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HEADLINES
TODAY
Voice To The Voiceless



P.3

J&K Open 2026 Tees Off in Srinagar, Boosting Golf Tourism Push

ICLS Key to India's Corporate Credibility : LG Sinha

Transparency, accountability and investor confidence define a strong economy, LG tells officer trainees

HT NEWS DESK / AGENCIES

SRINAGAR, AUG 4: Lieutenant Governor Manoj Sinha on Tuesday said the Indian Corporate Law Service (ICLS) is a cornerstone of India's corporate governance and economic credibility, asserting that institutional integrity, transparent governance and investor confidence are the true hallmarks of a developed economy. Asserting that Indian Corporate Law Service (ICLS) forms a cornerstone of India's corporate governance and economic credibility, Lieutenant Governor, Manoj Sinha on Tuesday said that true economic strength is not measured merely by



production, investment, or trade, but by adherence to transparency and accountability.

While interacting with the Officer Trainees of the Indian Corporate Law Service (ICLS) at Lok Bhavan here the Lieutenant Governor in his address to the officer trainees, according to the news agency—

Kashmir News Observer (KNO) said, "In an era of globalisation, where economies are deeply interconnected through capital, technology, innovation, and trade, India has emerged as one of the fastest-growing economies. However, true economic strength is not measured merely by production, investment, or trade, but by

the robustness of institutions, respect for the rule of law, protection of investors' interests, and adherence to transparency and accountability."

The Lieutenant Governor underlined that the Indian Corporate Law Service is a strong administrative mechanism which forms a cornerstone of India's corporate governance. He said the officers of the service, working under the Ministry of Corporate Affairs, play a crucial role in implementing key legislations such as the Companies Act and the Insolvency and Bankruptcy Code.

"Their work ensures a balanced environment for industry, trade, and investment, fostering trust and credibility in India's corporate sector. The identity of a developed economy also lies in institutional systems that encourage honest enterprises and effectively monitor irregularities. In this context, the ICLS

SEE ON P-2

Over 35 Cloudbursts Claim 31 Lives Across J&K This Year

Repeated extreme weather events leave trail of destruction; authorities urge public vigilance



HT NEWS DESK / AGENCIES

SRINAGAR, AUG 4: More than 35 cloudbursts have hit Jammu and Kashmir this year, leaving 31 people dead and causing widespread damage to homes, roads, bridges and agricultural land. Officials have advised residents in vulnerable areas to remain alert as heavy rainfall and monsoon activity continue across the Union Territory. Jammu and Kashmir has witnessed more than 35 cloudburst

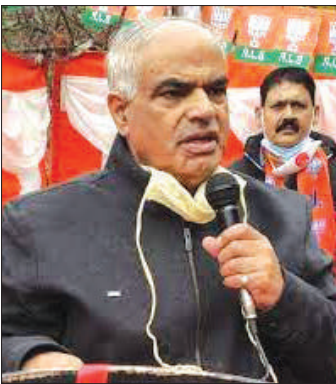
incidents so far this year, resulting in the deaths of around 31 people and causing extensive damage to houses, roads, bridges and other public infrastructure across the Union Territory.

According to official data, at least 22 cloudbursts were reported between June 1 and the middle of July. However, persistent heavy rainfall during the latter half of July and the beginning of August triggered several

SEE ON P-2

Article 370 Abrogation Brought Peace to J&K : Ashok Koul

BJP leader accuses National Conference of failing to fulfil election promises



HT NEWS DESK / AGENCIES

HANDWARA, AUG 4: BJP General Secretary (Organisation) Ashok Koul on Tuesday said the abrogation of Article 370 removed barriers to Jammu and Kashmir's progress and ushered in peace and prosperity, while alleging that the ruling National Conference had failed to honour its key poll commitments. BJP Jammu and Kashmir General Secretary (Org) Ashok Koul on Tuesday said the abrogation of Article 370 ended

the hurdles that had held Jammu and Kashmir back and claimed the move ushered in peace and prosperity across the Union Territory.

Speaking to reporters after chairing a review meeting of the Langate Assembly Constituency in Handwara, Koul, as per the news agency—Kashmir News Observer (KNO) said the BJP would celebrate August 5, while the National Conference and other parties were free to observe it as a black day.

"We will celebrate August 5 because the law that created hurdles and brought terrorism was removed. Today there is peace and prosperity across Jammu and Kashmir. Let them observe it as a black day if they want," Koul said.

Targeting the ruling National Conference, Koul alleged that the party had failed to fulfil the promises it made in its election manifesto.

"Not a single promise has been fulfilled. Whether it was 200 units of free electricity, 12 free LPG cylinders, regularisation of daily wagers or providing one

SEE ON P-2

CM Pushes for Time-Bound Budget Implementation Across J&K

Omar Abdullah directs departments to accelerate execution, ensure transparency and measurable public outcomes

HT NEWS NETWORK

SRINAGAR, AUG 4: Chief Minister Omar Abdullah on Tuesday reviewed the implementation of Budget announcements for 2026-27 and directed departments to fast-track execution of approved initiatives. Stressing transparency, accountability and inter-departmental coordination, he said the success of the Budget would be judged by tangible improvements in public services and equitable development across Jammu and Kashmir. Chief Minister Omar Abdullah today chaired a review meeting at the Civil Secretariat to assess the progress on the



implementation of key Budget Announcements for 2026-27 across several major departments.

Emphasising timely execution and effective delivery, he directed departments to expedite

SEE ON P-2

India Rejects PoJK Polls, Renews Demand for Action Against Terror Infrastructure

MEA terms local body elections a 'farce', urges Pakistan to dismantle cross-border terror networks

HT NEWS DESK

NEW DELHI, AUG 4: India on Tuesday rejected the local body elections held in Pakistan-occupied Jammu and Kashmir as a "complete farce" and reiterated its demand that Pakistan take credible action against terrorist infrastructure operating from its territory. India on Tuesday renewed its demand that Pakistan

take credible action against cross-border terrorism and dismissed the second phase of local elections in Pakistan-occupied Jammu and Kashmir (PoJK) as a "complete farce", alleging that the electoral exercise was aimed at masking a continuing crackdown on civilians in the region.

Addressing the weekly media briefing here, spokesperson of Ministry of External Affairs' Randhir

Jaiswal, according to the news agency—Kashmir News Observer (KNO) said, "Pakistan must dismantle the terrorist infrastructure operating from its territory instead of allowing cross-border terrorism to continue."

"We continue to call upon Pakistan to take strong action against cross-border terrorism and the terrorist infrastructure that they have

SEE ON P-2

Multi-Agency Mock Drill Enhances Security Preparedness at Srinagar Railway Station

Exercise tests emergency response and coordination among security agencies

HT NEWS DESK / AGENCIES

SRINAGAR, AUG 4: Security agencies on Tuesday conducted a joint mock drill at Srinagar Railway Station to assess operational preparedness and strengthen response mechanisms against potential security threats without disrupting railway operations. A joint mock drill involving

multiple security agencies was conducted at Srinagar Railway Station on Tuesday to assess preparedness and strengthen the response mechanism against potential security threats. The exercise was carried out under the supervision of SDPO Railway Srinagar, Showket Ahmad, and witnessed the participation of personnel

SEE ON P-2

J&K Reports Over 2,180 Child Kidnapping Cases in Five Years

Government data shows nearly 95 per cent of missing children recovered alive

HT NEWS DESK / AGENCIES

SRINAGAR, AUG 4: Jammu and Kashmir recorded 2,182 cases of child kidnapping and abduction between 2020 and 2024, involving 2,254 victims, according to official data tabled in Parliament. The figures show that 2,143 children were successfully recovered

during the period.

Jammu and Kashmir recorded 2,182 cases of kidnapping and abduction of children during 2020-2024, involving 2,254 child victims, of whom 2,143 were recovered alive, according to data furnished by the Ministry of Home Affairs in the Lok Sabha on Tuesday.

SEE ON P-2

Two Kashmir Master Weavers to Receive National Handloom Award

President Murmu to honour Budgam artisans for preserving the iconic Kani shawl tradition

HT NEWS DESK / AGENCIES

SRINAGAR, AUG 4: In a major recognition for Kashmir's renowned handloom heritage, two master artisans from Budgam district have been selected for the prestigious National Handloom Award 2025 for their outstanding craftsmanship in the traditional Kani shawl weaving art. In a significant recognition for Kashmir's centuries-old Kani shawl tradition, two master artisans from Budgam district have been selected for the National Handloom Award 2025, one of the



country's highest honours for excellence in the handloom sector. The awardees, Manzoor Ahmad Hajam and Fayaz Ahmad Wani,

both residents of Kanihama in the Magam area of Budgam, have been chosen in the weaving category for their craftsmanship in the iconic

SEE ON P-2

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ICLS Key to

works as the guardian of balance, ensuring that corporate growth contributes to inclusive national prosperity," the Lieutenant Governor said.

He stated that the investors' trust is India's greatest asset as the nation has become a major global investment destination.

"This trust is reinforced when companies operate transparently, maintain financial discipline, and act swiftly against irregularities. The ICLS, through its responsibilities, continuously strengthens this trust, making it an essential guardian of India's economic credibility. Rapid economic growth, responsible institutions, transparent governance, ethical business conduct and a strong legal framework are vital for inclusive development. The ICLS will be a critical link in achieving this goal by creating a bridge of trust between industry and governance," the Lieutenant Governor said.

The ICLS Officer Trainees of 2023 and 2024 Batches, accompanied by Shri Haamid Bukhari, Registrar of Companies, J&K, shared the experience and learning from their visit to Jammu Kashmir, as a part of Domestic Study Tour.

They also briefed the Lieutenant Governor on the functioning of the offices of Registrar of Companies (ROCs) and the dual mandate of ICLS in maintaining the Regulation, developmental role as well as effective enforcement of multiple corporate laws.

The Lieutenant Governor was also briefed about the recently filed winding up petition on the basis of which the Assets of one Not-for-Profit Company was taken over by the Office of ROC cum Official Liquidator, J&K. This was probably the first case in which the corporate laws were invoked in the matter of National Security.

The Lieutenant Governor expressed confidence that ICLS officers will continue to strengthen transparent corporate culture, investors' confidence and strengthen India's journey toward becoming a leading global economy—(KNO)

Over 35 Cloudbursts

more cloudbursts, pushing the total number of such incidents beyond 35.

The fatalities have largely been attributed to cloudbursts, flash floods and rain-triggered landslides, with the Jammu division accounting for the majority of the deaths.

Among the worst-affected districts are Poonch, Rajouri, Kathua, Doda and Kishtwar, where repeated weather-related disasters have caused significant loss of life and property. In Kashmir, districts including Shopian and Kupwara have also witnessed multiple cloudbursts and flash floods in recent weeks, disrupting normal life and damaging infrastructure.

The recurring extreme weather events have led to the destruction of residential houses, roads, bridges, agricultural land and other public utilities, besides affecting connectivity in several remote areas.

The latest spell of heavy rainfall has once again highlighted the vulnerability of mountainous regions to weather-induced disasters, with authorities continuing rescue, restoration and relief operations in several affected districts.

Disaster management authorities have advised people residing in flood-prone and landslide-vulnerable areas to remain alert and strictly follow weather advisories as the monsoon continues to impact the region. [KNT]

Centre Strengthens

In a written reply to an unstarred question in the Lok Sabha, Minister of State for Home Affairs Nityanand Rai, as reported by the news agency—Kashmir News Observer (KNO), said the government, through its border guarding forces (BGFs), has undertaken several measures to prevent illegal cross-border movement and improve border management.

The reply came in response to a question by Lok Sabha member Anil Yeshwant Desai, who sought

to know whether it was the responsibility of the government to ensure that no person crossed the country's borders without proper authorisation, the role of paramilitary forces in the task, whether the presence of a large number of illegal people in the country reflected negligence in border management, and the action taken by the government.

Rai said the government has enhanced border surveillance by deploying advanced equipment such as CCTV cameras, drones and automatic number plate recognition systems to monitor border areas more effectively.

"The government has also strengthened border infrastructure by developing fencing, border outposts, roads and helipads to improve vigilance and mobility of security forces," he said, adding that regular patrolling has been intensified through area domination exercises, naka points and mobile teams to monitor illegal activities along the borders.

The minister said that intelligence agencies and other organisations are working in close coordination through established platforms to facilitate real-time information sharing.

The government has also focused on regulating cross-border movement by identifying and managing designated entry and exit points to ensure controlled movement of people and goods, Rai said.

He further said community engagement and awareness programmes are being conducted to educate border residents and discourage them from aiding illegal activities.

CM Pushes for

implementation, strengthen coordination and ensure that Budget commitments translate into tangible benefits for the people.

The meeting was attended by Minister for Health & Medical Education, Social Welfare and Education, Sakina Itoo; Minister for Food, Civil Supplies & Consumer Affairs and Transport, Satish Sharma; Advisor to the Chief Minister Nasir Aslam Wani; Chief Secretary Atal Dulloo; Additional Chief Secretary to the Chief Minister Dheeraj Gupta; Additional Chief Secretary, Finance, Shailendra Kumar; Administrative Secretaries of the concerned departments; Director General Budget, Director General Codes and other senior officers.

At the outset, Additional Chief Secretary, Finance, Shailendra Kumar, gave a comprehensive presentation on the status of the Budget Announcements pertaining to the departments under review. He apprised the Chief Minister of the progress achieved so far and the implementation status submitted by the respective departments.

Administrative Secretaries of the School Education Department, Food, Civil Supplies & Consumer Affairs Department, Transport Department, Social Welfare Department and Health & Medical Education Department briefed the Chief Minister on the action taken to implement the Budget proposals and highlighted the milestones achieved in their respective sectors.

Reviewing the progress, the Chief Minister issued a series of directions to accelerate implementation of the approved initiatives and ensure strict adherence to prescribed timelines. He stressed the need for close inter-departmental coordination to facilitate seamless execution of projects and programmes announced in the Budget.

The Chief Minister underscored that the true success of the Budget lies in its effective implementation on the ground and directed all departments to focus on delivering measurable improvements in public services. He emphasised that efficiency, transparency and accountability must remain central to the execution of all Budget initiatives.

The Chief Minister reiterated the Government's commitment to ensuring that every Budget announcement is implemented in a time-bound manner for the welfare and benefit of the people.

Article 370

lakh jobs, nothing has been delivered. These were hoax promises and we will continue reminding people of them," he said.

On the proposed Government Medical College in Handwara, Koul said the matter would be reviewed by the concerned council and maintained that the institution should be established at the originally proposed site.

Commenting on Bilal Gani Lone's entry into politics, Koul welcomed the move, saying everyone has the democratic right to participate in the political process.

Responding to a question on the Union Home Minister's remarks regarding Pakistan occupied Jammu and Kashmir, Koul referred to the 1994 Parliament resolution, saying PoJK is an integral part of India and expressed confidence that the leadership at the Centre would take appropriate steps on the issue—(KNO)

India Rejects PoJK

on their soil that needs to be dismantled," he said while responding to a question on a video released by a terrorist group that blamed India for the killing of some of its commanders.

Separately, replying to questions on the second phase of local body elections held in Pakistan-occupied Jammu and Kashmir, Jaiswal rejected the exercise, saying it could not conceal what he described as widespread public unrest and violence in the region.

"The so-called local elections in PoJK are a complete farce. The real situation is one of public protests and wanton killings by Pakistani forces. Such hollow exercises cannot hide realities," he said.

The spokesperson alleged that at least 90 civilians have lost their lives since June in an ongoing crackdown in the region, while many others had been injured.

According to Jaiswal, the Pakistan establishment had responded to public discontent with "bullets, blackouts, intimidation and repression" and was now attempting to manufacture legitimacy through the electoral process.

He also urged the international community to hold Pakistan accountable, alleging that its actions in the region stood in contrast to its public positions on human rights.

On a separate question relating to the Indus Waters Treaty, Jaiswal reiterated India's position that the treaty would remain in abeyance until Pakistan "irrevocably and credibly" ended its support for cross-border terrorism—(KNO)

Multi-Agency Mock

from the Government Railway Police (GRP), Railway Protection Force (RPF), Police Station Nowgam and the Central Reserve Police Force (CRPF).

During the drill, the deployed personnel were

briefed on security preparedness, emergency response protocols and their respective duties and responsibilities in the event of any potential security threat.

As part of the exercise, personnel deployed at guard points, railway platforms and other vital installations carried out physical drills, while the Quick Response Team (QRT) also underwent operational briefing and field exercises to assess its readiness.

Officials said the mock drill formed part of routine security preparedness measures aimed at strengthening the overall security framework at Srinagar Railway Station.

The exercise concluded peacefully without any disruption to railway operations. [KNT]

J&K Reports

As per the data, accessed by the news agency—Kashmir News Observer (KNO), J&K registered 293 cases in 2020, 478 in 2021, 513 in 2022, 486 in 2023, and 412 in 2024. The number of child victims stood at 302, 493, 534, 502, and 423 respectively, while 286, 426, 542, 481, and 408 child victims were recovered alive during the corresponding years.

In Ladakh, 12 cases of kidnapping and abduction of children were registered during the five-year period. The UT reported no cases in 2020 and 2021, followed by five cases in 2022, four in 2023, and three in 2024. The number of child victims stood at five in 2022, five in 2023, and three in 2024, while three victims were recovered alive in each of the three years.

The data further shows that Jammu and Kashmir reported 32 child trafficking victims under human trafficking during 2020–2024—two each in 2020 and 2021, followed by ten each in 2022 and 2023 and eight in 2024. The same number of victims were shown as rescued in each corresponding year. Ladakh reported zero child trafficking victims and zero rescues throughout the five-year period.

The Ministry said that 'Police' and 'Public Order' are State subjects under the Seventh Schedule of the Constitution, and the responsibility for maintaining law and order and protecting the life and property of citizens, including children, rests with the respective State Governments and UT Administrations.

It said TrackChild and Khoya-Paya have been integrated with the unified Mission Vatsalya Portal and CCTNS to facilitate matching of FIRs of missing children with the TrackChild database. The Child Helpline 1098 is operational 24/7 and integrated with the Emergency Response Support System-112. The figures above are restricted to Jammu & Kashmir and Ladakh as reported in the uploaded MHA/Lok Sabha document—(KNO)

Bus Service Unavailable After 8:30 a.m. in Tral

Leaving Students, Patients, and Employees Facing Hardships; Public Demands Reforms in Transport System

Wani Arfat

TRAL, 04 AUG: Students, patients, government and private employees, elderly citizens, and daily commuters travelling from Tral to Srinagar, Pampore, Anantnag, Pulwama, and other destinations have expressed serious concern over the poorly coordinated morning bus schedule and urged the Transport Department to take immediate corrective measures.

According to local residents, most government and private buses depart around the same time early in the morning, while regular bus services to major destinations virtually cease after 8:30 a.m. People say the issue is not about missing the first bus rather, a large number of students, patients, employees, and other commuters begin their journeys after 8:30 a.m., yet they are left without direct bus services.

Residents stated that many college and university



students, government and private sector employees, patients travelling to hospitals in Srinagar, and elderly citizens face this difficulty every day. In the absence of direct bus services, they are forced to change multiple vehicles, resulting in the loss of valuable time and additional travel expenses. Amid rising inflation, this has become a significant financial burden for ordinary families.

Locals also pointed out that government bus services in Tral remain extremely

limited despite the area's large population and geographical spread. Although some government buses begin their routes from nearby villages, only one or two government buses are directly available from Tral town, which is far from sufficient to meet public demand. Residents have called for at least three regular government bus services to operate directly from Tral to major destinations, ensuring safe, comfortable, affordable, and reliable transportation for the public.

The public has urged the Transport Department to redesign the existing bus schedule so that buses operate at regular intervals instead of departing simultaneously. They have also demanded that at least two additional bus services, whether government or private, be made available after 8:30 a.m. to ease the daily hardships faced by students, patients, employees, senior citizens, and other commuters.

I, Wani Arfat, respectfully appeal to the Hon'ble MLA of Tral, Mr. Rafiq Ahmad Naik, to take personal interest in this long-standing public issue, coordinate with the Transport Department and the concerned authorities, and ensure effective measures for its permanent resolution. Thousands of students, patients, employees, elderly citizens, and daily commuters in Tral deserve a better, well-organized, and timely public transport system. It is hoped that this important public concern will receive priority attention and be resolved at the earliest.

HT EDITORIAL

Safe Food, Healthy Society

Food safety is not an occasional campaign but a continuous commitment to public health.

The recent enforcement drive by the Food Safety and Drugs Administration (FDA) across Jammu and Kashmir deserves appreciation for reinforcing an issue that directly affects every household—food safety. By inspecting food establishments and collecting samples of high-risk food items, the authorities have demonstrated their commitment to protecting consumers from adulterated, substandard and unsafe food products.

In today's fast-paced food market, where packaged, processed and ready-to-eat items are increasingly becoming part of daily life, maintaining quality standards is more important than ever. A single lapse in hygiene or quality control can expose hundreds of consumers to food-borne illnesses, making strict regulatory oversight indispensable. The FDA's focus on sweets, meat products and other perishable food items is therefore both timely and necessary.

However, food safety cannot be ensured through inspections alone. Enforcement drives must evolve into a sustained mechanism of regular surveillance, scientific testing and uncompromising action against violators. Food business operators must understand that compliance with safety norms is not merely a legal obligation but a moral responsibility towards the public. Clean premises, proper storage, quality ingredients and adherence to prescribed standards should become the norm rather than the exception.

Public awareness is equally vital. Consumers must remain alert, check product labels, verify expiry dates and report any suspected cases of adulteration or unhygienic practices. An informed consumer is often the strongest ally of regulatory authorities in identifying unsafe food products before they reach more people.

As Jammu and Kashmir continues to witness growth in tourism, hospitality and the food industry, the demand for safe and hygienic food will only increase. This presents both an opportunity and a responsibility. Businesses that uphold quality standards will earn public trust, while those compromising on safety must face strict legal consequences.

Food safety is not achieved through one-time campaigns but through an enduring culture of accountability. Consistent inspections, responsible business practices and vigilant consumers together form the strongest defence against food adulteration. A healthy society begins with safe food, and safeguarding that right must remain a collective priority for both the government and the public.

Rediscovering a Forgotten Scholar

Dr. Ved Prakash Suri

And His Contribution to Urdu Studies in Jammu & Kashmir



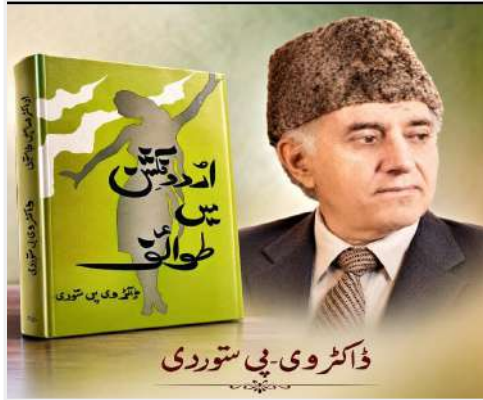
Dr. Mohiudin Zore Kashmiri*

"Urdu was not born in palaces alone; it grew in the shared breath of many cultures, faiths, and voices."

Urdu has long been celebrated as a language that embodies inclusivity, cultural synthesis, and shared heritage. It is often described as a symbol of the Ganga-Jamuni tehzeeb, representing a composite culture that evolved through centuries of interaction among diverse communities in the Indian subcontinent. This image of Urdu as a secular and unifying force is widely accepted in literary and academic circles. However, when we move beyond this idealized notion and examine the practices within Urdu scholarship, a different reality sometimes emerges. Recognition is not always distributed fairly, and several scholars who have made meaningful contributions remain marginalized or forgotten. This issue becomes particularly visible in regions like Jammu & Kashmir, where Urdu is not only widely spoken but also enjoys the status of an official language.

In the context of Jammu & Kashmir, one such neglected figure is Dr. Ved Prakash Suri. Despite his considerable contributions to Urdu literary research and criticism, his name is rarely mentioned in seminars, literary gatherings, or scholarly publications. This absence is not merely accidental; it reflects a broader pattern in which certain voices are systematically overlooked. A striking example of this neglect can be found in the D.Litt. thesis by Dr. Zahuruddin, titled "Development of Urdu Language and Literature in the Jammu Region" (1985). This work, which aims to provide a comprehensive account of Urdu's evolution in the region, does not include any discussion of Dr. Suri, even though he was an active scholar and academic at the time.

To understand the significance of Dr. Suri's contributions, it is important to first consider his life journey, which is deeply intertwined with the socio-political upheavals of the subcontinent. Born on April 2, 1933, in Mirpur in undivided Kashmir, Dr. Suri grew up during a period marked by



uncertainty and change. His father, Lala Ram Das Suri, served as a revenue officer, and his mother, Brij Rani, was an educated woman who played a crucial role in his early intellectual development by teaching him Urdu. This early exposure to language and literature laid the foundation for his later academic pursuits.

The Partition of 1947 proved to be a turning point in his life. Like millions of others, Dr. Suri experienced displacement and hardship. During the chaos of Partition, he was separated from his family and had to spend time in refugee camps. Eventually, he was reunited with his relatives at the Wagah border and brought to India. These experiences of loss, migration, and survival left a lasting impact on his personality and outlook. They also instilled in him a sense of resilience and determination that would define his academic and professional journey.

After resettling in Jammu, Dr. Suri continued his education despite numerous challenges. He had already completed his matriculation before Partition and went on to pursue higher studies with great dedication. Over time, he acquired multiple academic qualifications, including A-deeb-e-Fazil from Jammu & Kashmir University, a Bachelor's degree as a private candidate, a Master's degree in Urdu, and ultimately a Ph.D. in Urdu from Jammu University. His educational trajectory reflects not only his intellectual capabilities but also his commitment to learning under difficult circumstances.

Dr. Suri's professional life was equally dynamic. He initially worked in various government departments,

including Excise, Health Services, and Posts and Telegraphs. In 1966, he joined Jammu University as Assistant Registrar, marking the beginning of a long association with the institution. His administrative skills and dedication led to his promotion as Deputy Registrar in 1977. Despite the demands of his administrative career, he remained deeply engaged in academic and literary activities, demonstrating an impressive ability to balance both roles.

As a scholar, Dr. Suri made significant contributions to Urdu literature through his research papers and essays. He wrote on a wide range of topics, including Urdu journalism (sahafat), nationalism, and the works of prominent literary figures such as Maulana Abul Kalam Azad, Faiz Ahmed Faiz, and Saadat Hasan Manto. His writings reflect a deep understanding of literary traditions as well as a keen awareness of contemporary social issues. However, his most remarkable contribution lies in his doctoral research.

Dr. Suri's Ph.D. thesis, titled "Urdu Fiction Mein Tawaf", is widely regarded as a pioneering work in Urdu literary criticism. Completed under the supervision of Gian Chand Jain, who was then the Head of the Urdu Department at Jammu University, this study offers a comprehensive analysis of the representation of courtesans (tawaifs) in Urdu fiction. The thesis was later published in 1992 and spans over 400 pages in its printed form, though its content suggests that it could extend to 600–700 pages in a modern format.

The structure of the book is methodical and well-organized, consisting of seven chapters that examine different aspects of the subject. The first chapter provides a sociological framework for understanding the institution of the tawaf. Dr. Suri traces the historical evolution of courtesans, highlighting their role as highly skilled artists and cultural custodians during the Mughal period. He also examines how colonial interventions transformed this institution, leading to its gradual decline and association with prostitution. This chapter stands out for its depth and originality, as it combines literary analysis with sociological insight.

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A Teacher Should Be A Man Of Words Not Just Lectures !!!!



Surinderpal Singh

Education has never been merely about delivering information. It is about inspiring minds, nurturing character and preparing individuals to face the challenges of life. Throughout history, the greatest teachers have not been remembered for speaking the longest or giving the most lectures. They are remembered because their words carried meaning, wisdom and purpose. Their language influenced thoughts, inspired actions and transformed lives. This is why it is often said that a teacher should be a person of words, not merely of lectures.

A lecture is simply a method of communication. Words, on the other hand, are the building blocks of ideas, values and emotions. A teacher may speak for an hour, yet students may remember nothing if the lecture lacks clarity, relevance

and inspiration. In contrast, a few sincere and meaningful words spoken at the right moment can remain with a student for an entire lifetime. History is full of examples where a single sentence from a teacher changed the direction of a student's life.

Teaching is not measured by the number of hours spent talking in the classroom. It is measured by how deeply students understand, think and apply what they learn. Modern educational research consistently shows that students learn more effectively when they actively participate rather than passively listen. Long lectures often lead to boredom, reduced concentration and declining interest. Human attention naturally decreases after a certain period, making continuous lecturing an ineffective strategy.

Meaningful words encourage curiosity. Instead of providing every answer, an effective teacher asks thoughtful questions, stimulates discussion and allows students to discover knowledge independently. Such words awaken the mind rather than overload it with information. They encourage learners to think critically, analyse problems and develop confidence in their own abilities.

A teacher's words also influence emotional development. Children and adolescents are highly sensitive to the language used by adults around them. Encouraging words build

confidence, while harsh criticism can create fear, anxiety and self-doubt. A simple statement such as "I believe in your ability" can motivate a struggling student to work harder. Conversely, negative comments may discourage even talented learners from reaching their potential. Therefore, teachers must carefully choose words that inspire hope, resilience and self-belief.

Words are equally important in shaping moral values. Students learn honesty, discipline, compassion and respect not only through textbooks but also through the everyday language of their teachers. When teachers consistently speak truthfully, respectfully and kindly, students naturally adopt similar habits. In this way, words become powerful tools for character building.

An effective teacher also understands that actions must support words. Students quickly recognise the difference between advice and behaviour. A teacher who speaks about punctuality but frequently arrives late weakens the credibility of those words. Similarly, a teacher who promotes honesty while behaving unfairly sends conflicting messages.

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She Never Let Us Feel Fatherless

A Tribal Mother's Extraordinary Journey of Sacrifice, Faith and Hope



By - Khan S.G.

There are people whose names never find place in history books, yet they shape history within the walls of their homes. My beloved mother is one of them.

She was not born into privilege, nor did life offer her an easy path. She was an ordinary woman from a remote tribal village in sub-district Tral, but her courage made her extraordinary.

When our father passed away, our world fell apart. We were just two young children, too young to understand the meaning of death or the emptiness it would leave behind. In a single moment, our mother lost her husband, her companion, and the future she had dreamed of. Yet, even while grief surrounded her, she made a silent promise that her children would never be defeated by the tragedy that had entered the life of our poor tribal family.

From that day onward, she became everything to us. She was our mother, our father, our teacher, our protector,

and our greatest source of strength.

Life in our far-flung tribal village was never easy. Opportunities were scarce, resources were limited, and every day demanded another sacrifice. But our mother refused to surrender to hardship. She carried burdens far heavier than anyone could see, hiding her tears behind a gentle smile so that we could grow up believing tomorrow would always be better.

She often denied herself even the smallest comforts so that we could have books to read, school uniforms to wear, and hope to hold on to. Every rupee she earned was spent not on herself but on our education. She believed that knowledge was the one treasure no one could ever take away from us. I still remember my early days at Government Middle School, Zisbal. Whenever I needed a school bag, notebooks, or a uniform, my mother somehow managed to provide everything on time, often making sure I had better facilities than many other students. One memory remains deeply etched in my heart. On one occasion, after spending the entire day at a doctor's appointment, we reached home at around 3:45 p.m. Instead of allowing me to rest, my mother immediately took me to school for the remaining fifteen minutes of classes. She wanted to instill in me the belief that nothing was more important than education. Even today, as I write these words, my eyes fill with tears, and my heart overflows with gratitude and pride for everything she did for us.

She never asked for sympathy. She never complained about her struggles. Instead, she taught us through her actions that dignity comes from hard work, character is built through honesty, and faith in Allah gives strength even

in the darkest moments.

Whenever we felt discouraged, she reminded us that no dream is too big for a determined heart. Her words became our motivation, and her sacrifices became our responsibility to honour. I vividly remember how many people in our village, including some of our relatives, advised her to send us to work like other children instead of spending scarce resources on our education. But she never paid heed to such suggestions. She remained steadfast in her belief that education alone could change our destiny and continued to invest in our future.

Today, as we look back on that long and difficult journey, we realise that every achievement we celebrate belongs first to our mother. I also owe immense gratitude to the entire faculty of Government Middle School, Zisbal, especially my beloved teacher, Mr. Gulzar Ahmad, who guided us through difficult times with wisdom, encouragement, practical solutions, and even financial assistance whenever it was needed.

Alhamdulillah, one of her sons secured a government job, fulfilling a dream she had nurtured through years of sacrifice. The other qualified the highly competitive NEET examination, opening the door to a future in medicine. These milestones are not merely personal achievements; they are living proof of a mother's unwavering love, relentless perseverance, and extraordinary faith.

The author is a resident of Zisbal, Tral, and writes on education, social issues, and human-interest stories, drawing inspiration from personal experiences and the resilience of rural communities.

Where others stop, the Indian Army keeps moving



By M S Nazki

High altitude warfare is defined by enduring the harshest and coldest environments on Earth, famously captured by the mottoes: Only best of the friends and worst of the enemies visit us. Quartered in snow, silent to remain," and "When you go home tell them your army stands guard at our 'Frozen Frontiers. The unofficial motto defining the Siachen Glacier, the world's highest battlefield.

Quartered in snow, silent to remain. When the bugle calls, they shall rise and march again - Inscribed at the Siachen War Memorial honoring fallen high-altitude soldiers. Indian Army!

When you go home tell them your army stands guard at our 'Frozen Frontiers. Attribute to the eternal vigilance required at extreme heights.

Mountain climbers climb when the weather is at its best; soldiers serve in these treacherous terrains all year round. - A reflection on the brutal reality of military duty versus sport.

Principles of High-Altitude Terrain - Where others stop, the Indian Army keeps moving.

In raiding and plundering be like fire, in immovability like a mountain.

If you'd like, I can share more details on the history of Operation Meghdoot or the training at the High Altitude Warfare School (HAWS).

The Siachen Glacier is the world's highest battlefield, located in the eastern Karakoram range of the Himalayas, measuring about 76 km (47 mi) long, and administered entirely by India since 1984.

Geography and Climate location: Situated just northeast of point NJ9842

where the Line of Control between India and Pakistan ends.

Altitude: Ranges from about 5,753 meters (18,875 ft) down to 3,620 meters (11,875 ft) at its terminus, with military posts reaching over 20,000 feet.

Weather: Extreme sub-zero temperatures drop to -55°C (-67°F), accompanied by heavy blizzards and high-altitude hazards.

Water Source: The melting ice forms the Nubra River, a vital feeder for the Indus river basin.

The Salto Ridge originates in the north from the Sia Kangri peak on the China border in the Karakoram range. The crests of the Salto Ridge's altitudes range from 5,450 to 7,720 m (17,880 to 25,330 feet).

The major passes on this ridge are, from north to south, Sia La at 5,589 m (18,336 ft), Bilafond La at 5,450 m (17,880 ft), and Gyong La at 5,689 m (18,665 ft).

The average winter snowfall is more than 1000 cm (35 ft) and temperatures can dip to -50 °C (-58 °F). Including all

Elevation & Terrain: A sheer, craggy rock fortress towering thousands of feet above the surrounding steep gorges and the Indus river, considered completely impenetrable by its defenders

Tactical and Strategic Execution the Obstacle: The native defenders mocked Alexander, stating he would need "winged men" to capture the top of the towering rock.

The Ascent: Alexander selected 300 elite mountaineer volunteers who used tent pegs and ropes to scale the sheer, ice-slick cliffs under cover of darkness.

The Engineering Feat: Alexander filled a deep ravine blocking his artillery path by constructing an immense earthen mound and timber structure, bringing his catapults within range to bombard the summit.

The Outcome: Threatened by catapult fire from an adjacent ridge and seeing Macedonian troops entrenched above them, the defenders panicked and retreated, resulting in a total Macedonian victory that opened Alexander's route into the Punjab.

Another story:

Hannibal Barca is widely regarded as one of history's greatest military strategists because he consistently overcame seemingly impossible odds.

His campaign during the Second Punic War (218–201 BCE) remains a masterclass in logistics, tactical genius, and sheer willpower against a numerically and materially superior enemy.

Here is how Hannibal fought—and repeatedly beat—all odds: The Impossible Logistics: Crossing the Alps: The Challenge: Rome controlled the seas, making a direct naval invasion impossible. Rome is expected to fight the war in Spain or North Africa.

The Odd Defied: Hannibal launched a surprise overland invasion of Italy by marching an army of roughly 50,000 infantry, 9,000 cavalry, and 37 war elephants across the treacherous, freezing Alps.

The Cost: He lost nearly half his army to hostile mountain tribes, freezing temperatures, and steep precipices, but he achieved complete strategic surprise.



Strategic and Historical Context Operation Meghdoot: Launched by the Indian Army on April 13, 1984, securing key ridge lines and heights.

Ceasefire: A formal ceasefire was initiated in 2003, though a heavy military presence remains active on both sides.

Human Cost: Severe weather, avalanches, and low oxygen levels have historically caused more casualties than direct combat. Would you like to know more about the logistics of supplying the Siachen base camp, the geopolitical history, or the peril/travel permits required to visit the region?

The Siachen Glacier lies immediately south of the great drainage divide that separates the Eurasian Plate from the Indian subcontinent in the extensively glaciated portion of the Karakoram sometimes called the "Third Pole".

The glacier lies between the Salto Ridge immediately to the west and the main Karakoram range to the east.

tributary glaciers, the Siachen Glacier system covers about 700 km2 (270 sq mi).

Sia in the Balti language refers to the rose family plant widely dispersed in the region. "Chen" refers to any object found in abundance. Thus the name Siachen refers to a land with an abundance of roses. The naming of the glacier itself, or at least its currency, is attributed to Tom Longstaff.

The finest example of high-altitude military operations in antiquity is the Siege of Aornos (327 BC), where Alexander the Great captured a massive, steep mountain stronghold.

Key Details of the Siege of Aornos! Date: 327 BC (December 327 BC to April 326 BC)

Location: Mount Pir Sarai, near the upper Indus River in the mountainous frontier of modern-day Pakistan!

Commanders: Alexander the Great for the Macedonians; local tribal defenders

Modern Greed In Modern Age



BY-MOOL RAJ

We no longer ask, "Do I need this?" We ask, "Will people notice if I don't have it?" Perhaps that is why we live in an age where skyscrapers grow taller while patience grows shorter.

There is an old saying often attributed to Mahatma Gandhi: "The Earth provides enough for everyone's need, but not everyone's greed." The tragedy is that many people no longer know where need ends and greed begins.

It becomes civilized when people can trust one another, when honesty is rewarded instead of mocked, and when success does not require sacrificing conscience.

Imagine two people standing outside a bakery. One has not eaten since yesterday. The other has already had breakfast but buys every loaf on the shelf because nobody else should have one. The first person is hungry. The second is greedy. That is the difference we often forget. Human needs are surprisingly small. We need food, shelter, safety, affection and dignity. Yet somewhere along the road to modern civilization, our desires stopped listening to our needs. We no longer ask, "Do I need this?" We ask, "Will people notice if I don't have it?" Perhaps that is why we live in an age where skyscrapers grow taller while patience grows shorter.

Greed is not new. Kings fought wars for gold centuries ago. Empires swallowed nations for spices, land and power. But today greed wears expensive perfume, carries a smartphone and speaks the language of success. It no longer hides in dark corners; sometimes it sits on television panels giving motivational speeches.

A hundred years ago, a respected person was often remembered for honesty, wisdom or service to the community. Today, many people first ask, "What car does he drive?" or "How much is she worth?" Character has quietly been replaced by price tags. Social media has made this worse.

Every morning millions of people wake up and immediately begin comparing their ordinary lives with someone else's carefully edited highlights. One person posts a luxury vacation. Another uploads a new phone. Someone else announces another achievement. Nobody

uploads sleepless nights, unpaid bills or family arguments. We compare our behind-the-scenes life with everyone else's movie trailer. Then we wonder why we feel poor.

The market has discovered something dangerous: making people dissatisfied is excellent for business. If people become content, who will buy the next upgrade? Advertisements rarely sell products anymore. They sell insecurity. Frankly they whisper, "You are incomplete without this watch." "You are unsuccessful without this car." "You are unattractive without this cream." Apparently even happiness now comes with monthly installments. Yet greed is not always born from vanity. Sometimes it grows out of fear.

A father worried about rising school fees saves every rupee he can. Another fears another economic crisis. A young graduate sees unemployment everywhere and begins believing that only endless money can guarantee safety. Fear slowly changes saving into hoarding, and caution into obsession. There is an old saying often attributed to Mahatma Gandhi: "The Earth provides enough for everyone's need, but not everyone's greed." The tragedy is that many people no longer know where need ends and greed begins. Another reason is that we have quietly lost the art of contentment.

Previous generations owned fewer things but often worried less about owning more. Today many people possess wardrobes full of clothes while insisting they have "nothing to wear." We buy bigger houses only to spend less time inside them. We own faster internet but have slower conversations. Modern life keeps promising that the next purchase will finally complete us. It never does.

Greed also flourishes where justice is weak. When honest people struggle while corrupt people become celebrities, society learns a dangerous lesson. Bribes become "connections." Fraud becomes "smartness." Tax evasion becomes "good business." Before long, honesty begins looking like a financial disability.

The message becomes painfully simple: if cheating pays and integrity suffers, why remain honest? This is how corruption stops being an individual crime and becomes a social culture. The damage reaches far beyond bank accounts.

Families break apart over inheritance before the funeral flowers have even dried. Lifelong friendships disappear over business deals. Brothers become strangers because a sudden loss becomes more valuable than blood.

The Author Is A Regular Columnist And Freelance Writer

Healthy People, Healthy Nation

The Importance of Exercise and Home Gyms



Sahil Manzoor Bhatti

Health is the most precious gift of nature. There is nothing more valuable in the world than good health. Unfortunately, many people damage their health by consuming drugs, smoking, and eating unhealthy and unhygienic food. Today, junk food is widely available everywhere, from cities to villages. Barbecues, fast foods, and many processed food items have become common. However, excessive consumption of such foods can lead to serious health problems. Therefore, we should prefer organic and home-made food, which is healthier and more beneficial for our well-being. Regular exercise reflects discipline and helps keep us fit, active, and healthy. In today's fast-paced world, people often suffer from stress, anxiety, obesity, fatty liver disease, high cholesterol, and many other health-related issues. To overcome these problems, we must adopt a disciplined lifestyle by following a balanced diet, exercising regularly, and undergoing routine medical check-ups.

Our body performs countless functions such as digestion, blood circulation, and waste removal. These complex processes remind us of the wonders of creation. We should always be grateful to Almighty Allah for blessing us with life, health, and

intelligence.

A healthy body is the foundation of a successful life. While people often focus on wealth, fame, and achievements, health should always remain the top priority. Exercise not only improves physical fitness but also enhances mental well-being, confidence, and productivity.

One effective way to maintain fitness is by setting up a home gym. A home gym allows individuals to exercise regularly without the need to travel. Even a small room equipped with basic fitness equipment can help people stay active and healthy. As financial conditions improve, more equipment can be added gradually.

Based on my personal experience, regular exercise and bodybuilding bring positive changes in life. They increase energy levels, reduce fatigue, improve physical appearance, and promote a positive mindset. Gym activities also help young people stay away from harmful habits such as smoking and drug abuse.

Schools, colleges, and communities should encourage physical fitness by establishing gym facilities and promoting sports activities. Such initiatives can help create awareness about healthy living and contribute to building a stronger and healthier society.

In conclusion, exercise is not merely a physical activity; it is an investment in our future. By adopting healthy eating habits, exercising regularly, and encouraging fitness culture, we can create healthier individuals, stronger communities, and ultimately a healthier nation.

Sahil Manzoor Bhatti
Raiyar - Ich sahilmanzoor9419@gmail.com

Building a Skilled Generation for the Digital Economy



Dr Vijay Garg

The world is witnessing one of the greatest economic transformations in history. Just as the Industrial Revolution changed the way people lived and worked, the Digital Revolution is reshaping every aspect of modern life. Artificial intelligence, automation, robotics, cloud computing, cybersecurity, data science, blockchain, and the Internet of Things (IoT) are redefining industries and creating entirely new career opportunities. In this rapidly evolving landscape, the true wealth of any nation will not merely be its natural resources but the skills of its people. Building a skilled generation has therefore become the most important investment for a thriving digital economy.

The digital economy is no longer limited to software companies or technology firms. Agriculture is becoming smarter through precision farming and drones. Healthcare increasingly relies on telemedicine, wearable devices, and AI-assisted diagnosis. Manufacturing is adopting smart factories powered by automation and robotics. Education has expanded beyond classrooms through digital learning platforms. Banking, retail, logistics, entertainment, and government services are all undergoing digital transformation. Consequently, digital literacy and technological competence are becoming essential for nearly every profession.

This transformation demands a fundamental shift in education. For decades, education systems focused primarily on memorization, examinations, and theoretical knowledge. While academic foundations remain important, employers today seek individuals who can solve problems, think critically, communicate effectively, collaborate in teams, and adapt to changing technologies. The future belongs to learners who can continuously acquire new skills rather than depend solely on degrees earned years

earlier.

Schools play a crucial role in preparing students for this future. Digital literacy should begin at an early age, enabling children to use technology responsibly, safely, and creatively. Coding, computational thinking, financial literacy, media literacy, and environmental awareness should complement traditional subjects. Equally important are creativity, curiosity, ethics, and emotional intelligence—qualities that machines cannot easily replicate.

Teachers themselves need continuous professional development. As technology evolves rapidly, educators must be equipped to integrate digital tools into teaching while preserving the human values that define meaningful education. Artificial intelligence can personalize learning, provide instant feedback, and automate administrative tasks, but it cannot replace the inspiration, empathy, and



mentorship that dedicated teachers provide.

Higher education institutions must also strengthen their partnerships with industry. Universities should regularly update curricula to match emerging technologies and labour market needs. Internships, apprenticeships, live industry projects, innovation labs, and entrepreneurship programmes help students bridge the gap between classroom learning and workplace expectations. Industry participation in curriculum design ensures that graduates possess relevant and employable skills.

Vocational education deserves equal recognition alongside academic education. Skilled technicians, electricians, healthcare assistants, machine operators, digital marketers, cybersecurity analysts, renewable energy technicians, and AI support professionals are increasingly in demand. A modern economy requires both highly qualified researchers and highly skilled technical professionals. Respect for vocational careers

is essential for balanced national development.

Digital skills alone are not sufficient. Human skills—often called "power skills" or "soft skills"—are becoming even more valuable. Communication, teamwork, adaptability, leadership, creativity, resilience, ethical decision-making, and lifelong learning enable individuals to thrive in environments where technology changes rapidly. Employers consistently report that these qualities are as important as technical expertise.

The digital economy also presents opportunities for inclusion. Remote work allows talented individuals from rural and underserved regions to participate in global markets without relocating. Women, persons with disabilities, and small entrepreneurs can benefit significantly from digital platforms when provided with appropriate training, internet connectivity, and access to digital tools. Inclusive skill development can reduce inequalities while expanding economic participation.

Governments have a vital role in creating a strong digital ecosystem. Investments in broadband connectivity, digital infrastructure, modern schools, teacher training, innovation centres, startup ecosystems, and affordable access to technology can accelerate national progress. Public-private partnerships can further strengthen skill development programmes that respond quickly to emerging industry needs.

Parents also contribute to building a skilled generation. Instead of measuring success solely through examination marks, families should encourage curiosity, creativity, reading, experimentation, responsible technology use, and lifelong learning. Children should be allowed to explore diverse interests, develop practical skills, and understand that learning continues throughout life.

However, technological advancement must be guided by ethics and responsibility. As artificial intelligence and automation become more powerful, digital citizens must understand issues such as privacy, cybersecurity, misinformation, intellectual property, environmental sustainability, and the ethical use of technology. A skilled workforce must also be a responsible workforce.

The future of work will undoubtedly be different from the present. Many existing jobs will evolve, some will disappear, and entirely new occupations will emerge. Rather than fearing this transformation, societies must prepare people to adapt confidently. The ability to learn, unlearn, and relearn will become one of the most valuable skills of the twenty-first century.



DC Ganderbal reviews progress under HADP, JKICIP; District Level Committee approves 387 Applications

■ HT News Network

GANDERBAL, AUGUST 04: Deputy Commissioner (DC) Ganderbal, Jatin Kishore, today chaired a review-cum-District Level Committee (DLC) meeting to assess the implementation of the Holistic Agriculture Development Programme (HADP), Jammu & Kashmir Competitiveness Improvement of Agriculture and Allied Sectors Project (JKICIP) and other flagship schemes of the Agriculture and Allied sectors in the district.

During the meeting, the Deputy Commissioner reviewed the department-wise progress on the establishment of units under JKICIP against the targets allotted for the year 2026-27. He directed all Agriculture and Allied Departments to expedite the establishment of the remaining units and ensure their completion within the stipulated timelines.

Reviewing the status of credit-linked cases under JKICIP, the Deputy Commissioner directed the Lead District Manager (LDM), Ganderbal to ensure expeditious processing and disposal of all pending cases at various bank branches so that the approved beneficiaries receive timely financial assistance.

A detailed review of the implementation of HADP was also conducted. The progress



achieved under various projects and activities was assessed, and the concerned departments were directed to accelerate implementation and ensure timely achievement of the prescribed physical and financial targets.

The Deputy Commissioner also reviewed the progress of Output Tracking under HADP and directed the Departments of Agriculture, Animal Husbandry and Horticulture Planning & Marketing (HP&M) to complete the Output Tracking of all pending units on the Output Tracking App on priority.

Reviewing the progress under the Kisan Khidmat Ghar (KKG) Portal, including L2 and L3 registrations, the Deputy Commissioner stressed the need for ensuring registration of all farmers. He directed all concerned departments to enhance their daily registration progress and ensure updation of the remaining farmers within

the current month.

The meeting also reviewed the progress under the Daksh Kisan Portal, Pradhan Mantri Formalisation of Micro Food Processing Enterprises (PMFME) and Pradhan Mantri Kisan Maandhan Yojana (PM-KMY).

The Deputy Commissioner directed the LDM to expedite disposal of the remaining 65 PMFME cases pending with various bank branches, while the Agriculture Department was instructed to intensify registration under PM-KMY and make concerted efforts to ensure coverage of all farmers under the scheme.

The financial progress under HADP was reviewed in detail, and all implementing departments were directed to expedite expenditure against approved activities and ensure timely utilization of available funds for achieving the intended outcomes.

During the meeting, the

District Level Committee (DLC) approved 387 applications under HADP and JKICIP for further processing as per the prescribed guidelines.

The Deputy Commissioner emphasized that effective implementation of HADP, JKICIP and other flagship agriculture programmes is essential for enhancing agricultural productivity, promoting sustainable livelihoods and strengthening the rural economy. He called upon all stakeholder departments to work in close coordination, ensure regular monitoring and achieve the assigned targets within the stipulated timeframe.

The meeting was attended by Additional District Development Commissioner, Assistant Commissioner Revenue, Assistant Commissioner Development, Divisional Forest Officer Sindh Division, Chief Agriculture Officer, Chief Animal Husbandry Officer, Chief Horticulture Officer, District Sheep Husbandry Officer, District Sericulture Officer, Deputy Registrar Cooperative Societies, Senior Scientist KVK Ganderbal, District Development Manager NABARD, Assistant Director Fisheries, Area Marketing Officer Horticulture Planning & Marketing, Lead District Manager and other officers and officials.

Article 370 abrogation ensured equality, justice and one constitution in J&K: Purnima Sharma

Rajni Sethi calls August 5 a historic turning point for women, weaker sections and grassroots democracy

■ HT News Network

Jammu: BJP Spokesperson and former Deputy Mayor of Jammu, Advocate Purnima Sharma, hailed the abrogation of Article 370 as a historic step that ensured constitutional equality, social justice and complete integration of Jammu and Kashmir with the rest of India.

Addressing a press conference flanked by BJP spokesperson Rajni Sethi at party headquarters, Purnima credited Prime Minister Narendra Modi and Union Home Minister Amit Shah for demonstrating decisive



leadership and political courage in taking the landmark decision on August 5, 2019.

"Prime Minister Modi fulfilled the commitment of one nation, one Constitution and one flag, while Amit Shah played a pivotal role in translating this

vision into constitutional reality," Sharma said.

She stated that the Constitution of India became fully applicable to Jammu and Kashmir, giving its citizens the same fundamental rights and constitutional safeguards

available across the country.

Sharma said several progressive central laws relating to education, women's safety, child protection, social justice, disability rights, transparency and accountability were extended or adapted to Jammu and Kashmir. She cited the Right to Education Act, SC/ST (Prevention of Atrocities) Act, Rights of Persons with Disabilities Act, Juvenile Justice Act and POCSO Act among the important legal protections.

Highlighting women's empowerment, she said laws concerning domestic violence, workplace sexual harassment,

Rekha Mahajan, Arun Sharma hear public grievances; assure prompt departmental follow-up

■ HT News Network

Jammu: BJP Jammu and Kashmir Vice President Rekha Mahajan and State Secretary Arun Sharma held a Public Darbar at the party headquarters in Trikuta Nagar, Jammu, as part of the party's scheduled public outreach programme.

Individuals and delegations from different areas raised concerns related to erratic electricity and drinking-water supply, sanitation, damaged roads, inadequate drainage, pending infrastructure works, revenue matters and administrative delays.

The BJP leaders patiently heard the grievances and discussed several matters with the officials concerned. All representations were documented for follow-up with the appropriate government departments, while issues requiring immediate intervention were taken up on priority.

Rekha Mahajan said the Public Darbar initiative provides citizens with direct access to the party leadership and reflects the BJP's commitment to accessible, accountable and people-centric governance.

"Public service begins with listening to the people. Representatives must remain accessible, understand grassroots challenges and ensure that genuine grievances reach the competent authorities for practical and time-bound resolution," she said.

PUBLIC NOTICE

This is to inform the general public that my son's actual name is "Mohammad Burhan Wani" S/O- Fayaz Ahmad Wani, but it has been recorded wrongly in the Aadhar card as "Buhran Wani" S/O- "Fayaz Ahmad Wani". Now I want its correction to be done. Anybody having any objection may contact concerned authorities within the period of 7 days.

Fayaz Ahmad Wani
R/O- Sheikhpura Shangus, Anantnag.

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

Rajesh Gupta asks CM Omar to probe 'Fearless' overcharging at Srinagar wine shops

■ HT News Network

Jammu, Aug 4: Senior National Conference leader Rajesh Gupta on Tuesday alleged that large scale irregularities were prevailing in the functioning of liquor vends in Srinagar and demanded a high-level, time-bound inquiry into the matter. Addressing mediapersons in Jammu, Gupta said that during his recent visit to Srinagar, he personally observed that almost all liquor shops were overcharging customers beyond the government notified retail rates. He claimed that the overpricing was being carried out openly and without any apparent fear of inspections or action by the Excise Department. Gupta alleged that the unchecked overcharging had become a routine practice, causing financial exploitation of both local consumers and tourists. He pointed towards serious lapses in enforcement and monitoring by the Jammu and Kashmir Excise Department.

He further alleged that several liquor vends were not displaying mandatory licence numbers and the names of licence holders as required under the rules. Such violations, he said, reflected a failure of regulatory oversight and warranted immediate action.

The National Conference leader called upon the Vaibhav Kohli Excise commissioner who surprisingly said he is unaware of this. Gupta demanded verify compliance with notified pricing and licensing conditions, and take strict action against any vendor or official found violating the law. Gupta also urged Chief Minister Omar Abdullah, who holds the Finance portfolio, to order an independent, transparent and time-bound inquiry into the allegations. He said Jammu and Kashmir was aggressively promoting tourism across the country, but alleged overcharging.

GOVERNMENT OF JAMMU & KASHMIR Office of the Executive Magistrate 1st Class Narbal District Budgam

It is notified that the applicant namely Abdul Ahad Malik . S/o Late Abdul Rahman Malik R/o Kawoosa Khalisa . Teh Narbal District Budgam has applied for the issuance of Death Certificate of his father Namely Abdul Rahman Malik S/o Ahad Malik . The applicant intends to register the Date of Death of his father as per the school record 04/02/2023. If any body is having any objection in claiming regarding the same . He may approach the office of the under signed within a period of seven days from the date of publication of this notice or else such claim objection shall not be entertained.

Dated 04/ 08/ 2026

GOVERNMENT OF JAMMU & KASHMIR Office of the Executive Magistrate 1st Class Narbal District Budgam

It is notified that the applicant namely Ghulam Mohammed Mir S/o Abdul Rahim Mir R/o Purni Sudarshah Tehsil Narbal District Budgam applied for the issuance of Birth certificate of his son Namely Nayeem Mohammed S/o Ghulam Mohammed Dar . The applicant intends to register Date of Birth of his son as per school record is 10 / 06 / 2011. If anybody has any objection in this regard. They may contact within the period of seven days . After said days , no objection will be entertained.

Dated 04/08/2026



GOVERNMENT OF (U.T) JAMMU & KASHMIR
Office Of The Executive Engineer Jal Shakti (PHE) Deptt.
Ground Water Division Srinagar
Baghi-Ali-Mardan, Nowshara Srinagar.
E-mail:- hakeemmushtaq.75316@jk.gov.in Tel./Fax No:- 0194-2411285

Extension Notice 4th.

Subject: Improvement to water supply Scheme Chandsuma.

Reference: This office e-NIT No: 19 /JS-PHE/GWDS/Mech. 2026-27, issued vide endorsement No: JS-PHE/ GWDS/26-27/Camp/2129-41, dated: 05-06-2026 bearing Tender ID No: 2026_PHE_311619_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 04-08-2026 Up-to 01:00 PM are extended as per the details given below: -

S.No.	Item	Fresh Date
1.	Last date & Time of submission of bids	12-08-2026 Up-to 11:00 AM
2.	Date & Time 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.

Sd/-
Executive Engineer
Jal Shakti (PHE) Deptt.
Ground Water Division Srinagar.
DIPK-4121/26
Send Dated: 04-08-2026.

Government of Jammu & Kashmir Office of the Executive Engineer Mechanical & Hospitals Division Baramulla e-mail, id, xenmhd.bla@jk.gov.in Tender Notice Inviting e-Tender

NIT No:	M&HDB/TS/2026-27/48/1467-71
Date:	04-08-2026

For and on behalf of the Lieutenant Governor of Jammu & Kashmir UT, Executive Engineer, Mechanical & Hospitals Division Baramulla, invites online e-bids in Two Cover system (Technical and financial) on Percentage basis from OEM or Registered firms/agencies/contractors having experience for execution of below mentioned work:

Name of Work	Estimated Cost (Rs. in Lacs)	Cost of T/Doc. (In rupees)	Earnest Money (In Rupees)	Completion time
Repair to Clutch Drive System of Unimog U423 of Snow Clearance Unit Tangmarg.	10.97334	1000/-	21947/-	45 days

Note: -

- AAA: - Administrative Approval accorded by Chief Engineer M&HD Kashmir vide No. M&HED / K / Acctt / 29 of 2026-27 Dated: - 30-04-2026.
- Technical Sanction: - Technical Sanction Accorded by Chief Engineer Mechanical & Hospitals Engineering Department Kashmir vide No. MHED/K/TS/60 Dated: - 01-08-2026.
- Executing Agency: - Executive Engineer, Mechanical & Hospitals Division Baramulla.

1.	Date of issue of Tender Notice	04-08-2026
2.	Period of downloading of the bidding document	From 04-08-2026 to 24-08-2026
3.	Bid Submission Start Date	From 04-08-2026 (18:00 HRS)
4.	Bid Submission End Date	24-08-2026 (18:55 HRS)
5.	Date of Opening of Cover 1 st	25-08-2026 (13:00 HRS)

A. Instructions to Bidders: - The Bids shall be deposited in electronic format with digital Signature on the official website www.jktenders.gov.in in two covers viz., (Technical Bid) & (Financial Bid).

B. Cover-I shall contain:

01.	Tender Fee	Tender Fee equivalent to Rs. 1000.00 (Rupees One thousand Only) has to be deposited in the Departmental Common Pool Account maintained in Jammu & Kashmir Bank, Branch Residency Road Srinagar, under Account No: 0005010200000355 (IFSC Code: JAKA0CHINAR). Proof of the said Electronic / Digital Transfer has to be uploaded in Cover-I documents.
02.	EMD	Earnest Money Deposit (EMD) equivalent to 02% of value of the advertised cost has to be deposited in the Departmental Common Pool Account maintained in Jammu & Kashmir Bank, Branch Residency Road Srinagar, under Account No: 0005010200000355 (IFSC Code: JAKA0CHINAR). Proof of the said Electronic / Digital Transfer has to be uploaded in Cover-I documents.
03.	Terms & Conditions	Scanned copy of the Annexure-"A" & "B" duly accepted by the bidder.
04.	Tax Clearance	Latest Tax Clearance Certificate of Sales Tax Department quoting GST Number
05.	GST	Scanned copies of PAN Card / GST Registration / Latest GST clearance certificate or acknowledgement of latest returns.
06.	Non - Blacklisting Declaration	Undertaking as per Annexure "C" that the bidder has not been blacklisted or debarred by any department
07.	Financial Turnover	Average Annual financial turnover of the bidder during the last three (03) years, ending March, 2026 shall not be less than 200% of the estimated / advertised cost of the instant work duly certified by a registered Chartered Accountant with proper UDIN number for the issued certificate.
08.	Eligibility / Work Experience certificate	OEM experienced firm shall provide following documentary proof: a. Profile of the client lists in case OEM (DICV) is participating in the tendering process. or b. Firms having authorization from OEM Dairminder Indian Commercial Vehicles (DICV) to market and sell the Unimog Truck - sale, spares and services.

➤ No EMD Exemption shall be given to bidders.

C. Cover-II shall contain:

- Price bid, as per BOQ uploaded by this department. In no case, financial bid will be accepted in physical form.
- The bids for the work shall remain valid for 180 days and the contract shall be valid for one complete year, starting from the date of allotment of the said contract.
- The complete bidding process will be online.
- The Financial bid of only qualifying bidders shall be opened online in the Office of the Executive Engineer M&HD Baramulla after evaluation of technical bid and decision thereof.
- Bidder shall be penalized as per tender conditions if they withdraw their bid during the period of bid validity or make any modifications in the terms and conditions of the bid.
- Bidders are advised not to make any change in BOQ (Bill of Quantities) contents. In no case they should attempt to create similar BOQ manually. The BOQ downloaded should be used for filling the rate below %age inclusive of all taxes and it should be saved with the same name as it contains.

In case of any shortfall or deficiency, clarification shall be sought/accepted only with respect to the documents submitted online by the bidders.

DIP No: DIPK-4101/26
Send Date: Aug 4 2026

Sd/-
Executive Engineer
Mechanical & Hospitals Division
Baramulla



Depression in the Modern Age

Understanding the Silent Weight



By Bisma Ashraf

Depression is too often dismissed as a passing sadness, a personality weakness, or a lack of determination. In reality, it is a serious mental health condition that profoundly affects the way a person thinks, feels, sleeps, works, and relates to others. It is one of the most common illnesses of our time, yet it remains among the least understood.

Hidden in Plain Sight

In today's fast-paced world, where success is measured by productivity and social visibility, depression frequently goes unnoticed. A person may continue to attend work, smile in photographs, remain active on social media, and fulfill daily responsibilities while silently struggling with overwhelming emotional pain.

Unlike physical illnesses, depression often leaves no visible scars. It usually arrives quietly, gradually draining

background. Millions worldwide live with depressive disorders, making it one of the leading causes of disability across the globe.

Behind every statistic is a human story—a student who has lost interest in life, a parent silently carrying unbearable emotional weight, or a professional battling persistent despair while appearing perfectly composed. For many, loneliness becomes as painful as the illness itself.

Understanding Its Many Faces

Depression does not look the same in everyone. Some experience overwhelming sadness, while others feel emotionally numb. Some struggle with insomnia; others sleep excessively yet remain exhausted. Common symptoms include:

- Persistent sadness or emptiness
- Loss of interest in previously enjoyable activities
- Fatigue and lack of energy
- Changes in appetite or weight
- Difficulty concentrating
- Feelings of guilt, hopelessness, or worthlessness
- Disturbed sleep patterns
- Thoughts of death or suicide in severe cases

Depression affects both the mind and the body. Everyday activities such as bathing, responding to messages, preparing meals, or leaving the house may feel impossible. It is far more than "just being sad."

Professional treatment forms the foundation of recovery, but healthy daily habits can strengthen its effectiveness. Maintaining regular sleep, engaging in moderate physical activity, eating a balanced diet, limiting alcohol and recreational drugs, practising relaxation techniques, and preserving meaningful social connections all contribute to emotional well-being.

Even a brief conversation with a trusted friend or a short daily walk can become an important step towards recovery.

What Genuine Support Looks Like

People living with depression do not need lectures or motivational slogans. Statements like "just be positive" or "try harder" often increase feelings of guilt and isolation.

Real support means listening patiently without judgment, validating their experiences, encouraging professional help, and offering practical assistance when needed. Sometimes accompanying someone to a medical appointment, helping with household responsibilities, or simply checking in regularly can make an enormous difference.

Workplaces, educational institutions, and communities also have an important role in promoting mental health awareness, reducing stigma, and ensuring access to appropriate care.

Building a More Compassionate Society

Mental illness should never be viewed as a moral failing or personal weakness. Like diabetes, hypertension, or asthma, depression is a medical condition that deserves understanding, treatment, and compassion.

Breaking the stigma requires honest conversations, stronger mental health services, supportive public policies, and a culture that encourages people to seek help without fear of judgment.

A Human-Centred Way Forward

The modern world moves at an extraordinary pace, but human beings are not machines. We need rest, emotional safety, meaningful relationships, and the freedom to acknowledge our struggles without shame.

Depression reminds us of our shared humanity. Recognising it as a common, serious, and treatable condition is the first step toward meaningful change. Responding with empathy, timely professional care, and strong social support offers individuals the opportunity not merely to survive, but to heal, rebuild their lives, and reclaim hope with dignity.

About the Author

Bisma Ashraf is a regular contributor to Headlines Today. She writes on contemporary social issues with a particular interest in mental health, education.

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joy, motivation, and hope until even the simplest tasks become exhausting.

A Global Yet Deeply Personal Crisis

Depression knows no boundaries. It affects people regardless of age, gender, profession, culture, or economic

Why Does Depression Occur?

There is no single cause of depression. It usually develops through a complex interaction of biological, psychological, and social factors.

Genetic predisposition, traumatic childhood experiences, prolonged stress, bereavement, financial hardships, relationship conflicts, chronic illness, and major life changes can all contribute. Modern society has introduced additional pressures: constant digital connectivity, social media comparisons, economic uncertainty, and an unhealthy culture that often equates self-worth with achievement.

These pressures widen the gap between how people appear externally and how they truly feel internally.

The Heavy Price of Silence

Perhaps the greatest obstacle to recovery is stigma.

Many people remain silent because they fear being labelled weak, ungrateful, or emotionally unstable. Others simply cannot explain what they are experiencing. This silence delays diagnosis and treatment, allowing the illness to deepen.

Friends and family may misinterpret outward normality as evidence that everything is fine, unaware of the emotional battle taking place beneath the surface.

Greater public awareness and compassionate conversations can help identify depression earlier and encourage timely intervention.

Recovery Is Possible

The encouraging reality is that depression is treatable. Scientific research consistently demonstrates that psychological therapies—such as Cognitive Behavioural Therapy (CBT), Interpersonal Therapy (IPT), and other evidence-based approaches—can significantly reduce symptoms and improve coping skills.

Antidepressant medications are also highly effective for many individuals, particularly those with moderate to severe depression. When combined with psychotherapy and appropriate lifestyle changes, treatment often leads to meaningful recovery.

Healing rarely occurs overnight. Progress may be gradual, with occasional setbacks, but recovery remains achievable through consistent professional care and support.

Everyday Steps That Support Healing

Dr. SAIQA ZAHOOOR

- MBBS, DGO (KASHMIR UNIVERSITY)
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J&K Open 2026 Tees Off in Srinagar, Boosting Golf Tourism Push

CM Omar Abdullah launches PGTI championship, announces plans for golf academy to groom local talent

FAROOQ RATHER
HT SPORTS DESK

SRINAGAR, AUG 4: The fifth edition of the J&K Open 2026 DP World Professional Golf Tour of India (PGTI) got underway at the picturesque Royal Springs Golf Course here on Tuesday, with Chief Minister Omar Abdullah inaugurating the four-day championship and reaffirming the government's commitment to promoting Jammu & Kashmir as a premier golf tourism destination.

Launching the tournament by teeing off and unveiling the championship trophy, the Chief Minister described



golf tourism as a key pillar of the Union Territory's tourism strategy. He said Jammu & Kashmir's world-class golf courses at Srinagar, Pahalgam, Gulmarg and Sidra have the potential to attract golfers from across the country and abroad, while another course in the Jammu region is also being considered for upgradation.

With more than 100 professional golfers, including over 10 international participants, competing in the event,

Omar Abdullah said the tournament reflects Kashmir's growing stature on India's sporting map. He expressed hope that the J&K Open would become a permanent annual fixture on the PGTI calendar, featuring enhanced prize money and wider international participation in the coming years.

Emphasising the need to develop home-grown talent, the Chief Minister announced plans to establish a golf academy in Kashmir to identify and

train promising youngsters from an early age. He said providing quality coaching and exposure would enable aspiring golfers from the region to compete successfully at the national and international levels.

Referring to the recent achievements of cricketer Auqib Nabi and mixed martial arts fighter Owais Yaqoob, Omar Abdullah said the sporting success of J&K's youth demonstrates the immense talent available in the region. "Our boys and girls have talent. What they need is exposure and opportunities. By organising more tournaments like this, we can inspire more youngsters to take up sports and help them excel at the highest levels," he said.

Advisor to the Chief Minister Nasir Aslam Wani, Additional Chief Secretary Tourism Dr. Ashish Chandra Verma, PGTI CEO Amandeep Johal, Secretary Royal Springs Golf Course Haris Ahmad Handoo, Director Tourism Kashmir Syed Qamar Sajjad and other senior officials attended the inaugural ceremony.

Mandaviya felicitates world junior champion Anahat, India's historic squash team

United News Of India

NEW DELHI, AUG 4 Fresh from a historic campaign at the World Junior Squash Championships, India's junior squash team was felicitated by union Sports Minister Mansukh Mandaviya, who praised the young athletes for their achievements and urged them to aim even higher in the years ahead.

The ceremony honoured newly-crowned world junior champion Anahat Singh, along with the men's junior team of Aryaveer Dewan, Yusha Nafees and Gurveer Singh, who won the bronze medal. Anahat scripted history in Canada by becoming the first Indian to win the women's singles title at the World Junior Squash Championships. The 18-year-old defeated

Egypt's second seed Ruqayya Salem 11-3, 11-7, 11-9 in the final to capture the biggest title of her career.

The triumph also ended Egypt's 15-year dominance in the tournament, making Anahat the first non-Egyptian player to win the title since American Amanda Sobhy in 2010.

It marked another milestone in an impressive season for the Delhi teenager. Earlier in the tournament, she became the first Indian in 21 years to reach the final after defeating Egypt's Barb Sameh in the semifinals.

She also won the gold medal at the World Junior Championships, having won a bronze in Cairo last year during her fourth appearance. This year's triumph came in her fifth outing at the event.

Graeme Smith relishes 50-over World Cup return to African soil



United News Of India

CAPE TOWN, AUG 4 : Former South Africa captain and ICC Hall of Famer Graeme Smith believes the ICC Men's Cricket World Cup's return to Africa after more than 20 years represents a significant milestone for cricket.

South Africa last co-hosted the tournament in 2003, alongside Zimbabwe and Kenya. They will stage the 2027 tournament alongside Zimbabwe and Namibia.

"It's been a long time coming since Africa or South Africa hosted a men's world cricket event again," Smith said on a star-studded evening in Johannesburg which marked the announcement of the 12 venues that will stage the competition.

"I think the vibrancy of these three nations, the quality of players, the fan base certainly deserves a world event in the game, so it's great to have it back."

Smith also underlined why the Cricket

World Cup continues to hold a unique place in world cricket despite the sport's evolving landscape, according to ICC.

The 2027 edition will be the 14th Men's Cricket World Cup and the first to feature 14 teams since 2015. Smith went on to compare the success of the recently-concluded FIFA World Cup 2026, where 48 teams took part to make the event a massive success.

"We've just come off a football World Cup where you've seen a massive amount of nations compete and the cultures and the coming together of many different countries getting behind their teams," he added.

"It's amazing. With 14 teams now, you hope that many people decide to come and travel to South Africa and be a part of the event."

"I think from a world sporting event perspective, most World Cups happen every four-year cycle. It's seen as the event to win. It's obviously got a lot more tradition, a lot more stature."

Short outdoes Stoinis, Graham delivers all-round show



United News Of India

LONDON, AUG 4 Matt Short's unbeaten 60 has powered Welsh Fire to their fourth win of the season, toppling Marcus Stoinis' Southern Brave in the men's Hundred.

Stoinis was the star of the Brave's innings as they battered first, with the Australian international hammering 55 from 39 balls as wickets fell around him.

Even the explosive David Miller couldn't get going on the Sophia Gardens pitch, and the South African was one of Short's two wickets claimed in the final set of five. Miller was out for 21 from 17 balls - the Brave's second-highest score - and the total was a meagre 115.

In reply, Short dominated the chase. Having just come from the USA's MLC, where he closed out that tournament with scores of 94 no and 121 no, the Victorian opener put on a 56-run stand with Joe Root to set the base the Fire needed.

The struck six fours and two sixes in his 41-ball innings which included some delightful scooped shots.

In the women's clash between the sides, a trio of Australians had that opportunity to impress in front of Australia Sophie Molineux, the Brave's leader.

Ironically, it was Heather Graham, last capped nearly two years ago, who shone brightest.

Graham took 2-23 of her 20 balls,

Another INTERNATIONAL MILESTONE ACHIEVED BY J&K MAHAM TAHIR FROM JAMMU & KASHMIR WON 2 GOLDS FOR INDIA

Defeated Australian opponent in 18th WEKAF World Arnis Championship 2026 held at Talkatora Indoor Stadium in New Delhi.

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