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TODAY
Voice To The Voiceless



P:4

DC Budgam inaugurates Capacity Building programs for teachers under ‘Classes of Joy’ -TaRL approach

President Murmu Calls for Technology-Led Transformation of Handloom Sector

Honours master weavers, urges innovation to strengthen India's textile heritage

HT NEWS DESK / AGENCIES

NEW DELHI, AUG 7: President Droupadi Murmu on Thursday advocated greater integration of technology, innovation and digital platforms into India's handloom sector while presenting the Sant Kabir Handloom Awards and National Handloom Awards 2025, describing traditional weaving as a cornerstone of the country's cultural heritage and rural economy. President Droupadi Murmu on Friday



called for the appropriate use of modern technology to ensure the sustainable growth of India's handloom sector, saying young

entrepreneurs, designers and startups can create new opportunities by connecting traditional crafts with contemporary trends,

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brands and global value chains. Addressing the 12th National Handloom Day celebrations at the Rashtrapati Bhavan Cultural Centre, the President presented the Sant Kabir Handloom Awards and National Handloom Awards 2025, recognising excellence in India's handloom tradition. Four commemorative postage stamps showcasing the country's diverse handloom weaving traditions were also released on the occasion. The President said the handloom sector has been an integral part of India's civilisational journey, reflecting the nation's rich cultural diversity while generating employment, empowering women and preserving traditional art forms.

Omar Unveils ₹9.18-Crore Smart Corridor in Jammu

Residency Road–High Street upgraded under Smart City Mission to improve urban mobility and civic infrastructure



HT NEWS NETWORK

JAMMU, AUG 7: Chief Minister Omar Abdullah on Thursday inaugurated the upgraded Residency Road–High Street corridor, a 9.18-crore Smart City project aimed at transforming one of Jammu's busiest commercial stretches with underground utility

networks, improved roads, modern footpaths and upgraded drainage, providing a major boost to urban infrastructure and pedestrian-friendly development. Chief Minister Omar Abdullah today inaugurated the upgraded Residency Road–High Street in Jammu, a

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SKUAST-K Intensifies Drive to Revive Kashmir's Heritage Ambri Apple

Experts advocate scientific orchard management and mechanisation to boost productivity



HT NEWS DESK / AGENCIES

SHOPIAN, AUG 7: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) on Thursday organised a Field Day-cum-Fruit Show highlighting scientific orchard

management, mechanisation and conservation of the iconic Ambri apple, with experts calling for modern cultivation practices to strengthen the Valley's horticulture sector.

Conservation of Kashmir's iconic Ambri apple, scientific orchard management and mechanisation took centre stage at a Field Day-cum-Fruit Show organised by Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) under HADP-18 at the Ambri Apple Research Centre (AARC), Pahnoo, Shopian, today.

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Chief Secretary Orders Faster Revival of Stressed MSMEs

Calls for accelerated assessments, stronger institutional support and coordinated rehabilitation across J&K



HT NEWS NETWORK

SRINAGAR, AUG 7: Chief Secretary Atal Dulloo on Thursday directed officials to expedite the assessment and revival of stressed Micro, Small and Medium Enterprises (MSMEs), stressing improved coordination among government departments, financial

institutions and technical agencies to strengthen industrial growth, safeguard employment and ensure timely support for struggling enterprises. Chief Secretary, Atal Dulloo, today chaired a comprehensive review meeting to assess the functioning and progress of the J&K MSME

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BJP Suspends Nine Anantnag Leaders Over Unauthorised Rally

Disciplinary action follows alleged objectionable slogans; internal inquiry initiated

HT NEWS DESK / AGENCIES

SRINAGAR, AUG 7: The Bharatiya Janata Party (BJP) on Thursday suspended

nine office-bearers of its Anantnag district unit and revoked their organisational responsibilities after they allegedly organised an unauthorised Tiranga rally during which objectionable slogans targeting women were reportedly raised, pending the outcome of an internal disciplinary inquiry. The Bharatiya Janata Party (BJP) has suspended nine office-bearers of its

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Srinagar Police Recover Stolen Property Worth ₹17.5 Lakh

Three accused, including two juveniles, identified in major theft case

HT NEWS DESK / AGENCIES

SRINAGAR, AUG 7: Srinagar Police on Thursday claimed to have cracked a major theft case by recovering stolen property valued at around 17.5 lakh, including gold ornaments, cash, iPhones and a motorcycle, while identifying three accused—two of them juveniles—following an investigation into a residential burglary in the Rainawari area.

Srinagar Police on Friday claimed to have solved a major theft case with the recovery of



stolen property worth around Rs 17.5 lakh and the identification of three accused, including two juveniles.

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Fruit Trucks, Fuel Tankers Get Priority on NH-44 Amid Yatra Rush: Omar

CM reviews highway situation in Ramban, assures uninterrupted movement of essential supplies and horticulture produce

HT NEWS DESK / AGENCIES

SRINAGAR, AUG 7: Chief Minister Omar Abdullah on Friday said that fruit-laden trucks from Kashmir and petroleum tankers from Jammu are being given priority on the Jammu-

Srinagar National Highway to ensure uninterrupted transportation of horticultural produce and essential supplies during the ongoing Amarnath Yatra. Reviewing the traffic situation along the rain-hit Udhampur-Ramban stretch, the Chief Minister said the administration,

in coordination with the National Highways Authority of India (NHAI), police and civil authorities, was working round the clock to minimise disruptions caused by landslides and restore traffic at the earliest. He appealed to commuters to remain patient during

temporary closures, noting that the highway remains the region's only vital road link. Abdullah also expressed satisfaction over the smooth conduct of the Amarnath Yatra, stating that a large number of pilgrims had completed the pilgrimage safely so far.

Apni Party Will Fight to Restore J&K's Rights : Altaf Bukhari

Targets NC government over unemployment, governance and unfulfilled promises



HT NEWS DESK / AGENCIES

BANDIPORA, AUG 7: Apni Party president Syed Mohammad Altaf Bukhari on Thursday reaffirmed his party's commitment to restoring Jammu and Kashmir's dignity, constitutional rights and economic opportunities, while launching a scathing attack on the National Conference government over unemployment, governance and what he termed its failure to deliver on electoral commitments. Apni Party president Syed Mohammad Altaf Bukhari on Friday said his party was committed to restoring Jammu and

Er. Rashid Seeks Green Corridor for Kashmir Fruit Trucks

Urges Gadkari to ensure uninterrupted movement on NH-44 during harvesting season

HT NEWS DESK / AGENCIES

NEW DELHI, AUG 7: Baramulla Member of Parliament Er. Rashid on Thursday urged Union Road Transport and Highways Minister Nitin Gadkari to establish a dedicated Green Corridor for fruit-laden trucks on NH-44, warning that recurring traffic disruptions are causing substantial losses to Kashmir's horticulture sector during the peak apple harvesting season.

Member of Parliament from Baramulla, Er. Rashid, on Friday called on Union Minister for Road Transport and Highways Nitin Gadkari, urging the establishment of a dedicated 'Green Corridor' to ensure the smooth passage of fruit-laden trucks on the strategic National Highway-44 during the ongoing harvesting season. According to a statement issued



Jammu and Kashmir during his meeting with Gadkari at his Parliament chamber.

MP Rashid highlighted that the horticulture sector, which sustains nearly seven lakh families, is the backbone of the Union Territory's economy. He pointed

out that repeated traffic disruptions on regulated stretches of NH-44, particularly at Qazigund and Banihal, are causing heavy losses

to fruit growers by delaying the transportation of highly perishable produce.

He urged the Minister to prioritize the movement of fruit trucks through a dedicated corridor and establish

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HT EDITORIAL

Accountability Must Pave Kashmir's Lifeline

The Jammu-Srinagar National Highway (NH-44) is not merely a road—it is the lifeline of Kashmir. Every litre of fuel, every truckload of food, every life-saving medicine, every tourist, pilgrim and student travelling to and from the Valley depends upon this single arterial link. Whenever the highway is blocked by landslides, sinking roads or flash floods, the consequences are felt immediately across Jammu and Kashmir. Markets run short of supplies, transport costs rise, fruit growers suffer losses and thousands of commuters remain stranded. Ensuring that this highway remains safe and functional throughout the year is therefore not simply an engineering challenge but a national responsibility.

Against this backdrop, Union Minister for Road Transport and Highways Nitin Gadkari's statement in Parliament assumes particular significance. His assertion that engineers, architects and contractors will now be held accountable for deficiencies in highway design and construction reflects a much-needed shift in the country's infrastructure policy. For far too long, public debate has focused only on inaugurating projects, while questions of quality, durability and responsibility have often remained unanswered. Accountability is the missing pillar that can transform India's highway network from merely expanding to becoming truly dependable.

The relevance of this policy is especially profound for Jammu and Kashmir. The Himalayan terrain presents extraordinary engineering challenges, but difficult geography cannot become a permanent justification for recurring failures. While natural disasters cannot be prevented, many of their consequences can certainly be mitigated through better planning, scientific slope stabilisation, improved drainage systems, stronger retaining structures and rigorous quality control during construction. Every project on NH-44 must be designed not merely to withstand today's conditions but tomorrow's increasingly unpredictable climate.

The frequent closures witnessed on the Ramban-Banihal stretch have highlighted the enormous economic and human costs of inadequate resilience. Every disruption delays essential supplies to the Valley, affects tourism, interrupts business activity and places enormous strain on emergency services. The financial losses extend far beyond the immediate cost of repairs, impacting horticulture, trade and daily life. Preventing such disruptions should therefore be treated as an investment rather than an expenditure.

It is encouraging that accountability is now being institutionalised. Fixing responsibility at every stage—from design and geological assessment to execution and maintenance—can significantly improve project quality. Engineers and contractors entrusted with critical infrastructure should not merely complete projects within contractual obligations; they must ensure that these assets remain safe, durable and fit for purpose over decades. Equally, independent technical audits and transparent monitoring should become standard practice rather than exceptional measures.

The demand raised by political leaders across party lines for an all-weather road to Kashmir also deserves serious consideration. Given the Valley's strategic importance and the dependence of millions of people on a single highway, uninterrupted connectivity cannot remain an aspiration; it must become a national priority. Recent infrastructure additions, including new tunnels and viaducts, have undoubtedly strengthened the highway, but several vulnerable stretches continue to require comprehensive engineering solutions.

Climate change has further increased the urgency of this task. Extreme rainfall events, cloudbursts and landslides are becoming more frequent across the Himalayan region. Future infrastructure planning must therefore move beyond conventional standards and embrace resilient engineering capable of withstanding evolving environmental risks. Roads built for yesterday's climate may not be sufficient for tomorrow's realities.

At the same time, accountability must extend beyond contractors alone. Project consultants, supervising agencies and executing authorities must all share responsibility for ensuring that public funds create lasting public assets. Infrastructure succeeds not when it is inaugurated, but when it continues to serve safely and efficiently year after year.

For the people of Jammu and Kashmir, a dependable National Highway-44 is about much more than convenience. It is about economic security, uninterrupted healthcare, educational access, tourism, agriculture and peace of mind. Every hour the highway remains open strengthens the region's economy; every unnecessary closure weakens it.

The government's emphasis on accountability offers an opportunity to redefine infrastructure development in the Himalayas. If backed by rigorous implementation, scientific planning and sustained investment, it can help realise the long-standing aspiration of an all-weather, resilient road connecting Kashmir with the rest of the country. The true success of NH-44 will not be measured by the number of bridges or tunnels constructed, but by the confidence that the road will remain open when the people need it most.

Dr. Mushtaq Ahmed Wani Conferred National Maulana Abul Kalam Azad Award

Acclaimed Urdu scholar and author honoured for outstanding contribution to research and literary criticism



Reyaz Malik

Eminent Urdu scholar, acclaimed short story writer, novelist, biographer, researcher and critic Dr. Mushtaq Ahmed Wani, former Assistant Professor and Head of the Department of Urdu at Baba Ghulam Shah Badshah University, has been conferred with the prestigious National Maulana Abul Kalam Azad Award by the Ameer-un-Nisa Educational and Welfare Foundation, Kadapa, Andhra Pradesh. The honour recognises his outstanding contribution to Urdu literary criticism, particularly his research-based work Tanqeedi Maaroozat wa Jasarat, a collection of scholarly and critical essays.

Dr. Wani is among the most distinguished contemporary voices in Urdu literature, with 23 published books spanning fiction, literary criticism, biography and research. Over



the years, he has earned several prestigious honours, including the Waqar-e-Adab Award (Maharashtra), Global Achiever Award (Mumbai), Kawish Badri Award (Madras), the Alqama Shibli Award from the West Bengal Urdu Academy, and the Mumtaz Mohaqiq Award from Baba Ghulam Shah Badshah University. He has also received multiple cash awards from the Uttar Pradesh Urdu

Academy for his literary works.

A prolific academic and researcher, Dr. Wani is recognised as the first scholar from Jammu & Kashmir and Ladakh in the 21st century to earn a D.Litt. degree on Feminism in Urdu Literature. His academic qualifications include M.A. (Urdu), B.Ed., Ph.D., NET, D.Litt., and M.A. Sociology. His literary contributions have also attracted scholarly attention, with M.Phil. dissertations at Jammu and Hyderabad universities focusing on his fiction, while Indore University awarded a Ph.D. on "Mushtaq Ahmed Wani: Life and Literary Services."

His autobiography, Kharistan Ka Musafir, offers a deeply reflective account of life, morality and human nature, revealing the philosophical foundations that underpin his literary vision. Throughout his writings, Dr. Wani emphasises that literature is inseparable from life and should serve as a medium for truth, ethical values and social consciousness rather than mere entertainment. The conferment of the National Maulana Abul Kalam Azad Award further cements Dr. Mushtaq Ahmed Wani's reputation as one of the leading contemporary Urdu scholars whose academic excellence and literary contributions continue to enrich Urdu language and literature at both the national and international levels.

Respect for "Kala Chor"



By: YOUSUF MIR

Late one night, Sahil received the news that his younger maternal uncle had suddenly become seriously ill and had been shifted to a major city hospital. The village was located in a hilly region, and travelling on its winding mountain roads at night was difficult. Therefore, Sahil telephoned Asif, an auto-rickshaw driver from a neighbouring village, and requested him to come to his house early the next morning so that he could reach the hospital on time.

The next morning, before daylight had fully spread, the sound of an auto-rickshaw horn echoed outside the house. Sahil was surprised that it had arrived so early. Looking through the window, he saw the auto-rickshaw waiting on the road. Picking up his small bag, he hurried outside.

As he approached the auto-rickshaw, he stopped in surprise. It was not Asif.

Instead, it was the man whom the villagers had known for years as "Kala Chor," a nickname he had earned because of his childhood thefts.

"Asif had an emergency," the driver said calmly. "He called me immediately and asked me to take his place. He told me that your uncle had been admitted to a major city hospital. I hope everything turns out well."

For a moment, Sahil remained silent. He looked carefully at the driver before replying softly, "Yes. My uncle's condition suddenly became much worse, so he has been admitted to a major city hospital."

Even then, Sahil did not feel completely at ease. Yet his uncle's illness left him with no other choice. He thanked the driver politely and signalled him to begin the journey.

The auto-rickshaw moved on. The mountain road lay quiet in the stillness of the early morning. Sahil looked out of the window, but his thoughts kept returning to the driver's past.

For years, the villagers had called him "Kala Chor." Stories of his childhood mischief and thefts were known to everyone.

Because of those stories, Sahil had never formed a good opinion of him.

But today, his gentle manner, polite speech, punctuality, and willingness to help made Sahil realise that a remarkable change had taken place in the man's life. Even so, the uneasiness in Sahil's heart did not completely disappear.

After travelling a few kilometres, the driver suddenly stopped the auto-rickshaw, and two burqa-clad passengers got in.

Once again, doubts filled Sahil's mind. He wanted to say

This short story reflects the truth that a person's real worth is determined not by the mistakes of the past, but by a reformed character and righteous actions.

something, but could not bring himself to speak. Remembering the driver's past, he lacked the courage to raise any objection and remained silent.

Throughout the journey, all kinds of anxious thoughts crossed his mind. He felt that, because of his helpless situation, he had accepted a journey whose ending even he could not foresee.

There was not much distance left before they reached the bus stand from where Sahil would travel to the city. Suddenly, the driver left the main road and turned onto another road.

Sahil was startled.

"Where are we going?" he asked in a slightly raised voice.

"Just five more minutes," the driver replied calmly. "Then we'll head straight to the bus stand."

Instead of reassuring him, the answer made Sahil even more anxious. It seemed to him that all his fears were about to come true. Although countless questions filled his mind, he remained silent.

A few moments later, the auto-rickshaw stopped in front of the main gate of a well-known madrasa.

The driver turned around and said, "Hurry up. There are only a few minutes left before half past nine."

The two burqa-clad passengers quietly got out of the auto-rickshaw.

"Who were they?" Sahil asked in surprise.

A gentle smile appeared on the driver's face.

"They are my daughters," he replied. "They are not allowed to enter the madrasa after half past nine, so I bring them here on time every day. They study the Holy Qur'an here. Both of them have already passed their matriculation examination. I wanted them to receive Qur'anic education along with their regular academic education. You know how the world is these days, so I felt it was important that they should also receive good moral upbringing."

After a brief silence, he continued, "My youth is behind me. I wasted those years through my own foolishness. But I thank Allah that He guided me later. I bought this auto-rickshaw, started earning an honest living, and now I have only one wish—that my children receive a good education, grow up to be good human beings, and never repeat the mistakes I made in my life."

Respect filled Sahil's eyes.

"May Allah reward you," he said warmly. "You have made a wonderful decision. The education of daughters is just as important as the education of sons—perhaps even more important."

The driver looked quietly towards the sky and replied softly, "It is all by the grace of Allah."

At that moment, the image of "Kala Chor" that Sahil had carried in his heart for years began to fade. He realised that Allah guides whom He wills towards goodness, and that anyone who sincerely wishes to reform can change the course of his life.

Soon they reached the city bus stand. The driver stopped the auto-rickshaw, got out, picked up Sahil's bag, and carried it to the bus bound for the city. Sahil looked at him with deep gratitude. They shook hands, exchanged good wishes, and parted with mutual respect.

As the bus slowly disappeared into the distance, the image of "Kala Chor" in Sahil's heart had been replaced forever by that of a dignified, hardworking and righteous man. He realised that a person's true identity is defined not by the mistakes of the past, but by character, reformation and righteous actions.

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EXPECTATIONS LOCKED !!!!



Surinderpal Singh

Human life is driven by hope, dreams and expectations. Every individual expects something from life—students expect success, parents expect obedience, teachers expect discipline, employers expect dedication and friends expect loyalty. Expectations are a natural part of human relationships and personal growth. They motivate us to work harder and inspire us to achieve greater heights. However, expectations become dangerous when they are "locked"—rigid, unrealistic and impossible to adjust according to changing circumstances.

The phrase Expectations Locked describes a situation where people become trapped by their own fixed expectations. They refuse to accept reality when life takes a different direction. Instead of adapting, they continue holding onto predetermined outcomes, creating disappointment, stress and frustration.

In today's competitive world, expectations have increased dramatically. Parents often expect their children to secure top grades, qualify for prestigious careers and outperform their peers. Students, in turn, expect immediate success, instant recognition and a future without failures. Social media has further intensified these expectations by constantly displaying edited images of perfect lifestyles, successful careers and luxurious living. People begin comparing their ordinary lives with the extraordinary highlights of others, locking themselves into unrealistic standards.

For students, locked expectations can become one of the greatest psychological burdens. A student who expects to score the highest marks in every examination may feel devastated by even a minor setback. Instead of learning from mistakes, such students often lose confidence, develop anxiety and begin doubting their abilities. Education should encourage continuous learning and improvement rather than the pressure of meeting impossible expectations.

Parents also suffer when their expectations become rigid. They may overlook their children's unique talents while forcing them into careers they never wanted. Every child possesses different strengths. Some excel in academics, others in sports, arts, music, technology or leadership. True parenting lies in discovering and nurturing these talents rather than imposing fixed dreams.

Teachers are equally affected by expectations. They expect every student to perform uniformly, behave perfectly and learn at the same pace. However, classrooms are filled with diverse minds and personalities. Effective teaching requires patience, flexibility and understanding that every learner progresses differently. A compassionate teacher inspires students instead of burdening them with unrealistic standards.

In professional life, locked expectations often damage workplace relationships. Employees expect promotions within fixed timelines, while employers expect flawless performance under every circumstance. When these expectations remain unmet, dissatisfaction grows, teamwork declines and workplace stress increases. Healthy organizations encourage open communication, realistic goal-setting and mutual understanding instead of rigid demands.

Personal relationships are perhaps the greatest victims of locked expectations. Friends expect constant attention, spouses expect perfect understanding and family members expect unconditional agreement. Such expectations frequently lead to misunderstandings because no human being can fulfil every expectation of another. Strong relationships are built not on perfection but on acceptance, communication

and forgiveness.

Psychologically, locked expectations create emotional exhaustion. People begin measuring their self-worth by outcomes rather than effort. Every failure appears like a personal defeat instead of a valuable lesson. This mindset increases stress, anxiety, depression and feelings of inadequacy. A flexible attitude helps individuals recover from setbacks and continue moving forward with confidence.

The solution is not to eliminate expectations altogether but to manage them wisely. Expectations should be realistic, adaptable and based on effort rather than guaranteed results. People should focus on continuous improvement instead of perfection. Success is rarely a straight path; it is a journey filled with learning, failures and new opportunities.

Students should set achievable goals and celebrate gradual progress. Parents should support rather than pressure their children. Teachers should encourage learning instead of merely rewarding high marks. Administrators and employers should recognize sincere effort alongside performance. Society must learn to appreciate character, honesty, kindness and resilience just as much as academic or financial success.

Life constantly changes, and circumstances are often beyond human control. Those who adapt their expectations remain optimistic, while those who remain locked in rigid thinking often experience disappointment. Flexibility is not a sign of weakness; it is a sign of wisdom and emotional maturity. Ultimately, happiness does not come from having every expectation fulfilled. It comes from appreciating the journey, accepting reality and continuing to grow despite challenges. Expectations should guide our ambitions, not imprison our minds. When expectations remain flexible, they become stepping stones to success; when they become locked, they become invisible chains that limit our peace, happiness and potential.

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Surah Al-Mulk: A Timeless Call to Faith, Responsibility and Good Character



By Bisma Ashraf

In a world increasingly driven by material success, personal ambition and constant distraction, the timeless message of Surah Al-Mulk offers a powerful reminder of humanity's true purpose. The chapter opens by affirming a fundamental truth: absolute sovereignty belongs to Allah alone. Everything in the heavens and the earth exists by His will, and every blessing, opportunity and moment of life is part of His divine plan.

The opening verses declare that Allah created life and death to test humanity and determine who excels in righteous deeds. This profound statement shifts our understanding of existence. Life is not merely a pursuit of wealth, status or comfort; it is a moral journey in which every decision carries significance. Every act of kindness, every word spoken and every intention held in the heart contributes to the account each individual will ultimately present before the Creator.

Surah Al-Mulk repeatedly invites humanity to observe the natural world. The vast heavens, the orderly movement of celestial bodies and the remarkable balance within creation are presented as unmistakable signs of divine wisdom. The Qur'an challenges people to look again and again at the sky, asking whether they can find any flaw in God's creation. This invitation is not only to admire nature but to recognise the perfection, power and mercy of the One who fashioned it.

At the same time, the surah reminds us that the countless blessings surrounding us should inspire gratitude rather than arrogance. The earth has been made a place where humanity

can live, travel, cultivate and benefit from its resources. Food, water, health and livelihood are all gifts entrusted to us. Gratitude, therefore, is not merely expressed through words but through responsible living, honesty, compassion and careful stewardship of the world around us.

A central theme of the chapter is accountability. Surah Al-Mulk vividly describes the Day when every individual will stand before Allah and answer for the choices made during earthly life. Wealth, influence and social standing will offer no protection on that day. What will matter are sincere faith,

promised forgiveness and a great reward. This reverence is not based on terror but on deep awareness of God's presence, inspiring honesty even when no one else is watching. Such faith nurtures integrity, humility and self-discipline, qualities that remain essential in every society.

The message of Surah Al-Mulk finds practical expression in the noble example of Prophet Muhammad (peace be upon him). The Prophet demonstrated that true faith is reflected in conduct. His life embodied kindness, patience, mercy, forgiveness and justice. Every Muslim is called not only to profess belief but

humility in the face of human achievement. Despite remarkable advances in science and technology, humanity remains dependent upon Allah for every breath, every heartbeat and every blessing. Modern progress should strengthen appreciation for the intricate order of creation rather than foster pride or self-sufficiency.

The chapter ultimately presents two distinct paths: one guided by faith, gratitude and obedience, and the other marked by arrogance, heedlessness and rejection of divine guidance. Every individual is free to choose, but every choice carries consequences. The Qur'an reminds us that genuine success is not measured by worldly possessions but by closeness to Allah and righteousness of character.

The enduring relevance of Surah Al-Mulk lies in its ability to unite profound spiritual truths with practical guidance for everyday life. It teaches believers to live with gratitude, fulfil responsibilities with sincerity, treat others with compassion and remain constantly aware of their accountability before Allah. In doing so, it transforms faith from a set of beliefs into a way of life rooted in humility, justice and service to humanity.

As contemporary societies grapple with moral uncertainty, environmental challenges and growing social divisions, the message of Surah Al-Mulk remains remarkably relevant. It reminds us that lasting peace begins with recognising our dependence upon the Creator, caring for His creation and living according to the principles of truth, mercy and justice. Those who embrace these values not only strengthen their relationship with Allah but also contribute to building communities founded on compassion, integrity and hope.

In today's interconnected world, where misconceptions about Islam continue to exist, the behaviour of Muslims carries added responsibility. Honesty in business, compassion towards neighbours, respect for differences, forgiveness in times of conflict and generosity towards those in need all serve as powerful expressions of the Prophet's teachings. When these values are lived sincerely, they become a compelling invitation to understand Islam beyond stereotypes and prejudice. Surah Al-Mulk also encourages

also to reflect these values in everyday interactions. Character often speaks more loudly than words, and it is through good conduct that the beauty of Islam becomes most visible.

In today's interconnected world, where misconceptions about Islam continue to exist, the behaviour of Muslims carries added responsibility. Honesty in business, compassion towards neighbours, respect for differences, forgiveness in times of conflict and generosity towards those in need all serve as powerful expressions of the Prophet's teachings. When these values are lived sincerely, they become a compelling invitation to understand Islam beyond stereotypes and prejudice. Surah Al-Mulk also encourages



righteous actions and a heart devoted to truth. The Qur'an reminds believers that divine justice is absolute, while also emphasising Allah's limitless mercy for those who sincerely repent and strive to reform themselves.

The warnings contained in the surah should not be understood merely as threats, but as expressions of divine compassion. Throughout history, Allah has sent prophets and revealed guidance so that humanity may avoid ruin and find the path to salvation. Every warning is an opportunity for reflection, repentance and positive change before it becomes too late.

Equally significant is the chapter's emphasis on the unseen. Those who fear their Lord without seeing Him are

Ashfaq Lone

The Resonant Voice Keeping Kashmir's Cultural Soul Alive



By Gulfam Barji

In the timeless Valley of Kashmir, where poetry flows like mountain streams and culture breathes through every season, public broadcasting serves as far more than a source of news and information. It preserves traditions, celebrates creativity, and records the collective memory of society. Among those who have devoted themselves to this mission with distinction is Ashfaq Lone, an accomplished programme host and radio anchor at Radio Kashmir Srinagar. Over the years, Ashfaq Lone has become one of the most familiar and respected voices on Kashmir's airwaves. Known for his eloquence, intellectual depth, and graceful presentation, he has transformed radio into a vibrant platform where literature, music, theatre, art, and ideas converge. His programmes are valued not merely as broadcasts but as meaningful cultural experiences that continue to inspire listeners across the Valley.

Blessed with a commanding voice and a refined style of communication, Lone has elevated literary and cultural broadcasting through insightful conversations with eminent poets, writers, artists, theatre personalities, musicians, scholars, and social thinkers. His thoughtful interviewing style, marked by sensitivity and genuine

curiosity, allows his guests to share their creative journeys with remarkable depth and authenticity. At a time when digital media often prioritises speed over substance, Ashfaq Lone remains committed to meaningful broadcasting. Every programme reflects careful preparation, cultural awareness, and deep respect for Kashmir's literary and artistic traditions. Rather than limiting interviews to routine questions, he explores the ideas, inspirations, and social realities that shape the work



of his guests. His contribution to promoting the Kashmiri language, literature, and indigenous art forms has been particularly significant. By consistently providing a respected platform to poets, writers, folk artists, musicians, and theatre practitioners, he has helped preserve traditions that might otherwise be overshadowed by rapid modernisation. Through radio, he continues to carry the voices of Kashmir's cultural custodians into homes across the region, inspiring new generations to value their rich heritage.

Ashfaq Lone's broadcasts are distinguished by intellectual richness as well

as human warmth. His courteous manner, graceful articulation, and genuine appreciation for artistic excellence have earned him the admiration of both listeners and members of the literary fraternity. Whether introducing an established literary icon or encouraging an emerging young artist, he approaches every interaction with sincerity, dignity, and respect. Beyond the microphone, he has emerged as a cultural ambassador whose work strengthens the relationship between public broadcasting and society. His programmes document the evolving story of Kashmir's literary and artistic life while reinforcing the enduring importance of radio as a medium that educates, preserves heritage, and encourages meaningful dialogue. His career also highlights the continuing relevance of public service broadcasting in an era increasingly dominated by sensationalism. Through programmes that celebrate knowledge, thoughtful discussion, and cultural harmony, he inspires audiences to appreciate literature, value artistic expression, and remain connected to the timeless traditions that define Kashmir's unique identity. Colleagues regard him as a consummate professional whose dedication, discipline, and integrity have become the hallmarks of his career. Writers, artists, and cultural figures acknowledge his unwavering support in providing them with a respected platform through which their work reaches wider audiences.

Sadaket Ali Malik...

A Dedicated Teacher, Writer, Researcher, and Guardian of the Chenab Valley's Cultural Heritage



Wani Arfat

Each region has people who sacrifice their lives in order to preserve the heritage of their region in terms of its history, language, and culture. These people become the voice of their people ensuring that generations in the future will never forget their heritage. In the picturesque Chenab Valley of Jammu and Kashmir, there is an individual who serves as an inspiration in preserving the heritage of the region through his writings, research, and other activities. Sadaket Ali Malik is a very good example of an individual who has been contributing a lot towards the preservation of heritage through determination, knowledge, and love for one's homeland.

Sadaket Ali Malik was born in the small village of Soti in Bhalessa where there are amazing mountains, forests, rivers, and nature all around. Life in this region was very hard and people had to face many hardships such as poverty, illiteracy, bad infrastructure, and even the effects of the conflict. But in lieu of letting these hardships hinder him, he turned all the difficulties into motivation. He firmly believes that education, literature, and culture can revolutionize the society.

Sadaket Ali Malik is a renowned educator professionally, but his contributions are not confined to teaching only. Besides being an excellent teacher, Sadaket Ali Malik is also a prolific writer, cultural historian, researcher, and linguist. His contributions reveal that he is a person deeply attached to the culture and heritage of the Chenab valley region. Over the years, he has proved to be one of the most admired linguists and activists striving for indigenous languages and cultures in Jammu and Kashmir.

As a fiction writer, Sadaket Ali Malik has produced many short stories in Urdu and English. His stories include Gobar Ki Tokri, Jail Diary, Kulchey Wala, Illuminati, Khwaboon Ke Rahi, Dhoongi Baba, Khuddari, Sazish Ke Saye, Qalam Ki Taqat Aur Anpad Wazir, Haq Ada Na Huwa, Ansuon Ka Selaab, Ehsaas, and many other remarkable stories. His short stories have been published in many national newspapers and literary forums.

The beauty of his literature is in the simplicity and emotions that he pours into his narratives. He portrays the common man and all the issues that he faces in his life. The characters that are present in his stories range from laborious laborers, poor children

who have dreams for the future, honest souls fighting against injustice, aged parents, and women standing up to the society. Each one of his stories contains a social message that urges readers to think about humanity, honesty, benevolence, justice, and empathy. Some of his writings have been penned down in the fond memory of his deceased parents.

Even though he has written some remarkable pieces of literary work, but his biggest accomplishment would be his research on the culture and heritage of the Chenab valley region. The popular book he has written is called "Bhalessa Cultural History and Heritage" and is regarded as one of the best books that contain information about the heritage of this region. The book has been released officially by the University of Jammu and contains information about the customs, traditions, folklore, celebrations, local beliefs, events, history, architecture, and social life of Bhalessa.

One of the most outstanding features of his research was the discovery of forty-six places that were unknown to the tourism sector until then in Bhalessa. It is a very tough job. He moved through tough mountain trails, forests, villages, shepherds, local inhabitants, and collected important information about these places from the people who reside there. His research revealed to the world the existence of wonderful alpine pastures, clear lakes, hidden valleys, historic routes, shrines, forests, tranquil landscapes, and rich biodiversity areas that remained undiscovered for many years.

Apart from being useful for tourism, it would be of great help in the future development of the region as well. There is a lot of scope for developing eco-tourism, generating employment for the local people, sustainable development, and protection of the environment in the future. The research clearly demonstrates that the Chenab Valley has outstanding natural beauty that needs national and international recognition.

In addition to his research on the indigenous languages, Sadaket Ali Malik has contributed to the field of language conservation in his own way. Many local languages in the world are becoming extinct as young people start preferring dominant languages over their local ones. Recognizing the problem, he undertook efforts to document these languages before they became extinct.

Some of these languages that he documented include Bhaderwahi, Bhalesi, Pogali, Sarazi, Khashali, Kishtwari, and many other small village dialects. He meticulously documented the pronunciation, grammar, vocabulary, sayings, idiomatic expressions, proverbs, folk songs, marriage songs, folklore and other local expressions. He traveled from one village to another and conducted interviews from elderly speakers of these languages, analyzed the differences in various dialects, and their evolution

under the influence of geography, migration, and history through generations.

His study highlights the close connection between these dialects and the bigger linguistic group, Western Pahari, which makes his research highly valuable for linguists and researchers and even students and cultural historians. His efforts in this



respect have not only instilled a sense of pride among the local communities, but will also benefit future researchers with accurate primary data.

His dedication towards language preservation was increased further by virtue of his contribution as leader of Pahari Core Committee (Erstwhile Doda), in which he is acknowledged as its founder and president. The Committee has organized different awareness campaigns, cultural programmes, literature meets, seminars and meetings in order to promote languages and literature of Pahari group. They have also supported young writers, researchers, students and social workers to participate in this noble cause.

Through newspapers, speeches, seminars and community programmes, Sadaket Ali Malik has consistently brought into focus the need for conservation of their local languages and customs. He has motivated many young individuals to take pride in their culture rather than ignoring it in the modern era. He has also built bridges between village elders, researchers, scholars, students and policymakers.

The uniqueness about Sadaket Ali Malik lies in the fact that all his activities are linked together in achieving one single aim – his unconditional love for the Chenab valley. From writing an emotional short story to studying historic customs, from documenting dying languages to exploring unknown landscapes; whatever he does has only one objective behind it – to preserve his identity and heritage.

The journey of his life demonstrates the valuable lesson that change does not necessarily mean wealth and power in life. Any sincere and dedicated person can safeguard the culture, history, and identity of the whole region irrespective of their social status in the society. The journey of his life proves that every community needs those people who are devoted to preserve the memories of their community.

Today, Sadaket Ali Malik is respected for his teaching, writings, research, cultural history, and language activism. His writings have added glory not only to the Chenab Valley but also to the literature and culture of Jammu and Kashmir. The work of Sadaket Ali Malik will inspire generations to come in the future.

In times when modernization is taking away the local culture and traditions from the life of common people, the role of such people becomes even more significant. Development should not come at the cost of our identity. Language, folklore, traditions, customs, landscapes, and the memories of community are priceless assets that need to be protected. The lifelong dedication of Sadaket Ali Malik has proved that preservation of the culture is not an academic pursuit only.

Sadaket Ali Malik is not merely a writer and researcher. He is, in fact, an authentic custodian of the legacy of the Chenab Valley, the guardian of its languages, the story-teller of its people and an inspiration to anyone who thinks that the future can be shaped through knowledge, culture and literature. His extraordinary career path will always serve as an excellent example of dedication and service for one's motherland.

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

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DC Kishtwar reviews preparations for Phase-II of Census 2027

HT News Network

KISHTWAR, AUGUST 07: Deputy Commissioner Kishtwar Pankaj Kumar Sharma, who is also the Principal Census Officer, today chaired a meeting of the District Coordination Committee, Charge Officers and Sub-Divisional Census Officers to review and finalize preparations for the Population Enumeration (Phase-II) of Census 2027.

The Deputy Commissioner appreciated the successful completion of the House Listing Operation (HLO) and emphasized that Population Enumeration is a crucial phase of the Census. He directed the Charge Officers to ensure 100% accurate, complete and error-free enumeration, with zero omission and zero duplication of households or



individuals.

The Deputy Commissioner reviewed the rationalization of House Listing Blocks (HLBs), wherein only those HLBs having a population exceeding the prescribed norm would be reorganized as per Census guidelines. The Deputy Commissioner/

Principal Census Officer directed the Charge Officers to complete the exercise within the stipulated timeline and submit the final manpower requirement.

The Charge Officers were asked to immediately update the details of Enumerators and Supervisors on

the Population Enumeration Portal. Stress was laid on timely updating of maps, HLB boundaries and other portal-related activities to ensure seamless field operations.

The meeting also finalized the training schedule for District Coordination Committee members, Charge Officers, Sub-Divisional Census Officers, Charge Clerks, Field Trainers, Enumerators and Supervisors. It was informed that Self Enumeration shall be conducted from 17th to 31st August 2026, while Population Enumeration will be undertaken from 1st to 30th September 2026.

The Deputy Commissioner instructed the officers to ensure wide publicity of Self Enumeration, facilitate citizens requiring assistance and promptly resolve any technical

or operational issues. He also emphasized strict adherence to Government financial rules and Census guidelines while incurring expenditure under the Census programme.

Special emphasis was laid on the enumeration of vulnerable and special population groups, including institutional households, migrant labourers, homeless persons and residents of remote and inaccessible areas, so that no eligible person is left out.

The meeting concluded with a call to all Charge Officers and Census functionaries to work in close coordination and ensure the successful, timely and smooth conduct of Population Enumeration (Phase-II) of Census 2027 in District Kishtwar.

DG Rural Sanitation reviews SBM(G) progress in Poonch

HT News Network

POONCH, AUGUST 07: Director General Rural Sanitation J&K Anoo Malhotra today chaired a high-level review meeting in Poonch to assess the progress of key initiatives under the Swachh Bharat Mission (Grameen) and review the implementation of rural sanitation projects in the district. The meeting was attended by Assistant Commissioner Panchayat (ACP), Block Development Officers (BDOs) of all the blocks, Assistant Engineers, Junior Engineers, consultants of the Directorate and other concerned officers. The review focused on the status of rural sanitation assets, door-to-door waste collection services, tendering of sanitation infrastructure, operation and maintenance of existing assets and other SBM(G)-related interventions being implemented in the district.

The Director General conducted a detailed block-wise review of ongoing projects. She directed the Block Development Officers to expedite the implementation of sanctioned works to ensure timely and quality execution of all projects. A detailed technical session on Extended Producer Responsibility (EPR) was conducted in accordance with the provisions of the Solid Waste Management Rules 2026.

Fixation Committee discusses procurement Rates for Rabi 2026-27

HT News Network



JAMMU, AUGUST 07: The Committee constituted to finalize the procurement, landed and sale rates of Toria (all varieties) and open-pollinated vegetable seeds for Rabi 2026-27, along with the sale rates of potato seed tubers met here today. Director Agriculture Production & Farmers Welfare Jammu Anil Gupta chaired the meeting held at Krishi Bhawan, Talab Tillo. Joint Director Agriculture (Inputs) Sanjay Anand; Chief Scientist, Plant Breeding & Genetics, SKUAST-Jammu, Dr. Parveen Singh; Professor, Department of Vegetable Science and Floriculture, SKUAST-Jammu, Dr. Anil Bhushan; Nodal Officer (Seed), SKUAST-Jammu, Dr. Vijay Bharti; Potato Development Officer, Ravi Sharma; Divisional Seed Certification Officer, Nirmal Prakash Sharma, besides other committee members attended the meeting. Director Agriculture, Kashmir Sartaj Ahmad Shah, participated in the meeting through video conferencing.

Civil Registration System Implementation reviewed at Doda

DDC stresses mass public mobilization for timely registration

HT News Network

DODA, AUGUST 07: District Development Commissioner (DDC) Doda Krishan Lal today chaired a meeting of the District Level Inter-Departmental Coordination Committee to review the implementation of the Civil Registration System (CRS) for Birth and Death Registration in the district.

The meeting was attended by Additional Deputy Commissioner (ADC), Additional Superintendent of Police (ASP), Assistant Commissioner Development (ACD), Chief Medical Officer (CMO), Programme Officer ICDS, District Statistics & Evaluation Officer (DSEO), Chief Education Officer (CEO), Block Medical Officers (BMOs), Block Development Officers (BDOs), Executive Officers of Municipality and other concerned officers.

The District Statistics & Evaluation Officer delivered a detailed PowerPoint presentation on the implementation of the Central Registration System (CRS). The presentation covered the registration process, prescribed timelines for birth and death registration, digitization of old birth and death records and issues related to delayed registration.

Reviewing the implementation, the DDC



emphasized the importance of creating widespread public awareness regarding the timely registration of births and deaths. He directed the concerned departments to intensify awareness campaigns to encourage timely registration of birth and death. The DDC also stressed the need to digitize old birth and death records at the earliest to facilitate easy access to certificates through the online system. He called for strengthening coordination among all stakeholder departments to ensure effective implementation of the Central Registration System.

Highlighting the importance of citizen-centric service delivery, the DDC directed the concerned officers to make the registration process more active, transparent and public-friendly.

DC Ramban, SSP conduct security review of vital Installations

HT News Network

RAMBAN, AUGUST 07: Deputy Commissioner Ramban Mohammad Alyas Khan and SSP Arun Gupta today chaired a Joint Security Review (JSR) meeting to review the security of vital installations, critical infrastructure and vulnerable areas.

The meeting attended by senior officers and representatives from various companies operating in the district assessed adherence to prescribed Standard Operating Procedures (SOPs) and the safety, security and welfare measures undertaken for their employees.

The meeting was attended by Additional Deputy Commissioner Varunjeet Singh Charak, Lead District Manager, General Managers from various companies, representatives from NHPC and other concerned officers. The Deputy Commissioner sought detailed information from the companies operating in the district regarding total workforce, including local and non-local employees. He also reviewed the safety and security arrangements in place for employees residing and working at various project sites. Emphasizing the importance of employee safety and welfare, the DC directed all companies to conduct monthly reviews of their security and safety arrangements. He further stated that compliance reports would be monitored regularly at the district level to ensure effective implementation of prescribed



safety protocols. The Deputy Commissioner also instructed all General Managers to ensure that every eligible employee is covered under the Pradhan Mantri Suraksha Bima Yojana (PMSBY) and Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY), thereby providing financial security to employees and their families in case of unforeseen incidents.

Addressing the meeting, the SSP stressed the need to strengthen security infrastructure at all company establishments. He directed the companies to install adequate CCTV surveillance systems at employees' residential accommodations as well as work sites.

The SSP further directed the companies to sensitize the employees about the emergency helpline 112 and advised them to immediately contact the emergency service or the concerned Police Station.

DDC Doda reviews issues related to Migrant Labourers

Directs for registration under Insurance Schemes

HT News Network

DODA, AUGUST 07: District Development Commissioner (DDC) Doda Krishan Lal, along with Senior Superintendent of Police (SSP) Kartik Shrotriya, today chaired a meeting with representatives from major construction companies, contractors and project managers to review issues concerning migrant labourers engaged in the ongoing development projects in the district. The meeting was held in the VC Room of the DC Office and attended by representatives



from NHIDCL, Srishti Infrastructure Limited, E5 Infrastructure Private Limited, MCPL, SSN Infra Pvt. Ltd., AL Construction Limited, Ambience Resort Bhaderwah and other

contractors executing works in the district.

Reviewing the status of migrant labourers employed by different establishments, the DDC emphasized strict

adherence to the provisions of labour laws. He directed the employers to ensure registration of each worker and maintain an updated record of their deployment and comply with all statutory requirements relating to their welfare, safety and working conditions.

The DDC further directed the contractors and project authorities to register every non-local worker under the applicable government insurance schemes so that they receive the benefits of social security.

DC Samba reviews preparations for Independence Day 2026 celebrations

HT News Network

SAMBA, AUGUST 07: Deputy Commissioner Samba Ayushi Sudan today chaired a meeting to review the preparations for the forthcoming Independence Day celebrations.

The meeting covered arrangements related to venue preparedness, security and law and order, traffic management, sanitation, power and water supply, healthcare, transportation and parking, seating, public address system, cultural programmes, parade rehearsals, illumination and other essential arrangements.

The Deputy Commissioner directed all concerned departments to complete their assigned responsibilities well in advance and ensure close coordination for the smooth conduct of the celebrations.



She stressed the need for meticulous planning, timely execution and regular monitoring of all arrangements.

She further directed the concerned officers to ensure cleanliness, uninterrupted essential services, adequate security and emergency response arrangements, besides making proper provisions for the convenience of participants and the general public.

The DC also stressed effective coordination during parade rehearsals and cultural programmes and called upon

all officers to discharge their duties with dedication, professionalism and a sense of responsibility to ensure that the Independence Day celebrations are conducted in a befitting and dignified manner.

Among others, the meeting was attended by the Additional District Development Commissioner (ADDC), Additional Deputy Commissioner (ADC), Assistant Commissioner Revenue (ACR), Additional SP, SDMs and other district and sectoral officers.

JMC launches City-Wide Fogging & Spraying Drive to combat mosquito-borne diseases

HT News Network

JAMMU, AUGUST 07: In a major preventive initiative to protect citizens from mosquito-borne diseases, the Jammu Municipal Corporation (JMC) today launched a comprehensive city-wide fogging and spraying drive covering all 75 wards under its jurisdiction.

The campaign is being undertaken on the directions of JMC Commissioner Dr. Devansh Yadav and under the supervision of Health Officer Dr. Shahid Hussain, in coordination with the Health Department. The drive will continue from August 7 to November 10, 2026, with fogging and spraying activities being

conducted in a phased manner across the city.

The Commissioner urged citizens to extend full cooperation to JMC field teams and play an active role in preventing mosquito breeding. He appealed to residents to ensure that water does not stagnate in and around their homes and to keep their surroundings clean, stressing that stagnant water provides ideal breeding conditions for mosquitoes and increases the risk of dengue, chikungunya and malaria.

As part of the campaign, anti-mosquito spraying will be carried out during the early morning hours, while thermal fogging will be undertaken after 4:00 PM every day. The first round of the drive will cover



all 75 wards as per the phased programme.

The JMC has advised citizens, particularly elderly persons and individuals with asthma or smoke allergies, to remain

indoors during thermal fogging and keep doors and windows closed until the fog has cleared.

Residents have also been urged to

regularly inspect and clean coolers, water containers, tyres, flowerpots, drains, rooftops and other places where water may accumulate. The Corporation emphasized that eliminating stagnant water is one of the most effective measures to prevent mosquito breeding and reduce the spread of mosquito-borne diseases.

The JMC will continue the fogging and spraying campaign in a phased manner and undertake subsequent rounds as required to ensure effective mosquito control across all areas of the city.

The Corporation has appealed to citizens to make mosquito prevention a collective responsibility by keeping their surroundings clean, eliminating stagnant water and extending full cooperation to JMC teams during the campaign.

JMC teams during the campaign.

"Stop stagnant water. Stop mosquito breeding. Help keep Jammu safe from mosquito-borne diseases." The JMC will continue the fogging and spraying campaign in a phased manner and undertake subsequent rounds as required to ensure effective mosquito control across all areas of the city.

The Corporation has appealed to citizens to make mosquito prevention a collective responsibility by keeping their surroundings clean, eliminating stagnant water and extending full cooperation to JMC teams during the campaign.

"Stop stagnant water. Stop mosquito breeding. Help keep Jammu safe from mosquito-borne diseases."





PUBLIC NOTICE

I, Umar Jan, son of the late Ali Mohammad Tantray, resident of Darashpora, Handwara, hereby inform the general public through this notice that Shop No.85, situated at the Fruit and Vegetable Market, Braripora, Handwara, was originally allotted in the name of Late Ali Mohammad Tantray. Since Ali Mohammad Tantray passed away on 09/02/2026, we, the legal heirs, intend to have the allotment holder rights of the said shop transferred and recorded in the name of Umar Jan, son of Late Ali Mohammad Tantray. If any person or persons have any objection or claim regarding this transfer, they are requested to submit their objection in writing to the Horticulture Planning & Marketing Office, Fruit Mandi, Braripora, Handwara, within one week from the publication of this notice. No objection or claim shall be entertained after the expiry of the stipulated period. Umar Jan Son of Late Ali Mohammad Tantray Resident of Darashpora,

PUBLIC NOTICE

My daughters mother's name has been wrongly mentioned as SUMAIRA in her Date of Birth certificate bearing Registration NO B 202401902380001066 while her correct Mother's name is SUMAIRA MANZOOR as per adhaar card 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 kreeni within seven days from the publication of this notice after that no objection will be entertained Name.....SHOWKAT AHMAD KHAN F/O.....MEHREEN SHOWKAT R/O.....JAHANGIRPORA

PUBLIC NOTICE

This is to inform the general public that the name of my daughter has been incorrectly recorded in the bank records/passbook as "Ishrat Jan D/o Nazir Ahmad Gojar". However, the correct name, as appearing in the Aadhaar Card, is "Ishrat Jan D/o Nazir Ahmad Khan Gojar".

I intend to have the above-mentioned name corrected in the bank records to reflect the correct name as per the Aadhaar Card. If any person has any objection to this correction, they may submit the same to the concerned bank office within seven (7) days from the date of publication of this notice. No objection received after the stipulated period shall be entertained, and the bank records shall be corrected accordingly.

Nazir Ahmad Khan Gojar (Father)
FATIMA (Mother)

PUBLIC NOTICE

This is to inform the general public that the name of my daughter has been incorrectly recorded in the bank records/passbook as "Umreena Jan D/o Nazir Ahmad Khan". However, the correct name, as appearing in the Aadhaar Card, is "Amreena Jan D/o Nazir Ahmad Khan Gojar".

I intend to have the above-mentioned name corrected in the bank records to reflect the correct name as per the Aadhaar Card. If any person has any objection to this correction, they may submit the same to the concerned bank office within seven (7) days from the date of publication of this notice. No objection received after the stipulated period shall be entertained, and the bank records shall be corrected accordingly.

Nazir Ahmad Khan Gojar (Father)
FATIMA (Mother)

PUBLIC NOTICE

This is to inform the general public that the name of my son has been incorrectly recorded in the bank records/passbook as "Fayaz Ahmad Gojar". However, the correct name, as appearing in the Aadhaar Card, is "Fayaz Ahmad Khan Gojar". I intend to have the above-mentioned name corrected in the bank records to reflect the correct name as per the Aadhaar Card. If any person has any objection to this correction, they may submit the same to the concerned bank office within seven (7) days from the date of publication of this notice. No objection received after the stipulated period shall be entertained, and the bank records shall be corrected accordingly.

Nazir Ahmad Khan Gojar (Father)
FATIMA (Mother)

PUBLIC NOTICE

I, Mateeb Hussain Rather, S/o Mohammad Qasim Rather* & *Shakeela, R/o matipora pattan wish to inform the general public that my name and parentage have been recorded incorrectly as **Mateeb Hussain* (S/o Mohammad Qasim, Mother's Name: Shakeela Begum) in my Class 11th and 12th JKBOSE official documents. The correct details are as follows: Candidate's Name: Mateeb Hussain Rather Father's Name: Mohammad Qasim Mother's Name: Shakeela

I have submitted a formal application for correction at the JKBOSE Office and Tehsil Office. If anyone has any objection to the correction of these particulars, they may raise their objection with the undersigned or the issuing authorities within *4 days* from the date of publication of this notice. *Mateeb Hussain Rather* Contact No: 7051215862 Address: matipora pattan

Poonch to observe Vande Mataram Commemoration, Har Ghar Tiranga Campaign from August 9–17

HT News Network

Jammu, Aug. 5: Launching a scathing attack on PDP president Mehbooba Mufti and Jammu and Kashmir Chief Minister Omar Abdullah, senior BJP leader and former minister Bali Bhagat on Wednesday said the alleged display of the National Flag in an inverted position by Mehbooba Mufti was an "unpardonable insult" to the Tricolour and accused Omar Abdullah of shielding her instead of condemning the incident.

"Respect for the Tiranga is non-negotiable. It is the symbol of the sacrifices of millions of freedom fighters and the pride of 140 crore Indians. Anyone who cannot even hold the National Flag with the dignity and sanctity it deserves has no moral right to lecture the nation on democracy or patriotism," Bhagat said.

PUBLIC NOTICE

It is here by notified that my name has been incorrectly mentioned in my Adhaar card as AMANAT ASHRAF KHAN bearing Account no 2173 4092 5830 while my correct name is MOHAMMAD AMANAT KHAN S/O MOHAMMAD ASHRAF KHAN which needs to be corrected if anybody having any objection in this regard he/she may file his/her objection in the office concerned adhaar authority of India within seven days from the publication of this notice after that no objection will be entertained

Name.....MOHAMMAD AMANAT KHAN S/O.....MOHAMMAD ASHRAF KHAN R/O.....DOLIPORA Tehsil Kreeni Dist.....BARAMULLA

PUBLIC NOTICE

This is to inform the general public that the name of my son has been incorrectly recorded in the bank records/passbook as "Fayaz Ahmad Gojar". However, the correct name, as appearing in the Aadhaar Card, is "Fayaz Ahmad Khan Gojar". I intend to have the above-mentioned name corrected in the bank records to reflect the correct name as per the Aadhaar Card. If any person has any objection to this correction, they may submit the same to the concerned bank office within seven (7) days from the date of publication of this notice. No objection received after the stipulated period shall be entertained, and the bank records shall be corrected accordingly.

Nazir Ahmad Khan Gojar (Father)
FATIMA (Mother)

PUBLIC NOTICE

This is to inform the general public that the name of my son has been incorrectly recorded in the bank records/passbook as "Reyaz Ahmad Khan S/o Nazir Ahmad Khan". However, the correct name, as appearing in the Aadhaar Card, is "Reyaz Ahmad Khan Gojar". I intend to have the above-mentioned name corrected in the bank records to reflect the correct name as per the Aadhaar Card. If any person has any objection to this correction, they may submit the same to the concerned bank office within seven (7) days from the date of publication of this notice. No objection received after the stipulated period shall be entertained, and the bank records shall be corrected accordingly.

Nazir Ahmad Khan Gojar (Father)
FATIMA (Mother)

PUBLIC NOTICE

This is to inform the general public that the name of my daughter has been incorrectly recorded in the bank records/passbook as "Nusrat Jan D/o Nazir Ahmad Khan". However, the correct name, as appearing in the Aadhaar Card, is "Nusrat Jan D/o Nazir Ahmad Khan Gojar".

I intend to have the above-mentioned name corrected in the bank records to reflect the correct name as per the Aadhaar Card. If any person has any objection to this correction, they may submit the same to the concerned bank office within seven (7) days from the date of publication of this notice. No objection received after the stipulated period shall be entertained, and the bank records shall be corrected accordingly.

Nazir Ahmad Khan Gojar (Father)
FATIMA (Mother)



He said a former Chief Minister is expected to know the Flag Code and uphold the honour of the National Flag.

"If leaders who have occupied the highest constitutional offices cannot even display the Tricolour correctly, one has to ask whether they truly respect the nation they claim to represent. Those who cannot respect the sanctity of the Tricolour, how can they be trusted to serve the country?" Bhagat said.

Targeting Omar Abdullah for describing the incident as an inadvertent mistake, Bhagat alleged that the Chief Minister's response exposed the "politics of convenience" between the National Conference and the PDP.

"Instead of condemning the insult to the National Flag, Omar Abdullah rushed to defend Mehbooba Mufti. This is nothing but 'chor-chor mausere bhai' politics. Whenever one of them is caught on the wrong side of public sentiment, the other immediately comes to the rescue. Their ideological differences disappear when it comes to protecting each other," Bhagat alleged.

He further alleged that the incident reflected what he

described as the opposition's "double standards" on issues of nationalism.

"The Tricolour is above politics, parties and personalities. No leader is above the dignity of the National Flag. If an ordinary citizen is expected to honour the Flag Code, political leaders must be held to an even higher standard. There should be no selective outrage and no selective accountability," he said.

Demanding appropriate action in accordance with the law, Bhagat said, "The dignity of the Tiranga cannot be compromised under any circumstances. The law should take its own course if there has been a violation of the Flag Code. National symbols deserve the highest respect, and no one should be allowed to undermine them with impunity."

He urged all political parties to treat the National Flag with the reverence it deserves and said the people of Jammu and Kashmir would not tolerate any disrespect to the Tiranga.

He urged all political parties to treat the National Flag with the reverence it deserves and said the people of Jammu and Kashmir would not tolerate any disrespect to the Tiranga.

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 has submitted case file pertaining to Birth of BASHIR AHMAD KHAN S/O WALI MOHAMMAD KHAN R/O... KREERI Tehsil KREERI Distt. Baramulla having verified the date of Birth as 11/01/1970 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

Executive Magistrate 1st Class KREERI

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 has submitted case file pertaining to Birth of TAHIR AHMAD LONE S/O NAZIR AHMAD LONE R/O THINDIMA Tehsil KREERI Distt. Baramulla having verified the date of Birth as 11/08/2008 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

Executive Magistrate 1st Class KREERI

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 has submitted case file pertaining to Birth of BASHIR AHMAD KHAN S/O WALI MOHAMMAD KHAN R/O... KREERI Tehsil KREERI Distt. Baramulla having verified the date of Birth as 11/01/1970 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

Executive Magistrate 1st Class KREERI

DDC Poonch Reviews District Capex Budget 2026–27, Development Works across district

HT News Network

Poonch, August 7: District Development Commissioner Poonch, Ashok Kumar Sharma today chaired a meeting at the Conference Hall of the DC Office Complex, Poonch, to review the progress of the District Capex Budget 2026–27 and developmental works being executed in the district.

The meeting held detailed deliberations on key issues pertaining to the District Capex Budget, including the status of Administrative Approvals under PRL and APDP components, budgetary provisions against approved Administrative Approvals/estimated costs and the progress of Administrative Approvals (AAA), tendering and allotment of works for the financial year 2026–27.

The DDC also took a



comprehensive review of the progress of developmental works with particular focus on the physical and financial progress of ongoing works, pending approvals, tendering, allotment and issues hampering timely execution of projects.

The meeting also discussed measures for ensuring effective planning, timely execution of approved works and optimum utilization of available funds to achieve the desired developmental outcomes.

The DDC directed the concerned officers to expedite the process of approvals, tendering and allotment of works and ensure that all approved projects are executed within the prescribed timelines and in accordance with the required quality standards.

He called for close inter-departmental coordination and regular monitoring of developmental works, stressing that government funds must be utilized judiciously and in a

result-oriented manner for the overall benefit of the people.

The meeting was attended by Chief Planning Officer, Superintending Engineer, Hydraulic Circle Poonch; Assistant Commissioner Panchayat, Poonch; Assistant Commissioner Development, Poonch; Executive Engineer, Ground Water Division Jammu; Executive Engineer, Rural Engineering Wing (REW), Poonch, besides other concerned officers. The meeting was attended by Chief Planning Officer, Superintending Engineer, Hydraulic Circle Poonch; Assistant Commissioner Panchayat, Poonch; Assistant Commissioner Development, Poonch; Executive Engineer, Ground Water Division Jammu; Executive Engineer, Rural Engineering Wing (REW), Poonch, besides other concerned officers.

Government of Jammu and Kashmir Revenue Devartment

OFFICE OF THE NAIB TEHSILDAR RAJPORA

(EXECECUTIVE MAGISTRATE 1ST CLASS)

Subject:- Application of Shri Tej Krishan S/O Shri Radha Krishan Bhat (Migrant) bearing Online Application o.054629102522434429 for attestation of inheritance mutation for land titled Shri Radha Krishan (Deceased) in estate Hawal Tehsil Rajpora District Pulwama.

Public Notice

This office has received an application from Shri Tej Krishan S/O Shri Radha Krishan Bhat (Migrant), seeking attestation of the inheritance mutation in estate Hawal for land recorded in the name of Shri Radha Krishan Bhat S/O Shri Shridhar Bhat (Deceased). The applicant has submitted the death certificate of the deceased, which reveals that Late Shri Radha Krishan Bhat expired on 08/11/1998. The applicant has also furnished a Legal Heir Certificate, which indicates that the deceased has left behind the following legal heirs:

1. Sarla Bhat Choudhary - (Daughter)
2. Sunita Bhat - (Daughter)
3. Asha Bhat - (Daughter)
4. Tej Krishan Bhat - (Son)
5. Kanta Bhat Widow of Maharaj Krishan Bhat - (Daughter in Law)
6. Sanjay Bhat Son of Maharaj Krishan Bhat - (Grandson)
7. Om Shuri Widow of Roshan Lal Bhat - (Daughter in Law)
8. Rakesh Bhat Son of Roshan Lal Bhat - (Grandson)

In this connection, the case for attestation of the inheritance mutation is under process in the office of the undersigned.

Therefore, if any person has any objection regarding the proposed inheritance mutation, they may submit their objections in writing to the undersigned within seven (07) days from the date of publication of this notice. If no objection is received within the stipulated period, the case shall be processed further in accordance with law.

Send Date: Aug 8, 2026
DIPK-4277/26

SD
CEXEEXECUTIVE MAGISTRATE 1ST CLASS)
Rajpora

OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI DEPARTMENT PUBLIC HEALTH ENGINEERING DIVISION, BIJBEHARA

NOTICE INVITING TENDERS

e-NIT No.:-32/PHE/BJI of 2025-26 [e-Tendering] issued under endorsement No.PHE/BJI/5145-5168 Dated :07.08.2026

For and on behalf of the Lieutenant Governor, J&K Union Territory e-tenders (in Single Cover System) are invited on percentage basis from approved and registered Govt. contractors, for the works mentioned below:-

SN o.	Name of work	Adv Cost Rs in Lacs	Earnest money, (in Rs)	Class of Contract	Cost of tender (in Rs)	Time of Completion
1.	Providing Barricading/Refreshment Arrangements on the eve of Independence Day (15th August) full dress rehearsal at Government Degree College Khanabal for the year 2026 under M&R.	1.09	3270	DEE	200	5 days

01. 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 details can be seen/downloaded from the departmental website www.iktenders.gov.in as per schedule of dates given below.

S. No.	Description	Date			Time
		DD	MM	YYYY	
1	Publishing date of NIT	07	08	2026	02:00 PM
2	Download start date	07	08	2026	02:00 PM
3	Bid submission start date	07	08	2026	02:00 PM
4	Bid submission end date	12	08	2026	02:00 PM
5	Bid opening date	12	08	2026	02:15 PM

02. Bids must be uploaded on Jktenders.gov.in with cost of Tender document in shape of Treasury Receipt/e-Challan in favour of Executive Engineer PHE Division Bijbehara (Tender receiving authority).

03. Earnest Money equivalent to 3% of advertised cost shall have to be uploaded by the tenderer in shape of CDR/FDR without which the tenders shall not be entertained.

04. The quantity of items in the BOQ are purely on tentative basis just to arrive at a genuine / exact comparative cost. The quantity of items in the BOQ can increase or decrease and shall not be mentioned in the allotment order.

05. The successful bidder shall have to respond within the minimum possible time (not more than 03 hours) to execute the requisite job failing which the Engineer In-charge or the authorized supervisory staff shall be at liberty to get the job executed / completed through any other means on the risk and cost of the allottee. If the allottee will fail to respond in time continuously for 03 turns his contract shall be deemed to have been cancelled and the job shall be put to fresh tenders after forfeiting of his performance security and shall be debarred to take part in any other tendering process of the Division.

06. The tenderer shall have to satisfy himself regarding all aspects like topography of the area, climatic conditions, geographical conditions within the periphery of the area, before tendering for the work of the particular area at his own expenses.

07. The tenders have to submit the tender online without any addition or alteration in the rate schedule items or any conditions thereof. No conditional tender whatsoever shall be entertained even if the rates shall be lowest one.

SL No	ONLINE DOCUMENTS REQUIRED FOR QUALIFYING
01	Enlistment card Registration with latest card renewal 2026-27
02	Card verification
03	Latest GST Certificate along with GST 38
04	Scanned copy of the latest Income Tax Return.
05	Treasury Challan/e-Challan (MH-0215)
06	Earnest Money as specified shall have to be uploaded by the tenderer in the shape of CDR/FDR/BG without which the tenders shall not be entertained.
07	Additional security deposit in the shape of CDR / FDR / BG as specified, in case of unbalanced tenderer
08	Debarred Affidavit duly notarized
09	Bidder Address details
Note :	The L1 Bidder must submit the uploaded documents to divisional office i.e; CDR, Treasury Challan , Affidavit etc without serving any notice to him.

DIPK-4270/26

Executive Engineer,
J.SPHE Division Bijbehara.

Send Date: Aug 7 2026



From flip flops to fisherman's sandals

How to look after your feet this summer

Flip-flops have always been a popular solution to sweaty, uncomfortable feet in scorching weather - and now they've had a revamp. The most stylish way to wear them this summer is with a kitten heel, according to fashion expert and trend forecaster Angela Baidoo. "It's not a high heel and it's really kind of easy to just slip in and slip out of," she says. However, heel or not, the flip-flop has earned itself a bad rap for lack of support and damaging our feet. Is that fair?

Why your summer shoe could be bad for you "In terms of arch support and joint support, it's not the best style, but people are investing a bit more, getting their flip-flops customised, because it's something that is just so easy to wear," Baidoo says. Podiatrist Dr Helen Branthwaite, who is also chief clinical adviser at the Royal College of Podiatry, says it's "not accurate" to say flip-flops are bad.

The problem comes if you go straight from wearing a very structured shoe to wearing flip-flops a lot, she explains. It means your foot is under more strain than normal, which makes you more prone to injury.



"The foot does start to change shape and tends to splay a little bit over time," says Branthwaite. "A good analogy is if you were to wear a corset all the time and then took the corset off, everything would sort of all hang out, so to speak."

So what are the stylish and comfortable alternatives? How to find healthy sandals Baidoo suggests a more supportive flip-flop, such as a FitFlop, which is sturdier and contoured - a world away from the flat and thin flip-flops that have been cut from a big sheet of foam.

Sliders are out and Crocs are in for Gen Z, she says. They might be "anti-fashion shoes" but they're "really comfy" and designed "orthopaedically" with footbed sandals like Birkenstocks offering the same advantages. The wooden clog is also making a comeback. It's worn by doctors and chefs on their feet all day. Scholl



slider mules are the original orthopaedic shoe, Baidoo says - and admits she once had a pair in pink suede. Wedges are another option in the heat. "When I speak to some of my friends and some of my clients who work in the plus-size category, the wedge actually provides a form of comfortable footwear. And it provides a nice kind of silhouette for the ankle. You've got the

“Baidoo suggests a more supportive flip-flop, such as a FitFlop, which is sturdier and contoured - a world away from the flat and thin flip-flops that have been cut from a big sheet of foam.

“support all the way through the shoe." You could always opt for the fisherman-style sandal, which looks like something a history teacher might

have worn in the 1970s. With socks. "Men can wear it as an alternative to a loafer. It's not as casual as a flip-flop, which might not be suitable for certain environments. It's a really cool kind of style to adopt for women too," Baidoo says.

So what about the trend for wearing minimalist barefoot shoes? It's all about easing into them, says Branthwaite.

In other words, don't buy a pair and then decide to go on a 5-mile hike. Expert tips for happy feet Podiatrist Dr Helen Branthwaite's top tips for looking after your feet:

Pay close attention to the sole of the shoe and what it's made from, because that will influence how your foot moves and how you walk

If you can bend your flip-flops in two, then ask yourself if you're strong enough to take on the extra load your normal shoe would support

Don't forget to check the condition of your feet - the skin can dry out quickly in open footwear like flip-flops. You might not notice until your heel gets firmer and your toenails start to look fragile

Lather your feet in emollient, a moisturising water retention cream containing urea to hydrate the skin, every day

Your feet change constantly throughout your life, so get them measured regularly. Just because you start out being a size 6, doesn't mean you'll remain a size 6.

(Philippa Roxby)

Heatwave anxiety can make you feel 'incredibly helpless' - here's how to manage it

At the peak of the June heatwave, the warmest June on record in England, all Tavia Watts could think about was how hot it was in her two- and five-year-old's bedroom - above 30C in some cases. "During the heatwave, I've got a high level of anxiety all the time and I'm pretty much useless," she told the BBC. "I've had to leave bedtime when my husband reads [my kids] stories to have a little cry and to calm down, because it's just too hot in their room and I'm afraid for them." Feeling "incredibly helpless", the 36-year-old posted a short reel to her hundreds of followers on Instagram, in which she voiced her inner anxieties. To her surprise, it got more than 18,000 likes and 1,700 reposts. In the video Tavia, a stay-at-home mum living in Cheltenham, says the heat "feels like the world is literally ending", she's "terrified for [her] children's lives", and that she "wants to scream at the people not taking this seriously". Young people and women most at risk atts is not alone. A 2022 study from the University of Bath estimates that about 4.6% of people in the UK have climate anxiety, which is recognised as a form of mental distress by professional bodies and the NHS. Young people and women are among the groups most at risk,

according to a study published in 2025. "Anticipatory anxiety", related to heatwaves in particular, has become more common, say psychologists Dr Caroline Hickman from the University of Bath and Dr Emma Lawrance from the University of Oxford. "Once people have been through a traumatic event like a flood or a heatwave, they anticipate the next one," Hickman, who offers therapy to individuals experiencing climate anxiety, told the BBC. In the UK, "now we're getting the repeat, repeat, repeat [heatwaves]. It triggers that sense that 'I can't be safe in the world, and the world can't be trusted,'" she added. In June's heatwave, Hickman said she "had people saying they're going to kill themselves, I've had people saying they're going to terminate pregnancies, I've had people saying that they want to sell their houses and move somewhere cooler". Watts said that her video "clearly struck a chord with people" - including therapists posting comments about coping mechanisms - and that she wanted to help others deal with climate anxiety. "It can go one of two ways. You can either just fall into doomism and think, 'What is the point?'" she said. "Or you can try to do something. I sign petitions during a heatwave; I organise climate community events; I run a free children's clothes swap shop. During the last heatwave, I finally became vegetarian, because then I can tell my kids at least I tried." "The future is really scary" Lizzie Ellen was "terrified" when she first learned about climate change in school, but at the time felt like it was "quite far off". Now, the scorching temperatures of recent weeks have left the 38-year-old from west London "obsessively" reading about the heatwave and constantly checking her weather app. Ellen, who gave birth to her first child a few months ago, told the BBC she had felt both isolated and worried about keeping her baby cool. "With the baby, I've been staying indoors more, keeping on top of checking the temperature... so there's that isolation," she said. "Then there's the future, which is really scary to be honest - thinking about how the heat we experienced back in June could become a daily reality within a very short time, [my baby's] lifetime... and that's pretty miserable, staying indoors all day in the dark." Some have made major life changes in response to their climate

concerns. Ecologist Dr Francis Windram told the BBC that he had moved from Ascot, near London, to Lancaster in the north-west of England, specifically because of the cooler climate. He still bought a portable air conditioning unit in spring as a precaution, and is concerned about his grandparents and his father living further south in Hertfordshire. "We're looking at 35C-plus heat in houses that were not designed for it, with people who are not as able to regulate their temperature, and can't necessarily afford to just fit an AC," Windram said. Lawrance had some recommendations on how to cope with climate anxiety: Talk to others: There's often "a huge perception gap between how concerned people are about climate change, and how much they think other people care", said Lawrance - meaning you might wrongly assume that you're in the minority, or even that you're alone. "Make space to be kind to yourself, to tend to those emotions and support that it's coming from a place of care for the world," she added. Find a community: Lawrance recommended finding a strong social network who care about the same things, and taking positive action together. Whether it's planting a garden in your school or putting solar panels on the roof of your business, action can not only help you channel your anxiety into something positive, but can help alleviate the symptoms of anxiety too. Lawrance cited the Climate Psychology Alliance in the UK for further support, as well as groups like the Resilience Project, the Climate Cares Centre, and the Climate Majority Project. Keep yourself cool: Your physical health also affects your mental health, and being hot can also make your anxiety and mood worse, Lawrance said - so she recommended making sure to keep yourself physically cool in extreme heat. "Having a cool shower, putting a cold washer on your neck, making sure you're hydrated - all of those things will help physiologically as well," she said. "There's a lot we can do - we're not powerless."

(Ashitha Nagesh)

Watson's book gives archer Sahil a 'Winner's Mindset' ahead of 2026 Asian Games

United News Of India

KOLKATA, AUG 7 At first glance, archery and cricket may seem to have little in common. But for one of India's rising archers, an Australian cricketer has provided an unexpected source of inspiration ahead of the Asian Games 2026. For Sahil Jadhav, it was a book written by former Australian all-rounder Shane Watson that helped him look at the mental side of competition differently.

"I started reading a book called 'The Winner's Mindset' by Shane Watson around a month ago. My initial intent was to reduce the time I spent scrolling my phone. However, I have received valuable knowledge on how to deal with pressure and keep myself focussed during competitions," Jadhav said.

Mental strength and patience have played a major role in Jadhav's journey. The 25-year-old had



to wait seven years before winning his first national medal and eventually earning a place in the Indian team.

Throughout those difficult years, it was the support of his family that kept him going.

"I took up archery quite late, at the age of 19. But my family was extremely supportive. In fact, my family have sacrificed more than me. They stood

by me during those difficult years and supported me in every way possible. I took seven years to win my first medal at the national level. It was a test of patience and grit as every year I used to miss out by extremely small margins," Jadhav recalled.

His persistence finally paid off in 2024 when he won gold at the senior nationals, his first national medal. He

followed that up with a breakthrough international performance at the 2025 World University Games, where he won the individual gold and a team silver.

The Satara-born archer has continued to make progress this year, securing the biggest result of his career so far with a bronze medal in the men's individual compound event at the Archery World Cup 2026 Stage 2 in Shanghai.

"As I stood on the podium, I thought about my parents, their sacrifices and all the struggle I had to undergo over these last few years," he said.

Jadhav is confident about his own form but believes the Indian team will have to remain sharp in the crucial moments if they are to challenge archery powerhouses such as South Korea, China and Japan at the Asian Games in Aichi-Nagoya next month.

Eala/Williams fall in women's doubles first round at Canadian Open

United News Of India

TORONTO, AUG 7 Alexandra Eala and Venus Williams were knocked out in the first round of the women's doubles at the 2026 Canadian Open here.

Tennis's star wildcard pair were bounced by Kato Miyu and Liudmila Samsonova 6-4, 6-3 in 76 minutes on Thursday.

Eala and Williams had five doubles faults and conceded six of 11 break points.

Eala and Williams were teaming up for the first time since reaching the Bad Homburg quarter-finals in June, according to olympics.com.



The two had originally been scheduled to partner each other at the Mubadala DC Open last week, but Eala chose to focus on singles, which paid off as she claimed her first WTA title.

Rwanda ready for ICC U19 Men's Cricket World Cup Africa Qualifier



United News Of India

KIGALI, AUG 7 The Rwanda Cricket Association (RCA) is gearing up to host the ICC U19 Men's Cricket World Cup 2028 Africa Qualifier Division 2 in Kigali from August 9-15.

The six-nation tournament will feature host nation Rwanda, along with Uganda, Nigeria, Mozambique, Sierra Leone, and Ghana.

The top three teams at the end of the competition will advance to next year's Regional Final that will ultimately determine Africa's final representative at the ICC U19 Men's Cricket World Cup 2028. All teams will play against each other in a single round-robin group stage format, with matches played at the Gahanga International Cricket Stadium (both the Main Oval & B Oval grounds) and the RP-Kigali Oval, according to ICC.

Stephen Musaale, RCA President, said, "It is an absolute honour for Rwanda to

once again be chosen by the International Cricket Council (ICC) to host an international tournament of this calibre. Welcoming our African brothers from Uganda, Nigeria, Mozambique, Sierra Leone

and Ghana to Kigali reflects our growing status as a premier sports destination in the region.

"For our young national team, playing on home soil surrounded by passionate Rwandan fans is an incredible opportunity. We have put every measure in place to ensure a seamless, high-standard tournament experience for players, officials, and supporters alike. On behalf of the Rwanda Cricket Association, I extend a warm welcome to all participating nations and wish every team the very best of luck."

The top three teams at the end of the tournament will join Namibia, Kenya and Tanzania in the ICC U19 Men's Cricket World Cup Africa Qualifier in 2027, having already qualified from their section of Division 2.

Ashmita, Rakshitha set up all-Indian semi-final in Korea Masters

United News Of India

ASAN (SOUTH KOREA), AUG 7 Ashmita Chaliha and Rakshitha Ramraj ensured India will have a finalist in the women's singles at the Korea Masters 2026 badminton tournament after winning their respective quarter-finals at the Asan Yi Sun-sin Gymnasium on Friday.

Ashmita, 50th in the badminton rankings, produced the biggest upset of the day, knocking out Japanese top seed and world No. 22 Hina Akechi 20-22, 21-15, 21-19 in a hard-fought contest lasting one hour and three minutes.

Meanwhile, world No. 49 Rakshitha came from a game down to beat compatriot and third seed Tanvi Sharma, ranked 30th in the world, 18-21, 21-19, 21-18 in 61 minutes.

The results mean Ashmita and Rakshitha, ranked just one place apart in the world, will face each other in Saturday's semi-finals, guaranteeing India representation in the women's singles badminton final. Ashmita had lost her only previous meeting against Akechi at the Malaysia Super 100 last year and initially looked set for another defeat after the Japanese shuttler edged a tight opening game 22-20.

According to olympics.com. The Indian badminton player responded emphatically in the second, putting together an eight-point run on her way to a 21-15 win to force a decider. Little separated the two players in the third game before Ashmita held her nerve at the business end. She eventually converted her third match point to complete the upset 21-19.

A debut to remember, A gold to celebrate - India rises in Tashkent



United News Of India

NOIDA, AUG 7 Indian weightlifters made an impressive start on the opening day at the Asian Youth & Junior Weightlifting Championships 2026 in Tashkent, Uzbekistan, with Parishmita Gogoi and Titli Maji delivering medal-winning performances for the country.

Competing in the Women's 45 kg weight category, Titli Maji secured the three Silver Medals in

all events - snatch, clean & jerk and total, demonstrating exceptional consistency throughout the competition.

In the same category, Parishmita Gogoi won the Gold Medal in the Snatch event with a best lift of 65 kg. She finished 4th overall with a total of 141 kg, narrowly missing the overall podium after a determined performance.

Sahdev Yadav, President, Indian Weightlifting Federation extend heartfelt congratulations to Titli Maji and Parishmita Gogoi for their remarkable achievement.

He also congratulated all the coaches and support staff for their tireless efforts.

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