, Handwara. As part of the nationwide Corporate Social Responsibility (CSR) initiative, around 400 saplings were planted and distributed at the Court Complex, with the objective of



promoting environmental sustainability, enhancing green

cover and spreading awareness about the importance of

ecological conservation. The initiative highlights SBI's commitment towards environmental responsibility and community welfare, while encouraging collective participation in building a greener, cleaner and healthier environment.

The plantation drive also reinforces the message that sustainable development is a shared responsibility and that every effort towards increasing green cover can contribute to a better future.

Wildlife Department holds Awareness Programme on Human-Wildlife Coexistence at Satoora Aripal

■ HT News Network

PULWAMA, AUGUST 27: The Department of Wildlife Protection, Jammu & Kashmir, through the Office of the Wildlife Warden, Shopian Wildlife Division, today conducted a Workshop-cum-Orientation Programme on "Human-Wildlife Conflict Mitigation and Wildlife Management" at Khangund Range, Satoora Aripal.

The programme was organised in collaboration with Wildlife SOS under the theme "Promoting Coexistence Through Conservation, Capacity Building and Scientific Wildlife Management."

The event, held under the broader banner "Bridging the Gap - Understanding and Reducing Human-Wildlife Conflict," brought together Wildlife Department officials, field staff, conservation partners from Wildlife SOS, and members of the local community, including village heads and residents of



areas affected by recurring wildlife encounters. The programme aimed to strengthen coordination between the Wildlife Department and local communities while building practical, science-based capacity for conflict mitigation.

Assistant Conservator of Forests and Wildlife Warden, Shopian, Sohail Ah Wagay, spoke on the objectives of the programme and the importance of community participation in strengthening coordination between local residents and the Wildlife Department.

During an awareness session

for wildlife in distress.

Participants were sensitised on precautionary measures to reduce conflict, including keeping surroundings clean and properly disposing of waste, using secure fencing around farms and orchards, using solar lights or noise deterrents to humanely keep wildlife away, and promptly reporting wildlife sightings or incidents to the Department. Residents were also advised against feeding or luring wildlife, using firecrackers, poisons or other harmful methods, setting snares or traps, and encroaching upon or degrading wildlife habitats.

The Department of Wildlife Protection reiterated its commitment to community-centred conservation and stated that such awareness and orientation programmes will continue to be organised across the Shopian Wildlife Division to promote safer coexistence between residents and wildlife.

PUBLIC NOTICE

It is hereby notified that the mother's name of the following students has inadvertently been recorded incorrectly in the school records of Delhi Public School, Budgam:

Jaza Feroz — Class 7th-D
Aysha Feroz — Class 5th-F
Father's Name: Feroz Ahmad Khan
Mother's Name: wrongly recorded as: Sabiya Feroz
Correct Mother's Name: Sabiya Rafiq Address: Tengpora, Bypass, Srinagar.

If anybody has any objection, claim, or information regarding the above-mentioned correction, he/she is hereby requested to contact the Principal, Delhi Public School, Budgam, or the concerned authority within seven (7) days from the date of publication of this notice.

After the expiry of the stipulated period, no objection, claim, or excuse in this regard shall be entertained, and the concerned authorities shall be at liberty to proceed with the necessary correction in their records.

Sd/-
Feroz Ahmad Khan
Father of the Students
Tengpora, Bypass, Srinagar

PUBLIC NOTICE

I, Abdul Hameed Chaku, S/o Late Ghulam Rasool Chaku, R/o Ishber, Nishat, Srinagar, hereby inform the general public that the General Power of Attorney executed in favour of Khaja Ghulam Ahmed Chaku, S/o Late Abdul Rehman Chaku, R/o Panditpora, Rainawari, Srinagar, on 5th September, 1979, has been cancelled/revoked by the undersigned.

Accordingly, the general public, banks, financial institutions, Government/Semi-Government institutions, registration authorities and all other concerned are hereby cautioned and informed not to undertake or entertain any transaction whatsoever in respect of the person, property or affairs of the undersigned on the basis of the said Power of Attorney, as the same stands expressly cancelled/revoked by the undersigned.

Any transaction, document, representation or action undertaken on the basis of the aforesaid Power of Attorney after its cancellation/revocation shall be at the sole risk and responsibility of the person(s) relying upon the same, and the undersigned shall not be responsible or liable for any such transaction or action.

Abdul Hameed Chaku
S/o Late Ghulam Rasool Chaku
R/o Ishber, Nishat, Srinagar

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connections registered on my Father's name GH MOHI UD DIN RATHER S/O...AB KAHLIK RATHER Now this Connection bearing Consumer ID NO 0212040003446 wants to be registered on my name IRSHAD AHMAD RATHER S/O GH MOHI UD DIN RATHER If anybody have any objection in this regard He/She may file his/her objection in the concerned P.D.O office within seven days from the date of publication of this notice after that no objection will be entertained

Name...IRSHAD AHMAD RATHER
S/O...GH MOHI UD DIN RATHER
R/O...WARIPIRA BALLA
BLOCK...WAGOOORA

PUBLIC NOTICE

It is hereby published for the information of the general public that I, Mudasir Ahmad Lone, S/o Ab Gaffar Lone, R/o Chandrigam, Aishmuqam, am interested in obtaining a D-Class Contractor Card. Any person having any objection regarding the same may contact the concerned department within seven (07) days from the date of publication of this notice. After the expiry of the stipulated period, no objection shall be entertained.

Name: Mudasir Ahmad Lone
S/o: Ab Gaffar Lone
R/o: Chandrigam, Aishmuqam

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Accordingly, the general public, banks, financial institutions, Government/Semi-Government institutions, registration authorities and all other concerned are hereby cautioned/revoked by the undersigned.

Any transaction, document, representation or action undertaken on the basis of the aforesaid Power of Attorney after its cancellation/revocation shall be at the sole risk and responsibility of the person(s) relying upon the same, and the undersigned shall not be responsible or liable for any such transaction or action.

Abdul Hameed Chaku
S/o Late Ghulam Rasool Chaku
R/o Ishber, Nishat, Srinagar

PUBLIC NOTICE

This is for the information of the general public and the concerned department (KPDCL) that I, SHOKI ALAISHAJIRAO, D/o Ghulam Mohammad Shah R/o Hamdaniya Colony, Sec-1, Lane-2, Syed Mohalla, Srinagar is the old consumer holder of electricity connection bearing Consumer ID No. 0203010028154. I have transferred all rights of my residential property to YASIR FAYAZ KHANDAY S/o Fayaz Ahmad Khanday R/o Qammarwari, Srinagar through an Irrevocable General Power of Attorney. Now I want to change the name of the said electricity connection from OLD NAME: SHOKI ALAISHAJIRAO to NEW NAME: YASIR FAYAZ KHANDAY. If anybody has any objection regarding the change of name of the said electricity connection, he/she may contact / file objection before the concerned AEE, Electric Sub Division, KPDCL within a period of 7 days from the publication of this notice. After the stipulated period, no objection shall be entertained and the name change will be processed.

Old Consumer Name: Shoki Alais Hajira D/o Ghulam Mohammad Shah R/o Hamdaniya Colony, Sec-1 Lane-2 Syed Mohalla
New Consumer Name: Yasir Fayaz Khanday S/o Fayaz Ahmad Khanday R/o Qammarwari
Consumer ID No.: 0203010028154

PUBLIC NOTICE

My son's name has been wrongly written as INAAMI QBAL S/O PEER MOHDI QBAL on his Adhaar card bearing Adhaar No. 8541 0158 8399 while his correct name is PEERZADA INNAM S/O PEERZADA MOHAMMAD QBAL R/O THINDIMA which needs to be corrected if anybody having any objection in this regard he/she may file his/her objection in the office of concerned Adhaar authority of India within seven days from the publication of this notice after that no objection will be entertained

Name...PEERZADA MOHAMMAD QBAL
F/O...PEERZADA INNAM
R/O...THINDIMA

PUBLIC NOTICE

My son's Date of Birth has been wrongly written as 28/05/2014 on his Adhaar card bearing Adhaar No. 8186 7984 0254 while his correct Date of Birth is 25/04/2011 which needs to be corrected if anybody having any objection in this regard he/she may file his/her objection in the office of concerned Adhaar authority of India within seven days from the publication of this notice after that no objection will be entertained

Name...HAUL AHMAD GANIE
F/O UZAIR AHMAD GANIE
R/O...BURZAWACHAN

DC Kathua reviews progress of District & UT Capex Plan works

■ HT News Network

KATHUA, AUGUST 27: Deputy Commissioner Kathua Rajesh Sharma chaired a meeting to review the execution of the District Capex Plan 2026-27, with focus on ongoing and newly approved works, besides taking stock of projects under the UT Capex.

At the outset, the concerned departments briefed the meeting on the progress achieved, expenditure incurred and issues affecting the timely execution of projects.

During the meeting, the Deputy Commissioner reviewed the physical and financial progress of the ongoing works and assessed the status of new works proposed under the District Capex Budget.

The Deputy Commissioner directed the executing agencies and concerned departments to ensure expeditious implementation of the approved works, adherence to prescribed timelines and optimum utilisation of allocated funds.

PUBLIC NOTICE

In my Passport Number Z1939810, I have changed my (Old Name) SHAMSU DIN S/O QAZI GH MUSTAFA to (New Name) QAZI SHAMSU UD DIN S/O QAZI GH MUSTAFA, according to Aadhaar. In future I will be known as (New Name) QAZI SHAMSU UD DIN S/O QAZI GH MUSTAFA. If anybody is having any objection can contact Passport office Srinagar within seven days. After Seven days no objection will be accepted.

PUBLIC NOTICE

I hereby declare that I have lost my Driving Licence (JK0120240001699) somewhere while traveling from Zainakote towards Parimpora Srinagar. Now I am applying for its duplicate if anybody having any objection in this regard can contact the concerned RTO within seven days of this publication. After that no objection shall be entertained.

LICENCE NUMBER: JK0120240001699 NAME: UMHER HABIB PARENTAGE: HABIBULLAH WAGAY ADDRESS: HMT ZAINAKOTE SRINAGAR

PUBLIC NOTICE

I hereby declare that in my Graduation records my DOB is written as 08-07-1996 whereas the correct DOB as per my Aadhaar Card is 07-08-1996. Now I am applying for its correction, if anybody having any objection can concerned authorities within the period of seven days after this publication. After that no objection shall be entertained.

contact Name: FURQANA REHMAN D/o: ABDUL REHMAN TELI DOB: 07-08-1996 Reg. No.: CUS-17-GWC-10583

OFFICE OF THE NAIB TEHSILDAR KHENPETH

General public notice

Subject: application of Mehbooba Begum w/o Mohammad Ramzan lone Ro Kripal Pora Saree Tehsil Singhpora seeking issuance of Legal hair certificate. It is inform to all general public through the medium of notice that the deceased my Husband namely Mohammad Ramzan s/o Ghulam Qadir lone Ro Kripal Pora Saree Tehsil Singhpora is passed on 17-08-2017 the deceased leaves behind the following legal heirs as reported by patwari concerned.

S.NO	Name of dependent	relation	age	occupation	remarks
1	Mehbooba Begum	wife	70	H/W	un married
2	shafeeqa	daughter	50	H/W	married
3	Nazir Ahmad	son	49	Govt employ	do
4	sheeraz Ahmad	do	30	Do	do

There is no dependent behind the deceased mentioned above reported by patwari concerned Now the applicant Mehbooba Begum w/o Mohammad Ramzan lone Ro Kripal Pora Saree obtain Legal Hair certificate he shall be contact of the office with period of seven days after seven days no objection will be entertained.

Naib Tehsildar Khanpeth

■ HT News Network

SRINAGAR, AUGUST 27: The Vice Chairman, Jammu and Kashmir Lake Conservation and Management Authority (JKLCMA), Khurshid Ahmad Shah, today undertook an extensive on-site assessment of the areas around SKICC and Lalit Ghat in connection with the forthcoming 1st International Film Festival, scheduled to be held from September 7 to 10,

presentable ahead of the international event. For the special cleanliness drive, four machines, including three harvesters and one Water Master, have been deployed. The machinery will facilitate the removal of aquatic weeds and other floating material, thereby improving the overall appearance and water surface conditions around the designated areas. The Vice Chairman called for timely

completion of all cleanliness-related measures and emphasized sustained monitoring of the area to maintain high standards throughout the festival period. The JKLCMA has reiterated its commitment to ensuring clean and well-maintained surroundings at the venues and adjoining areas, in view of the participation of national and international guests in the 1st International Film Festival.

Due to "NO Response" for the above mentioned works advertised vide e-NIT No. and Tender ID No's under reference. Which was scheduled to be downloaded till 13-08-2026 Up-to 01:00 PM are extended as per the details given below: -

S.No.	Item	Fresh Date
1.	Last date & Time of submission of bids	09-09-2026 Up-to 11:00 AM
2.	Date & Time of opening of tenders	10-09-2026 11.00 AM

NOTE:

All other terms and conditions shall remain same as laid down in the aforesaid e-NIT issued vide above referred endstt: nos.

DIPK-5063/26.

Send Dated: 27-08-2026.

Sd/= Executive Engineer
Jal Shakti (PHE) Deptt.
Ground Water Division Srinagar.



GOVERNMENT OF JAMMU & KASHMIR
Office Of The Executive Engineer Jal Shakti (PHE) Deptt.
Ground Water Division Srinagar
Baghi-Ali-Mardan, Nowshara Srinagar.

E-mail:- hakeemmushtaq.75316@jk.gov.in

Tel./Fax No:- 0194-2411285

Extension Notice 6th.

Subject: Construction of Gravel Packed Production Tube Well at Water Supply Scheme Arakhashi Pora District Anantnag.

Reference: This office e-NIT No. 20/JS-PHE/GWDS/Mech. of 2026-27, issued vide endorsement No: JS-PHE/GWDS/26-27/Camp/2294-07, dated: 09-06-2026. Bearing Tender ID No. 2026_PHE_311967_1.

Due to "NO Response" for the above mentioned works advertised vide e-NIT No. and Tender ID No under reference. Which was scheduled to be downloaded till 25-08-2026 Up-to 11:00 AM are extended as per the details given below: -

S.No.	Item	Fresh Date
1.	Last date & Time of submission of bids	11-09-2026 Up-to 11:00 AM
2.	Date & Time of opening of tenders	12-09-2026 Up-to 11:00 AM

NOTE:

All other terms and conditions shall remain same as laid down in the aforesaid e-NIT issued vide above referred endstt: nos.

DIPK-5062/26

Send Dated: 27-08-2026.

Sd/= Executive Engineer
Jal Shakti (PHE) Deptt.
Ground Water Division Srinagar.





SKUAST-K trains Ladakh Veterinarians in Future-Ready Livestock Farming

■ HT News Network

GANDERBAL, AUGUST 27: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) has concluded a two-week capacity-building training programme for veterinary officers from Ladakh, equipping them with next-generation knowledge, skills and technology-driven approaches to livestock farming suited to the region's challenging agro-climatic conditions.

The training programme on "Future-Ready Livestock Farming" was organized by the Division of Livestock Production and Management (LPM) at the Faculty of Veterinary Sciences and Animal Husbandry, SKUAST-Kashmir, Shuhama. The initiative aimed to strengthen the technical and professional capacities of field-level veterinary officers and to familiarize them with emerging technologies and modern approaches to



livestock development. Speaking at the valedictory function, Prof. Riaz Ahmad Shah, Dean, Faculty of Veterinary Sciences and Animal Husbandry, SKUAST-Kashmir, who was the chief guest on the occasion, appreciated the efforts of the Division of LPM in organizing the programme and emphasized the importance of continuous capacity building of veterinary

professionals working at the field level.

Prof. Hilal Musadiq Khan, Head, Division of LPM, said the programme had been designed to provide participants with a holistic understanding of modern livestock production and management practices.

Prof. Masood Saleem Mir, Associate Director Extension, highlighted the importance of

taking scientific innovations and modern livestock management practices from the University to the field. Prof. M. T. Bandy, Senior Professor, Division of LPM and former Dean, Faculty of Veterinary Sciences and Animal Husbandry, emphasized the need to integrate scientific knowledge with locally suitable livestock production practices to address emerging challenges in the sector.

Prof. I. U. Sheikh, Professor, Division of LPM, expressed hope that the knowledge and skills acquired during the programme would translate into practical interventions in the field and contribute towards making livestock farming in Ladakh more productive, sustainable and technology-driven.

The programme concluded with the distribution of certificates among the participating veterinary officers.

Other faculty members of the Division, Dr. Raoof Ahmad Pattoo and Dr. Shiekh Adil, were also present on the occasion.

Javid Dar calls for farmer-centric approach to boost horticulture in Jammu division

■ HT News Network



JAMMU, AUGUST 27: Minister for Agriculture Production, Rural Development and Panchayati Raj, Cooperatives and Election Department, Javid Ahmad Dar, today called for a focused, farmer-centric strategy to harness the vast horticultural potential of Jammu division, enhance farm incomes and transform horticulture into a more productive and remunerative economic activity.

The Minister was speaking at an interactive session with the farmers organised by the Department of Horticulture Jammu at Kisan Kendra, Talab Tillo, here. He was the chief guest occasion and MLA Jammu West Arvind Gupta was the guest of honour.

Director Horticulture Jammu Gul Syed, Director Rural Development Jammu Shanaz Akhter, Director Animal Husbandry Jammu Sanjay Gupta, senior officers of the Horticulture Department and allied departments besides farmers attended the programme.

The interaction provided a direct platform to the farmers to share their concerns, difficulties and suggestions regarding the horticulture sector. The farmers highlighted issues related to incentives, availability of quality planting material, market support and measures required to improve production, productivity and profitability.

Responding to the concerns, Javid Dar assured the farmers that their genuine issues would be examined and addressed through coordinated interventions. He stressed that the department must maintain continuous engagement with the farming community so that policies and schemes are aligned with the ground realities and emerging needs.

On the occasion, Javid Dar released the Handbook of the Department of Horticulture Jammu, a practical reference document for farmers containing information on modern horticultural practices, departmental schemes, technologies and other farmer-oriented interventions. He also distributed sanction letters under various components of different Horticulture schemes among the eligible beneficiaries.

The initiative will facilitate the farmers in availing departmental assistance and undertaking horticultural activities in a systematic and commercially viable manner.

In another farmer-oriented initiative, the Minister flagged off buses carrying farmers for an educational and exposure visit to Government Fruit Plant Nurseries in Jammu and Samba.

Training Programme on Digital Crop Survey held at Kupwara

■ HT News Network

KUPWARA, AUGUST 27: Following the directions of Deputy Commissioner Kupwara, Shrikant use, a comprehensive training programme on Digital Crop Survey was conducted today at the Main Meeting Hall, DC Office Kupwara, with the aim of ensuring smooth and effective implementation of the survey across the district.

The joint training programme was conducted under the supervision of Assistant Commissioner Revenue Peerzada Mumtaz Ahmad Sub Divisional Magistrate, Dr. Mudasir Ahmad who guided the participants through the entire process with a hands-on approach.

During the training session, the participants were apprised in detail about the Digital Crop Survey, with special emphasis laid on the



functioning, features, and operational aspects of the dedicated Survey mobile application. The resource persons explained at length the step-by-step methodology of data collection, field verification, and real-time uploading of crop-related information through the app, so as to enable the trainees to carry out the exercise accurately and efficiently at the ground level.

The trainees were also briefed about the significance of the Digital Crop Survey in ensuring transparency, accuracy, and timely

availability of crop data, which shall subsequently aid in better planning and implementation of various agriculture and revenue-related schemes.

It was informed during the programme that the Digital Crop Survey shall commence across the district from 1st September, and all stakeholders were directed to complete their preparatory work well within the stipulated timeframe.

The training programme was attended by Revenue staff, besides representatives from the Agriculture and Horticulture Departments.

Javid Dar reviews functioning of Agricultural Department; inaugurated Seed Separation, Processing unit at Chinor farm

■ HT News Network

JAMMU, AUGUST 27: Minister for Agriculture Production, Rural Development and Panchayati Raj, Cooperative and Election Department, Javid Ahmad Dar, today chaired a review meeting of the Agriculture Department at Talab Tillo, Jammu. He reviewed the physical and financial progress of various schemes and programmes being implemented across Jammu division.

The meeting held detailed and threadbare deliberations on implementation of Capex, Centrally Sponsored Schemes (CSS), Holistic Agriculture Development Programme (HADP), NABARD works and Jammu and Kashmir Comprehensive Investment Plan (JKCIP) besides other UT funded initiatives.

Director Agriculture, Jammu, Anil Gupta, gave a detailed presentation on district-wise progress of ongoing projects, fund releases and expenditure under different schemes.

The Minister also took stock of the current year's financial performance and reviewed the crop-wise area, production and productivity achieved during 2025-26. He directed the officers to maintain strict focus on timely utilisation of funds and ensure that all ongoing projects are executed within the stipulated timelines. He emphasised that implementation of government schemes must be closely monitored at every level so that their intended benefits reach farmers without delay.

Giving special emphasis to the quality

and regulation of agricultural inputs, the Minister directed the concerned officers to establish a dedicated enforcement toll post at Lakhnampur to ensure strict adherence to the rules governing fertilizers, pesticides and seeds. He called for intensified enforcement and regular field inspections to prevent the movement and sale of substandard, spurious or unauthorised agricultural inputs. He also directed the senior officers to undertake frequent field visits and personally monitor the agricultural activities and enforcement measures.

The Minister stressed that protecting the farmers from poor-quality inputs must remain a priority. He called for effective coordination among the concerned agencies to ensure strict implementation of the prescribed regulations.

Describing agriculture as the "backbone of our economy," Javid Ahmad Dar said that strengthening the agriculture sector is crucial for improving farmers' incomes, generating rural employment, ensuring food security and giving a further boost to the rural economy. He called upon the officers to adopt a result-oriented and farmer-centric approach, with greater emphasis on modern technology, scientific interventions, field-level monitoring and efficient delivery of government schemes.

Director Agriculture Jammu Anil Gupta, Managing Director JKHPMC Dr. Farooq Ahmad Dar, Joint Directors, Chief Agriculture Officers of Jammu division and other senior officers.

20-day jute bag making training course underway at Battal block Majalta

■ HT News Network

UDHAMPUR, AUGUST 27: To promote women self-reliance and eco-friendly practices, a twenty-day skill development training course on jute bag making is going on at Battal block Majalta under Beti Bachao Beti Padhao scheme. Sankalp Hub, Mission Shakti under Social Welfare Department, in collaboration with SBI RSETI, hosted the training programme. During the 20-day course, the trainees were imparted hands-on training in jute bag cutting, stitching, designing, printing and quality packaging. They were also sensitized to marketing, branding, bank linkages and various government schemes for women entrepreneurs. During the programme, the HEW team delivered expert lectures and practical demonstrations. The participants expressed gratitude to the department of social welfare and SBI RSETI for organizing.

KVK Ganderbal organizes Capacity Building Workshop on Agrivoltaics

■ HT News Network

GANDERBAL, AUGUST 26: Krishi Vigyan Kendra (KVK) Ganderbal, SKUAST-K, organized a one-day Capacity Building Workshop on Agrivoltaics in collaboration with the Centre for Study of Science, Technology and Policy (CSTEP), Bengaluru, to create awareness and strengthen the technical capacity of farmers and other stakeholders on the emerging integration of agriculture with solar photovoltaic technology.

The workshop focused on the potential of agrivoltaic systems to enable simultaneous crop production and renewable energy generation from the same



land, thereby promoting efficient resource utilization, diversification of farm income and climate-resilient agriculture.

The session commenced with an introduction by Dr. Faiga Syeed, Scientist, KVK Ganderbal. Dr. Ajaz Ahmad Malik, Senior

Scientist and Head, KVK Ganderbal, emphasized the potential of agrivoltaics as a promising approach for sustainable agriculture, renewable energy generation, and additional income opportunities for farmers, particularly amid rising energy demands, climate variability, and increasing pressure on agricultural land.

During the technical session, Sheikh Madiha Syed, Senior Analyst, CSTEP, sensitized participants about solar panel configurations, crop selection, microclimate management, irrigation considerations, energy generation, land-use efficiency and economic opportunities.

JKEDI conducts Startup Idea Challenge 2.0 Boot Camp at GCW Parade

■ HT News Network

JAMMU, AUGUST 27: The Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) District Centre Jammu, in collaboration with the Skill Development Cell (SDC) and Institution's Innovation Council (IIC), Government College for Women (GCW) Parade, conducted a Startup Idea Challenge 2.0 Boot Camp on the College campus.

The boot camp was organised to promote entrepreneurship and innovation among students and aspiring entrepreneurs and to familiarise participants with the opportunities and support



available under the J&K Startup Policy 2024-27. The programme also provided practical guidance on idea development, validation and effective pitching.

The programme was inaugurated by the College Principal Dr. Naveen Anand, who appreciated JKEDI for organising the initiative and encouraged students to identify real-world problems, develop innovative solutions and pursue

their entrepreneurial ideas with confidence and perseverance.

In his welcome address, District Nodal Officer, JKEDI District Centre Jammu Rajesh Kotwal highlighted the importance of creating an enabling ecosystem for innovation and entrepreneurship and outlined JKEDI's efforts towards nurturing young entrepreneurial talent in Jammu and Kashmir.

JKEDI conducts Startup Idea Challenge 2.0, Junior-Level Boot Camps across various Districts

■ HT News Network

SRINAGAR, AUGUST 27: The Jammu & Kashmir Entrepreneurship Development Institute (JKEDI) organised a series of Startup Idea Challenge 2.0 and Junior-Level Idea Challenge boot camps across Jammu and Kashmir from August 24-27, 2026 as part of its ongoing efforts to foster innovation, entrepreneurship and a startup culture among the youth.

The programmes were held at Government Degree College for Women, Pulwama; Government Girls Higher Secondary School, Amira Kadal,

Srinagar; NIPS, Zainapora, Shopian; Government Degree College, Kulgam; Government Degree College, Sopore; and Government College for Women, Parade, Jammu. The initiatives were conducted under the J&K Startup Policy 2024-27, offering students and aspiring entrepreneurs a platform to present innovative ideas, seek expert guidance and explore pathways to transform their concepts into viable startup ventures.

More than 45 participants pitched their ideas before a jury, which encouraged them to further develop and pursue their

innovative concepts. The ideas covered diverse areas, including sustainable Waste Management, AI, Agriculture and other emerging sectors.

Innovation was a key focus of the boot camps, with participants encouraged to think creatively, identify local challenges and develop practical solutions with the potential for wider social and economic impact. The sessions highlighted the importance of innovation in turning ideas into sustainable enterprises and creating new opportunities for employment, growth and community development.



The participants also interacted with academics, banking officials and entrepreneurs, gaining valuable

insights into entrepreneurship, business development and the practical challenges faced by startups. Experts provided feedback on refining and validating their ideas and offered guidance on developing them into sustainable business ventures. Interactive question-and-answer sessions were also conducted during the boot camps, enabling participants to clarify their concerns and gain a better understanding of real-world issues associated with establishing and running enterprises.

The boot camps further familiarised participants with

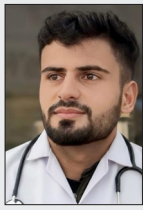
the provisions and opportunities available under the J&K Startup Policy, while providing exposure to mentorship, idea validation, incubation and other forms of startup support. JKEDI reiterated its commitment to promoting innovation and entrepreneurship at the grassroots level and strengthening a supportive ecosystem for youth-led startups across Jammu and Kashmir. The participants also interacted with academics, banking officials and entrepreneurs, gaining valuable insights into entrepreneurship, business development and the practical challenges faced by startups.

Experts provided feedback on refining and validating their ideas and offered guidance on developing them into sustainable business ventures. Interactive question-and-answer sessions were also conducted during the boot camps, enabling participants to clarify their concerns and gain a better understanding of real-world issues associated with establishing and running enterprises. The boot camps further familiarised participants with the provisions and opportunities available under the J&K Startup Policy, while providing exposure.





Hidden Health Cost of Infinite Scroll: When the Screen Starts Controlling Us



By Wani Arfat

In an age where smartphones have become inseparable from everyday life, a seemingly harmless habit is quietly turning into a growing health concern: infinite scrolling. From the moment they wake up until they go to bed, millions of people—particularly young people and students—spend hours moving endlessly from one piece of digital content to another. What begins as a quick break can easily become an hour or more, often without the user even realising where the time has gone.

Infinite scroll is deliberately designed without a natural stopping point. Unlike a book with a final page or a television programme with an ending, social media platforms continuously provide new content. Every swipe promises something different—a video, photograph, headline, opinion or message. This constant availability encourages users to continue scrolling,

often beyond the amount of time they originally intended to spend online.

The consequences extend beyond wasted time. The human brain is constantly receiving and processing rapidly changing information while scrolling. Within seconds, a person may encounter humour, tragedy, advertisements, political arguments, disturbing news and personal updates. This continuous switching can leave the mind overstimulated and mentally fatigued, even when the body remains physically inactive.

Perhaps more concerning is the emotional impact. Social media often presents carefully selected versions of people's lives—their achievements, celebrations, travels, appearances and successes. Constant exposure to these curated images can encourage unhealthy comparisons. Young people, in particular, may begin to believe that everyone else is happier, more successful or more attractive than they are. Such comparisons can gradually undermine self-confidence and contribute to dissatisfaction with ordinary life.

The problem becomes even more serious when scrolling continues late into the night. Mobile-phone use before bedtime can interfere with healthy sleep routines, while stimulating content can keep the mind alert when it should be winding down. Poor sleep, in turn, can affect



concentration, mood, academic performance and productivity. A student who spends hours scrolling at night may wake up tired, struggle to focus during lectures and then rely on the phone again during periods of fatigue—creating a cycle that is difficult to break.

Doomscrolling adds another dimension to the problem. Constantly consuming negative news, alarming headlines, conflicts, disasters and distressing social-media posts can create a persistent sense of anxiety and helplessness. Staying informed is important, but repeatedly exposing the mind to distressing information without taking breaks can become emotionally exhausting.

Students and young people are particularly

vulnerable because their academic, social and emotional development is taking place alongside unprecedented access to digital platforms. Excessive recreational screen use can compete with reading, physical activity, face-to-face conversations, hobbies and uninterrupted study. Over time, frequent digital interruptions may make sustained concentration feel increasingly difficult.

As a nursing student, I believe this is one of the most overlooked health issues of the digital age. We routinely discuss nutrition, exercise, hygiene and disease prevention, yet digital behaviour receives far less attention. The amount of time people spend on their phones is often underestimated because scrolling does not feel like a major activity. But repeated small periods of use can accumulate into several hours a day.

The answer, however, is not to reject technology. Smartphones provide enormous benefits in education, communication, healthcare, research and access to information. The real challenge is developing digital discipline. People need to decide when technology serves them and when it begins to control their attention.

Simple measures can make a meaningful difference: setting limits on recreational screen time, disabling unnecessary notifications,

keeping phones away during study and family time, avoiding prolonged scrolling before sleep, taking regular breaks and replacing some screen time with reading, walking, exercise, hobbies and face-to-face interaction.

Parents, teachers and educational institutions also have an important role. Young people should be taught not merely how to use technology, but how to use it responsibly. Digital wellbeing deserves a place alongside physical and mental wellbeing in health education.

Infinite scroll may appear to be nothing more than a convenient feature of modern technology, but its hidden cost can be measured in lost sleep, reduced attention, emotional fatigue, wasted time and diminished real-world interaction. Technology should remain a tool that we control—not a habit that controls us.

The real achievement is not scrolling endlessly. It is knowing when to put the phone down and return to life beyond the screen.

— **Mohammad Arfat Wani, a passionate writer, social activist and nursing student from Kuchmulla Tral, is pursuing B.Sc. Nursing at Ramzaan College of Nursing & Paramedical Sciences, Galander Pampore, and is a regular contributor to HeadlinesToday. Email: wania6817@gmail.com**

Nasha Mukt J&K : Saving Our Youth, Securing Our Tomorrow



By Wani Arfat

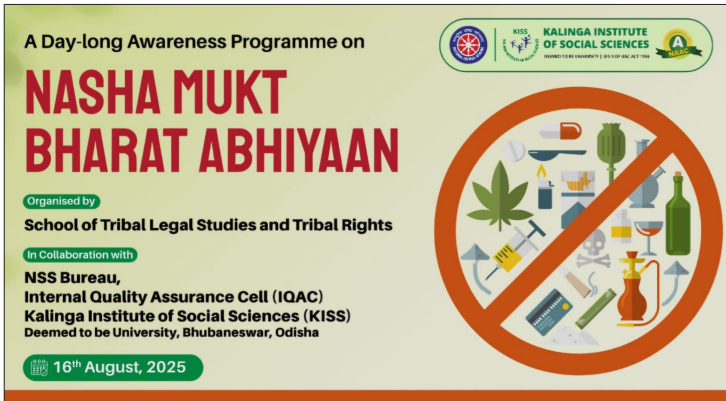
In Jammu and Kashmir, a silent crisis is steadily taking root, threatening to destroy the lives, aspirations and futures of thousands of young people. Drug addiction, once considered a problem hidden behind closed doors, has increasingly become visible in our communities. Behind every statistic lies a human story—a young person struggling to escape dependence, a family living in fear and anguish, and parents spending sleepless nights wondering how they can save their child.

Drug addiction, medically understood as Substance Use Disorder, is not simply a bad habit or a moral failure. It is a serious health condition that affects the brain, behaviour, decision-making and relationships. A person suffering from addiction may continue using a substance despite knowing its devastating consequences. This is why the fight against drugs must combine strict action against those who supply and profit from them with compassion, treatment and rehabilitation for those trapped in addiction.

The situation in Jammu and Kashmir is particularly worrying. According to statistics compiled by the Institute of Mental Health and Neurosciences (IMHANS), Srinagar, nearly 10 lakh people are estimated to be affected by the adverse consequences of substance use, including heroin, cannabis and the misuse of medicines. A significant proportion of those affected are young people. These numbers should not merely alarm us; they should compel us to act.

The government has recognised the seriousness of the challenge and launched the Nasha Mukt Jammu Kashmir Abhiyaan under the guidance of Lieutenant Governor Manoj Sinha. The campaign seeks to confront drug abuse through a combination of awareness, prevention, enforcement, treatment and rehabilitation. Strong action against drug traffickers and peddlers is essential because those who deliberately destroy the lives of young people for financial gain cannot be allowed to operate with impunity. At the same time, the larger objective must remain the protection and rehabilitation of those who have already fallen victim to addiction.

The fight against drugs, however, cannot be won by government agencies



alone. It must become a collective movement involving families, schools, colleges, communities, religious institutions, civil society organisations and young people themselves. Teachers have an important role in identifying behavioural changes and creating awareness among students. Religious leaders and community elders can use their influence to explain the social, moral and human consequences of substance abuse. Parents, meanwhile, must create an environment in which children feel comfortable discussing their fears, pressures and problems without the fear of immediate condemnation.

The consequences of addiction are devastating. Prolonged substance abuse can damage vital organs, including the brain, heart and liver, while also contributing to serious psychological problems. Depression, anxiety, social isolation and suicidal thoughts can accompany substance dependence. Families may lose their savings, relationships may collapse and promising careers can be destroyed. What begins as experimentation or peer pressure can eventually become a condition that controls an individual's entire life.

Yet addiction is not the end of the road. Recovery is possible. With timely medical intervention, counselling, psychotherapy, rehabilitation and sustained family support, many people struggling with substance dependence can rebuild their lives. The approach towards recovering addicts must therefore be based on treatment rather than humiliation. Stigma often prevents people from seeking help, while rejection can push vulnerable individuals further into isolation. A person who wants to recover needs professional assistance, patience and an opportunity to return to normal social life.

Prevention remains equally important. Parents need to maintain meaningful

communication with their children and remain attentive to sudden changes in behaviour, friendships, academic performance or emotional wellbeing. Schools and colleges should regularly organise scientifically sound awareness programmes rather than limiting drug-prevention activities to occasional lectures. Young people must also be provided with positive alternatives—sports, education, cultural activities, vocational training and opportunities for creativity and community engagement.

At the same time, the supply chain must be attacked relentlessly. Drug trafficking networks, peddlers and those financing the illegal trade must face firm and consistent legal action. Law-enforcement agencies need continued coordination and intelligence-sharing to identify supply networks. Communities, too, have a responsibility to report suspicious activities instead of remaining silent. Protecting a neighbourhood from drugs is ultimately a collective responsibility.

The Nasha Mukt Jammu Kashmir Abhiyaan can become much more than a government campaign if it develops into a people's movement. Every village, town, educational institution and neighbourhood should become part of the effort. Awareness must reach not only urban centres but also remote and rural communities where families may lack access to information, counselling and rehabilitation services.

The most important thing is to remember that behind every case of addiction is a person whose life can potentially be saved. Behind every recovering addict is a family that can be reunited. And behind every young person protected from drugs is a future that remains intact.

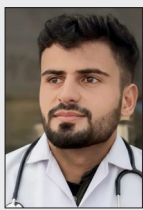
Ignoring the drug crisis today will make its consequences far more painful tomorrow. Jammu and Kashmir cannot afford to lose an entire generation to addiction. The battle requires consciousness, enforcement, treatment, rehabilitation, empathy and collective responsibility.

Our youth will shape the Jammu and Kashmir of tomorrow. Saving them from drugs is therefore not merely a social obligation—it is an investment in the future of the entire region. If we act with determination today, we can give countless young people a second chance at life. If we fail to act, the cost will be paid by our families, our society and generations yet to come.

The war against drugs is ultimately a war for life—and winning it must become everyone's responsibility.

Mohammad Arfat Wani is a passionate writer, social activist and B.Sc. Nursing student at Ramzaan College of Nursing & Paramedical Sciences, Galander, Pampore, and a regular contributor to HeadlinesToday.

Are We Mentally Healthy—or Just Pretending to Be Fine?



By Wani Arfat

In a society that increasingly celebrates strength, success and constant positivity, admitting that we are struggling has become surprisingly difficult. People smile when they are exhausted, attend classes when they are overwhelmed, go to work while carrying emotional burdens and remain active on social media even when they feel lonely inside. From the outside, everything may appear perfectly normal. But beneath those smiles, many people are quietly battling stress, anxiety, loneliness and emotional exhaustion.

Modern life has become a relentless race. Students chase marks and competitive examinations; young people worry about careers and employment; families struggle with financial pressures; and individuals constantly seek social acceptance and approval. In this race, something fundamental is being sacrificed—peace of mind. We have become so accustomed to saying “I am fine” that sometimes we no longer even know how to express what we are actually feeling.

Mental health remains particularly misunderstood in many communities. If someone develops a fever or suffers a physical injury,

concern comes naturally. But when a person is emotionally exhausted, anxious or struggling psychologically, the response is often dismissive: “Stay positive,” “Don't overthink,” or “Be strong.” Such words may be well-intentioned, but they can make a struggling person feel even more isolated. When emotional pain is repeatedly dismissed, silence becomes easier than seeking help.

Young people and students are particularly vulnerable. Across Kashmir, many students live under enormous pressure related to examinations, academic performance, career uncertainty and expectations from their families. Some quietly compare their lives with those of classmates and friends, while social media exposes them to an endless stream of seemingly perfect lives. A student who appears confident in the classroom may be spending sleepless nights worrying about whether he or she will succeed.

Social media has transformed comparison into a daily habit. Earlier, people might have compared themselves with a neighbour, relative or classmate. Today, comparison follows us into our bedrooms through our phones. Carefully edited photographs, expensive lifestyles, professional achievements and displays of happiness can create the illusion that everyone else is living a better life. The reality, of course, is that social media rarely shows the complete story. Yet repeated exposure to these curated images can leave people dissatisfied with their own lives.

Perhaps one of the greatest paradoxes of our time is loneliness. We are more digitally connected than any generation before us, yet

many people feel emotionally disconnected. Families may sit in the same room while everyone looks at a separate screen. Friends may exchange messages throughout the day without ever having a meaningful conversation. We know what someone ate, where they travelled and what they posted, but we may not know whether they are genuinely okay.

This emotional disconnect can affect people of every age. Young people worry about education, employment and relationships. Parents worry about finances, family responsibilities and their children's future. Older people may experience loneliness, neglect and a feeling of being left behind in a rapidly changing world. Mental pressure has quietly entered almost every stage of life.

The most difficult aspect of mental suffering is that it is often invisible. A person can laugh, dress well, attend college, perform at work, meet friends and post cheerful photographs while simultaneously experiencing profound emotional distress. This is why judging someone's mental state by appearances can be dangerously misleading.

We must therefore change the way we understand mental health. Emotional difficulty is not a sign of weakness, attention-seeking or failure. The mind, like the body, can become exhausted. And just as we seek medical attention when our physical health deteriorates, we should be able to seek appropriate support when our emotional or psychological wellbeing suffers.

The first step is creating an environment where people feel safe enough to speak. Parents need to listen to their children without



immediately judging or comparing them. Teachers should recognise that a quiet or withdrawn student may be experiencing difficulties that have nothing to do with laziness or indiscipline. Friends should occasionally put aside casual conversations and sincerely ask one another, “Are you really okay?” A genuine conversation can sometimes provide the first opening through which someone seeks further help.

This does not mean that every period of sadness or stress represents a mental disorder. Difficult emotions are a normal part of life. But persistent distress, severe anxiety, prolonged withdrawal, major changes in sleep or functioning, or thoughts of self-harm should never be ignored.

Professional mental-health support can be important, and seeking it should be viewed as an act of responsibility rather than shame.

We often describe society as progressive because technology has transformed our lives. But technological progress alone cannot define a healthy society. If people are increasingly connected to screens but disconnected from one another, something important has been lost.

The real question, therefore, is not simply whether people are pretending to be happy on social media. The deeper question is whether we have created a society in which people no longer feel safe enough to express their pain honestly.

A mentally healthy society is not one in which everyone smiles constantly. It is one in which people can admit that they are struggling without fear of ridicule; where children can speak to their parents; where students can discuss their pressures; where friends listen without judgment; and where asking for help is treated as courage rather than weakness.

Perhaps many people around us are not truly fine. Perhaps they have simply become exceptionally good at pretending.

— **Mohammad Arfat Wani, a passionate writer, social activist and nursing student from Kuchmulla Tral, is a B.Sc. Nursing student at Ramzaan College of Nursing & Paramedical Sciences, Galander Pampore, and a regular contributor to Greater Kashmir. Email: wania6817@gmail.com**



District Tennis Ball Cricket Championship 2026-27 Concludes Successfully at Baramulla



HT NEWS DESK

BARAMULLA, AUGUST 27: The District Tennis Ball Cricket Championship 2026-27 concluded successfully at Showket Ali Stadium, GDC Baramulla Ground, with exciting finals held in the Senior Men's, Senior Women's and Junior categories.

The closing ceremony was graced by Mr. Showket Ahmad, Manager, Sports Council Baramulla, as Chief Guest, along with Dr. Tahir Ramzan, Physical Director, GDC Baramulla.

Senior Men's Final
Mama XI Tapper vs Affarwat Coaching Club
Affarwat Coaching Club emerged victorious

after an exciting contest.

Highest Scorer: Majid Lefty - 20* runs
Highest Wicket-Taker: Saqib Hamid - 4 wickets
Winner: Affarwat Coaching Club
Senior Women's Final
Affarwat Coaching Club vs Affarwat XI
Affarwat XI produced a strong performance to secure a convincing 5-wicket victory.
Highest Scorer: Iqra - 23 runs
Winner: Affarwat XI - by 5 wickets
Junior Final
BK Saloosa vs Khaitangan Knight Riders
BK Saloosa emerged victorious in an entertaining Junior final to lift the championship trophy.
Highest Scorer: Tawseef Ahmad - 17 runs
Winner: BK Saloosa

The championship provided a valuable platform for talented cricketers from across the district to showcase their skills, teamwork and competitive spirit.

The District Tennis Ball Cricket Association, Baramulla, extended heartfelt congratulations to all champions, runners-up, players, coaches, officials and organizing members for their dedication and efforts.

The association also expressed special gratitude to Sports Council Baramulla, GDC Baramulla, officials, volunteers and participating teams for their valuable support and cooperation in making the championship a grand success.

Next generation of Dravid-Sehwag partnership set for India U-19 dressing room

United News Of India

NEW DELHI, AUG 27 :For a generation of Indian cricket fans, the names Rahul Dravid and Virender Sehwag evoke memories of contrasting styles, sharing dressing rooms during some of India's biggest moments. Two decades later, those familiar surnames are back together at the junior level, this time through their sons, Anvay Dravid and Aaryavir Sehwag, who have been named in India's Under-19 squad for the upcoming series against Australia, beginning September 18.

Aaryavir has earned his maiden India U-19 call-up after being selected for the three One-Day matches against Australia in Rajkot. The right-handed batter recently played for West Delhi Lions in the Delhi Premier League 2026, where his attacking strokeplay drew comparisons with his father. He had earlier grabbed attention

during the 2024 Cooch Behar Trophy, scoring 297 against Meghalaya.

Anvay, meanwhile, has retained his place in the One-Day squad after impressing during India U-19's tour of Sri Lanka in July, where he scored 87. The wicketkeeper-batter will once again get an opportunity to represent India at the junior level. However, neither Aaryavir nor Anvay has been included in the squad for the two multi-day fixtures, meaning their first stint together in the India U-19 setup will be limited to the One-Day series. The BCCI's men's selection committee announced the India U-19 squads on Thursday for Australia U-19's upcoming tour of India, comprising three One-Day matches and two multi-day fixtures. Goa all-rounder Chigurupati Venkata, who claimed five wickets in the second multi-day match during the preceding Under-19 tour of Sri Lanka in July, has also found a place in the ODI squad for the Australia series.

India set for blockbuster home run against Panama, Brazil and Uruguay



United News Of India

NEW DELHI, AUG 27 :Indian football is set for an unprecedented run of high-profile international friendlies, with Panama, five-time world champions Brazil and two-time world champions Uruguay scheduled to visit the country between September and October.

The All India Football Federation (AIFF) on Thursday announced that Uruguay will face India at the Vivekananda Yuba Bharati Krirangan in Kolkata on October 6, completing a demanding run of three matches against World Cup-playing nations on home soil.

India will first take on Panama at Bengaluru's Sree Kanteerava Stadium on September 26 before returning to Kolkata for the much-anticipated clash against Brazil on October 3. The Uruguay fixture will bring the international window to a close three days later.

Uruguay, currently ranked 20th in the

FIFA World Ranking, will provide India with another formidable challenge.

La Celeste are among the most decorated teams in international football, having won the FIFA World Cup twice.

Their current head coach, Diego Forlán, also has a connection with Indian football, having played for Mumbai City FC in 2016.

AIFF described the sequence of fixtures as an "unprecedented opportunity" for Indian fans,

with three World Cup-playing nations - Panama, Brazil and Uruguay - set to visit India within the same FIFA window.

Bengaluru to open India's challenging run:

India's first assignment will be against Panama on September 26, marking the Blue Tigers' return to Bengaluru for the first time since their successful 2023 SAFF Championship campaign. India won the SAFF Championship on home soil in 2023, beating Kuwait in the final at the same Sree Kanteerava Stadium.

Flick refuses to discuss Barcelona interest in Alvarez

United News Of India

MADRID, AUG 26 :FC Barcelona coach Hansi Flick refused to discuss whether his club remains interested in signing Atletico Madrid forward Julian Alvarez when he spoke to the press Wednesday ahead of his side's La Liga home game against Athletic Club.

Alvarez was booed by sections of the Atletico support during Sunday's match against Villarreal amid uncertainty over his future. Atletico has insisted it will not sell the Argentina international

to Barcelona, which is still looking to strengthen its attack.

"I don't want to talk about Julian, I want to talk about this club's situation," Flick said when asked about the striker.



"He's part of the team, but whether he plays or not, we'll decide tomorrow," Flick said. "It's important that he's committed to us. He's very young, he has a lot of potential, he's improved, but he can improve more. He has Barca's colors in his heart."

Flick also discussed Lamine Yamal, who was below his best in Sunday's game against Elche and appeared unhappy after being substituted in the second half. "He had a minor issue, a headache, it's understandable," Flick said.

The coach pointed out that the 19-year-old had not had a normal preseason following the World Cup. "He's had three weeks off and has only trained a few days. It's normal that he's not at his peak."

"We've made some very good signings, I have confidence in the team, and we'll have to manage things, find solutions for some matches. But our quality is enormous," he added.

Flick was also asked about left back Alejandro Balde, who was left out at the weekend after the coach said he was not fully focused on playing, according to Xinhua.

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