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HEADLINES
TODAY
Voice To The Voiceless



P:12 **Neeraj Chopra to miss Diamond League finals, Asian Games due to ankle injury**

BRIEFLY

Newborn Dies at Bandipora Hospital

HT NEWS DESK / AGENCIES

BANDIPORA, AUG 29 : A newborn baby died at District Hospital Bandipora, prompting the family to stage a protest and allege negligence and lapses in the handling of the case.

According to the family, Parveena Ajas, 28, wife of Irfan Ahmad Sheikh of Bandipora, was admitted to the hospital on August 26 at around 10:00 am for the delivery of her first baby.The family alleged that the condition of the mother and newborn required timely medical intervention

>>> **MORE ON P 02**

Man killed in motorcycle-car crash in Sopore

HT NEWS DESK / AGENCIES

SOPORE, AUG 29 : A motorcyclist died after his motorcycle collided with a Maruti Ignis car in the Brath Kalan area of Sopore in north Kashmir’s Baramulla district on Saturday.

An official told the news agency—Kashmir News Observer (KNO) that the accident occurred at Brath Kalan, leaving the motorcyclist seriously injured. He was shifted to SDH Sopore by the car driver, where doctors declared him dead.The deceased has been identified as Tajamul

>>> **MORE ON P 02**

Direct Budgam-Katra train service resumes from today

HT NEWS DESK / AGENCIES

JAMMU, AUG 29 : Northern Railway’s Jammu Division has restored the train service between Budgam in Kashmir and Shri Mata Vaishno Devi Katra from Friday, providing direct connectivity between the Valley and the Jammu region.

Train number 04688/04687 will operate on its regular route between Budgam (BDGM) and Shri Mata Vaishno Devi Katra (SVDK) with effect from August 29, according to a statement issued by Northern Railway.

Train 04688 will depart from Budgam at 7:20 am and arrive at Shri Mata Vaishno Devi Katra at 1 pm.

On the return journey, train 04687 will leave Katra at 1:45 pm and reach Budgam at 8 pm.

>>> **MORE ON P 02**

FDA conducts 140 inspections; 55 food samples lifted across J&K

HT NEWS DESK / AGENCIES

SRINAGAR, AUG 29 : The Food & Drugs Administration (FDA), J&K, conducted food safety enforcement activities across various districts of Jammu and Kashmir. During the drive, 140 inspections were conducted and 55 food samples were lifted for testing of quality and safety parameters. The samples included Milk and Milk Products, Edible Oils and Spices, besides other food commodities.

As part of the enforcement action, 17 Improvement Notices were issued to various Food Business Operators under Section 32 of the Food Safety

>>> **MORE ON P 02**

Bus conductor dies after fall from moving bus in Srinagar’s Muniwar

HT NEWS DESK / AGENCIES

SRINAGAR, AUG 29 : A 60-year-old bus conductor died after falling from a moving bus when an auto-rickshaw hit the bus in Muniwar area of Srinagar, officials said.

An official told the news agency—Kashmir News Observer (KNO) that the conductor was standing at the door of the bus when an auto-rickshaw suddenly hit it, causing him to lose his balance and fall outside. He sustained serious head injuries in the incident. He was shifted to SMHS Hospital, where he later succumbed to his

>>> **MORE ON P 02**

“Sport Is Life’s Most Honest Teacher”: LG Sinha

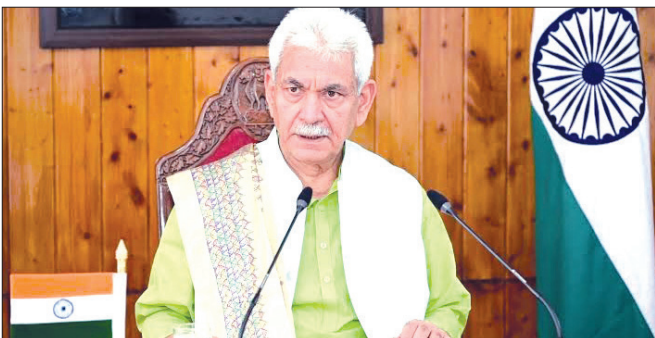
Calls for grassroots sporting revolution in J&K; urges corporates to nurture talent early

HT NEWS NETWORK

SRINAGAR, AUGUST 29: Lieutenant Governor Manoj Sinha on Saturday paid tribute to hockey legend Major Dhyan Chand on National Sports Day and said sports are not merely about medals but are a powerful means of building discipline, resilience, unity and the spirit of nation-building among youth. Addressing the National Sports Day function at Shalimar Campus of SKUAST Kashmir, Sinha called for greater sporting opportunities at the grassroots, saying every Gram Panchayat should harness the power of sports and academies in smaller towns should nurture emerging talent.

: The Lieutenant Governor, Shri Manoj Sinha today paid solemn tribute to Major Dhyan Chand, the wizard of hockey, on the occasion of National Sports Day. Recalling his legendary performance, the Lieutenant Governor described Major Dhyan Chand as one of India’s deepest

and most enduring symbols, whose brilliance compelled the world to pause and acknowledge India’s immense sporting talent.



In his address on the occasion, the Lieutenant Governor observed that every stroke of Major Dhyan Chand’s hockey stick symbolised discipline, dedication, and willpower. He emphasized that sports are not merely about medals but about cultivating resilience, unity, and the spirit of nation-building.

“Sport is life’s most honest teacher. The playing field never

lies; rather, it tells you precisely where you stand today and what you must do to become better tomorrow. There are no shortcuts

in sports. Even on the hockey turf, there is no place for excuses. There is only hard work, opportunity, and a test of your character.

Sports cultivate the fundamental strength of nation-building that society needs. Sports produce young people who know how to fall and then rise again to hoist the flag of victory. Sports nurture the

>>> **MORE ON P 02**

“Research, Innovation and Industry-Academia Collaboration Are Key to India’s Progress”: Vice President

C.P. Radhakrishnan calls for research-oriented education and skills in emerging technologies

HT NEWS DESK / AGENCIES

ERODE, AUGUST 29: Vice President C.P. Radhakrishnan on Saturday called upon educational institutions to become centres of research, innovation and knowledge creation and urged youth to prepare for emerging fields including artificial intelligence, robotics, semiconductors and quantum technology. Addressing the Founders’ Day celebrations and inauguration of ‘Arivukoodam’ of the Kongu Vellalar Institute of Technology Trust, he encouraged students to pursue research, patents and innovation while continuously upgrading their skills in response to technological and economic

Vice President C. P. Radhakrishnan on Saturday called on educational institutions to move beyond basic education and develop



into centres of research, innovation and knowledge creation, while urging youth to prepare for emerging fields including artificial intelligence, robotics, semiconductors and

>>> **MORE ON P 02**

“Zehanpora Excavation Will Deepen Understanding of Kashmir’s Past”: Chief Secretary

Phase-II excavation begins after significant discoveries including human skeleton, pebble wall and pottery

HT NEWS NETWORK

BARAMULLA, AUGUST 29: Chief Secretary Atal Dulloo on Saturday visited the archaeological excavation site at Zehanpora in Baramulla and marked the commencement of Phase-II excavation, emphasising the importance of scientific research in understanding Kashmir’s rich historical and cultural heritage. The first phase yielded significant discoveries, including a pebble wall, iron nails, pottery fragments and a human skeleton that could provide valuable insights into settlement patterns, technology, burial practices, health and lifestyles of earlier communities.

Chief Secretary, Atal Dulloo, today visited the ongoing archaeological excavation site at Zehanpora in Baramulla to review the progress of excavation works, the historical and archaeological significance of the site and mark commencement of Phase-II of the excavation.

The visit was attended by the Vice Chancellor, University of Kashmir; Principal Secretary, Culture



Department; Deputy Commissioner, Baramulla; Director, Archives, Archaeology & Museums; SSP Baramulla; SDM Uri; faculty

>>> **MORE ON P 02**

Hot, humid weather likely across J&K till Sep 10

HT NEWS DESK / AGENCIES

SRINAGAR, AUG 29: Jammu and Kashmir is likely to experience generally hot and humid weather over the coming days, with brief spells of rain and thundershowers expected at several places, the Meteorological Centre here said on Saturday.

According to the weather forecast, accessed by the news agency—Kashmir News Observer (KNO), scattered rain and thundershowers are likely during the early morning and afternoon

hours on August 30.

On August 31 and September 1, light to moderate rain and thundershowers are expected at many places, with brief intense or heavy showers likely in a few districts of the Jammu division.

The weather is expected to remain generally dry from September 2 to 10, although brief spells of rain or thundershowers may occur at scattered places during the early morning and afternoon hours.

The weather department has cautioned that brief intense

showers in localised areas could trigger flash floods, mudslides and landslides during August 31 and September 1-2.

Farmers have been advised that they may continue harvesting and other agricultural operations.

Meanwhile, temperatures remained above normal across several parts of Jammu and Kashmir on Saturday.

Srinagar recorded a maximum temperature of 33.5 degrees Celsius, which was 4.6 degrees

>>> **MORE ON P 02**

HT BOTTOM NEWS

“Persons with Disabilities Must Be Seen as Contributors, Not Recipients of Pity”: Jitendra Singh

Says reservation in government jobs increased to 4%; recognised disability categories expanded to 21

HT NEWS DESK / AGENCIES

KATHUA, AUGUST 29: Union Minister of State in the Prime Minister’s Office Dr Jitendra Singh on Saturday said the perception towards persons with disabilities had changed significantly since 2014, with greater emphasis now being placed on dignity, equal opportunities and their participation in nation-building. Speaking at Hiranagar, Singh said the change in terminology from “Viklang” to “Divyang” reflected a broader shift in social perception and stressed that persons with disabilities should be



regarded as capable contributors rather than recipients of sympathy.

Union Minister of State in the Prime Minister’s Office (PMO) Dr Jitendra Singh on Saturday said the Centre has taken several significant measures to ensure dignity, equal opportunities and greater participation

of persons with disabilities in nation-building and perception towards them has changed after 2014.

While talking to media persons on the sidelines of a Divyang and Family Sammelan organised by Saksham at Hiranagar here, Singh, according to the news agency—Kashmir News Observer (KNO) said, “PM Modi led government, since assuming office in 2014, has taken several important decisions to ensure that every citizen gets equal respect and that their capabilities are effectively utilised in nation-building.”

Congratulating the organisers, Singh said Saksham is an all-India organisation working for the welfare of persons with disabilities for the past 10–12 years.

>>> **MORE ON P 02**

Kishtwar Girl’s Rape-Death Case Transferred to Crime Branch Amid Public Outcry

Move follows mounting demands for an impartial probe; six persons already arrested in connection with the sensitive case

HT NEWS DESK / CNS

Jammu, Aug 29 : Amid growing public outrage over the alleged rape and subsequent death of a 15-year-old girl in Kishtwar, the authorities have transferred the case to the Crime Branch for a comprehensive investigation, following sustained demands from common people, social activists, civil society members and political representatives for an independent and credible probe.

The decision to hand over

the investigation to the Crime Branch has been widely welcomed across the region, with people expressing hope that the move will ensure a thorough examination of all circumstances surrounding the alleged sexual exploitation of the minor, her pregnancy and eventual death.

The case came to public attention after the minor allegedly died on August 20 while undergoing a pregnancy termination procedure. According to allegations surrounding

>>> **MORE ON P 02**

Sakeena Itoo Inaugurates Advanced Radiology, Cardiology and Medical Oncology Services at Imam Hussain Hospital

■ HT News Network

SRINAGAR, AUGUST 29: Minister for Health & Medical Education, School Education, Higher Education and Social Welfare, Sakeena Itoo, today inaugurated the Department of Radiology, including CT Scan, along with the Division of Non-Invasive Cardiology and Medical Oncology at Imam Hussain Multispecialty Hospital, Hamdania Colony, Bemina, Srinagar.

The newly operationalised services mark a significant step towards expanding access to specialised and affordable healthcare facilities for the people of Jammu and Kashmir, particularly those belonging to economically weaker sections.

Speaking on the occasion, the Minister appreciated the Imam Hussain Hospital Foundation for its sustained contribution to the healthcare sector and for providing medical services on a no-profit, no-loss basis.

The hospital, which has been functioning since 1990, has progressively expanded from its initial healthcare initiatives, including a Blood Bank, into a multispecialty healthcare institution offering a range of specialised medical and surgical services.

The Minister said that strengthening diagnostic and specialised treatment facilities closer to the people is essential for ensuring timely intervention and reducing the need for



patients to travel long distances for advanced healthcare.

The hospital authorities informed that during 2025-26, the institution provided OPD services to approximately 20,000 patients. Around 700 surgical procedures, including major oncology surgeries, were also performed during the last 14 months.

The hospital further conducted approximately 2,500 dialysis sessions, while around 500 dialysis

sessions were provided free of cost to patients before the hospital was linked with the Pradhan Mantri Jan Arogya Yojana (PMJAY).

The hospital is presently providing services through multiple speciality departments at affordable and subsidised rates, with particular focus on patients from economically weaker sections. A number of surgical procedures have also been undertaken free of cost for underprivileged patients.

The Minister underscored the importance of partnerships between the public and non-profit healthcare sectors in strengthening the overall health ecosystem of Jammu and Kashmir. She said that the availability of modern diagnostic, cardiac and oncology services under one roof would provide greater convenience and timely care to patients.

She expressed hope that the newly inaugurated facilities would further enhance the hospital's capacity to deliver quality, accessible and affordable healthcare services to the people. The hospital authorities informed that during 2025-26, the institution provided OPD services to approximately 20,000 patients. Around 700 surgical procedures, including major oncology surgeries, were also performed during the last 14 months.

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Phase-II of UG Admissions 2026-27 Notified for Biannual Passouts; Registration opens 1st September on jkadmissions.in

■ HT News Network



SRINAGAR, AUGUST 29: The Higher Education Department, J&K, has notified the commencement of Phase-II of Undergraduate admissions for the Academic Session 2026-27 in Government Degree Colleges of J&K.

The admissions are open to candidates who have qualified the Biannual / Supplementary / Private Examination of Class 12th, Session 2026, the results of which have been declared by the Jammu & Kashmir Board of School Education and other recognised Boards. The admission process will be conducted through the Department's in-house Centralised Admission Portal, <https://jkadmissions.in>.

Vacant seats shall be filled through two parallel modes - through In-Person Counselling and through Walk-in Admission. Detailed timelines for registration, choice-filling, in-person counselling, walk-in admissions, etc are given on the admission notice available on the Centralised Admission Portal.

Besides fresh passouts of the biannual examination, candidates who had registered during Phase-I but could not secure admission, candidates who were allotted seats earlier but did not complete admission formalities, and candidates whose applications were rejected during verification may also participate, subject to fulfilment of eligibility conditions. However, candidates who have already confirmed their admission in Phase-I, and candidates who cancelled a confirmed admission, shall not be eligible.

Fresh applicants shall submit their application online on <https://jkadmissions.in> and pay the prescribed non-refundable application fee of 200. All candidates are advised to carefully verify their mobile number and email address on the Portal to ensure timely receipt of admission-related communications.

Aspirants have been advised to view the vacancy positions available on the Centralised Admission portal and submit a sufficient number of well-considered programme choices, and to explore the various available course offerings. Counselling and Facilitation Centres established at all Degree Colleges shall remain available for assistance in registration and submission of choices.

Director Colleges J&K, Dr. Sheikh Ajaz Bashir, appealed to all eligible aspirants who have qualified the biannual examination to avail this opportunity and complete all admission formalities strictly within the notified timelines. He further advised candidates to regularly check the JK Admissions Portal and follow the official WhatsApp Channel for Admissions 2026-27, linked on the Portal, for updates, notices, schedules and other information.

Phase-II shall stand concluded on 10-09-2026, and no admission shall be effected thereafter.

Sakeena Itoo visits Check-e-Samad, held public outreach camp Lays foundation stone for road project at CS Rather

■ HT News Network

KULGAM, AUGUST 29: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, today visited Check-e-Samad in Kulgam district, where she held an extensive public outreach camp and laid foundation stone for a road project.

The Minister interacted with the local residents to listen to their grievances and developmental concerns. The people from Check-e-Samad and adjoining villages projected several developmental demands and highlighted issues requiring immediate attention.

The Minister gave a patient hearing to the concerns raised by the public and assured them that all genuine demands would be addressed in a phased and time-bound manner.



Addressing the gathering, Sakeena Itoo said that public welfare remains the top priority of the Government, adding that the present dispensation is committed to ensure inclusive and equitable development across all regions of J&K.

The Minister emphasised that public outreach programmes and direct interaction with people are central to the Government's approach towards ensuring responsive, transparent and accountable governance. She

urged the concerned departments to work in close coordination and ensure the timely completion of developmental projects.

During the visit, the Minister laid the foundation stone for 1.2 KM Check-e-Samad road project, to be constructed at an estimated cost of Rs 86.27 lakh.

On the occasion, Sakeena Itoo also announced several new developmental projects for Check-e-Samad and neighbouring villages.

The Minister was accompanied by Superintending Engineer, Fayaz Ahmad Kar; Chief Education Officer CEO Kulgam, Fayaz Ahmad Mir, District Social Welfare Officer DSWO, Rameez Ahmad Ganai and other concerned officers and officials.

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Kishtwar Minor's Rape and Death: JKSA Delegation Meets Bereaved Family, Demands Justice, Accountability and Comprehensive Investigation

■ HT News Network

SRINAGAR, AUGUST 29: The Jammu & Kashmir Students Association (JKSA) on Saturday met the bereaved family of the 14-year-old Gujjar-Bakarwal minor in Kishtwar and expressed solidarity with them following the deeply tragic circumstances surrounding the alleged sexual assault, pregnancy and subsequent death of the minor.

The delegation was led by National Secretary of Association Adv. Mubashir Ahmed. During the meeting, the delegation listened to the family's concerns and reiterated that the matter must be investigated with the utmost seriousness, sensitivity and impartiality. The Association has demanded that the investigation be transferred to the Crime Branch, or entrusted to a senior-level Special Investigation Team (SIT), to ensure greater independence, credibility and public confidence in the process.

Mubashir said that the Association has already written to Union Home Minister Amit Shah, seeking his immediate intervention and appropriate oversight of the investigation. He said that the circumstances leading to the minor's death



must be examined in their entirety and that the investigation should not be restricted only to those who have already been arrested. "Every aspect of the case, including the alleged sexual assault, pregnancy, attempted termination, medical treatment, the circumstances surrounding the minor's death, and any possible institutional or administrative failures must be thoroughly investigated on the basis of evidence," he said.

He also stressed the need to immediately secure, preserve and examine all relevant medical, forensic, documentary and digital evidence. This should include medical and hospital records, forensic material, post-mortem findings, electronic communications, school records and any other evidence relevant to establishing the sequence of events.

Div Com reviews preparations for 1st International Film Festival of J&K Directs departments to ensure foolproof arrangements; stresses coordination, site management, smooth conduct of events

■ HT News Network

SRINAGAR, AUGUST 29: Divisional Commissioner Kashmir Anshul Garg on Saturday chaired a high-level review meeting at the Sher-i-Kashmir International Convention Centre (SKICC) to review preparations for the upcoming 1st International Film Festival of Jammu & Kashmir (IFFJ&K).

During the meeting, the Divisional Commissioner directed all concerned departments to ensure befitting, comprehensive and meticulous arrangements for the successful conduct of the festival and to execute their assigned responsibilities with utmost efficiency.

He instructed designated Nodal Officers to remain stationed at their respective venues and maintain close coordination with all stakeholders. He observed that the presence of officers on-site would facilitate prompt resolution of issues and help streamline arrangements.

Emphasising that there should be no gaps in preparations, the Divisional Commissioner stressed the importance of



comprehensive venue management, proper sequencing of events and detailed crowd-management plans at SKICC and INOX.

He also reviewed arrangements for night screenings, floating cinema, the gala dinner and other proposed activities and issued necessary directions for their smooth and successful conduct.

The Tourism Department was directed to finalise brochures and audio-visual content showcasing the tourism potential

of Jammu & Kashmir for promotion during the festival. The Handicrafts & Handloom Department was asked to prepare and share brochures containing relevant information for guests and participants regarding stalls, craft and artisans.

The Higher Education Department was directed to establish dedicated registration desks for students participating in the festival, while the RTO Kashmir was asked to sensitise hired drivers regarding the

festival schedule, sightseeing packages for guests, tour packages and timely participation in scheduled programmes.

The meeting was informed that films from 40 countries will be screened during the festival, underlining its international character and significance.

The Divisional Commissioner directed all departments to extend full support to the event management team and emphasised the need for effective micro-traffic management and robust security arrangements while ensuring minimum inconvenience to guests, participants, filmmakers and the general public.

He further directed the concerned agencies to ensure comprehensive arrangements at the airport and establish attractive selfie points at the SKICC back lawns and INOX premises.

For effective inter-departmental coordination, the Director Information was directed to ensure close coordination among all concerned departments. The Joint Director Information Kashmir was asked to remain stationed at SKICC as the single-point Nodal Officer for coordination and communication.

Power Hike Betrayal: Altaf Thakur Slams Omar Govt, Says Poor Made to Pay for NC's Broken Promises

Says 6.83% tariff hike will burden households already struggling with rising costs

■ HT News Network

Srinagar, Aug 29: BJP Jammu and Kashmir spokesperson Altaf Thakur on Saturday lashed out at the Omar Abdullah-led government over the 6.83 per cent hike in electricity tariffs, calling the move "anti-poor, unjustified and a betrayal of the promises made to the people of Jammu and Kashmir".

Addressing a press conference here, Thakur said the tariff increase would place an additional burden on ordinary households, small traders, farmers and economically weaker sections at a time when families were already struggling to manage household expenses.

"The people of J&K were promised relief, but instead they have been presented with a power tariff hike. Where are the promises of 200 units of free electricity, 12 free gas cylinders and other welfare guarantees?" Thakur asked.

He said the government should have prioritised providing affordable and reliable power to the people rather than increasing their financial burden. According to him, electricity is an essential



service and any increase in tariffs directly affects household budgets, particularly those of poor and middle-class families.

Thakur said the National Conference had sought votes by making "tall promises" to the people, but was now allegedly shifting the burden onto the same people who had supported it.

"The poor cannot be asked to pay more every time the government fails to manage its finances. A pro-poor government should reduce the burden on households, not increase it," he said.

Taking a dig at NCMPA Ag. Ruhullah Mehdi, Thakur said the MP should refrain from comparing the BJP and the National Conference, claiming that the two parties had fundamentally different political approaches.

"Aga Ruhullah should not compare the BJP with the NC,"

The BJP has consistently stood for development, peace, national integration and empowerment of ordinary citizens, while the NC has a long political history of what we consider appeasement and separatist-oriented politics," Thakur said.

He alleged that the NC had repeatedly used "emotive and divisive politics" to retain its political constituency, while the BJP was focused on development, infrastructure, employment and welfare delivery.

Thakur also questioned the government over its earlier election commitments, including the promise of 200 units of free electricity, 12 gas cylinders and one lakh jobs. He asked the administration to explain how the tariff hike was compatible with those assurances.

"If the government can increase the electricity tariff by 6.83 per cent, it must also explain when and how it intends to fulfil its promises to provide relief to the people," he said.

The BJP spokesperson said the government should reconsider the tariff hike and provide relief to economically weaker households.

He maintained that the BJP would continue to raise issues concerning the common man and oppose policies that, according to him, put an additional financial burden on poor and middle-class families.

"People voted for relief, development and employment. They should not be made to pay for broken promises," Thakur said.

Essential emergency medicines unavailable at GMC Baramulla, patients suffer

Drugs to be available in two days: Principal

■ HT News Network

Srinagar, Aug 29 (KNO): The unavailability of essential and emergency medicines at Government Medical College (GMC) Baramulla, a major tertiary-care referral institution catering to patients from across North Kashmir, has raised concerns among the patients.

According to details obtained by the news agency—Kashmir News Observer (KNO), several essential drugs remain unavailable at the associated hospital, including medicines used in emergency and critical-care situations.

The shortage has caused concern among patients and attendants, particularly those who depend on the government facility for immediate treatment during medical emergencies.

Among the medicines unavailable are Atropine, Hydrocortisone and Adiline (Isoxsuprine), while shortages of certain anaesthetic drugs have also been reported. These medicines are used in different clinical situations and their availability becomes particularly important in a tertiary-care hospital where patients are frequently referred in serious or unstable conditions.

GMC Baramulla receives patients not only from the district but also from several other parts of north Kashmir after being referred from district hospitals and other health institutions. With the hospital functioning as a higher-level referral centre, patients and attendants said uninterrupted availability of essential medicines should be treated as a basic requirement rather than an issue that can be allowed to linger.

"This is a tertiary-care hospital serving the population of entire North Kashmir. Patients are referred here when their condition requires specialised and immediate treatment. If essential emergency medicines are not available, it can create additional difficulties for families already



dealing with a medical crisis," said Bilal Ahmad an attendant at the hospital.

Another attendant said that people visiting government hospitals generally depend on the institution for medicines, particularly during emergencies, and any disruption in the supply chain puts additional financial and logistical pressure on families.

"Patients come here with the expectation that emergency treatment and medicines will be available. They should not be asked to arrange basic drugs from outside when they are already struggling with a serious health emergency," he said. A doctor at the hospital said that maintaining adequate stocks of emergency medicines is particularly important in a tertiary-care facility. "Patients arriving at a referral hospital can be in unstable or critical condition and may require immediate intervention. Therefore, emergency medicines and anaesthetic drugs need to be available without interruption," the doctor said. Residents said that GMC Baramulla's role as the principal tertiary-care referral centre for North Kashmir makes uninterrupted drug availability especially important.

They urged the authorities to strengthen the procurement and inventory-management system and ensure that medicines required for emergency and critical-care services are replenished well before existing stocks run out.

Chadoora bus stand likely to become operational next week: DC Budgam

■ HT News Network



Budgam, Aug 29 (KNO): The newly constructed bus stand in Chadoora is likely to become operational next week, Deputy Commissioner (DC) Budgam Athar Amir Khan said during his visit to the town on Saturday.

The DC, accompanied by Chadoora MLA Ali Mohammad Dar and SDM Chadoora Primrose Bashir, reviewed various ongoing development projects and public issues during visits to the Tehsil Office, new bus stand and Town Hall.

At the Town Hall, Khan, as reported by the news agency—Kashmir News Observer (KNO), said necessary directions had been issued to the SDM, police and traffic authorities to ensure that the new bus stand is made operational next week.

The move has brought cheer among local residents, as shifting and operationalisation of the new bus stand has been a long-pending demand of the people of Chadoora.

The DC also reviewed the ongoing work on the main Chadoora bridge and directed the concerned authorities to expedite its completion. The progress of the footbridge was also reviewed.

Issues related to street lights, water supply and frequent power cuts were also raised during the interaction, following which directions were issued to the concerned departments for early redressal—(KNO)

Drug Control Department Anantnag Suspends Operations of Three Medical Shops Over Record-Keeping Violations

■ HT News Network

Anantnag, August 29 (KNC): The Drug Control Department Anantnag has intensified its enforcement drive against violations of drug control regulations, conducting more than 14 surprise inspections at various medical establishments across the district, including Batengoop, Mattan and other areas. The inspection drive was aimed at ensuring strict compliance with statutory requirements governing the sale, storage and distribution of medicines, besides checking the maintenance of mandatory records by drug retailers. During the inspections, officials thoroughly scrutinised the availability of medicines, statutory registers, purchase and sale records and other relevant documentation, with particular focus on medicines having addiction liability, which are subject to stringent regulatory requirements. As part of the enforcement action, the operation of Mushtaq Medical Store and Zahid Amin Medical Store, both located at Batengoop, was suspended on the spot after officials detected discrepancies in the maintenance of records pertaining to medicines having addiction liability. In another action, the operation of Amreen Pharma at Trahpoo, Achabal, was also closed/



suspended after violations were detected during the inspection process. The department initiated action against the establishments after finding deficiencies in record keeping and documentation, stressing that proper maintenance of records relating to medicines carrying addiction liability is mandatory under the applicable drug control regulations. Meanwhile, in a separate quality-control measure, officials lifted five drug samples of different categories of medicines from Cooperative Fair Price, Mattan. The samples have been forwarded for detailed laboratory analysis to ascertain their quality and conformity with the prescribed standards.

The inspection drive forms part of the department's ongoing efforts to strengthen regulatory oversight and prevent violations in the

pharmaceutical trade across Anantnag district. Officials said that inspections of medical establishments will continue at regular intervals and that strict action will be taken against establishments found violating the provisions governing the sale, storage and distribution of medicines. The Drug Control Department has also advised all licensed drug retailers to maintain accurate, updated and verifiable purchase and sale records, particularly in respect of medicines having addiction liability, and to ensure strict compliance with all statutory requirements.

The department reiterated that adherence to drug laws and proper record maintenance are essential for preventing misuse of medicines and ensuring that pharmaceutical products are supplied through regulated channels. (KNC)

National Conference Must Clarify Its Political Ideology: Rajni Sethi

■ HT News Network

Jammu, 29 August 2026: BJP Jammu & Kashmir Spokesperson Rajni Sethi today questioned the political ideology and direction of the National Conference (NC), asking whether the party genuinely stands for the national interest or seeks to take Jammu & Kashmir back towards instability and political uncertainty.

Rajni Sethi said that the political history of the National Conference raises serious questions about its approach towards separatism, autonomy and the constitutional relationship between Jammu & Kashmir and the rest of India. She pointed out that in 2000, that the National Conference government had passed an Autonomy Resolution in the Jammu & Kashmir Legislative Assembly. According to her, the political thinking reflected in that resolution continues to find expression in the NC's politics even today.

She said that the people of Jammu & Kashmir cannot forget the difficult phases of the past, including the mass displacement of Kashmiri Pandits during 1989-



90, the 2008 Amarnath land controversy and the widespread violence and stone-pelting witnessed in 2010. She alleged that the soft approach towards separatist elements during previous NC governments contributed to an atmosphere in which separatist forces gained space. Rajni Sethi further said that the National Conference today appears to be struggling with serious internal differences. Public disagreements among its leaders, statements by party legislators and differences involving its MPs have exposed the internal crisis within the party. Instead of focusing on the aspirations and problems of the people of Jammu & Kashmir, the party appears increasingly occupied with its own internal political battles.

Referring to the recently publicised letter by Aga Syed Rahullah she said that the questions raised therein regarding Farooq Abdullah, along with the suggestion that the BJP and National Conference stand on the same platform, are surprising. "Does the National Conference now consider the BJP's ideology to be similar to its own?" she asked.

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Labour Department organises one-day workshop focusing on implications of Four Labour Codes

■ HT News Network

JAMMU, AUGUST 29: The Labour Department, Jammu and Kashmir organised a One-Day Orientation-cum-Training Programme on the Four Labour Codes at the Meeting Hall of the Labour Commissioner, Jammu, under the chairmanship of Labour Commissioner, J&K, Charandeep Singh. The programme aimed at strengthening the capacity of departmental field functionaries and promoting effective, uniform and transparent implementation of the new labour law framework across Jammu Division.

The programme was attended by the Deputy Labour Commissioner, Jammu, Assistant Labour Commissioners, Labour Officers, Inspectors-cum-Facilitators and other departmental officials from various districts of Jammu Division.

The programme provided a platform for interaction, knowledge-sharing and detailed deliberations on the practical aspects of implementation of the Four Labour Codes.

Addressing the participants, the Deputy Labour Commissioner, Jammu welcomed all the officers and officials and highlighted the importance of developing a common understanding of the Four Labour Codes. He emphasised that effective implementation of labour reforms depends not only on knowledge of statutory provisions but also on their consistent, fair and practical application at the field level.

The training covered the Code on Wages, 2019; Industrial Relations Code, 2020; Code on Social Security, 2020; and Occupational Safety, Health and Working Conditions Code, 2020. Detailed discussions were held on minimum wages, payment of wages,



industrial relations, trade unions, standing orders, grievance redressal, social security, registration of establishments, occupational safety and health, working conditions, contract labour and inter-State migrant workers, besides other

important statutory and compliance-related provisions.

The technical sessions featured detailed presentations by the Resource Persons/Master Trainers on various provisions, objectives and practical implications of the Four

Labour Codes, with particular emphasis on their implementation at the field level.

The Assistant Labour Commissioners (ALCs) also made detailed presentations on relevant aspects of the Labour Codes, followed

by an interactive Question-and-Answer session. The session provided an opportunity for participating officers to seek clarifications, share field experiences and discuss practical issues concerning implementation.

Addressing the gathering, Labour Commissioner, J&K, Charandeep Singh, emphasised the importance of strengthening the capacity and professional preparedness of field functionaries for effective implementation of the new labour framework. He stressed the need for a balanced and facilitative approach that safeguards workers' rights and entitlements while ensuring that employers are adequately guided regarding their statutory obligations and compliance requirements. He further called upon the officers to ensure uniformity, transparency and consistency in the implementation of the Labour Codes

across all districts.

The programme concluded with a wrap-up session, wherein the key takeaways from the training sessions were recapitulated and observations and feedback of the participating officers were discussed.

A valedictory session was subsequently held during which sweets were distributed among the winners and certificates were presented to all participants in recognition of their participation in the programme.

The Labour Department reiterated its commitment to strengthening labour administration, promoting statutory compliance and safeguarding the rights and welfare of workers, while facilitating a fair, transparent and conducive environment for industry and employment.



On Eid-e-Milad, Army Holds Medical Camp for Qaziabad Residents

Free Medical Aid Reaches 700 Residents of Ananwan and Adjoining Areas

■ DR.AB QAYOOM

Langate, Aug 29: As part of its continued commitment towards community outreach and public welfare, the Indian Army organised a medical camp in the General Area Ananwan, Langate, on Saturday, providing free healthcare services to residents of the remote areas of North Kashmir. A team comprising Army and civilian doctors, including medical professionals from Government Medical College (GMC), Handwara, attended the camp and provided free medical consultations, basic health screenings, medicines and medical advice to around 650-700 local residents from Ananwan and adjoining areas. Children, women and elderly persons were among those who availed themselves of the medical facilities at the camp. Special focus was given to seasonal ailments, maternal and child health, hygiene, nutrition and preventive healthcare.

During their interaction with the



residents, doctors advised people on the importance of timely medical consultation, safe drinking water, sanitation, proper nutrition and maintaining healthy lifestyle practices.

The camp was organised on the occasion of Eid-e-Milad-un-Nabi, commemorating the birth of Prophet Muhammad, adding a message of compassion, service and community welfare to the initiative. Several local influencers and media representatives also joined the event. Local residents appreciated the initiative, particularly the provision of healthcare services closer to their homes. The camp also provided an opportunity for meaningful interaction between the Army and the local population. The initiative reaffirmed the Indian Army's continued efforts under Operation Sadbhavana to address the welfare and healthcare needs of people living in remote areas and to strengthen the bond of trust, cooperation and mutual understanding with the local community.

Handicrafts & Handloom, Kashmir, comes together to grieve loss of its former Director, Gazanfar Ali



■ HT News Network

SRINAGAR, AUGUST 29: The Directorate of Handicrafts & Handloom, Kashmir, today held a condolence meeting to mourn the death of Gazanfar Ali, former Director, Handicrafts, who passed away on Thursday night in Srinagar.

Officers and officials of the Directorate attended the meeting, expressing deep grief over his demise. Participants prayed for the eternal peace of the departed soul and conveyed their heartfelt condolences to the bereaved family.

Recalling his distinguished service, attendees remembered Sh. Gazanfar Ali's tenure in the Handicrafts Department for his friendly and caring nature. They also acknowledged his role in strengthening the sector's institutional framework, noting his

professional conduct and dedication as key parts of his legacy.

The meeting observed that his passing is a loss not just to his family and friends, but to all who worked with him.

Speaking on the occasion, the Director, Handicrafts & Handloom, Kashmir, expressed deep anguish over the loss, saying Gazanfar Ali Sahib would be remembered for his dedicated service, professional integrity and commitment. He noted that his contribution to public service and the promotion of traditional crafts would remain part of the department's institutional memory, and conveyed his condolences to the family, praying for strength to bear this irreparable loss.

Directorate stands with the bereaved family in this difficult hour, sharing in their grief.

SWD Budgam organises Training Programme on PCPNDT Act

■ HT News Network

BUDGAM, AUGUST 29: The Social Welfare Department (SWD), through SANKALP - Hub for Empowerment of Women (HEW), Mission Shakti Budgam, organised a training programme on the Pre-Conception and Pre-Natal Diagnostic Techniques (PCPNDT) Act, 1994 at Government Degree College (GDC), Budgam.

The programme was organised for In-charge personnel of Ultrasound/USG and diagnostic centres with the objective of strengthening their understanding of the provisions of the PCPNDT Act, ensuring strict compliance with statutory requirements and promoting responsible practices aimed at preventing the misuse of prenatal diagnostic techniques for sex selection.

Dr. Masroofa Majeed, Gender Specialist,



SANKALP-HEW, in her address, highlighted the importance of collective responsibility in addressing gender discrimination and preventing sex selection. Afroza Ahad, District Mission Coordinator (DMC), Mission Shakti Budgam, provided an overview of Mission Shakti, elaborating on its objectives, vision and key components. She emphasised the importance of convergence, awareness and effective implementation of women-centric initiatives at the grassroots level.

SWD Srinagar organizes Awareness cum Career counselling Session under BBBP

■ HT News Network

SRINAGAR, AUGUST 29: Social Welfare Department (SWD), SANKALP-HEW Srinagar organised an Awareness-cum-Career Counselling Session at Government Boys Higher Secondary School (GBHSS), Tailbal, Srinagar.

The session was aimed at sensitizing students about various opportunities available for their educational and career development. The officials from SANKALP-HEW Srinagar interacted with the students and provided guidance on career planning, skill development, vocational education and different avenues available to them after completing their schooling.

The students actively participated

in the interactive session and raised questions regarding career choices, educational opportunities and skill-based courses. The Officials from SANKALP-HEW Srinagar encouraged the students to identify their interests and abilities and make informed decisions while choosing their future career paths. The Social Welfare Department emphasized the importance of such awareness and counselling programmes in empowering young students with relevant information and helping them make confident and informed career choices. The programme concluded with an interactive discussion, with students expressing their appreciation for the initiative and the guidance provided during the session.

Chairman DLSA Ganderbal conducts preparatory meeting for 3rd National Lok Adalat

■ HT News Network

GANDERBAL, AUGUST 29: In preparation for the upcoming 3rd National Lok Adalat of the year 2026, scheduled to be held on 12th September 2026, a preparatory meeting was convened today under the chairmanship of Abdul Nasir, Principal District & Sessions Judge (Chairman, District Legal Services Authority), Ganderbal. The meeting was held to review and finalize the arrangements for the smooth and effective conduct of the National Lok Adalat in the district. Detailed discussions were held regarding the identification and processing of suitable cases, coordination among the concerned stakeholders, issuance of notices to the parties, and other necessary arrangements to ensure maximum participation of litigants and effective disposal of cases through amicable settlement. The Chairman emphasized the importance of the National Lok Adalat as an effective mechanism for providing speedy, accessible and cost-effective justice to litigants while reducing the burden of pending cases on the courts. The Judicial Officers were directed to identify suitable and eligible cases for being taken up in the National Lok Adalat and to make all necessary efforts for their effective placement before the Lok Adalat, so as to facilitate amicable settlement of disputes.

NIT Srinagar organises hands-on training on COMSOL Multiphysics

■ HT News Network

Srinagar, Aug 29: The National Institute of Technology (NIT) Srinagar organised a hands-on training programme on COMSOL Multiphysics, focusing on the use of simulation and computational tools to address engineering challenges across multiple disciplines. In his message, Director NIT Srinagar, Prof. Anurag Misra, said such industry-oriented training programmes are essential for strengthening the institute's research and academic ecosystem.

He emphasised the need to provide students with practical exposure to advanced simulation platforms and emerging technologies to enhance their technical capabilities and prepare them for real-world engineering challenges.

Registrar, NIT Srinagar, Prof. Atikur Rehman, who was the Chief Guest, highlighted the growing importance



of simulation-based approaches in engineering education, research and problem-solving.

He said exposure to advanced computational tools can help students and researchers bridge the gap between theoretical knowledge and practical applications.

The programme was coordinated by Dr. Anshul Gupta, Convenor, and Dr. Vivek, Department of Civil

Engineering, Co-Convenor, with support from the student club Dhaatu Mitra of the Department of Metallurgical & Materials Engineering (MME), NIT Srinagar.

Students and researchers from Metallurgical & Materials Engineering, Chemical Engineering, Civil Engineering, Mechanical Engineering and Physics participated in the training.

Expert sessions were conducted by Skanda N. Prasad, Technology Specialist, COMSOL India, and Srinivas Chakrapani Yamujala, Applications Engineer, COMSOL Multiphysics. The sessions provided participants with hands-on exposure to COMSOL-based applications in hydrogen fuel cells, heat and fluid flow, structural mechanics and metal casting processes.

The training focused on practical applications of multiphysics simulation and demonstrated how computational modelling can be used to analyse complex engineering systems and support research and development.

GCW Parade organises awareness programme on Udhayam Jagruti 5.0 College Hackathon under Mission Yuva

■ HT News Network

JAMMU, AUGUST 29: Government College for Women (GCW), Parade Ground, Jammu in collaboration with the Institutional Innovation Council (IIC) and Career Counselling and Placement Cell, organised a one-day awareness programme on Udhayam Jagruti 5.0 College Hackathon under Mission Yuva.

The programme was organised with the objective of creating awareness among students about entrepreneurship, innovation, start-up opportunities and the Udhayam Jagruti 5.0 College Hackathon, encouraging young minds to transform innovative ideas into viable entrepreneurial ventures.

The programme was conducted by the Directorate of Employment, Jammu & Kashmir. Navdeep Kour, Career Counselling Officer, District Employment and Counselling Centre, apprised the students about Mission Yuva and the opportunities available under the initiative. Neha Dogra, Business Help Desk Lead, Jammu and Sanjana Singh, BHD Coordinator, sensitised the students about the support mechanisms and facilitation available to aspiring entrepreneurs.

A special interactive session was conducted by Vishali Gupta, who shared her inspiring entrepreneurial journey with the students. She spoke about her experiences, challenges and learnings as an entrepreneur and encouraged students to develop an entrepreneurial

mindset, take calculated risks and pursue their ideas with confidence and perseverance.

Principal Dr Naveen Anand interacted with the participating students and encouraged them to actively engage with initiatives that promote innovation, entrepreneurship and skill development. He emphasised the importance of developing an independent and creative approach towards career building and urged students to make the best use of the opportunities being provided through Mission Yuva and the Udhayam Jagruti initiative. Around 150 students from different disciplines participated in the awareness programme. The interactive sessions provided students with insights into ideation, innovation, entrepreneurship and the various avenues available for converting ideas into sustainable ventures. The programme was coordinated by Dr Gurpreet Kour, Convener, Institutional Innovation Council along with the team of IIC and the Career Counselling and Placement Cell including Prof Sonia Bhau, Prof Pooja Devi, Dr Manjulla Gupta, Dr Deepthi Salotra, Dr Kulwinder Kour and Prof. Shvaita Saroop were also present during the programme. The programme concluded with an encouragement to students to actively participate in Udhayam Jagruti 5.0 College Hackathon and utilise the opportunities offered under Mission Yuva to explore their entrepreneurial potential and contribute towards building an innovation-driven.

SMRATA Trust Announces Long-Term Education Support for 76 Underprivileged Students in Jammu & Kashmir

■ HT News Network

Srinagar, Aug. 29: SMRATA Trust, as part of its "Education for All" initiative, has announced long-term educational support for 76 deserving students from Jammu & Kashmir, reaffirming its commitment to ensuring that financial hardship does not stand in the way of a child's education and aspirations. The students selected for the initiative come from economically and socially vulnerable backgrounds, including orphans, children from single-parent families, and students whose parents together earn less than 1 lakh annually. Under this initiative, SMRATA Trust will support the students' education fees through

completion of their undergraduate education, giving them the opportunity to pursue their academic ambitions and build independent, successful futures. Speaking at the event, Dr. Sarat Addanki, Chairman of SMRATA Trust, encouraged the students to look beyond their present circumstances and aspire to become future role models for Jammu & Kashmir: "Your circumstances today should never define where you can reach tomorrow. Education gives you the power to change not only your own life, but also the lives of your family and your community. Our dream is to see each one of you become a role model for the next generation of children in J&K." Dr.



Addanki, who hails from Hyderabad in South India, also emphasized

the importance of national unity and the strong emotional connection between people across different regions of India. "I have come here from South India with one simple message: you are our brothers and sisters, and we care about you as much as we care about our own communities in the South. We are all children of Bharat Maa. Geography may separate us, but our aspirations and our future are one." He expressed his vision for Jammu & Kashmir to emerge not only as a major destination for tourism, but also as a center for technology, artificial intelligence, education, entrepreneurship and sports. "We want J&K to become another AI and technology hub of India. We

want to see great scientists, engineers, entrepreneurs, doctors and innovators emerge from this region. We also want to see outstanding sportsmen and sportswomen from J&K represent India on national and international platforms." Dr. Addanki urged the students to make the most of the opportunity by focusing on education, discipline, hard work, integrity and service to society. He encouraged every scholarship recipient to make a commitment that, after becoming successful, they would help at least one other deserving child receive an education.

The program was held in the presence of Chief Guest Shri Garib Dass IPS ADGP Ji, along with the

Principals and representatives of the participating schools, teachers, students and other distinguished guests. SMRATA Trust believes that education is one of the most powerful instruments for breaking the cycle of poverty. Through its educational initiatives, the Trust seeks to identify talented students who lack financial resources and provide them with the support required to continue their education and become self-reliant citizens. The initiative in Jammu & Kashmir represents more than financial assistance. It is a commitment to the students that their dreams matter, their education matters, and the entire country stands with them as they build their future.





HT EDITORIAL

J&K's Healthcare Transformation Must Reach Every Doorstep

The inauguration of the 3rd CII J&K Health Conclave by Lieutenant Governor Manoj Sinha in Srinagar has once again brought into focus a subject that deserves sustained public attention: the transformation of Jammu and Kashmir's healthcare system from one centred primarily on infrastructure expansion to one driven by accessibility, technology, innovation and equity.

The LG's vision of "Health Services Anytime, Anywhere" is particularly relevant for a region where geography has historically posed a formidable challenge to the delivery of essential services. From remote and mountainous villages to densely populated urban centres, ensuring that quality healthcare is available to every citizen cannot remain merely an administrative aspiration. It must become a measurable reality.

The emergence of telemedicine, artificial intelligence-powered diagnostics, drone-based delivery of blood and medicines, and solar-powered cold-chain systems offers J&K an opportunity to overcome some of its traditional healthcare constraints. Technology can significantly reduce the disadvantage of distance, particularly for people living in remote areas where specialist services and advanced diagnostic facilities remain difficult to access.

The expansion of medical infrastructure, including new AIIMS, medical colleges and digital health initiatives, is an important step in this direction. However, buildings and technology alone cannot constitute a healthcare revolution. The real test lies in whether a patient in a far-flung village can obtain timely consultation, accurate diagnosis, essential medicines and, when required, specialist treatment without having to undertake a long and expensive journey.

The Health Conclave, therefore, should not be viewed merely as another gathering of policymakers, industry representatives and healthcare professionals. It should become a platform for developing practical and sustainable solutions to the region's healthcare challenges. The participation of the private sector and industry is valuable, but innovation must ultimately be aligned with public interest and affordability.

There is also a need to strengthen the human component of healthcare. Doctors, nurses, paramedics, technicians and other frontline workers remain the backbone of the system. Advanced technology can assist them, but it cannot replace compassion, professional accountability and human judgement. Investment in training, retention of specialists and strengthening healthcare personnel in underserved areas must therefore proceed alongside technological advancement.

J&K also needs to place greater emphasis on preventive and primary healthcare. A modern health system cannot depend exclusively on hospitals and tertiary-care institutions. Early detection of diseases, maternal and child healthcare, nutrition, mental well-being, health education and regular screening must receive equal importance. Prevention is not only more humane; it is also economically more sustainable.

The idea of making Jammu and Kashmir a hub of healthcare innovation is both ambitious and achievable, provided innovation is measured by its impact on ordinary citizens rather than merely by the sophistication of technology. A drone delivering blood to a remote health centre is meaningful when it saves a life. An AI diagnostic system is valuable when it enables an early diagnosis where a specialist is unavailable. Telemedicine becomes transformative when a patient in a remote area can consult a qualified specialist without travelling for hours.

The government, healthcare institutions, academia, industry and civil society must work together to create such an ecosystem. J&K has the opportunity not merely to expand its healthcare infrastructure but to develop a model that combines technology with accessibility, modern medicine with preventive care, and innovation with social responsibility.

The message emerging from the Health Conclave should therefore be clear: the future of healthcare in J&K must not be judged by how advanced its institutions appear, but by how effectively they serve the most distant and vulnerable citizen. Only when quality healthcare becomes genuinely accessible, affordable and equitable can the vision of "Health Services Anytime, Anywhere" become a reality.



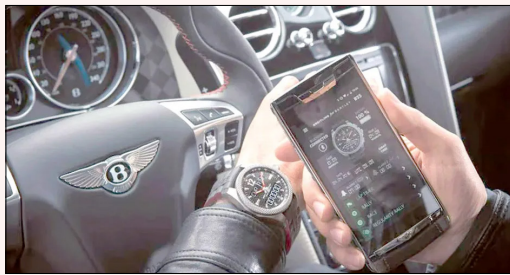
Abid Hussain Rather

We live in a world where people do not simply buy things because they need them; rather things persuade people to buy them. The marketplace has changed from a place where we fulfil our needs into a powerful system that creates new desires in us every day. From the moment we wake up until we go to sleep, advertisements surround us. They appear on our phones, television screens, roads, newspapers and social media. They tell us what to wear, what to eat, which car to drive, which mobile phone to carry and even what kind of life we should desire.

The most powerful word in this entire commercial world is perhaps "new." A new model has arrived. A new design has been introduced. A new version is available. A new lifestyle is waiting for you. Slowly, we have allowed the word "new" to become almost synonymous with "better." This is where the real problem begins. Something does not become better simply because it is newer. A new product may be useful but at the same time it may also be unnecessary. An old product may be outdated, but it may also be perfectly functional. The real measure should be quality, usefulness, necessity and durability—not merely freshness or newness. But advertisements rarely encourage us to think in this way.

Consider the mobile phone in our hands. It may be working perfectly. Its battery may be good, its camera may satisfy our needs and it may perform every task we require. Then a new model appears. Suddenly, the phone that served us so well yesterday begins to look old. We are made to feel that our device is no longer fashionable even though nothing has actually changed in its usefulness. This is the subtle power of consumerism. The market does not always sell us a product; sometimes it first creates a feeling of inadequacy and then sells us the product as a solution. We are made to believe that our lives are incomplete, our appearance insufficient, our homes unimpressive or our personalities somehow behind the times. Then a product is placed before us as the answer.

When we feel that a new dress will make us attractive. A new car will make us respectable. An expensive watch will make us successful. A particular mobile phone will make us modern. Gradually, the product stops being an object of utility and becomes a symbol of identity. This is where the magic of brands becomes even stronger. A brand is no longer merely a



name printed on a product. It has become a story. We associate certain brands with success, elegance, wealth, sophistication and social status. Sometimes two products of similar quality are placed before us, but we are willing to pay considerably more for the famous name. Why is it so? Because we are not always buying the object. We are buying the image attached to it. A branded shirt becomes a symbol of status. A particular car becomes a symbol of achievement. A luxury watch becomes a statement about personality. A smartphone becomes a sign of modernity.

The most successful advertisement is therefore not the one we see on television. It is the one that continues to operate inside our minds after the advertisement has disappeared. When a person begins to think, without seeing an advertisement, that he is inferior without a particular brand, that he is unsuccessful without an expensive possession, or that he is falling behind without the latest model, the advertisement has achieved its ultimate victory. It has moved from the screen into the mind.

This phenomenon deserves particular attention in the age of social media. Today, advertisements do not merely tell us what to buy; they show us how other people are supposedly living. Perfect homes, fashionable clothes, expensive holidays, luxurious cars and carefully designed lifestyles appear before us every day. We compare our ordinary lives with these carefully constructed images and begin to feel that something is missing.

But the truth is that much of what we see is an advertisement disguised as a lifestyle.

The another casualty of this culture is contentment. The more we possess, the more we sometimes feel that we lack. Our wardrobes are full, yet we complain that we have nothing suitable to wear. Our homes contain countless objects, yet we constantly search for more. We replace things that still work simply because newer versions have arrived. In this endless race, satisfaction becomes temporary. The excitement of a new purchase lasts for a while, and then another desire appears.

In the race of chasing new things and new models we forget that there is something particularly beautiful about old things that the modern marketplace can't sell. That beautiful thing is the memories associated with old things. An old watch may remind us of our father. An old chair may carry the memory of a grandparent. An old book may remind us of our youth. A simple piece of clothing may be connected to an unforgettable occasion. Such things may have little commercial value, but they can possess enormous emotional value.

A new object can be purchased with money, but a memory cannot. This does not mean that everything old must be preserved. Things that are broken, useless or unnecessarily occupying space should certainly be discarded. But an object should not be rejected merely because a newer version has entered the market. We need to recover the ability to ask ourselves a simple question before buying: Do I really need this? This question may sound ordinary, but in a world built around constant consumption, it is a powerful question.

Parents have an especially important responsibility here. Children are growing up in a world where advertisements begin influencing them at an extremely young age. They must be taught that expensive does not necessarily mean superior, famous does not necessarily mean valuable, and new does not necessarily mean better. They should learn that the value of a thing lies in its usefulness, quality and genuine necessity rather than in its newness. Ultimately, the problem is not the existence of advertisements, brands or new products. These are natural parts of modern economic life. The problem begins when they start making decisions on our behalf. We should use the market without becoming its slaves.

(The author teaches Geography at GDC Anantnag and can be reached at rather1294@gmail.com)

Nepal's Himalayan Disaster

A Stark Warning India Cannot Afford to Ignore

concerns climate change. The Himalayas are not merely a snow-covered mountain range; they are the foundation of Asia's water security. As temperatures rise, glaciers are retreating rapidly and new glacial lakes are forming. According to the International Centre for Integrated Mountain Development (ICIMOD), the Hindu Kush Himalaya region has around 25,000 glacial lakes, and rising

Gangadisastr, and therecurring floods, landslides and cloudbursts across the Himalayan states have already demonstrated that the mountains' capacity to absorb human intervention is not unlimited.

Roads, tunnels, hydropower projects, hotels, settlements and other infrastructure are expanding rapidly in the Himalayas in the name of development. But a fundamental question must be asked: Are

another glacial lake outburst even after the present disaster has demonstrated a crucial reality: one disaster can create the conditions for another. Rivers do not recognize political boundaries. For transboundary river systems such as the Bhote Koshi, real-time exchange of information among Nepal, China, India and other Himalayan countries on river flows, rainfall, landslides, glacial lakes and avalanches is essential. A critical warning available to one country can save thousands of lives in another. The Himalayan region therefore needs a shared regional disaster early-warning network, supported by real-time data sharing and coordinated emergency response mechanisms.

India should seriously consider developing a dedicated Mountain Safety Policy for its Himalayan states. Before constructing roads or tunnels in fragile mountain areas, scientific assessments of geological risks, natural drainage channels, landslide susceptibility and local ecology should be mandatory. Uncontrolled deforestation, unplanned construction along riverbanks, unnecessary cutting of mountain slopes and excessive pressure from tourism must be strictly regulated. Local communities should become the first line of disaster preparedness, because they are usually the first to suffer when calamity strikes—and often the first capable of providing immediate assistance.

The world can learn valuable lessons from Japan, Switzerland and other mountainous countries in disaster management, building safety, early-warning systems and community-based preparedness. But the Himalayas cannot continue to be viewed merely as a destination for tourism and economic expansion.

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temperatures are increasing the risk of glacial lake outburst floods (GLOFs). Nepal has recorded more than 90 GLOF events since the 1920s.

It would, however, be scientifically incorrect to attribute the Nepal disaster solely to global warming. Seismic activity, geological instability, extreme rainfall, avalanches and weakened mountain slopes can all play significant roles. Climate change should instead be understood as a risk multiplier—a factor that is creating a more vulnerable background in which such hazards can become more frequent, intense or destructive. Scientists have rightly cautioned against declaring any single disaster a direct consequence of climate change without examining long-term climatic and geological changes together. The Nepal disaster carries an equally profound warning for India—and India must learn from it. The Kedarnath tragedy, the 2021 Rishi

weadequately assessing the ecological and geological carrying capacity of these fragile mountains before undertaking such projects? Development is essential, but development that comes at the cost of hollowing out the mountains can ultimately become a threat to both human life and development itself. The greatest need today is to move beyond "relief after disaster" to "preparedness before disaster." Advanced satellite surveillance, drones, weather radar, river sensors, continuous monitoring of glaciers and glacial lakes, and artificial-intelligence-based forecasting systems must be developed and deployed extensively across the Himalayan region.

Early-warning systems must not remain confined to capitals or administrative headquarters. Warnings must reach the remotest mountain village through mobile alerts, sirens, radio networks and trained local volunteer groups. The possibility of



Lalit Gargg

The devastating floods and landslides that struck Nepal on August 26, 2026, have once again exposed a harsh truth: when human intervention disrupts nature and the fragile Himalayan ecology is ignored, the consequences can be catastrophic. In the Bhote Koshi river system, the collapse of a massive section of glacier, accompanied by an enormous flow of ice, rocks and debris, temporarily obstructed the river. The sudden release of the accumulated water and debris subsequently triggered a devastating flood, causing widespread destruction in Nepal and Tibet's adjoining areas of China. According to reports available up to August 29, 579 deaths have been confirmed in Nepal and five in Tibet, while nearly 2,482 people are reported missing. Thousands have been rescued, but relief and rescue operations remain extremely challenging because of difficult terrain and the continuing threat of further disasters. This is not merely a natural calamity affecting Nepal; it is a frightening warning for the entire Himalayan region.

Preliminary scientific assessments suggest that a large portion of the glacier broke away and plunged downhill, generating a massive flow of ice, rock, soil and debris. This obstructed the river, and the pressure of the accumulated water and debris eventually produced a sudden and destructive flood. Experts caution that describing the event simply as a "flood" would be misleading. It represents a multi-hazard disaster, in which glacial collapse, landslides, debris flows and river flooding became interconnected and intensified one another. The most significant message emerging from this tragedy

Why School Curriculum and NEET-JEE Preparation Are Drifting Apart

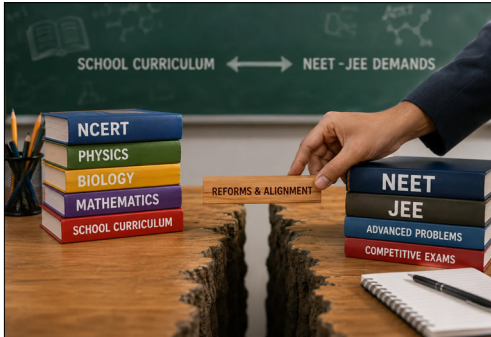


Dr. Vijay Garg

India's school education system is designed to build knowledge, understanding and overall development. NEET and JEE, however, demand intensive preparation, strong conceptual application, speed and extensive practice. The growing difference between these two pathways is creating a challenge for students and families.

Ideally, what students learn in school should provide a strong foundation for competitive examinations. But many students find that completing the school syllabus is not enough to feel prepared for NEET or JEE. As a result, they often turn to coaching institutes, additional study material and separate test series.

One major reason is the difference in learning objectives. School examinations often focus on understanding the prescribed curriculum and presenting answers appropriately. Competitive examinations require students to apply concepts to unfamiliar and sometimes complex problems within a limited time.



Another issue is pace and depth. Schools must cater to students with different learning levels, while competitive-exam preparation often moves at a much faster pace. Coaching programmes may introduce advanced problem-solving techniques long before students encounter similar applications in their regular classrooms. This creates a difficult situation for students. They may effectively feel that they are studying two curricula at the same time—one for school and another for NEET or JEE. The additional workload can reduce time for rest, creativity, sports and meaningful learning.

The solution is not to turn schools into coaching centres. Schools have a much broader responsibility. Instead, the

curriculum should gradually place greater emphasis on conceptual understanding, analytical thinking, problem-solving and application of knowledge.

There also needs to be better coordination between NCERT-based learning, school assessments and competitive-exam requirements. Teachers should be supported with appropriate training and resources so that classroom teaching can develop the kinds of reasoning skills that students need beyond memorisation. Competitive examinations themselves should also encourage genuine understanding rather than excessive dependence on tricks and speed. If school education and entrance examinations move closer in their educational objectives, students will not need to live in two separate academic worlds.

The goal should not be simply to make school harder. It should be to make learning deeper, more relevant and more connected to real problem-solving.

NEET and JEE are important gateways to professional education, but preparation for them should not force students to choose between learning at school and succeeding in an entrance examination.

Dr. Vijay Garg
Eminent Scientist | Academic Editor,
FNBworld.com
Malout – 152107, Punjab

The flood took everything':

Nepal survivors describe horror of loved ones being swept away



By M S Nazki

Was this a natural disaster or a man made one!
-On the eve of Rakhi festival this is unimaginable.
-Devastating landslides and flash floods on the Nepal-Tibet border have caused widespread damage and left hundreds dead or missing.

-I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, "Go to sleep, darlings, till the summer comes again.....nature has many choices.....
-...and then, I have nature and art and poetry, and if that is not enough, what is enough? Nature teaches you many things but one thing it does not teach, play with the horror is at your door step!....
-There is a pleasure in the pathless woods, There is a rapture on the lonely shore, There is society, where none intrudes, By the deep sea, and music in its roar: I love not man the less, but Nature more"
— Lord Byron

-Tiger got to hunt, bird got to fly; Man got to sit and wonder 'why, why, why? Tiger got to sleep, bird got to land; Mangot to tell himself he understand.....
-The rescuers are on edge because of the threat of further flooding. A lake of rising water which has formed at a site along the border briefly overflowed early, prompting Chinese authorities to pause rescue efforts temporarily, according to state media.

-Initial reports of an earthquake on the Nepal-Tibet border led many to believe that a tremor had caused a landslide, which in turn caused the devastating floods early on Wednesday.
-However, the US Geological Survey (USGS) later confirmed that the disaster was caused by a "glacial collapse", which is when a glacier or part of a glacier disintegrates.

-The impact of the collapsed glacier hitting the bottom of a valley was so powerful that it registered a magnitude of 5.2, according to the agency, causing "subsequent catastrophic impacts downstream".
-Mike Searle, professor of Earth sciences at Oxford University, said the glacier could have collapsed "hours or days" before the flooding hit Nepal and Tibet.

He told: "I think the sheer wave of debris suggests there was a landslide first, the water built up, (which) dammed the river, and then it burst in one huge great flood."
-A deluge of material careered towards northern Nepalese towns, including areas popular with mountaineering tourists and pilgrims. The border is around 40 miles (64.4km) north of Nepal's capital city Kathmandu.

-Footage showed a wall of mud and rock sweeping

away buildings, roads and vehicles, as people fled the fast-moving wave of material in the Nuwakot region.

-In one video, a towering wall of water and mud was seen rushing down a gorge along the Trishuli River and enveloping the Rasuvagadhi Border checkpoint, a multi-storey building.

-Severe flooding was reported along the Bhothe Koshi, Trishuli and Narayani rivers.

-The International Centre for Integrated Mountain Development (ICIMOD) has warned secondary flooding could occur in the coming days as a result of debris that washed into the river systems.

-The ICIMOD said they were assessing whether the Trishuli River had been temporarily blocked in narrow sections. If this is the case, it is at risk of forming a landslide dam and a second flood.

-Separately, China has warned there is a "high risk" that a lake which formed after the landslide may breach its banks, causing a new flood downstream.

-State media reported that rescue operations were briefly suspended on Friday after the lake, which has formed at the confluence of the Chhochen Khola and Purepu Tsangpo rivers, overflowed - before water levels dropped slightly.

-Nepal's National Disaster Risk Reduction and Management Authority said 910 people were still missing as of Thursday evening. This included 517 foreign citizens, 44 members of the Nepali army and 28 police officers.

-The Nepal government has also released the names of 537 foreign nationals that have been out of contact since the floods hit on Wednesday, 33 of which were UK nationals.

'The flood took everything': Nepal survivors describe horror of loved ones being swept away

'High risk' of lake breaching and causing second flood, warns China

Collapsed glacier likely caused devastating Nepal-Tibet floods, scientists say

-Meanwhile, the number of people missing in the mudslide disaster in Tibet stood at 558 as of Friday afternoon local time, China's state broadcaster CCTV reported on Friday. It added that five people had died.

-It is not clear if any of the missing in the Nepali and Chinese figures have been counted twice.
-China's Premier Li Qiang on Thursday arrived in Gyirong to supervise rescue and relief operations.

-The border at Gyirong is the main crossing point for tourists and traffic between China and Nepal.

-The missing person:..

-India - the Nepal Tourism board says 178 nationals from neighbouring India are missing

-China - The Chinese foreign ministry says nearly 100 Chinese nationals are missing in Nepal

-US - the latest update from Nepal's tourist board is that 65 US tourists are known to be among the missing

-Ukraine - Ukraine's foreign ministry says 53 Ukrainian nationals are missing

-Malaysia - 51 Malaysians travelling with Fishtail Tours and Travels are missing in the floods, officials say!

-Australia - Australia's foreign minister says 39 Australians are among the missing and there's an "unfortunate possibility" the number will rise

-UK - Nepal's police say 33 British nationals are missing

-Canada - a tourism board spokesman in Nepal says 24 Canadians are reported missing

-Smaller numbers of travellers from South Korea, South Africa, Portugal, the Netherlands and New Zealand are also among the missing.

-Nepal's Prime Minister Balendra Shah said "the entire nation has been left shocked and deeply distressed" and that officials would coordinate with China on the response.

-China's President Xi Jinping urged an "all-out" search and promised stronger monitoring and early warning systems to prevent secondary impacts.

-In neighbouring India, Prime Minister Narendra Modi said his government was "prepared to provide Nepal with all possible types of humanitarian



assistance".

-UN Secretary General António Guterres says he is "saddened by the severe flooding", adding that UN teams and partners are mobilising supplies and personnel in Nepal to support the government-led response.

-The US has promised \$500,000 (£367,982) in aid which will be used to cover emergency shelter, water, sanitation and other relief items for communities affected by the floods.

-Prime Minister Andy Burnham said the UK has offered £5m to help the Nepalese government and will do "everything we can" to support British nationals in Nepal.

HT - OPED

things.....Accept things which Nature has given.....

More dangers await:

-Felt my lungs inflate with the onrush of scenery—air, mountains, trees, people. I thought, "This is what it is to be happy." The clearest way into the Universe is through a forest wilderness. I Nature is beautiful why destroy it!.....

-A man may be clever but he or she cannot withstand the fury of Nature.....

-Nepal disaster a warning of more intense catastrophes in vulnerable Himalayas, experts caution
Glaciologists also pointed to the need for quick alert systems for such disasters and coordination between countries on a sharing knowledge pool basis.

-The avalanche and flash floods in Nepal is a warning sign for more such catastrophes in the vulnerable Himalayan region with higher intensities in the days ahead, glaciologists have cautioned.

-Experts working in the Himalayan region have collated data to identify vulnerable spots where such catastrophes can occur, as the Central government is gearing up to hold a high-level meeting to ascertain locations where evacuations need to be done and other precautionary measures need to be taken.

-Anil Kulkarni, Distinguished Scientist and glaciologist, Divecha Centre for Climate Change at the IISc, said more such incidents are likely because the Himalayan region is prone to earthquakes and landslides. Increased human activities and rapidly warming higher mountain regions are adding to such future scenarios.

-The degradation of glaciers and permafrost slipping down are also concerns. There is also the bigger concern of hanging glaciers. Studies and data have revealed there are thousands of hanging glaciers in the Himalayas.

-Another expert from Dehradun-based Wadia Institute of Himalayan Geology, an autonomous research institute for the study of geology of the Himalaya under the Department of Science and Technology, Ministry of Science and Technology, has cautioned that such incidents could happen in different regions – not just as a cascading effect but also because of the build up over a long period of time. What happened in Nepal was 3-4 times more intense than that in Kedarnath and Rishi Ganga. Although such incidents are not new in the Himalayas, the increase in their intensity now has emerged as a major concern.

-Experts working with the Ministry of Earth Sciences said it is yet to be established whether there was a seismic activity that led to the disaster or whether a glacial burst due to an impact caused by the fall of the massive ice-slab led to the vibrations. Glaciologists also pointed to the need for quick alert systems for such disasters and coordination between countries on a sharing knowledge pool basis. Experts admitted to the lacuna in information dissemination and said this incident has been flagged.

The Stem Cell Therapy



SURINDERPAL SINGH

Medicine has traditionally focused on controlling diseases, relieving symptoms and repairing damaged organs through medicines, surgery and other treatments. But what if the body could be encouraged to repair or replace damaged cells by using living cells themselves? This exciting idea lies at the heart of stem cell therapy, one of the most promising and rapidly developing areas of modern medical science.

Stem cells are special cells with two remarkable abilities. They can make more cells like themselves, a process known as self-renewal, and they can develop into specialised cells such as blood, muscle or other tissue cells. Scientists are studying how these properties can be used to replace damaged cells and restore injured tissues. Stem cells can be thought of as the body's biological building blocks. Unlike highly specialised cells, which normally perform a particular function, stem cells have the potential to develop into different types of cells under suitable conditions.

There are several types of stem cells. Embryonic stem cells are found during the earliest stages of development and can give rise to many different cell types. Adult or tissue-specific stem cells are found in various tissues of the body and help maintain and repair those tissues. Scientists have also developed induced pluripotent stem cells (iPS cells) by reprogramming specialised adult cells so that they acquire properties similar to embryonic stem cells.

Stem cell therapy involves using stem cells, or cells derived from them, to replace or repair damaged cells and tissues. Depending on the treatment, cells may be introduced into the bloodstream, transplanted directly into damaged tissue, or used in other carefully controlled ways. The basic concept is simple but revolutionary: instead of merely treating the symptoms of disease, scientists hope to repair the underlying damage.

This approach has given rise to the broader field of regenerative medicine, which aims to restore, replace or recreate cells, tissues and sometimes biological functions that have been damaged by disease or injury.

A Proven Example: Blood Stem Cell Transplantation
Stem cell therapy is not merely a futuristic concept. One of its best-established applications is blood-forming stem cell transplantation, commonly associated with bone marrow transplantation.

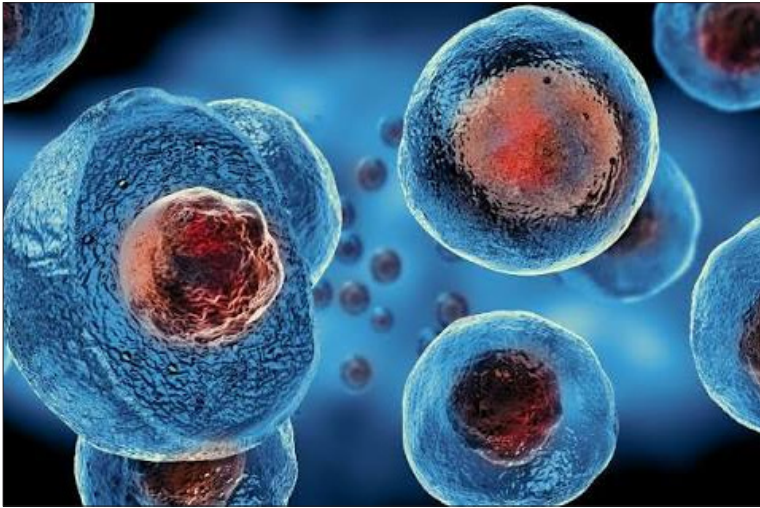
Such transplantation has been used for decades in selected disorders affecting the blood and immune system and in conditions involving loss of bone-marrow function. Blood-forming stem cells can come from sources such as bone marrow, peripheral blood or umbilical cord blood. This is an important lesson: some stem cell treatments are established medical therapies, while many other treatments promoted as stem cell cures are still experimental.

The human body has a remarkable ability to heal itself, but this ability is limited. Severe injuries, ageing and many

diseases can destroy cells faster than the body can replace them. Stem cell research aims to overcome some of these limitations. Scientists are investigating whether stem-cell-based approaches could eventually help repair tissues affected by conditions involving the nervous system, heart, eyes, muscles, bones and other organs.

Researchers are also studying stem cells as tools for understanding diseases, testing medicines and developing personalised treatments. In the laboratory, scientists can use specialised cells derived from stem cells to study how diseases develop and how potential medicines affect human cells.

The greatest attraction of stem cell science is its potential to move medicine from replacement and symptom management towards repair and regeneration. Imagine a future in which damaged tissues could be regenerated rather than simply supported. A patient suffering from severe tissue damage might one day receive laboratory-



prepared cells designed to replace cells that have been lost. Scientists are also exploring combinations of cells, biomaterials, tissue engineering and gene-editing technologies. However, this future should be approached with scientific discipline rather than unrealistic promises.

The growing popularity of stem cells has also created a serious problem: commercial exploitation of patients' hopes. Some clinics advertise stem cell procedures as cures for a wide range of diseases even when strong scientific evidence is lacking. This is particularly dangerous because patients suffering from serious or incurable diseases may be willing to spend large amounts of money in search of hope. A clinic's impressive website, dramatic patient testimonial or claim of being advanced does not establish that a treatment works. Scientific evidence must come before advertising claims.

Stem cell therapy is not automatically safe simply because the cells come from the human body. Unproven cell-based interventions may carry risks including infection, unwanted immune reactions, abnormal tissue growth and, in some circumstances, tumour formation. Regulatory authorities have also reported serious adverse events associated with unapproved regenerative medicine products. There are additional challenges. Cells must be properly identified, prepared, stored and administered. Scientists

must ensure that the cells behave as expected and do not develop into unwanted cell types. Long-term monitoring may also be necessary.

Stem cell research also raises important ethical questions. Researches involving embryonic stem cells has generated debate about the moral status of embryos. At the same time, newer technologies such as induced pluripotent stem cells have created alternative research possibilities. There are also ethical questions about informed consent, commercialisation, access to expensive therapies, long-term patient safety and the responsible conduct of clinical trials.

As the field develops, appropriate regulation and ethical oversight are essential. Patients should be able to distinguish between an approved medical treatment, a properly regulated clinical trial, and a commercially marketed treatment that has not been adequately proven.

Before considering any experimental treatment, patients should discuss it with qualified medical specialists and ask

what scientific evidence supports it, whether the treatment has appropriate regulatory and ethical approval, what the known risks are and whether established alternatives are available.

Stem cell therapy represents one of the most fascinating possibilities in modern medicine. It offers the prospect of repairing tissues, replacing damaged cells and developing new approaches to diseases that remain difficult to treat.

But science advances through evidence, not promises. A successful laboratory experiment does not automatically become a successful human treatment. A treatment must pass through carefully designed studies to establish its safety, effectiveness and appropriate use.

The future of stem cell therapy is undoubtedly exciting. Advances in stem-cell biology, tissue engineering, gene editing and personalised medicine may gradually expand the range of conditions that can be treated through regenerative approaches. However, the real success of stem cell medicine will not be measured by the number of clinics offering such procedures or by spectacular advertisements. It will be measured by well-designed clinical trials, reproducible scientific evidence, patient safety and genuine improvements in health and quality of life.

Stem cells may indeed help medicine enter an era of regeneration. But the journey from a promising laboratory discovery to a safe and reliable treatment is long. Society must therefore welcome scientific innovation while remaining cautious about exaggerated claims. The message is simple: stem cell therapy offers enormous hope—but hope must always walk hand in hand with evidence, ethics and patient safety.

Surinderpal Singh
Faculty In Science Department
Sri Amritsar Sahib
Punjab.

City like feel.



Sahil Manzoor

Before ten years, we could clearly differentiate between a city and a village. In the past, electricity was so weak that bulbs only gave dim light on the walls. It was very difficult to get clear visibility on the floor surface. Electric poles were very rare; most households used temporary and risky wiring for electricity and felt immense pleasure even when they got a dim light occasionally.

The roads were just sources of dust, and even a heavy bus would move on these roads with uneven jerks. Drivers kept the third and fourth gears at rest due to the dilapidated condition of the roads. The roads were risky and caused frequent accidents, especially when a driver made a wrong turn.

In the upper reaches, ten or more households would share a single water point. Womenfolk had to do labour work that was not exercise for them. During winters, when taps got frozen, our womenfolk rushed to nearby springs to bring drinking water and used it very carefully. That activity was so hectic that most households ended up in unhygienic conditions and severe health issues.

Alhamdulillah! Today every household in remote areas has sufficient water facilities. I salute those who sponsored schemes like the Jal Jeevan Mission (JJM) and provided clean tap water to every home. This act definitely blessed the higher-ups. It is a great comfort to the underprivileged class, and people appreciate the scheme. But due to some selfish contractors and negligence of officials, this scheme faces issues in some areas where the public complains that the work was not done properly. Some contractors even engage household members for pipe digging without paying them labour charges. Schemes like the Prime Minister's Gram Sadak Yojna (PMGSY) and other projects for better connectivity, protection bunds, and drainage systems have provided great relief to the population living in villages. Today, almost every village is connected to each other, roads are macadamized, and people feel great comfort and appreciate the government for these steps.

Today, around 90 percent of villages are electrified, and only a few areas still lack electricity. But one unfortunate thing is the hike in electricity charges. It is very difficult for the underprivileged class to pay electricity bills promptly; they should be given relaxation by the central government.

What came to my mind encouraged me to write this article for a renowned newspaper of the Kashmir Valley.

When I was in 7th class, I started bodybuilding. It was my passion to stay healthy and fit so that I would not feel exhausted and lethargic in school. My school witnessed how much I contributed to a number of activities like scouting, cricket, bodybuilding, etc.

In Srinagar at that time, we had very few gym centres, and they were not equipped with advanced

machines. Most players were passionate and did their best, always staying away from drugs and keeping their health a priority. Now, after every two kilometres in Srinagar, we have a gym centre. Unfortunately, today we are facing a severe drug menace. Even the government is very concerned and is applying stringent acts against drug peddlers. Drug peddlers deserve capital punishment, and every corner should be checked so that this curse is eliminated. Youth need proper counselling, education, and sports activities.

Today's youth demand a free zone, which means we should counsel them properly. Tell them, "Give your best, you are still in." Never discourage them when they fail to achieve their goals. Always encourage them and provide opportunities so that they get enough time to know themselves and overcome all odds in life.

I am residing in Bhatti Mohalla Raiyar-Ich, Khandashib, District Budgam, a beautiful and mesmerizing village in the Kashmir Valley. My village is known for noon chai and makki roti. Due to the famous tourist destination Doodhpathri, my village has gained identity as an emerging tourist village in Khandashib.

Just ten years ago, this village was backward in all respects: road connectivity, electricity network, tap water facilities, and many more. Today, we have most facilities, but unfortunately, the road connectivity from my home to the main Doodhpathri Road has still not been taken up by the concerned authorities. Some miscreants are blocking the main entrance and keeping us deprived of this basic facility. Still, I am blessed and thankful for many things. I appeal to the government authorities to kindly intervene and take up our road from High School Raiyar-Ich to Bhatti Mohalla. We are losing our dignity without a road. How is it possible that due to some selfish brokers, they can block our road? We have MSC students and civil service aspirants, and the area is purely inhabited by the Gujar community.

Alhamdulillah, I am passionate about bodybuilding. I have set up a mini gym in a single room at my home.

One of my friends, Mohammad Yousuf, suggested that there is a gym at Yarikhah, just 2 kilometres from my home. A couple of days ago, I went there, got the key from the owner's family, opened the lock, and was surprised that we have such a great gym with imported machines near the shrine of Syed Yaqoob Balkhi. Alhamdulillah.

I talked to some people and the gym owner about their experience. They told me that people are not aware of such beneficial activities. I requested them to please spread the awareness among the general youth so that they visit the gym, get attracted, and explore the iron game world.

Suggestion: Our village is emerging in terms of development, education, business, and many more fields. So we have to keep in mind the mistakes we made while framing the master plan of cities like Srinagar, where we face flood threats and pollution issues. We must keep ample space for plantation, drainage, roads, and irrigation canals. We must stop illegal encroachment so that development becomes permanent, not temporary.

Sahil Manzoor Bhatti hails from Raiyar-Ich & can be reached at :sahilmanzoor411990@gmail.com



Central University of Jammu Ignites Entrepreneurial Spirit with Udhyaam Jagriti 5.0 Campaign

HT News Network

Jammu, 29th Aug 2026: The Central University of Jammu today successfully conducted the "Udhyaam Jagriti 5.0" campaign, a flagship initiative under the Government of Jammu & Kashmir's Mission YUVA, aimed at fostering an entrepreneurial mindset, innovation, and self-reliance among the youth. The event was organized under the guidance and mentorship of the Hon'ble Vice Chancellor, Prof. Sanjeev Jain, and under the supervision of Prof. Vinay Kumar, Dean, School of Basic and Applied Sciences. The program witnessed a confluence of academic leaders and a successful entrepreneur who shared their insights with enthusiastic students. The campaign focused on key areas including Innovation &



Entrepreneurship, Start-up Ecosystem Awareness, Skill Development & Capacity Building, and building an Atmanirbhar (self-reliant) tomorrow. The event commenced with a welcome address by the Programme Chair, Prof. Vinay Kumar, followed by an address from Dushyant Singh, Career Counseling Officer, who discussed Mission YUVA in detail, setting the tone for a day of learning and inspiration. The event featured insights from a distinguished team of experts including Prof. Jaya Bhasin and Dr. Shahid Mushtaq and representatives from the District

Employment and Counselling Centre (DECC), Samba, including Mr. Dushyant Singh, Career Counseling Officer, Ms. Anmol Sharma, Business Help Desk Coordinator, and Ms. Anisha Devi, Small Business Development Unit Coordinator, who provided practical insights on establishing new enterprises. A highlight of the program was an inspiring address by a successful entrepreneur Ms. Maqsood Akhter who shared her journey of securing a loan and establishing a bakery business. She credited the "hand-holding" and support provided by the Mission YUVA team for her success and encouraged students to "Think Big, Start Now, Shine Always," demonstrating that with the right guidance, turning an idea into a sustainable business is achievable. Students were also made aware of the "Innovation & Sustainability

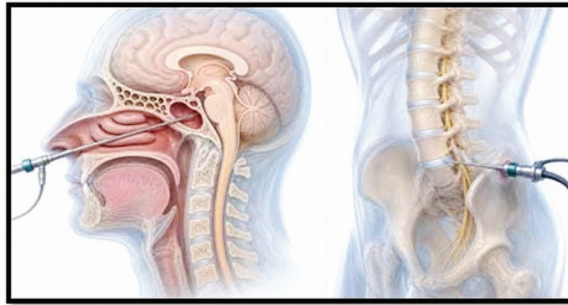
Challenge" launched under Mission YUVA. This initiative provides a platform for young innovators with technology-driven ideas to access funding support: Up to 2 Lakhs from the Government of J&K, Expert Mentorship: From IIMs and other institutions Incubation Support: Including access to IIM-Jammu and Market Access & Networking to help commercialize their innovations. Eligible participants, including students (age 18+), are encouraged to apply online. The "Udhyaam Jagriti 5.0" campaign successfully served as a platform to connect the university's academic community with practical entrepreneurial resources, reinforcing the university's commitment to the Prime Minister's vision of a self-reliant India. Faculty members including Prof. Suram Singh, Prof. Balaji Rao Ravuri, Prof. Kamni Pathania.

AIIMS Jammu Advances Minimally Invasive Cranial and Spinal Care

■ HT News Network

JAMMU :-The Department of Neurosurgery, AIIMS Jammu, has successfully performed a series of advanced endoscopic and minimally invasive cranial and spinal surgical procedures, reinforcing the institute's commitment to bringing contemporary neurosurgical care closer to the people of Jammu & Kashmir and adjoining regions.

These procedures have been undertaken using incision-less endoscopic routes wherever feasible, or through very small, strategically placed incisions. Such approaches are designed to minimize tissue disruption while enabling safe and effective treatment of complex brain and



spinal disorders.

The Department has successfully performed minimally invasive and endoscopic spinal surgeries for patients with lumbar disc prolapse and lumbar canal stenosis, with excellent clinical outcomes. These procedures address common causes of severe back pain, radiating leg pain, numbness, weakness, and

difficulty walking. Compared with conventional open surgery in appropriately selected patients, minimally invasive spinal techniques require less muscle dissection and cause less disturbance to surrounding tissues.

The Department of Neurosurgery recently performed a complex endoscopic resection of a malignant brain

tumour in collaboration with the Department of ENT at AIIMS Jammu. The tumour was arising from the skull base and was compressing critical areas near the brainstem in a 28-year-old woman from Kashmir. The multidisciplinary endoscopic approach enabled the surgical teams to access the lesion through a natural corridor, avoiding a large incision and facilitating precise removal of the tumour while protecting vital neurovascular structures.

The Department has also performed minimally invasive surgery for brain tumours through a keyhole approach, using a small eyebrow incision. This technique offers an effective operative route for selected cranial lesions while providing favourable cosmetic results.

PUBLIC NOTICE

Asaf Ali Shah Syed Geelani, S/o Ali Haider Shah, R/o Teetwal, Tehsil Karnah, District Kupwara, Jammu Kashmir, hereby solemnly declare that the caste entry recorded in my Service Book as "Syed-Geelani" was corrected using a correction pen at the time of my initial appointment. I now seek proper authentication and regularization of the said correction by the competent departmental authority.

Any person having any objection regarding the aforesaid entry/correction may submit his/her objection, along with supporting documentary evidence, to the District Police Office, Kupwara, within 07(seven) days from the date of publication of this notice. If no objection is received within the stipulated period, it shall be presumed that no person has any objection to the said entry/correction. Accordingly, the competent authority may authenticate and regularize the correction in the Service Book, and no objection in this regard shall be entertained thereafter.

Sd/-
Asaf Ali Shah Syed Geelani
S/o Ali Haider Shah
R/o Teetwal, Tehsil Karnah
District Kupwara, Jammu & Kashmir

PUBLIC NOTICE

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Sd/-
Asaf Ali Shah Syed Geelani
S/o Ali Haider Shah
R/o Teetwal, Tehsil Karnah
District Kupwara, Jammu & Kashmir

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: HALIL AHMAD GANIE
F/O UZAIR AHMAD GANIE
R/O BURZAWACHAN

PUBLIC NOTICE

This is for the information of the general public and the concerned department (KPDCL) that I, SHOKI ALAIS HAJIRA 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 ALAIS HAJIRA 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

This is for the information of the general public that I, Bakhti Bagum W/o Late Ab. Gani Ganie R/o Hajbagh have applied for change of name of the electricity connection from the name of my late husband. The electricity connection is presently registered in the name of Ab. Gani Ganie bearing Service Connection No./Consumer ID No. 020605003832, under Domestic Category with Contracted Load of 1 KW, installed at Hajbagh. Now I intend to get the said electricity connection transferred / changed in my own name i.e. BAKHTI BAGUM W/o Late Ab. Gani Ganie. If any person has any objection / claim regarding the change of name of the said electric connection, he/she may file his/her objection before the Assistant Executive Engineer (AEE), Electric Sub Division concerned within 7 days from the date of publication of this notice. After expiry of 7 days, no objection will be entertained and the department shall be at liberty to change the name. Details:

Old Registered Consumer Name: Ab. Gani Ganie
New Applicant Name: Bakhti Bagum W/o Late Ab. Gani Ganie
Consumer ID / Service Connection No.: 020605003832
Address: Hajbagh
Category: Domestic (Sd/-)
Applicant: Bakhti Bagum
W/o Late Ab. Gani Ganie

PUBLIC NOTICE

I have lost my Driving Licence bearing No:20250019790 That my said Driving Licence has been broken & damaged and is no longer to utilize as is not visible. Now I am applying for Duplicate. In this regard if anybody is having any objection may file the same to Concerned Department /RTO within the period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Suhaib Javeed Qadri
S/o: Javeed Ah Qadri
R/o: Nalband Pora Chattabal
Srinagar.

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection is registered on the name GH HASSAN TELI Now this Connection bearing Consumer ID NO 021204000601 wants to be registered on my name MOHD SHABAN MIR If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained.

Name: MOHD SHABAN MIR
R/O ... DOLIPORA
BLOCK...WAGOORA

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: UMER HABIB PARENTAGE: HABIBULLAH WAGAY ADDRESS: HMT ZAINAKOTE 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 connection is registered on my Father's name GH MOHI UD DIN RATHERS/O...AB KHLIK 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 PDD 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...WARIPARA BALLA
BLOCK...WAGOORA

PUBLIC NOTICE

My son's name has been wrongly written as INAAM IQBAL S/O PEER MOHD IQBAL on his Adhaar card bearing Adhaar No. 8541 0158 8399 while his correct name is PEERZADA INNAM S/O PEERZADA MOHAMMAD IQBAL 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 IQBAL
F/O...PEERZADA INNAM

PUBLIC NOTICE

It is hereby notified that in the school record of my son Mir Raahed Ul Islam, his mother name has been wrongly mentioned as "Mir Shakeela" instead of my correct name "Shakeela". The same may kindly be treated as corrected.

Shakeela
W/o Muzafer Ahmad Mir
R/o Shahi Mohalla, Soura, Srinagar



Govt. of Jammu & Kashmir.
Office of the Child Development Project Officer,
Mission POSHAN Sopore.
Re-Advertisement Notice



Subject: Re-Advertisement for recruitment of Sahayikas (Anganwadi Helpers) in Anganwadi Centres of POSHAN Project Sopore.

Ref:-1. Government Order No 222-JK(SWD) of 2022 Dated:30.11.2022.
2. Government Order No.103-JK(SWD) of 2023 dated: 28.04.2023.

3. Government Directions vide No. SWD-ICDS/43/2022, Dated 14.08.2023.
Approval has been accorded, by MD POSHAN J&K vide letter No: -MD/Poshan/22188-99 Dated: -18-06-2026 for filling up of vacancies of Sahayikas (Anganwadi Helpers) in Anganwadi Centres of POSHAN Project Sopore as per the details given below:

Sr. No.	Name of Project	Name of Post	No. of Post
1	Sopore	AWH	03
Total			03

Applications are invited in the Prescribed Performa in Annexure "A" from the eligible candidates for engagement as Anganwadi Helper on honorarium basis for aforementioned posts of Anganwadi Centres. The important dates/details with regard to the posts are as under:

- Date of commencement for submission of application 31.08.2026.**
- Last date for submission of applications is 15-09-2026 up to 04.00 PM.**
- Annexure B- Name of the Post, Location/Ward , Qualification and Criteria for selection**
- Annexure C- Affidavit**

ANNEXURE 'A'

- Format of Application**
- Name of POSHAN Project _____
 - Name of Anganwadi Centre _____
 - Post applied for _____
 - Name of the Candidate _____
 - Father's Name _____
 - Husband's Name (If married) _____
 - Residence _____
 - Ward No. _____ Panchayat Halqa/MC _____
 - Address for correspondence _____
 - Contact No. _____
 - Date of Birth _____
 - Age as on 01.01.2026 _____
 - Economic Status: NPHH/PHH/AAY.....
 - Widow/Destitute (If any):
 - Academic Qualification:

Passport Size
Photograph signed by
Gazetted Officer

S.No.	Examination passed	Board/University	Year of Passing	Marks Obtained	Total Marks	Percentage

- Do the applicant belong within the family of retiring AWW/AWH (YES/NO)
- Document Attached: 1. _____ 2. _____

3. _____ 4. _____ 5. _____
6. _____ 7. _____

Signature of the candidate _____ Date: _____

ANNEXURE 'B'

Detail of Vacant Posts (AWW/AWH) along with name and location of AWC.

Sr.No.	NAME OF ANGANWADI CENTRE	WARD NO.	Panchayat Halqa/ MC-Ward	NAME OF POST	NO. OF POSTS
1.	Tang Mohalla/ Ganaie Mohalla	08	Nowpora A	Sahayikas (Anganwadi Helpers)	01
2.	Bunpora Ranji A	02	Ranji	Sahayikas (Anganwadi Helpers)	01
3.	Chopan Mohalla Ranji B	06	Ranji	Sahayikas (Anganwadi Helpers)	01

Eligibility:

Anganwadi Helpers

- The selection of Helper shall be restricted to the electoral ward where Anganwadi Centre is located.
- Women candidates in the age group of 18-37 years as on 01-01-2026 shall be eligible.
- The candidate must be domicile of the UT of J&K.
- Minimum qualification for Anganwadi Helper shall be matriculation.
- In case no matriculate candidate available in the ward, candidates with qualification not less than 8th standard shall be considered.
- The committee shall select the (Anganwadi Helper) amongst eligible applicants, a married women on the basis of marks obtained in the class 10th. However, in rarest of rare cases where selection committee finds a widow headed household with no income source or a completely destitute lady with zero source of income, in such cases preference may be given, if other things are equal. In case no married candidate is available, unmarried candidate may be considered.

Document Verification

- The candidate who is shortlisted for document verification will be required to appear for Document Verification along-with the original documents as well as self-attested Photostat copy of each document as per the Advertisement Notification. The candidate must be in possession of the prescribed academic qualification and other document like Domicile Certificate, on or before the last date of submission of application form.
 - Panch Ward/MC-Ward certificate issued by BDO/EO concerned
 - Marks sheet(s)/Diploma/Degree of the qualification prescribed for the post as per Advertisement Notification.
 - Date of Birth
 - Matriculate Certificate.
 - Domicile Certificate.
 - Un-married Certificate from the Tehsildar Concerned (where required).
- Candidates have to bring two passport size recent colour photographs and one original Photo ID proof. Photo ID Proof can be:
 - Aadhar Card
 - Voter ID card.

ANNEXURE C

- All applicants to submit affidavit stating following facts:
- All Documents submitted are correct, without any mismatch, scanning, duplicate or fallacious in nature. If found incorrect or in any of the above stated situation the candidature of deponent may be cancelled and liable to action under law.
 - The deponent has read the HR policy no. 222-JK(SWD) of 2022 dated: 30.11.2022 and is well versed with all salient features of the policy and shall be applicable to the deponent in case of selection as Anganwadi worker/ Anganwadi Helper.
 - If the deponent has been engaged as an AWH, she may not compel or demand that the said AWC be made functional in her house or accommodation.

DIPK-5086/26
Send Date: Aug 29 2026

Child Development Project Officer
POSHAN Project Sopore



I taught myself to wake up without an alarm in a week. Here’s how it fixed my sleep

Ally Hirschlag discovers that waking up naturally can be surprisingly easy, if you take care of other sleep essentials.

My reliance on alarms has varied a lot through my life. When I was a teenager, I habitually woke up on school days before my alarm went off. I wasn't exactly jumping out of bed, but my internal alarm clock was reliable enough that I never worried about being late. That partly had to do with my always-on routine, which typically ended at 11pm, when I would crash out.

Then, in college, my sleep routine broke down due to a less structured schedule, and I began depending far more on my alarm. When I later entered the workforce, I switched back, reverting to a largely consistent sleep schedule and easily waking up alarm-free once again.

In my mid-30s, though, I found myself relying more and more on my alarm, and now I'm past 40, sleep doesn't come as readily at night, while groggy mornings have me regularly mainlining caffeine.

So when my editor suggested I test out learning to wake up without an alarm, based on tips from sleep researchers, I eagerly accepted. My circadian rhythm needed a tune-up, and I was ready to put the work in to fix it.

Finding my rhythm

After talking with experts, I decided a week of no alarms would be a reasonable time to try to reprogramme my own internal alarm. It involved a little preparation, however.

The researchers I spoke with all suggested taking a few days to find my true sleep rhythm before starting (more later on how to adjust your circadian rhythm if this ends up not fitting your schedule).

You want to make sure that you're going to bed at a pretty regular time...That regular routine will feed back, and often our bodies will start to relax as we get into that routine – Helen Burgess

I typically sleep for seven to eight hours, but my bedtime can be anywhere between 11pm and 2am. Occasionally, I'll fall asleep watching TV on the sofa, only to wake up at 2:30am, which makes it a real challenge to get back to sleep.

Thankfully, I happened to be going on a cruise and had ample time to observe when I naturally felt sleepy at night and ready to wake up in the morning. It turned out to be about 11:30pm and 8am – an eight-and-a-half-hour sleep period.

Getting adequate sleep is vital for our bodies and minds to function properly, and adults should generally aim for seven to nine hours (anything below six increases the risk of premature death by 20%). But there's no magic number that suits everyone.

"Eight [hours] is the middle, but some people are fine with seven, while some need nine," says Eti Ben Simon, associate director of the Sleep Innovation Labs at the University of Texas at Dallas. There will be some biological variability, based on your circadian rhythm, she says.

So how could I maintain this during a work week, when higher anxiety – and worrying about managing to sleep eight hours a night – often impacts my sleep quality?

The experts I spoke to say what's important is not just getting enough sleep, but adhering to a consistent schedule. "You want to make sure that you're going to bed at a pretty regular time, and that it's early enough that



you'll be able to get that eight [and a half, in my case] hours that you need," says Helen Burgess, co-director of the sleep and circadian research lab at the University of Michigan in the US. "That regular routine will feed back, and often our bodies will start to relax as we get into that routine."

That advice was very reassuring as I was already anxious about potentially waking up too early (something I tend to do when I've an important event the next day).

Light and winding down

My new routine also needed to incorporate natural light, to help sync my internal clock with my sleep schedule. Ideally, these work in tandem, so you're "tired at night and awake during the day", says Simon. Light plays a major role in this partnership by activating the hormones that signal sleep and wakefulness.

"Light is the single biggest regulator of the circadian clock," says Anna Joyce, a chartered psychologist, sleep specialist and researcher at Regent's University London. "It tells melatonin to turn off, and that it's time to be awake." Studies have also shown that bright morning light can have a significant antidepressant effect by providing a healthy dose of serotonin.

I'm quite light-sensitive, so the researchers I spoke to suggested using blackout blinds (which I already had) while sleeping, and I decided to wear my sleep mask for added protection. Then, upon waking, they recommended I immediately open the blinds to let in the morning light, which triggers a surge of cortisol, a hormone that allows us to be alert and ready for action. "That helps tell the clock, 'Okay, this is when I start my day'," says Simon.

Joyce also stressed the importance of having a "predictable wind-down routine" within approximately two hours of when you want to be asleep. Exactly what works here will vary person by person, but dimming the lights is key, as it signals your body to produce melatonin, prepping you for sleep. I planned to get into PJs, brush my teeth and do my skincare regimen as soon as I felt sleepy,



“

You want to make sure that you're going to bed at a pretty regular time...That regular routine will feed back, and often our bodies will start to relax as we get into that routine – Helen Burgess

”

so I could simply climb into bed at my designated bedtime.

Simon advised paying attention to my body's temperature. At night, our core temperature drops because we're exerting less energy, and the body releases lingering energy through the hands and feet via vasodilation (widening of blood vessels). This is why it's harder to fall or stay asleep when it's hot. Overheating absolutely disrupts my sleep, so I set our thermostat to drop earlier than usual, at 11pm, and outfitted our bed with thermoregulating bamboo sheets.

Sleep obstacles

My biggest sleep impediment, though, is my smartphone. That's a common complaint, according to the experts I spoke to. The blue light devices emit may be partly responsible: it's on a similar wavelength to daylight, which can send confusing signals to the brain when it's nighttime. The likely more impactful aspect of smartphones, though, is dopamine scrolling, aka habitually scanning social media feeds to chase small hits of good feelings. Algorithms on these platforms are designed to keep us engaged, so it's not surprising that a recent analysis found that excessive scrolling inhibits sleep.

To overcome this obstacle, I used a physical app-blocking device, scheduling my block from 9pm to 12pm every night of the experiment. I also put my phone into greyscale mode (typically found in your accessibility settings, if you're interested) to make the imagery look duller and less attention worthy.

I restricted myself to one cup of coffee a day in the morning, aimed to eat meals at a consistent time and finish dinner at least three hours before bed (since your metabolism influences your circadian rhythm). Burgess also suggested I avoid alcohol as much as possible. "It will actually help you fall asleep a little bit faster," she says, but "messes up your sleep later on", as it suppresses REM sleep.

Before kicking off the experiment, I noted where it could go awry. We have two cats that like breakfast at 6am. Thankfully, they're mostly programmed to wake my husband up for this (I'm the evening feeder). His gentle early-morning alarm rarely wakes me, but he offered to sleep on the couch whenever he was getting up egregiously early (5am).

And finally, at the recommendation of all the experts I spoke to, I set an emergency alarm 20 minutes later than my desired 8am natural wakeup time, just in case.

A seven-day test

On the first night, I was asleep by midnight, half an hour after my target of 11:30pm, though I woke a few times during the night. That morning, I awoke slightly before 8am but snoozed until 8.15am. I fell asleep around the same time the second night, but it took some coercion – listening to an ASMR (autonomous sensory meridian

response) video with my phone turned upside down conked me out. I ended up sleeping until my emergency alarm at 8:20am.

Day three was quite busy, so I fell asleep around 11pm, and woke up naturally at 7:10am. Since I didn't need to be up yet, I lingered a bit in bed, but didn't fall back asleep.

The key thing about sleep is it's not an on and off switch. Life inevitably threw some hurdles. By night four, I had no trouble falling asleep a bit before midnight. The next morning, however, I was woken up at 6:45am by an offensively early doorbell (I did still manage to fall back asleep for a further hour).

Night five had me asleep by 11:30pm and awake the next morning at 8:12am, despite a brief cat paw to the face at 5:30am. Night six was my birthday, so I had a couple of drinks and was in bed by 12:30am. I woke up with some heartburn at 6am (which I considered karmic punishment for deviating from the experiment), then fell back asleep until 9am.

On night seven, a Friday, I fell asleep easily between 11:30pm and 12am, and woke up Saturday morning at 8:05am. It's a rare occasion for me to be up before my husband on a weekend, so I went to get us cortados from around the corner.

My week-long experiment had officially wrapped, but I still woke up comfortably a few minutes after 8am on Sunday, and this continued into the following week with little effort. In the weeks following, I've maintained some of the expert-recommended sleep hygiene routines, like regular mealtimes and less phone use before bed. I've somewhat reverted to alarm wakeups but have had much less of a struggle naturally waking up when I want to – as long as I've had at least eight hours of sleep.

My big takeaways

My internal clock was by no means a German train by the end of the experiment, but it still felt successful overall. I had less trouble waking up naturally around 8am and felt less morning grogginess by day four. What helped the most, I felt, was the regular bedtime routine and limiting screen exposure.

I plan to keep this up as much as I can, even on weekends: it legitimately left me feeling more rested and energised. Eventually, I'd like to shift my wake-up time an hour earlier, though Burgess says that can be a slow process. "The circadian system is slow to shift. I would say start with a half-hour shift in both bedtime and wake time, half an hour earlier each day until you get to where you want to be, and then try to hold it," she suggests.

- Is it really possible to 'bank' sleep for later?
- Why modern parents feel more sleep deprived than our ancestors did

With all that life throws at us, from doorbells to birthdays to stress, consistent, truly restful sleep can be an elusive commodity. While exploring the scientific research for this article, what struck me most was how strained our relationship is with sleep today.

Over-reliance on tech is impacting sleep quality, especially in adolescents, whose developing brains and bodies need sleep more than any other demographic. A 2025 analysis of a survey of 45,000 Norwegian students found that excessive smartphone use was directly correlated with poor sleep.

"We do see a strong link between these mental health disorders and sleep disruptions in young adults, and we also see that if you have any tendency or any risk for mental health disorders, sleep loss can push you over the edge," says Simon. "They need at least nine hours of sleep, about 70% don't even get to seven." Many adolescents could certainly benefit from a sleep recalibration week. It was worth it for me, though I recognise that finding the time is a luxury not everyone can afford.

Still, incorporating any of these habits into your daily routine could help in finding a more restful night, and an easier wake-up.

If your sleep schedule is off, and you do have some room to try a reset, be patient with yourself. It might take some trial and error to discover your own unique rhythm. "The key thing about sleep is it's not an on and off switch," says Burgess. "It doesn't quite work that way."

For trusted insights on health and wellbeing, sign up to the Health Fix newsletter by senior health correspondent Melissa Hogenboom who also writes the Live Well For Longer and Six Steps to Calm courses.

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(BBC News)



Spain's men stun Netherlands to book final date with defending champions Germany

United News Of India

AMSTERDAM, AUG 29 :Germany kept their FIH Hockey World Cup title defence on track with a semi-final victory over Argentina, while Spain stunned hosts the Netherlands in a thrilling clash to set up a mouth-watering final on Sunday.

Spain reached their first FIH Hockey World Cup final since 1998 after upsetting the Netherlands 4-3 in Amsterdam.

The Dutch looked the more settled side early on, launching the first attack inside 10 seconds and putting Spain under sustained pressure. They eventually broke the deadlock in the 22nd minute when Koen Bijen finished a lovely move up the left.

Spain hit back in the third quarter, with José Bastera adding the faintest of behind-the-back touches to a long ball into the circle to level the scores.

The turning point came when Duco Telgenkamp received a 10-minute yellow card for a shoulder charge on a screaming Xavier Gispert. Spain immediately took advantage, with an



unmarked Bastera tapping in his second before Pepe Cunill added a penalty-corner goal moments later.

Bastera then completed his hat-trick from the penalty spot to put Spain 4-1 up after a bad challenge in the circle. The Netherlands launched a late fightback, with Jip Janssen scoring from a penalty corner before Joep de Mol added another with just over a minute remaining.

But the Olympic champions had left themselves too much to do, and Spain held on for famous 4-3 victory. Spanish goalkeeper Luis Calzado

was named Player of the Match and said afterwards: "When we scored the fourth goal, we knew that the match was not done. We needed to work more to

take the path to the final, and I think that we did... We made some mistakes that we gave more opportunities to the Netherlands. But I'm really proud for the team, and really proud for me.

I think that I will remember this every moment." Defending champions Germany booked their place in a second consecutive final with a hard-fought

2-1 win over Argentina. After the drama of the first semi-final, the second was a much more cagey affair, with both sides cancelling each other out and creating few clear chances in the opening half.

Germany came closest just before the break when Justus Weigand attempted a tennis-style overhead smash towards goal, but Christopher Ruhr couldn't quite connect with the deflection.

The Germans made the perfect start to the second half when Weigand added a bouncing deflection to Moritz Ludwig's shot into the circle in the 33rd minute. But the Argentinians responded early in the final quarter, with Tomás Domene converting a penalty corner to level the scores.

The game then swung Germany's way when Argentina's Lucio Mendez was handed a five-minute yellow card in the 50th minute, leaving his side a player short. Germany made the numerical advantage count, with a decisive pass from Ludwig finding Weigand, who volleyed the ball across goal for Paul-Philipp Kaufmann to turn it in at the far post in the 54th minute.

BHSS Nowpora Celebrates National Sports Day, Felicitates Winners

HTNEWSDESK/SPORTS

SRINAGAR, AUG 29: BHSS Nowpora Cluster celebrated National Sports Day with enthusiasm, marking the birth anniversary of legendary hockey player Major Dhyan Chand.

The programme witnessed participation of students, teachers and sports enthusiasts, while winners and runners-up of various cluster-level sporting events were felicitated with trophies, medals and certificates.

Students also participated in traditional games aimed at promoting fitness, teamwork

and healthy competition. Principal BHSS Nowpora,

urged them to make physical fitness an integral part of their lives.



Dr Syed Masrat, stressed that sports help inculcate discipline, confidence and leadership among students and urged

The celebrations concluded with a call to students to remain active and uphold the spirit of fair play.

England bowlers come up good to rattle Pakistan on Day 2



United News Of India

LONDON, AUG 29 :England continued their dominance in the ongoing ICC World Test Championship series against Pakistan as they leapt to a massive 261-run lead heading into Day 3 at Lord's.

England began the day at 248/9, and thanks to Josh Tongue's unbeaten 30 at 11, the home side finished their first innings at 290.

Mohammad Abbas finished with impressive figures of 4/73, while Mohammad Ali chipped in with 3/86.

Pakistan, however, endured a disastrous start in reply, losing Shan Masood in the fourth over before Abdullah Shafique fell for five and returning skipper Babar Azam was dismissed for eight. The visitors were left reeling at 30/3.

Jofra Archer accounted for Masood, while Josh Tongue made his mark by removing Shafique and Babar.

Saud Shakeel followed soon after, with Ollie Robinson striking to send the batter back for a low score, according to ICC.

Opener Azan Awaiz offered Pakistan a glimmer of hope, top-scoring with 46, but Robinson then tore through the middle order, claiming four wickets for just 11 runs as Pakistan were bowled out for 110.

Archer finished with figures of 3/26, while Tongue joined the wickets column with 2/27, giving England a 180-run lead heading into the second innings.

The home side's second innings began with two quick wickets falling as Khuram Shahzad sent Ben Duckett and Jordan Cox off successive overs.

Skipper Joe Root began well, but his knock came to a close on 24, courtesy of a beauty from Mohammad Ali that trapped the batter LBW.

England ended the day at 81/3 with a massive 261-run lead heading into Day 3 at Lord's.

Neeraj Chopra to miss Diamond League finals, Asian Games due to ankle injury

United News Of India

NEW DELHI, AUG 29 :In a massive setback to India's medal hopes at the upcoming Asian Games in Aichi-Nagoya, star javelin thrower Neeraj Chopra has pulled out of the remainder of the season due to an ankle injury. The injury also effectively rules him out of the Diamond League Finals in Brussels next week.

The 28-year-old last competed at the Lausanne Diamond League, where he finished second with a Season Best effort of 88.05m. His only other Diamond League appearance this season came in Doha, where he finished fourth with a distance of 85.69 metres.

Despite participating in just two Diamond League events, Neeraj had qualified for the Finals in Brussels as the sixth-best athlete this season.

He had also clinched silver at the Commonwealth Games in Glasgow last



month, recording a best throw of 85.83 metres.

The Olympic and world champion said the injury occurred shortly after he produced his season's best throw in Lausanne, at a time when he felt he was finally beginning to find the rhythm he had been searching for.

"Unfortunately, shortly after, I sustained a ligament tear in my ankle during training. After discussions with my doctor and team, we've decided that I will sit out the rest of this season," Chopra said.

The injury also means Chopra will miss the upcoming Asian Games, where

he was expected to defend his Hangzhou gold medal.

Chopra admitted that the timing of the setback was disappointing, particularly as he felt his form was beginning to come together.

"It's disappointing, especially because I felt close to finding my rhythm. But as they say, setbacks are a part of the journey," he said.

The Panipat-born thrower said his immediate focus would now be on recovering well and returning stronger.

"My focus now is on recovering well and coming back even stronger," Chopra said, while thanking fans for their "love and support."

Four years back in Hangzhou, Neeraj led India to a historic double podium finish along with Kishore Jena, who finished second. Neeraj topped the podium with a massive throw of 88.88 metres.

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