



Chief Electoral Officer holds SVEEP programme in Rajouri, stresses ‘No Voter to be left behind’

■ HT News Network

RAJOURI, AUGUST 03: To promote voter awareness and encourage greater participation in the electoral process, the Office of the Chief Electoral Officer, J&K, today organised a day-long mega SVEEP (Systematic Voters' Education and Electoral Participation) programme at Sunderbani Sub-Division, Rajouri.

The programme was presided over by Chief Electoral Officer (CEO), J&K, Sanjeev Verma.

District Election Officer, Rajouri, Abhishek Sharma, Deputy District Election Officer, Qadeer Ul Rehman; SVEEP Nodal Officer, J&K, Salam Din, Electoral Registration Officers (EROs), Assistant Electoral Registration Officers (AEROs), Booth Level Officers (BLOs) and local residents and voters including newly enrolled electors were present on the occasion.

The programme was organized to strengthen voter awareness at the grassroots level, with a special focus on young and newly enrolled voters, encouraging them to actively participate in the democratic process. The participants were sensitized on the importance of informed and ethical voting, electoral rights, and the role of every eligible citizen in strengthening democracy.

Addressing the gathering, the



CEO emphasised that voter awareness cannot remain confined to election time only and needs to be taken to every section of society through sustained and meaningful outreach throughout the year. He called upon the officers, officials and field functionaries to maintain close contact with voters and ensure that genuine information regarding electoral processes reaches people at the grassroots.

Sanjeev Verma also stressed the need to give particular attention to first-time voters and vulnerable sections requiring greater facilitation and awareness. He urged the youth to understand the value of their vote and participate in elections not merely as a right but as an important responsibility towards strengthening the democratic system.

During the programme, detailed

discussions were held on voter registration, electoral roll-related services, voter facilitation and the role of Booth Level Officers in ensuring that the eligible citizens are connected with the electoral process. The field functionaries were advised to undertake regular outreach in their respective areas and address the concerns of voters in a timely manner.

The CEO also interacted with the BLOs and other electoral officials and had feedback regarding voter awareness activities being undertaken at the ground level. He stressed the importance of identifying areas and groups where voter awareness needs to be further strengthened and tailoring SVEEP interventions accordingly.

The newly enrolled electors were encouraged to remain actively engaged with the electoral process and make use of the facilities and information made available by the Election Commission of India and the Election Department, J&K. The participants were sensitised about the importance of exercising their franchise freely, responsibly and in an informed manner.

The programme also highlighted the role of BLOs as the first point of contact between the Election Department and the voters. The field-level officials were asked to continue working with zeal so that no eligible voter is left behind.

DC Poonch reviews arrangements for Independence Day 2026 celebration

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POONCH, AUGUST 03: Deputy Commissioner Poonch Ashok Kumar Sharma today chaired a comprehensive meeting to review the preparations for the Independence Day 2026 celebrations.

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

The meeting focused on ensuring well-coordinated, timely and the best arrangements for the celebration of the national event.

Additional Deputy Commissioner Tahir Mustafa Malik presented a detailed PowerPoint presentation, outlining the departmental responsibilities and the current status of preparations.

The Deputy Commissioner conducted a thorough review of the arrangements, including

security and traffic management, venue decoration and seating, public address system and Shanai Vadan, parade and cultural performances, vehicle parking,

Day function is scheduled to be held at Sports Stadium, where the Chief Guest would unfurl the National Flag and take the salute at the ceremonial March Past.



fire safety measures, barricading, refreshments for participants, power and water supply, illumination of government buildings, besides cleanliness and sanitation around the venue.

The DC directed the concerned officers to ensure that all arrangements pertaining to their respective departments are completed well in advance and as per established practice, with close coordination among all stakeholders.

The main Independence

The SSP directed the parade in-charge for ensuring proper practice of the contingents during rehearsals, focusing on flawless coordination and smart march during the parade. He also assured that adequate security arrangements would be put in place during the event.

The Deputy Commissioner asked all departments to work in close synergy and uphold the spirit of unity and patriotism, ensuring that Independence Day 2026 is celebrated in a grand, inclusive and seamless manner.

DC Kathua assesses progress of development works

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KATHUA, AUGUST 03: Deputy Commissioner Kathua today chaired a comprehensive review meeting to assess the progress of development works being executed under the UT Capex, District Plan and the MLA Constituency Development Fund (MLA-CDF).

At the outset, the district officers and executing agencies presented detailed updates on the physical and financial progress of ongoing developmental works across the

district. The Deputy Commissioner emphasized the need for timely completion of all sanctioned works. He directed the concerned departments to adhere strictly to the prescribed timelines. Stressing the importance of quality and efficiency in execution, the DC instructed officers to expedite the pace and ensure that all projects are completed at the earliest for the benefit of the public. The DC directed the concerned departments to complete the necessary formalities for early allotment and execution of new projects proposed.

DC Budgam reviews preparations for Har Ghar Tiranga Campaign 2026

■ HT News Network



BUDGAM, AUGUST 03: Deputy Commissioner (DC) Budgam, Athar Aamir Khan, today chaired a meeting at the Conference Hall to review preparations for the smooth and successful implementation of the Har Ghar Tiranga Campaign 2026 across the district.

The Deputy Commissioner reviewed the arrangements being made by the concerned departments and stressed the importance of coordinated efforts for the successful observance of the campaign. He said the initiative aims to strengthen the spirit of patriotism, national unity and respect for the National Flag. He directed all departments to ensure effective inter-departmental coordination, wide public outreach and timely execution of activities to encourage maximum public participation and celebrate the campaign with enthusiasm across the district.

The DC reiterated the District Administration's commitment to the successful implementation of the campaign and expressed confidence that, through collective efforts, it would be celebrated in its true spirit across Budgam.

The meeting was attended by ADDC Budgam Vivek Agarwal, PO ICDS, JD Planning, CEO, CMO, CHO, all Tehsildars, Principals of Higher Secondary Schools and other concerned officers

ACD Anantnag calls for robust PRI Participation in VB-GRAM-G Act implementation through District-Level Panch Sammelan

■ HT News Network

ANANTNAG, AUGUST 03: A District-Level Panch Sammelan was organized today at the

and issuance of Gramin Rozgar Guarantee Cards (GRGCs), as well as the planning, execution, monitoring and long-term maintenance of community assets.



Block Headquarters, Khoveripora, to sensitize elected representatives and functionaries of the three-tier Panchayati Raj Institutions (PRIs) on the provisions and implementation framework of the Viksit Bharat – Guarantee for Rozgar and Aajeevika Mission (Gramin) Act, 2025 (VB-GRAM-G).

The Sammelan was chaired by the Assistant Commissioner Development (ACD), Anantnag, Shafiq Ahmad Wani, who addressed former Panchs, Sarpanchs and other PRI functionaries. In his address, the ACD elaborated on the vision and objectives of the VB-GRAM-G Act, 2025, emphasizing the pivotal role of Panchayati Raj Institutions in its effective implementation.

He highlighted the statutory roles and responsibilities of PRIs under the Act, the preparation and approval of Viksit Gram Panchayat Plans (VGPPs), registration of eligible households

The ACD further underscored the significance of convergence with various rural development programmes to maximize developmental outcomes. Stressing the principles of good governance, he emphasized transparency, social accountability, effective grievance redressal, and robust social audit mechanisms as the cornerstones for successful implementation of the Act at the grassroots level.

The Sammelan witnessed enthusiastic participation from PRI representatives and functionaries, who actively engaged in the deliberations. They were encouraged to strengthen community participation, ensure effective implementation of the Act, and contribute towards realizing the vision of a Viksit Bharat through responsive, transparent and accountable grassroots governance.

ADDC Shopian reviews Youth Engagement Programme

■ HT News Network

SHOPIAN, AUGUST 03: Additional District Development Commissioner (ADDC) Shopian, Dr. Nasir Ahmed Lone today chaired a comprehensive review meeting on the implementation of the Youth Engagement Programme in the district.

The meeting reviewed the progress of activities being undertaken by various departments and deliberated on the roadmap for ensuring greater youth participation across the district.

During the meeting, the ADDC directed all departments to prepare and implement systematic, well-coordinated and time-bound action plans. He emphasized that youth engagement initiatives should be decentralized and organized at the zonal and grassroots levels to ensure maximum outreach. The ADDC stressed the need for establishing facilitation centres and ensuring active coordination among line departments. He called upon officers to involve teachers, AWWs, ASHAs, Panchayat representatives and other grassroots functionaries in mobilizing youth for different activities.

He instructed departments including Education, Social Welfare, Agriculture, Horticulture, Sheep Husbandry, Skill Development, Youth Services & Sports, DIC and other stakeholder departments to work in close coordination for effective implementation of the programme.

The meeting also discussed scheduling of sports, skill development, awareness and career-oriented activities. Departments were directed to upload event details regularly and maintain proper documentation of all activities. The ADDC emphasized that every youth should be meaningfully engaged through constructive activities aimed at building skills, leadership qualities and positive community participation. He underscored that the programme should serve as an effective platform to channelize the energy of youth towards nation-building while protecting them from drug abuse and other social evils.

The meeting concluded with a resolve to ensure coordinated efforts by all departments for the successful implementation of the Youth Engagement Programme across District Shopian.

Director Information reviews preparations for 1st International Film Festival of Jammu & Kashmir Directs fool-proof arrangements; calls for seamless coordination among stakeholders

Over 1100 film entries received from more than 50 countries for grand festival

■ HT News Network

SRINAGAR, AUGUST 03: Director Information, Shreya Singhal chaired a review meeting at Media Complex here today to take stock of the preparations for the forthcoming 1st International Film Festival of Jammu & Kashmir (IFFJK).

The meeting was attended by Joint Director Information (Hqr), Dr. Zahoor Ahmad Raina; Joint Director Information Kashmir, Syed Shah Nawaz Bukhari; Joint Director Information Jammu, Deepak Dubey; Deputy Director Information (PR/AV), Javid Ahmad Rather; Deputy Director Information (PR) Srinagar, Mohd Rafiq Zullah; Deputy Director Information (Hqr) Jammu, Aashu Kumari; Deputy Director Information (PR) Jammu, Moksha Dogra;

Deputy Director Information (Hqr) Kashmir, Zubair Ahmad; Film Production Officer, Alaaq Rasool Gadda; District Information Officers of various districts, Information Officers and other officials of the department, either in person or through video conferencing.

During the meeting, the Director conducted a comprehensive review of the arrangements being put in place for the festival, including venue management, delegate facilitation, hospitality, media management, transportation, cultural programmes, technical support, logistics and other allied arrangements.

Addressing the officers, the Director stressed upon the officers that all preparations should be completed well within the stipulated timelines, leaving no scope for lapses. "Ensure fool-proof arrangements and seamless coordination among all stakeholders for the successful conduct of the prestigious event", she said.

Emphasizing that the inaugural edition of the International Film Festival marks a significant



milestone in Jammu & Kashmir's cultural and cinematic landscape, Shreya Singhal said the event will provide a global platform to showcase the J&K's rich heritage,

scenic splendour, artistic excellence and immense potential as a preferred destination for film production and creative collaborations.

The Director Information directed all officers and committees concerned to maintain close coordination and ensure effective synergy among the departments and agencies associated with the festival. "Meticulous planning, prompt execution and continuous monitoring of preparations are essential for organizing the event in a smooth, professional and befitting manner", she maintained.

Shreya Singhal further instructed the officers to regularly review the progress of works assigned to them and address emerging issues expeditiously through coordinated action. She also laid emphasis on robust media and publicity arrangements to ensure extensive outreach and wider visibility of the festival at the national and international levels.

The Director reiterated the commitment of the Department of Information and Public Relations (DIPR) to host the festival to the highest professional standards, making it a landmark celebration of

cinema that reflects the cultural vibrancy, creative aspirations and growing global profile of Jammu & Kashmir.

During the meeting, officers briefed the Director Information on the status of preparations in their respective sectors and informed that the arrangements are progressing as per schedule.

Pertinently, the 1st IFFJK is slated to be held from 7th September to 10th September, 2026 and is guided by the theme 'Rang-e-Cinema'. The festival aims to bring filmmakers, industry professionals, and audiences together in one of India's most distinctive cultural landscapes.

The festival has received overwhelming response with more than 1100 film entries received from around 50 countries under categories like International Competition, Short Film, Bharat Panorama J&K Select, etc. The festival has also received tremendous response from the filmmakers of Jammu and Kashmir, with budding filmmakers, artists and others associated with cinematic world getting big platform to showcase their work and talent.





HT EDITORIAL

Nature's Warning : We Can't Afford To Ignore Anymore...

Kashmir is facing one of the most unpredictable weather patterns in its history. The Valley, once known for its pleasant climate and well-defined seasons, is now witnessing frequent cloudbursts, flash floods and landslides. Hardly a week passes without reports of heavy rain causing destruction somewhere in the region. What were once considered rare natural events have now become an alarming reality.

Since the beginning of June this year, nearly 35 cloudburst incidents have been reported across Jammu and Kashmir. These have claimed around 25 lives and damaged homes, roads, bridges, orchards and other public and private property worth crores of rupees. Every such tragedy leaves behind shattered families and communities struggling to rebuild their lives.

Climate change is certainly one of the major reasons behind these extreme weather events. Rising temperatures and changing rainfall patterns have made nature more unpredictable than ever before. However, it would be unfair to blame nature alone. Much of the destruction is also the result of our own actions.

Over the years, rivers, streams, flood channels and irrigation canals have been encroached upon without any regard for the consequences. Natural drainage systems that once carried rainwater safely have either been narrowed or completely blocked. During heavy rainfall, water simply follows its natural course, washing away everything that comes in its way. Many people who ignored these warnings are today paying a heavy price for their mistakes.

Another worrying trend is the rapid disappearance of Kashmir's natural water resources. Hundreds of springs that once supplied drinking water throughout the year have either dried up or are on the verge of extinction. Wetlands have shrunk, forests have been degraded and water bodies continue to suffer from pollution and encroachments. It is indeed ironic that while heavy rains bring devastating floods, the Valley simultaneously faces an increasing shortage of clean water.

Development is essential for progress, but it must be planned with care. Large-scale cutting of fragile mountain slopes for highways, tunnels and other infrastructure projects has disturbed the natural balance of the region. Whenever there is heavy rainfall, loose soil and rocks come crashing down, triggering landslides across several vulnerable stretches.

The Srinagar-Jammu National Highway, the only surface link connecting the Valley with the rest of the country, has become particularly vulnerable. Almost every spell of heavy rain leads to landslides, forcing the closure of the highway. Thousands of passengers remain stranded for hours or even days, while the supply of essential commodities, medicines and fuel gets disrupted. Such frequent closures not only inconvenience people but also affect trade, tourism and the overall economy of Kashmir.

The government has been making sincere efforts to carry out rescue operations, restore damaged infrastructure and provide relief to affected families. The dedication of disaster response teams, police, civil administration and volunteers during emergencies deserves appreciation. Yet relief after a disaster is never a substitute for preventing one.

Protecting rivers, restoring wetlands, conserving springs, planting more trees and preventing illegal encroachments must become top priorities. Environmental laws should be enforced strictly, and development projects must be guided by scientific studies rather than short-term considerations.

At the same time, the responsibility does not lie with the government alone. Every citizen has a duty to respect nature. Throwing waste into water bodies, constructing buildings on flood channels and damaging forests may seem insignificant today, but their consequences become painfully visible when disaster strikes.

Nature has been sending repeated warnings to Kashmir. The increasing frequency of cloudbursts, floods and landslides is a clear reminder that environmental neglect carries a heavy price. The choice before us is simple: either learn from these warnings and protect our fragile ecosystem, or continue to ignore them and face even greater tragedies in the years to come. The time to act is now, before nature delivers an even harsher lesson.

Nisar Peerzada

A Life Dedicated to Truth and Journalism



Mohammad Arfat Wani

The sudden passing of Mr. Nisar Peerzada, senior journalist and Editor-in-Chief of Kashmir Traveller, on January 14, 2026, has left a void in the world of journalism and in the hearts of people in Jammu and Kashmir. Nisar Peerzada was born in 1964 in the renowned Rafiqi family of Tral. He had a passion for learning and reading from a very young age. While other children were playing, he was engrossed in reading books. This thirst for knowledge shaped his life and became the cornerstone of his illustrious career as a journalist.

He did his Master's in Urdu from Kashmir University and a postgraduate diploma in Journalism and Mass Communication from IGNOU. Right from his college days, he freelanced with local and national dailies, and this earned him recognition for his integrity, dedication, and hard work. Even during his periods of illness, he never allowed his personal problems to come in the way of searching for the truth and serving society.

Mr. Peerzada's career spanned the change that has occurred in the world of journalism in our region. He was the Editor of the Urdu weekly magazine Rahnuma Kashmir, wrote for Kargil Number, which focused on the far-off regions of Ladakh, and wrote for the national Urdu daily Qawmi Awaz. He also worked in Kargil, where he brought out an Urdu newspaper called Rangul. The paper was named after the Ladakhi language, and it became extremely popular with the defense personnel posted there and the locals. He also worked in radio and television as a producer and news editor and started the news agency News Today with senior journalist Mr. Zahoor Shair, which gave a platform to voices and stories that would otherwise have gone unheard.

What made Nisar Peerzada special was that he had a human touch. He spent innumerable hours advising young journalists, colleagues, and friends. I personally spent innumerable hours talking to him over the phone, learning not just about journalism but about life, honesty, kindness, and ethics. His warmth, humility, and ability to connect with people were as impressive as his professional acumen.

He was a great lover of the Urdu language and worked tirelessly to promote young talent. He assisted students in their education and career and always stressed the importance of honesty and integrity. To him, respect for journalism began with small things, even something as trivial as holding a newspaper properly.

He was a part of the first batch of Journalism and Mass Communication at Kashmir University, affiliated with IGNOU. He learned from teachers like Mr. Nasir Mirza, Mr.



Showkat Shafi, and Ms. Syeda Afshana, and studied alongside classmates like Parvez Sajad, Shabnum Tilgami, and Sumaira Bashir. His teachers remember him as a journalist whose values have outlived his byline.

Mr. Peerzada also loved the culture and history of Jammu and Kashmir. He respected the local intellectuals and personalities and felt that it was the responsibility of a journalist to pay homage to the traditions and wisdom of the people. Right from the ancient knowledge of Sharda Peeth to the verses of Lal Ded and the sayings of Sheikh Noor-ud-din Wali, he embodied the spirit of truth, tolerance, and compassion.

Though he is no more with us, his legacy will live on. He proved that journalism is not about popularity or ease but about truth, service, and responsibility. He has been

an inspiration to generations of journalists and has left behind a legacy of honesty, humility, and dedication. Jammu and Kashmir has lost a great journalist, but his work, wisdom, and example will continue to inspire many.

Allah may give him Magfirah, increase his ranks in Jannat-ul-Firdous, and grant his family, friends, and followers patience and strength. Nisar Peerzada may have left this world, but his work, guidance, and values will keep him alive in the hearts of all those who cherish truth, integrity, and Urdu journalism.

(Mohammad Arfat Wani, a passionate writer, social activist, and nursing student from Kuchmulla Tral, is also a B.Sc. Nursing student at Ramzaan College of Nursing & Paramedical Sciences, Galander Pampore, Email: wania6817@gmail.com)

For your own mental peace don't try to understand everything.



By:- Raqif makhdoomi.

There's a very famous Kashmir saying "Hatie Hounie kathie zang". Which means inviting unnecessarily trouble. I have seen people speaking things they don't know anything about but they speak about it just for the sake of speaking. I have said it multiple times that in the times of likes and shares we have lost the what really matters. What people have laid stress on is they want to be seen and noticed. Writing on social media platforms is a right under speech and expression. But the same constitution has put restrictions on what to speak. People need to understand that they should keep in mind that speaking whatever they want to say has to be said in a manner it shouldn't land them in trouble. Things keep happening and they have a reason. Whatever we see happening has a reason to happen. But the common people have no understanding of it. They think it has happened just a night before but nothing happens over night. Everything has a reason to happen and that reason isn't known to people. When they see it on social media they react to it without giving it a second thought. And this is where they fall for what they shouldn't have fallen for. The problem is that when they get likes and shares they think that they have written something which is so on point that their view is so on point that it has been shared so widely. But here they

need to understand that they have helped something that shouldn't have been helped. But in the era of social media facts no more matter the only thing that matters is how followers are gained. There's one another thing that has led to the erosion of the of facts is that platforms have become a place to earn money. People used to share valued opinion to add to the knowledge, now people share opinion just to get views. The urge to be famous on social media has made things worst on social media. There's a saying "Noun mai nukta doundna". Which means trying to find fault in everything, even when there's none. That's what social media is all about. Everyone wants to find a fault in every given situation. The unfortunate thing is that, they think it makes them intellectual but it doesn't. When you have a negative thought about everything you no longer are considered as an opinion maker but a trouble creator.

Everyone wants to have an opinion to sound "Intellectual" and in trying to be so they often end up sharing an opinion where they don't contribute to the society but just make things worse. It's said that if your words won't add something good it's better not to speak. But unfortunately we have come to a place where stupid opinion has become an opinion and facts aren't being respected. There was a time when 9/11, a famous attack was attributed to Muslims. Everyone used to post about it. A notion was set that the Muslims hate America and that USA needs to be protected. There were Muslims who called for "DE-Radicalization" of Muslims. But as the time passed and the things came out open, it came to be known that this was their own conspiracy and it was a well planned thing. But the opinions expressed helped the agenda and those opinions are still used against the Muslims. We need to understand environments set public discourse and the discourse sets the environment. And we all know what that environment led for Muslims. The USA did nothing, it just executed a well defined plan and then allowed the people to do the job. Everyone rushed to share the opinion without knowing the real reason. And for past some days the same is happening on X. Everyone is

running to share an opinion even without knowing anything. An incident happened some weeks back there was a very burning topic. A principal was accused of harassment. Everyone jumped in to have an opinion on it. And at the end the allegations were found fake. I am sure none of those who wrote the long tweets actually had any concern regarding the incident, the only thing they wanted is to look intellectual and have an opinion for the sake of having an opinion. I didn't frame the view out of nowhere but after duly considering the things. All those who had an opinion when the principal was alleged, had no opinion when the principal was cleared of the allegations. This proves they want to go where there's more audience.

Let's come back to "Hatie Hounie kathie zang". People here in Kashmir are really inclined at this. They want trouble to come and knock their door. One has to understand that always having an opinion makes one land in trouble and that trouble troubles for generations. People have misunderstood Right to speech and expression with speaking whatever they want to. The right helps one to put across the right thing. People don't want to learn anymore all they want is to keep speaking whatever comes to their mind. One must remember that when two Elephants fight it's the grass that's crushed not the elephants.

Before we put across an opinion we must know what to say and most importantly we must be able to make out what impact shall it have on the people who shall be reading it and especially what good shall it do. There's a saying "Think before you speak". It was said for us because we no more think before we speak. And when we start to think about it the damage has been done. I seriously have every reason to believe that we think after we have spoken. We don't even know what our opinion can do.

We must understand there are people who want a particular opinion to be generated and we knowingly or unknowingly help them with their agenda.

Raqif makhdoomi is a law student and a human rights activist.

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The Strength of a Nation Lies in Its Humanity



Abdul Quddir Kundria

There are moments in history when societies are compelled to ask themselves a simple yet profound question. What truly binds us together? Is it our religion, language, caste, region, or political ideology? Or is it our shared humanity that enables us to live together with dignity, respect, and compassion? Today, this question is more relevant than ever before.

We live in an era of extraordinary scientific and technological progress. The world has become more connected than at any other time in history. We can communicate across continents within seconds and have access to limitless information at our fingertips. Yet, despite these remarkable advancements, we appear to be drifting further apart as human beings. Distrust is replacing dialogue, anger is overshadowing empathy, and differences are increasingly becoming reasons for conflict instead of opportunities for understanding.

The greatness of a nation cannot be measured solely by its economic growth, military strength, or modern infrastructure. It is ultimately reflected in the character of its people and the values they uphold. A strong nation is one where citizens stand together despite their differences, recognising that diversity is not a weakness but one of the greatest strengths of a democratic society. India has always represented this ideal. For centuries, people of different religions, cultures, languages, and traditions have lived side by side, enriching one another through mutual respect and coexistence. Our Constitution embodies this vision by guaranteeing equality, justice, liberty, and dignity to every citizen. The true spirit of India lies in unity amidst diversity.

However, unity cannot survive merely through slogans or ceremonial speeches. It demands conscious effort from every individual. It requires patience during disagreements, humility in conversations, and the courage to reject hatred even when it appears convenient or popular. Every citizen has a responsibility to ensure that differences never become divisions and that disagreements never turn into hostility.

One of the most troubling developments of recent years has been the normalisation of hatred in public discourse. Social media, while offering unprecedented opportunities for communication and expression, has

also become a platform where misinformation, abuse, prejudice, and character assassination spread with alarming speed. Anonymous identities often encourage language that people would never use in face-to-face interactions. False narratives circulate widely before truth has an opportunity to respond, and reputations built over decades can be damaged within hours.

Words are never insignificant. A reckless statement can destroy trust. A false accusation can ruin a person's dignity and mental peace. A hateful message can fuel violence and deepen social divisions. Conversely, a kind word, a sincere apology, or an honest conversation has the power to heal relationships and restore confidence. The language we choose shapes not only our personal relationships but also the moral character of society itself.

Equally concerning is the gradual erosion of empathy. Too often, our concern for injustice depends upon the identity of the victim rather than the injustice itself. Compassion should never be selective. Pain does not ask about religion before entering a household. Grief does not distinguish between the rich and the poor. Tears have no language, and suffering recognises neither caste nor community. Whenever injustice occurs, humanity as a whole is diminished.

The responsibility for building a peaceful and harmonious society does not rest with governments alone. Families, educational institutions, religious organisations, artists, writers, cultural institutions, and the media all have an equally significant role to play. Children absorb values not only from textbooks but from the conduct of the adults around them. If they grow up witnessing intolerance and hostility, they are likely to reproduce those behaviours. If they experience kindness, mutual respect, and understanding, they will carry those values into the future.

Education must therefore aspire to produce not only skilled professionals but also compassionate citizens. It should encourage critical thinking, ethical responsibility, respect for diversity, and the ability to engage in dialogue without prejudice. A truly educated society is one where differences are discussed with civility rather than exploited for conflict. Writers, poets, artists, and theatre practitioners also carry a profound responsibility. Throughout history, literature and the arts have served as powerful instruments of social transformation. A poem can soften hardened hearts. A play can challenge prejudice and inspire reflection. A song can unite people across every social boundary. Art has always reminded humanity of its shared hopes, shared struggles, and shared destiny. In times of growing division, culture possesses the unique ability to restore the human connections that politics often fails to achieve.

We must also resist the growing tendency to reduce

individuals to labels. Human beings are far more complex than the identities society assigns to them. Every individual deserves to be judged by integrity, character, and conduct rather than by stereotypes or assumptions. A society that constantly categorises people eventually loses its capacity to understand them as fellow human beings.

Peace does not require the absence of disagreement. Differences of opinion are natural in every democratic society and often contribute to its strength. Democracy flourishes through dialogue, debate, and diversity of thought. The true challenge is learning to disagree without hatred, to criticise without demeaning, and to defend one's beliefs without denying the dignity of others. Respectful disagreement strengthens democracy, while intolerance weakens it.

History consistently reminds us that societies built upon trust, justice, cooperation, and compassion flourish over time. Those consumed by hatred, prejudice, and suspicion ultimately weaken themselves from within. Every generation inherits the responsibility of deciding what kind of society it wishes to leave behind.

Today, that responsibility rests with us. We must decide whether future generations will inherit a nation divided by bitterness or strengthened by understanding. This decision will not be made through grand speeches or political declarations but through our everyday choices. It will be reflected in how we speak to one another, how we respond to those with whom we disagree, how readily we forgive, and how sincerely we extend compassion beyond our own circles.

When we speak of decorating our homeland with flowers, we speak of much more than beauty. A garden becomes beautiful not because every flower is identical but because each contributes its own colour, fragrance, and uniqueness to the whole. Our nation is no different. Every language, every culture, every faith, and every tradition adds a distinct colour to the rich fabric of our national identity. The beauty of India lies not in uniformity but in harmony.

The time has come to remove the poison of hatred from our hearts, to replace suspicion with trust, resentment with reconciliation, and prejudice with understanding. Let us choose dialogue over discord, compassion over conflict, and unity over division. Let us invite everyone to sit together with love and mutual respect. Let us fill our homeland with every colour of peace, justice, and humanity. Only when every citizen feels valued, respected, and included can a nation truly flourish. That is the India we must strive to build, not only for ourselves but also for the generations yet to come.

(The writer is an eminent Dogri Poet/Writer of Jammu and Kashmir)

Mindful Career Choosing a Path with Purpose, Not Pressure



Dr Vijay Garg

In today's fast-changing world, choosing a career is no longer just about earning a living. It is about finding work that aligns with our values, interests, strengths, and aspirations. Yet many students and professionals continue to make career decisions based on social pressure, salary expectations, or popular trends. A mindful career is an alternative approach—one that encourages thoughtful, informed, and purposeful career choices.

A mindful career begins with self-awareness. Before selecting a profession, individuals should understand who they are. What are their interests? What kind of work excites them? What are their strengths and areas for improvement? A career chosen with self-knowledge is more likely to bring long-term satisfaction than one chosen simply to impress others.

The modern workplace is evolving rapidly due to artificial intelligence, automation, and digital transformation. Jobs that were once considered secure may disappear, while entirely new professions continue to emerge. In such an environment, career decisions should be flexible rather than rigid. A mindful career means preparing to learn continuously, adapt to change, and acquire new skills throughout life.

Another important aspect of a mindful career is purpose. Financial stability is important, but money alone cannot guarantee happiness. People who find meaning in their work often experience greater motivation, resilience, and well-being. Whether someone becomes a teacher, engineer, artist, scientist, entrepreneur, healthcare worker, or farmer, every profession has value when it contributes positively to society.

Unfortunately, many young people compare themselves with others and feel pressured to follow the crowd. Some choose medicine because their relatives expect it, engineering because their friends are doing it, or government jobs because they are considered prestigious. Such decisions often lead to frustration when personal interests and career paths do not match. A mindful career encourages independent thinking instead of blind comparison.

Parents, teachers, and career counsellors have a crucial role in supporting mindful career decisions. Rather than imposing their own dreams, they should help students explore different possibilities, understand emerging careers, and recognize their unique talents. Open conversations, career assessments, internships, mentoring, and real-world exposure can help students make informed choices.

Technology has expanded career opportunities beyond traditional professions. Fields such as data science, cybersecurity, renewable energy, digital marketing, robotics, environmental science, content creation, sports management, biotechnology, and artificial intelligence are creating exciting opportunities. A mindful individual remains curious, explores these options, and evaluates them carefully instead of following outdated assumptions.

Mental well-being is also connected with career choices. People who constantly work in fields they dislike often experience stress, burnout, and dissatisfaction. On the other hand, those whose work aligns with their interests and values generally enjoy better emotional health and stronger professional commitment. Success is not merely reaching a high position—it is maintaining a healthy, balanced, and meaningful life.

A mindful career also values ethics and responsibility. Professional success should never come at the cost of honesty, compassion, or social responsibility. Ethical professionals build trust, strengthen institutions, and contribute to sustainable development. Integrity is as important as intelligence.

Students should remember that career decisions are not one-time events. A career is a lifelong journey of learning, growth, and adaptation. Changing careers, upgrading skills, or pursuing higher education are all normal parts of professional life. The willingness to learn is becoming more valuable than any single qualification.

In conclusion, a mindful career is about making conscious choices instead of rushed decisions. It combines self-awareness, continuous learning, adaptability, purpose, and ethical responsibility. As the world of work continues to change, those who choose their careers thoughtfully will be better prepared not only for professional success but also for personal fulfillment. A mindful career is ultimately not about finding the highest-paying job—it is about building a meaningful life through meaningful work.

**Dr Vijay Garg Retired Principal
Educational columnist Eminent
Educationist street kour Chand MHR
Malout Punjab -152107
Mob 9465682110**

When Academic Success Becomes Stress !!!!



Surinderpal Singh

Academic success has long been regarded as the gateway to a bright future. Parents, teachers and society encourage students to study hard, achieve higher grades and secure promising careers. Healthy competition and disciplined learning can indeed motivate young minds to reach their full potential. However, when academic expectations become excessive, education transforms from a journey of growth into a source of constant anxiety. Today, academic stress has emerged as one of the most significant psychological challenges affecting students across the world.

Academic stress refers to the emotional, mental and physical strain experienced by students due to educational demands. It may arise from examinations, heavy homework, continuous assessments, fear of failure, parental expectations, competition among peers, uncertainty about future careers and the pressure to excel in every field. While a moderate level of stress can encourage better performance, prolonged or excessive stress can seriously affect a student's psychological well-being.

One of the earliest psychological effects of academic stress is anxiety. Students constantly worry about examinations, grades and meeting expectations. They may lose confidence in their abilities and become afraid of making mistakes. This anxiety often reduces concentration, making learning even more difficult. Ironically, excessive stress can lower academic performance despite greater effort.

Another major consequence is depression. Students who repeatedly experience failure or feel unable to meet expectations may begin to lose hope. They may withdraw from social interactions, lose interest in studies, hobbies and recreational activities. Feelings of sadness, helplessness and worthlessness can gradually develop into serious mental health problems if not addressed promptly.

Academic stress also affects memory and cognitive abilities. The human brain functions best when it is calm and focused. Chronic stress increases the production of stress hormones such as cortisol,



which interfere with memory formation, attention and decision-making. As a result, students may forget concepts during examinations despite thorough preparation.

Sleep is another casualty of academic pressure. Many students sacrifice sleep to complete assignments or prepare for examinations. Sleep deprivation weakens memory, reduces concentration, affects emotional stability and lowers immunity. A tired brain cannot absorb or recall information efficiently, creating a cycle of poor performance and increased stress.

Excessive academic stress also produces physical symptoms. Headaches, stomach problems, muscle tension, fatigue, rapid heartbeat and weakened immunity are common among highly stressed students. Psychological stress does not remain confined to the mind; it influences nearly every organ system of the body.

Social relationships also suffer. Students overwhelmed by studies often isolate themselves from family and friends. Some become irritable, impatient or emotionally distant. Others compare themselves constantly with classmates, leading to jealousy, low self-esteem and feelings of inadequacy. Instead of enjoying learning, they begin to view classmates as competitors.

Modern technology has further intensified academic stress. Online classes, digital assignments and educational apps provide continuous access to learning, but they also reduce opportunities for relaxation. Social media increases pressure by exposing students to the achievements of others, creating unrealistic standards of success and fostering constant comparison.

Parental expectations play a powerful role in shaping students' psychological health. Every parent wishes to see their child succeed,

but unrealistic expectations can unintentionally create emotional pressure. Comparing children with siblings, relatives or classmates may damage self-confidence. Every child possesses unique talents, learning styles and interests that deserve recognition and encouragement.

Educational institutions also share responsibility. Schools should focus not only on academic excellence but also on emotional well-being. Teachers who create supportive classrooms, encourage questions, appreciate effort rather than only results and identify signs of emotional distress can significantly reduce students' psychological burden. School counsellors and mental health awareness programmes should become an integral part of every educational institution.

Students themselves can adopt healthy coping strategies. Effective time management, regular physical exercise, balanced nutrition, adequate sleep, mindfulness, meditation and hobbies help reduce stress levels. Seeking guidance from teachers, parents or counsellors during difficult times should be considered a sign of strength rather than weakness. Open communication often prevents minor problems from becoming serious psychological disorders.

Society must also redefine the meaning of success. Academic achievement is important, but it is not the only measure of intelligence or human worth. Creativity, compassion, communication skills, emotional intelligence, ethical values and practical abilities are equally essential for a fulfilling life. Education should nurture well-rounded individuals rather than produce students overwhelmed by constant pressure.

The future of every nation depends upon the mental health of its young generation. Students who are emotionally healthy become confident professionals, responsible citizens and innovative thinkers. Therefore, reducing academic stress is not merely an educational responsibility but a public health priority. Families, schools, governments and communities must work together to create learning environments where curiosity replaces fear, confidence overcomes anxiety and education becomes a source of inspiration rather than stress.

True education is not about producing students who score the highest marks under unbearable pressure. It is about nurturing minds that are curious, resilient, emotionally balanced and capable of contributing meaningfully to society. When psychological well-being becomes as important as academic excellence, education truly fulfils its purpose.

**Surinderpal Singh
Faculty In Science Department
Sri Amritsar Sahib
Punjab.**



PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection is registered on my Father'sname AB AHAD SHEAKH Now this Connection bearing Consumer ID NO 0212040000042 wants to be registered on my name BASHIR AHMAD SHEIKH S/O Late AB AHAD SHEIKH 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 ofthis notice after that no objection will be entertained Name.BASHIR AHMAD SHEIKH S/O...AB AHAD SHEIKH R/O ... KREERI BLOCK ...WAGOORA

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection is registered on my Father'sname AB AHAD SHEAKH Now this Connection bearing Consumer ID NO 0212040000042 wants to be registered on my name BASHIR AHMAD SHEIKH S/O Late AB AHAD SHEIKH 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 ofthis notice after that no objection will be entertained

Name.BASHIR AHMAD SHEIKH
S/O...AB AHAD SHEIKH
R/O ... KREERI BLOCK ...WAGOORA

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection is registered on my Father'sname SONAULLAH GANIE Now this Connection bearing Consumer ID NO 0212040005042 wants to be registered on my name GH MOHD GANIE S/O GH RASOOL GANIE 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 ofthis notice after that no objection will be entertained.

Name ...GH RASOOL GANIE
S/O...GH MOHD GANIE
R/O ... BANDIPAYEEN
BLOCKWAGOORA

PUBLIC NOTICE

I, DILSHADA BANO, D/o SANAULLAH DAR, R/o NAGBAL, hereby inform that I have lost my School Certificates. I intend to apply for duplicate certificates from Govt. High School Nagbal, Kandi Sultanpora, Baramulla. If anyone has any objection, he/she may submit it to the office of the Headmaster, Govt. High School Nagbal, Kandi Sultanpora, Baramulla within 7 days from the date of this publication. Objections received after this period will not be considered.

Name- Dilshada Bano
D/o Sanaullah Dar
R/o Nagbal

PUBLIC NOTICE

My daughter's name has been wrongly mentioned as MAHINOOR MANZOOR in her date of Birth certificate issued by SDH kreeri bearing Registration No .B- 202601004310000091 While her correct name is TANIA MANZOOR which needs to be corrected if anybody having any objection in this regard he /she may file his/her objection in the office of SDH /BMO office KREERI within seven days from the publication of this notice after that no objection will be entertained

Name....MANZOOR AHMAD GANIE
F/O ...TANIA MANZOOR
R/O ...TILAGAM
Tehsil...PATTAN
DISTT ...BARAMULLA

PUBLIC NOTICE

This is to inform the general public that the name of the following child has been incorrectly recorded in the Aadhaar card. Incorrect Name: Uzmat Ahad Correct Name: Fatima Ahad Aadhaar No.: 2265 6531 3378 Address: Dolipora KREERI Father's Name: Abdul Ahad Mir The applicant intends to correct the child's name in the Aadhaar records from "Uzmat Ahad" to "Fatima Ahad" and update the same in the UIDAI records. If any person has any objection regarding this name correction, they may submit their objection, along with supporting documentary evidence, to the UIDIA Office within 7 (seven) days from the date of publication of this notice. If no objection is received within the stipulated period, the name correction process shall proceed accordingly.

Date: DOLIPORA KREERI BARAMULLA

Place: 30/07/2026

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar hassubmitted case file pertainingto Birth of FAYAZ AHMAD LONE S/O ABDUL KHALIQ LONE R/O.DOLIPORA Tehsil KREERI Distt. Baramulla having verified the date of Birth as 20/01/1978 event has been shown to be occurred at this Home for issuance of delay order .In this connection . if anyone have any objection to the issuance of delay order of Birth certificate shall present his/ her claim this office within 07 days, after that no objection shall be entertained

NAIB TEHSILDAR KREERI

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI

Subject: Application of ISERA HASSAAN D/O GH HASSAN NAJAR R/O SHEIKHPORA Tehsil KREERI for the issuance of OBC (Other Backward classes in his/her their favor

PUBLIC NOTICE

Regarding the subject cited above the file in the office of the undersigned for the issuance of OBC in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in the village of RESHIPORA of Tehsil KREERI and belongs to the NAJAR community having annual income 310000// the details of family of the applicant are as fallows 1.GH HASSAN NAJAR Father 60 carpenter 2...ZAINA BEGUM Mother 55 years H/W 3...MUDASIR AHMAD NAJAR Brother 35 years carpenter 4...ISERA HASSAN self applicant 19 years studen if anyone have any objection to the issuance of delay order of said certificate certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained

NAIB TEHSILDAR KREERI

PUBLIC NOTICE

I, ASHIQ AHMAD RATHER, S/o Ghulam Qadir Rather, R/o Khaipora Pain, Tangmarg, hereby inform that the father's name of my son, Shahid Hussain Rather, has been wrongly recorded as "ASHIQ HUSSAIN RATHER" instead of "ASHIQ AHMAD RATHER" in school records. I now intend to get the father's name of my son corrected in the school records. If anyone has any objection to this, he/she may file the objection in the office of the Principal, Prime Rose Public School, Khaipora, Tangmarg or with the Zonal Education Officer, Tangmarg within 7 days from the date of this notice. No objection shall be entertained after the expiry of the said period.

Name:- ASHIQ AHMAD RATHER

केवल पुरु सैनिकों/वीर नारियों से संबंधित विवरण में आवेदन आमंत्रित किए जाते हैं, जो दुकान के आवेदन के हस्ताक्षर हैं।

— दुकान का विवरण नीचे दिए अनुसार है :-

2.1 दुकानों की संख्या - 02

2.2 जोड़ी जाने वाली दुकानों के प्रकार :-

क्रम संख्या	दुकान का प्रकार	प्रत्येक दुकानों की संख्या
1.	आर्मी जनरल स्टोर एवं वेट कैन्टीन	01
2.	बुटिक दुकान पर टेलर शॉप	01

2.3 दुकानों का स्थान - पट्टन, जे&क

2.4 पत्राचार के लिए पता - 519 एएसबी बनारियन, पट्टन - 906519, सीओ 56 एपीओ

2.5 सुरक्षा जमा : ₹ 50,000/- बैंक ड्राफ्ट (रिफंडेबल)

2.6 मासिक शुल्क - नौवारी प्रक्रिया के बाद शुल्क तय की जाएगी

(नोट :- पत्नी और विकारी सहित एम्प्लॉयमेंट किया गया और संबंधित शुल्क दुकानदार द्वारा वापस किया जाएगा)

2.7 आवेदन की अवधि - वार्षिक समझौते के साथ पांच साल

3. 519 एएसबी बनारियन, पट्टन (जे&क) में रेजिस्ट्रेशन दुकानों के आधार पर आवेदन के लिए अपलब्ध हैं। ये दुकानें सशस्त्र बलों के वीर नारियों/विधवा सैनिकों/एवं सैनिकों को आवेदन की जाएगी। जिस अद्वैत/व्यवसाय के लिए दुकान का उपयोग किया जाएगा, उसका आवेदन में स्पष्ट रूप से उल्लेख किया जाना चाहिए। आवेदन निम्नलिखित सहायक दस्तावेजों के साथ अपर पैरा 2.4 में दिए गए पते पर भेजा जाए :-

3.1 पीपीओ और डिस्चार्ज बुक की फोटोकॉपी।

3.2 आधार कार्ड/वोटर आईडी की फोटोकॉपी।

3.3 पैन कार्ड की फोटोकॉपी।

3.4 पुलिस सत्यापन।

3.5 जीएसटीएन प्रमाणपत्र।

आवेदन जमा करने की अंतिम तिथि 10 अगस्त 2026 है।

एक व्यक्ति केवल एक ही दुकान के लिए आवेदन कर सकता है।

ADVERTISEMENT FOR ALLOTMENT OF REGIMENTAL SHOPS FOR WAR WIDOWS/WIDOWS OF PERS KILLED WHILE ON DUTY/DISABLED SOLDIER/ ESM AND SPOUSES/WIDOWS OF ESM AT 519 ASC BN, PATTAN

1. Applications are invited from the Ex-servicemen/Veer Naries only in a sealed envelope, who are desirous for allotment of the shop.

2. Details of Shops is as given below :-

2.1 Number of Shops : 02

2.2 Types of Shops to be opened :-

Ser No	Type of Shop	No of Shops and
1	Army General Store & Wet Canteen	01
2	Tailor Shop at Unit location	01

2.3 Location of Shops : Pattan, J&K

2.4 Address for correspondence : 519 ASC Bn
PIN - 905519
C/O 56 APO

2.5 Security Deposit : Rs 50,000/- Bank Draft (Refundable)

2.6 Monthly Rebate : Rebate shall be fixed after auctioning process

(NOTE: MES Rent & Allied charges including Water & electricity to be borne by the Shopkeeper)

2.7 Duration of allotment : Five years with yearly agreement

3. Regimental Shops at 519 ASC Bn, Pattan (J&K) are available for allotment on rental basis. These shops will be allotted to Veer Naries/Disabled Soldiers/Ex-servicemen of Armed Forces. Purpose/Business for which the shop will be utilised should be clearly mentioned in the application. Application alongwith following supporting documents be forwarded on the address given at para 2.4 above :-

3.1 Photocopy of PPO and Discharge Book.

3.2 Photocopy of Aadhar Card/Voter ID.

3.3 Photocopy of PAN Card.

3.4 Police Verification.

3.5 GSTN Certificate.

4. Last date of submitting application is 10 Aug 2026.

5. One individual can apply for only one shop.



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



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

Tel./FaxNo:-0194-241121

Extension Notice 4th.

of Re-Tender Notice/ Corrigendum.

Subject: Annual Maintenance Contract for Solar Based Pumping Unit With Allied Accessories installed by the PHE Ground Water Division, Srinagar in Different Districts of Kashmir Valley.

Reference: 1. This office Re-Tender Corrigendum Notice 1st issued vide endorsement No: JS-PHE/GWDS/26-27/Camp/2576-87, dated: 16-06-2026, Bearing Tender ID No. 2026_PHE_310539_2
2. This office e-NIT No. 16/JS-PHE/GWDS/Mech. of 2026-27, issued vide endorsement No: JS-PHE/GWDS/26-27/Camp/1680-90, dated: 19-05-2026, Bearing Tender ID No. 2026_PHE_310539_1.

Due to "POOR Response" for the above mentioned works advertised vide e-NIT No. and Tender ID No's under reference. Which was scheduled to be downloaded till 03-08-2026 Up-to 01:00 PM are extended as per the details given below: -

S.No.	Item	Fresh Date
1.	Period of submission of bids	12-08-2026 Up-to 11:00 AM
2.	Date of opening of tenders	13-08-2026 01:00 PM

NOTE:

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

DIPK-4063/26
Dated: 03-08-2026.

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

Union Territory Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER & B DIVISION SOPORE. NOTICE INVITING TENDER

Fresh NIT No- 680fRnB-Sopore of 2026-2027 e-tendering DATED: 03.08.2026 (2nd call).

For and on behalf of the Lt. Governor, J&K, e-tenders (in Single Cover System) are invited on Percentage rate basis from approved and eligible contractors registered with J&K State Govt. CPWD, Railways and other State/ Central Governments for the following works:

S.N o.	Name of Work	Adv. cost	Cost of Tender Document s In Rupees	E/ Money	Time for completi on of work	Time & Date of Opening of Bid	Class of Contractor	M. Hof Account	Position of TS
1	2	3	4	5	6	7	8	9	
1	Soil and Moisture conservation work in Co.25 K of Yamberzalwari Range Kandl.	13.54	600/-	27080/-	60 days	12.08. 2026	BEE/ CEE/ DEE	CAMPA-NPV	EE/R&B/Sopore 84 of 2025-26 dated: 01.9.2025

Project Authority: Chief Conservator of Forest Kashmir.

Position of funds: Available

Position of AA. Accorded by Chief Conservator of Forest Kashmir vide his order No: 38/CCF(k) of 2025 dated: 07.08.2025 for an amount of Rs. 13.54 lacs

1, The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other detail's can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below

1	Date of issue of tender Notice	03.08.2026
2	Period of downloading of bidding documents	03.08.2026 to 11.08.2026
3	Bid Submission start date	03.08.2026
4	Bid submission End date	11.08.2026 (4.00 PM)
5	Date and time of opening of bids (online)	12.08.2026 (12 PM) in the office of Ex. Engineer R&B Division. Sopore

2, Bids must be accompanied by a Treasury Challan (dated between the bid start date and the Bid Submission End date) with NIT No. Name of work and S.No. deposited in M.H. 0059 in the name of Executive Engineer R&B Division Sopore (tender inviting authority) as the cost of the tender document.

At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Sopore. Besides that, the successful bidder will have to provide Performance Security @ 5% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released after submission of a performance security of 5% of the quoted cost which will be released after completion of the DLP/Maintenance Period.

3(b) Geotag Photographs Minimum 03 sets (01 set Comprising of Photograph before, during and after execution of work) of size 26 cm x 21 cm to be provided.

20. All other terms, conditions shall remain same as per e-NIT No. 03 of 2026-27 NIT No: 48

21. If the contractor/HMP quotes rate for any item of work in his tender as free of cost at the time of tendering process, his tender shall be rejected outrightly.

22. If the contractor breaches the contract, the Department reserves the right to award the remaining work to new bidders at the defaulting contractor's expense immediately after the notice of breach has been served on the defaulter. In the event of a breach of contract by the contractor, the Performance Security will be forfeited along with the termination of contract termination. Furthermore, the defaulting contractor will be barred from participating in future from participating in R&B Department in Bidding Processes for a period of one year. Any Subsequent Breach shall result in process of revocation and cancellation of Registration.

23. The bidder must be registered on JKPWDOMS portal, while participating in the tendering process it should be ensured that all bank account of contractors mapped on JKPWDOMS must be linked with PAN No, GST No and ADHAAR No as per the circular instructions issued by the Finance Department. For and on behalf of the Lt. Governor of J&K UT,

DIPK-4026/26
Send Date: Aug 3 2026

sd/- Executive Engineer,
R&B Division Sopore



Military-Civil Integration Key To Robust Defence Ecosystem To Tackle Emerging Challenges: Rajnath

UNITED NEWS OF INDIA

New Delhi, Aug 3: Defence Minister Rajnath Singh on Monday said there was a need to "deepen integration" between the military and civil components of his ministry to foster greater synergy within the defence ecosystem to tackle evolving security and technological challenges. In his address at the foundation day celebrations of Armed Forces Headquarters (AFHQ) Civilian Services here, he also said that if officers of the AFHQ Civilian Services develop defence-specific common cyber tools leveraging their expertise, it could prove beneficial to the defence forces. History

Singh emphasised that both the uniformed and civil services share the same commitment of 'nation first', and when the objective is singular, every element of the system transforms into national strength. Underlining that defence forces are marching towards greater jointness with renewed vigour, he said there was a need to deepen integration between the military and civil components of the defence



ministry to foster greater cooperation and alignment within the defence ecosystem to tackle evolving security and technological challenges.

"Military officers bring operational experience, a command perspective, and an understanding of warfare, while civilian officers contribute through administrative

continuity, policy experience, an understanding of government processes, and institutional memory. When these strengths combine, decision-making becomes more informed, balanced, and effective," Singh said.

The Union minister highlighted the importance of further enhancing structured "cross-exposure" between civilian and military

officers, suggesting joint training programmes and developmental assignments for both sides to learn from each other's experiences, according to a defence ministry statement. He also suggested that a forum could be developed for the study of Indian military history, examining it from a civilian perspective, thereby fostering fresh ideas and new perspectives. Singh expressed confidence that by leveraging expertise in such areas, the AFHQ Civilian Services will be able to make more meaningful contributions to the defence sector. While he acknowledged the AFHQ Civilian Services for moving ahead in sync with changing times, he asserted that, at a time when modern warfare is driven by technological dynamism, "the cadre must move beyond its specific mandate" of proper implementation of service rules, regulations and orders. "It must focus on strengthening the security architecture through research, geo-strategic thinking and innovative ideas. Its active participation in core defence matters is essential as, being a permanent cadre.

Gurez gathering revives centuries-old Shina connection with Drass

UNITED NEWS OF INDIA



New Delhi, Aug 3: President Droupadi Murmu on Monday commended the all-women crew from the three defence services for successfully traversing some of the world's most challenging seas, and said their achievement would inspire young Indians to dream big.

The crew of the Indian Army Sailing Vessel Triveni called on the President at the Rashtrapati Bhavan, her office said in a post on X.

"The Tri-Services All-Women Circumnavigation Sailing Expedition - Samudra Pradakshina has successfully traversed over 25,000 nautical miles across some of the world's most challenging seas while rounding the Capes of Leeuwin, Horn and Good Hope," it said.

The President commended the all-women crew for its courage, resilience and exemplary professionalism in successfully completing the expedition, the post said.

She said that this achievement would inspire young Indians, especially women, to dream big and serve the nation with dedication, it added.

Aboard the Indian Army Sailing Vessel (IASV) Triveni, nine women officers of the three services recently successfully completed a 314-day voyage covering nearly 25,500 nautical miles across four oceans. The expedition was virtually flagged-off by Defence Minister Rajnath Singh on September 11, 2025 from Mumbai.

Mayawati seeks focus on public welfare issues during UP Assembly session

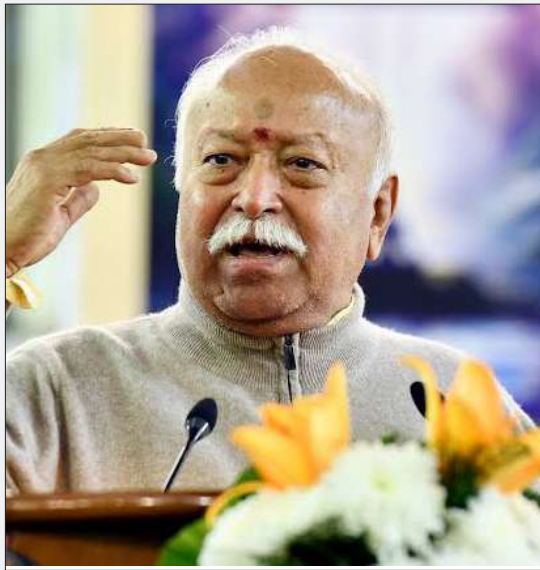
UNITED NEWS OF INDIA

LUCKNOW, Aug 3: BSP president Mayawati said the Monsoon session of the Uttar Pradesh Assembly beginning Monday should focus on public welfare and pressing issues instead of being consumed by partisan politics and disruptions. In a post on X, Mayawati noted that the Monsoon session of the state assembly is starting on Monday and that the state government is scheduled to present the supplementary budget on Tuesday during the four-day session. South Asians & Diaspora

She said despite the session being very short, people expected it to be devoted to national interest, public welfare and urgent public issues, rather than meeting the same fate as the ongoing Parliament session which is witnessing disruptions. The former Uttar Pradesh Chief Minister also voiced concern over the shrinking duration of legislative sessions, saying it was essential that the constitutional authority of the legislature was not weakened, as it plays a crucial role in ensuring that the bureaucracy remains accountable to its constitutional oath and responsive to public interest.

RSS chief Bhagwat to address Gen Z, Gen Alpha at Mumbai event on Aug 6

UNITED NEWS OF INDIA



MUMBAI, Aug 3: Rashtriya Swayamsevak Sangh chief Mohan Bhagwat will interact with Gen Alpha and Gen Z students in Mumbai on August 6, days after Dharmendra Pradhan

resigned as Union education minister following the Cockroach Janta Party-led youth protests against the NEET exam paper leak. Digital Newspaper Access

Bhagwat will address the inaugural ceremony of India's International Movement to Unite Nations' (IIMUN) Annual Championship Conference at the Nita Mukesh Ambani Cultural Centre (NMACC), marking the organisation's 15th anniversary.

The event will bring together more than 2,000 students aged between 15 and 19 from over 100 cities across the country. Gen Alpha includes people born from 2010 to 2024, making them part of the 0-16 age group as on 2026. Gen Z comprises those born between 1997 and 2012, placing them in the 14-29 age group. The event will bring together more than 2,000 students aged between 15 and 19 from over 100 cities across the country. Gen Alpha includes people born from 2010.

Kejriwal To March To PM Residence Over E20 Petrol, Alleges Centre 'Yielded' To Trump

UNITED NEWS OF INDIA



pressure from Trump to buy ethanol from the United States," he added.

Kejriwal said he would personally hand over the petitions to Modi after receiving no response to a letter he had sent to the prime minister last month seeking an appointment to discuss concerns over E20 petrol.

In his letter, Kejriwal had sought the availability of options for both pure petrol and E20 fuel at petrol stations, besides demanding a reduction in the price of ethanol-blended petrol.

"We did not get any response on the letter, so now we will personally hand over the petition to PM Modi. We had launched a petition campaign against ethanol-blended petrol. More than 2 lakh people have signed this petition," he said.

Kejriwal also said the "Ethanol Townhall" organised by the AAP last week was a "huge success", with several people joining the meeting virtually. Kejriwal also said the "Ethanol Townhall" organised by the AAP last week was a "huge success", with several people joining the meeting virtually.

Kejriwal alleged that India has "yielded" to Trump to buy ethanol from the United States and said the government's continued push for ethanol-blended petrol suggested there was a "hidden agenda". History

"I will go to PM's residence tomorrow along with 100 people to personally hand over the petitions signed by the public and discuss issues related to ethanol-blended petrol. People are facing several problems in their vehicles despite all that the government is continuing with this, which means there is a hidden agenda," Kejriwal said at a press conference.

"People are saying that PM Modi is under

Om Birla stresses collective responsibility of society to ensure dignified life for all

UNITED NEWS OF INDIA

KOTA (RAJASTHAN), Aug 3: Lok Sabha Speaker and Kota-Bundi MP Om Birla on Sunday said that society has a collective responsibility to ensure a dignified life for every individual and called for utilising the experience of retired officers to prepare long-term plans for community welfare. Addressing an event organised here by the Retired Officers Association to felicitate him on completing seven years as the Lok Sabha Speaker, Birla lauded the association's social initiatives and said the expertise of retired officers should be utilised for community welfare. During the event, the members of the association welcomed him with a traditional Rajasthan turban and floral garlands in recognition of his service. The programme, during which umbrellas were distributed among the needy, was attended by retired government officers.

Govt aims to complete Coastal Road project by Dec 2028: Piyush Goyal

UNITED NEWS OF INDIA

MUMBAI, Aug 3 : Union Minister and MP from Mumbai,

Bhayanter Coastal Road project by December 2028, with March 2029 set as the target timeline.



Piyush Goyal, on Sunday said the government intends to complete the Bandra-Versova-

The commerce and industry minister reviewed the progress of various key infrastructure

projects, including the Mumbai Coastal Road, the proposed desalination plant, Madh-Versova Bridge and other connectivity projects.

He was briefed by Additional Municipal Commissioner Abhijit Bangar on the status, timelines and expected public benefits of the projects.

"The Bandra-Versova stretch of the Coastal Road is progressing rapidly, while work on the Versova-Bhayander section has commenced after receiving all necessary approvals. Our endeavour is to complete the project by December 2028, with March 2029 as the target timeline," Goyal told reporters after reviewing the projects.

Adityanath hits back at opposition on temple donation theft issue, questions their commitment to Lord Ram

UNITED NEWS OF INDIA

LUCKNOW, Aug 3: Uttar

Ram temple in Ayodhya had earlier attempted to obstruct



Pradesh Chief Minister Yogi Adityanath on Monday said those raising questions on the handling of donations at the

the temple's construction, and slammed their "double standards". Talking to reporters before

the commencement of the Monsoon Session of the state legislature, Adityanath also appealed to all legislators to ensure a constructive discussion in the House and said the government had brought a supplementary budget aimed at strengthening welfare measures for various categories of frontline workers.

"The Ayodhya issue is being raised by those who had fired bullets at Ram devotees. They are the same people who used to resort to lathi-charge and firing when people raised the slogan of 'Jai Shri Ram'," the chief minister said without naming any party.

People of Punjab will give befitting reply to AAP, Cong in elections: Haryana CM Saini

UNITED NEWS OF INDIA

FARIDKOT (Punjab), Aug 3 : Haryana Chief Minister Nayab Singh Saini on Sunday said that in Punjab, the AAP government and Chief Minister Bhagwant Mann are merely "entertaining people with jokes and rhetoric".

Saini said the real responsibility of a government is to work in the interest of the people, in which, he alleged, the Punjab government has completely failed.

Saini said that people from Punjab often come to meet him in Chandigarh and say that the reforms implemented by the BJP government in Haryana should also be implemented in Punjab.

Addressing an event here, Saini said that the people of Punjab have made up their mind to vote for the BJP in the Assembly elections, which are scheduled to be held early next year.



"In Punjab, the government and the chief minister are merely entertaining people with jokes and rhetoric, whereas the real responsibility of a government is to work in the interest of the people, in which the Punjab government has completely failed," he alleged.

Saini said that the BJP government in Haryana, immediately after taking oath, decided in its first Cabinet meeting to provide 10 per cent reservation to the Deprived Scheduled Caste community (a specific sub-category of the marginalised communities within the state's broader Scheduled Castes).

Targeting both Punjab's ruling AAP and the Congress, he said the people of the state will give both parties a befitting reply in the Assembly elections.

"After the formation of a BJP government in Punjab, the DSC community will be provided the

benefit of reservation," he said while addressing a 'Vimukt Jati Samaj' Sannam organised in Faridkot, Punjab. Saini said that the BJP government in Haryana, immediately after taking oath, decided in its first Cabinet meeting to provide 10 per cent reservation to the Deprived Scheduled Caste community (a specific sub-category of the marginalised communities within the state's broader Scheduled Castes).

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Six Easy Swaps To Help You Avoid Ultra-Processed Foods

Ultra-processed foods (UPFs) are in more foods you might realise. These tasty recipes will help you avoid them.



When we buy ice cream, we tend to expect a delicious, fat-rich base – such as cream or milk – and some kind of flavouring, such as chocolate. But many of the versions for sale in my local supermarket also contain ingredients I would never add myself, and certainly don't have in my kitchen cupboards: guar gum, carrageenan, sunflower lecithin, carotenes.

These are typical ingredients found in ultra-processed foods (UPFs) – products which have been through more processing than usual, often on an industrial scale.

Today it's widely known that diets rich in UPFs are bad for our health. They have been linked to a range of adverse health conditions, including obesity, cancer and type 2 diabetes, all of which can lead to an early death. And yet, they are not easy to avoid. From supermarket bread to readymade sauces, on

bagel shape and simply cooked them in the air fryer for 20 minutes at 180C (356F) – though you can also bake them in the oven.

These home-made bagels were both delicious and rich in calcium, as well as protein, which is important for keeping our bones strong. They weren't a perfect shape but I was quite happy with my knobbly creations. To save time in the future, you could freeze some dough first – I've now used the same recipe for a simple pizza base too.

It's important to note that many shop-bought breads – like some other UPFs – are not necessarily unhealthy for us when eaten as part of a balanced diet. However, they tend to form a relatively high proportion of the food we eat today in many western countries.

3. Tomato sauce

Instead of shop-bought tomato sauce, I fried some onions

sciences at King's College London, says a good rule of thumb when it comes to snacking is to choose foods that resemble the produce they have originally came from. Look at cheese puff crisps for instance and think how little they look like corn. "I do think if it has lots and lots of added chemicals and lots of names that you don't recognise, then yes, I'd be a little bit more cautious," she adds.

But traditional, deep-fried crisps are still very high in fat and salt, of course. With this in mind, I have been eating homemade popcorn. It's low in fat and high in fibre, which is important for lowering the risk of heart disease. Popcorn is also rich in polyphenols, an antioxidant which has been linked to better digestive health.

To make popcorn, simply mix the kernels with a small quantity of fat (oil or butter), if desired, and heat them on the hob or in the microwave on a medium-high heat. Don't forget to add a lid. Cook them until the popping sound slows to a

“

I think the healthiest way to approach your diet is to think, 'what can I add in?'

Because naturally that will displace some of the less healthy food – Sarah Berry

”

average UPFs account for over 50% of an adult's energy intake in the US. They tend to be cheaper and more convenient than healthier alternatives, and are potentially addictive.

But it doesn't have to be this way. I set out to find six simple, inexpensive swaps you can make at home to avoid unnecessary UPFs, from stir-fry sauce to crisps.

1. Ice cream

This summer my freezer has continuously been filled with overripe bananas – I just can't seem to eat them before their skin goes black. So, when the temperatures rose and I started craving ice cream, I tried blending them together with unsweetened cocoa powder.

It may sound worthy, but it was surprisingly rich and had the normal consistency of ice cream, without the numerous additives. The cocoa powder has the bonus of beneficial compounds such as flavanols (an antioxidant) and theobromine (a compound that can reduce inflammation). Next time, I'll try adding peanut butter for extra creaminess.

Another method I tried was freezing yoghurt and then blending it with fresh or frozen fruit. Again, I made mine sweeter by blending in some of my stash of over-ripe bananas. But you could cook down any fruit you happen to have in the fruit bowl – strawberries, peaches, etc – to add a hit of fructose.

For a more detailed recipe, try this one from BBC Good Food.

2. Bagels

I love bagels for a quick lunch but, as with many foods, shop-bought ones can be full of additives and other things I don't want in my bread, such as extra sugar.

I tried making my own recently using only two simple ingredients, self-raising flour and yoghurt. I sprinkled some salt into mine, though you don't really need it. While bagels are usually boiled before baking, for this recipe I combined the ingredients in a mixing bowl, shaped them into that classic



and garlic on a medium heat until they were brown, then added passata (you could use tinned tomatoes) and fresh herbs (dried ones would be fine too). Then I left it to simmer for 10-20 minutes on the hob. In my opinion it tasted better than a ready-made jar of sauce and avoided the added sugar that is often found in shop-bought sauces.

If you don't fancy cooking your own, it's worth noting that simple shop-bought tomato sauce made with just tomatoes, oil, salt, and herbs is not a UPF. But if it includes thickeners, preservatives or high-fructose corn syrup, it might be.

Many packaged foods are "loaded with dietary emulsifiers" to extend shelf life, says Benoit Chassaing, an expert in microbiota-gut interactions at Institut Pasteur in Paris, France. As an overall rough guide, he says, the fewer ingredients a product has, the less likely it is to be a UPF.

For a more detailed recipe, try this one from BBC Good Food.

4. Stir-fry sauce

My favourite healthy dinner is a quick stir fry. But it has always struck me as odd to take freshly cooked vegetables and protein, then coat them with a packet sauce that's not only high in salt and sugar, but many other obscure UPF-style additives I don't particularly want to eat. One ready-made sauce I found in my local supermarket had over 20 ingredients.

So, I tried experimenting with flavourings I can concoct myself. The winning combination included mixing soy sauce, honey, sesame oil and garlic. While soy sauce is high in sodium, lower salt versions are available and some small studies show health benefits, such as reducing symptoms in people with allergies and improving digestion.

5. A salty snack

Many crisps are not inherently ultra-processed. Simple salted ones, for example, really are often just oil, potatoes and salt.

Sarah Berry, a professor in the department of nutritional

stop, and either serve plain or with a little salt. Just note that health authorities strongly advise against ever giving popcorn to children under five years old, because it is a potentially deadly choking hazard.

6. Oat bars

Though there are an overwhelming number of protein and granola bars on the shelves, not all of them are as healthy as you might think. But there is an easy fix. It's simple to knock together your own version, and the best part is that you might end up using some of the ingredients languishing at the back of your cupboards.

To make your own, simply mix oats with chopped up dried fruit and nuts. To bind them together and add extra sweetness, you could use honey, peanut butter, or my favourite: yes, you guessed it, mashed bananas. These can be baked in the oven for 18-20 minutes at 180C (356F) or simply set in the freezer.

Rollled oats are whole grain, fibre-rich and could reduce blood pressure and LDL, or "bad" cholesterol. The nut butter and chopped nuts provide extra protein. Almonds are my go-to option and are full of healthy monounsaturated fats and vitamin E. Regular consumption has been linked to a lower risk of "bad" cholesterol and improved heart health.

Shifting our taste perception

It's likely difficult to remove every UPF completely from your diet, and you may not want to anyway. If we do want to eat something ultra-processed, it helps to focus on quality over quantity, and pair it with something healthy, says Berry. "I think the healthiest way to approach your diet is to think, 'what can I add in?' Because naturally that will displace some of the less healthy food," she says.

* Melissa Hogenboom is a senior health correspondent at the BBC and author of Breadwinners and The Motherhood Complex. She is melissa_hogenboom on Instagram.

(Courtesy BBC News)

Jessica Pegula holds edge against Alexandra Eala in suspended DC Open final



United News Of India

WASHINGTON, AUG 3: Alexandra Eala will have all night collect herself and prepare a response to Jessica Pegula's sensational play at the Mubadala

hours by inclement weather, before being delayed once more after approximately 57 minutes of play due to rain.

With weather patterns remaining uncooperative into the evening, it was ultimately decided to resume the match at 12:00 local time (EDT, UTC -4) on Monday, with Pegula looking deny Eala her first tour-level title, according to olympics.com.

Finding herself on the back foot early in the match, the Filipina tennis star ceded the first set 6-4, with the North American World no. 3 converting two of three break points earned to take control of the match.

While Eala held the edge when it came to service points - winning 80 percent of first-serve points before play was paused at

2-1 in the second set - those statistics had yet to materialize on the court.

She'll hope to showcase an improved level of play on Monday, while Pegula will hope to close out the match without any more weather-related interruptions.

DC Open, with the women's final suspended until Monday due to stormy weather conditions in the U.S. capital.

Originally due to commence at 12:00 local time on Sunday (2 August), the match was delayed three

Sevilla signs goalkeeper Fran Gonzalez from Real Madrid

United News Of India

Madrid, Aug 3 (UNI) Sevilla has confirmed the signing of goalkeeper Fran Gonzalez from Real Madrid.

The 21-year-old has signed a contract through June 2031 to become Sevilla's sixth signing of the summer. He made one first-team appearance for Real Madrid and played 46 times for the club's B team, while also featuring regularly for Spain at U-20 and U-21 level.

Sevilla has reportedly paid around one million euros for 50 percent of Gonzalez's rights, with Real Madrid retaining a

stake that would allow it to profit from any future sale.

Gonzalez has traveled to the Netherlands, where Sevilla

He is likely to serve as backup to Odysseas Vlachodimos, who has returned for a second season on loan

from Newcastle United after playing a key role in helping Sevilla avoid relegation last season, according to Xinhua.



is holding its preseason training camp after beating Dutch side Utrecht in a friendly over the weekend.

from Newcastle United after playing a key role in helping Sevilla avoid relegation last season, according to Xinhua.

J&K celebrates as CM Omar hails Auqib Nabi's India Test selection

Calls it a proud moment for J&K, says young pacer's achievement will inspire aspiring sportspersons



“Auqib Nabi's achievement is a proud milestone for J&K and a testament to the growing sporting talent emerging from the region.” — Omar Abdullah

HT SPORTS DESK

SRINAGAR, AUG 3: Chief Minister Omar Abdullah on Monday congratulated Jammu & Kashmir cricketer Auqib Nabi on his selection to India's Test squad for the upcoming series against Sri Lanka, describing the achievement as a proud milestone for the Union Territory and a reflection of the growing sporting talent emerging from the region.

In his congratulatory message, the Chief Minister said Auqib's inclusion in the national Test squad was a matter of immense pride for the people of Jammu

& Kashmir and a testament to his dedication, perseverance and hard work.

He said the young pacer's success would inspire aspiring cricketers and other sportspersons across the region to pursue excellence with determination and commitment.

Wishing Auqib success on the international stage, Omar expressed confidence that the young fast bowler would make the most of the opportunity and contribute significantly to India's campaign in the Test series. He also hoped the cricketer would enjoy a memorable debut and continue to bring laurels to both the nation and Jammu & Kashmir.

Dr Jitendra Singh Congratulates J&K Cricketer Auqib Nabi on India Test Call-Up

HT NEWS DESK / AGENCIES

JAMMU, AUGUST 3: Union Minister Dr Jitendra Singh on Monday congratulated Jammu and Kashmir cricketer Auqib Nabi on his selection to the Indian Test squad for the upcoming series against Sri Lanka, describing the achievement as a proud moment for the Union Territory.

In a congratulatory message, the Union Minister said Auqib Nabi's dedication, perseverance and passion for the game had earned him a place in the national team.

“Your dedication, perseverance and passion have brought you this proud moment. Wishing you great success as you don the national colours,” Dr Singh said.

The Minister expressed confidence that the young cricketer would make the most of the opportunity and inspire aspiring sportspersons from Jammu and Kashmir through his achievement.

Auqib Nabi's selection to the Indian Test squad has been widely welcomed across Jammu and Kashmir, with political leaders, sports personalities and cricket enthusiasts extending their best wishes ahead of the Sri Lanka series. [KNT]

CM congratulates J&K's MMA star Owais Yaqoob on historic BRAVE CF 107 victory



Says triumph over unbeaten two-time IMMAF world champion is a proud moment for J&K, nation

HT NEWS DESK / AGENCIES

SRINAGAR, AUGUST 03: Chief Minister Omar Abdullah today congratulated Jammu & Kashmir's talented Mixed Martial Arts (MMA) fighter Owais Yaqoob on his remarkable victory at BRAVE CF 107 in Bulgaria, where he defeated an unbeaten

two-time IMMAF World Champion in a stunning display of skill, determination and grit.

Describing the achievement as a proud moment for Jammu & Kashmir and the nation, the Chief Minister lauded Owais Yaqoob for bringing international recognition to the region through his outstanding performance on the global stage.

“Heartiest congratulations to Owais Yaqoob on this remarkable achievement. Defeating an unbeaten two-time IMMAF World Champion at BRAVE CF 107 is an extraordinary feat and a testament to his hard work, dedication and exceptional talent,” the Chief Minister said.

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