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16TH
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HEADLINES TODAY

Voice To The Voiceless



P:12

Inter Milan forward Joaquin Correa returns to Estudiantes from Botafogo

National Handloom Award for Two Kani Weavers from Kanihama

Manzoor Ahmad Hajam, Fayaz Ahmad Wani honoured by President for preserving Kashmir's traditional weaving heritage

HT NEWS DESK / AGENCIES

NEW DELHI AUG 08 : Two master weavers from Kanihama, Budgam, Manzoor Ahmad Hajam and Fayaz Ahmad Wani, have brought national recognition to Kashmir's rich handloom heritage by winning the prestigious National Handloom Award for their joint creation, Chand-Daar Kani Shawl. President Droupadi Murmu conferred the award at a function in New Delhi, with the winning entry earning a citation and cash prize of 2.5 lakh. The recognition honours their exceptional mastery of the intricate Kani weaving technique and is expected to further promote the centuries-old craft on national and international platforms.



heartiest congratulations to two outstanding weavers, Manzoor Ahmad Hajam and Fayaz Ahmad Wani, from Kanihama, Budgam,

who have been conferred with the prestigious National Handloom Award, in recognition for their contribution in the

field of Kani weaving.

They were conferred with the National Award for their joint entry – Chand-Daar Kani Shawl – by the President of India, Draupadi Murmu, during a glittering function held at New Delhi, to commemorate the National Handloom Day.

In a press release issued here today, a spokesman of the Handicrafts and Handloom Department, stated that this honour is a fitting tribute to invaluable contribution of Manzoor Ahmad Hajam and Fayaz Ahmad Wani, who have distinguished themselves in the indigenous art of Kani weaving. "By winning such prestigious award, the master weavers have brought the Kani weaving technique on the forefront of the crafts sector, which will surely open up new vistas of business

SEE ON P-2

LG Sinha Calls for Ethical, Inclusive Leadership Among Youth

At IIDL convocation, says public service, transparency and constitutional values must guide future leaders



HT NEWS NETWORK

SRINAGAR/AUG.08: Lieutenant Governor Manoj Sinha has called upon young leaders to make honesty, public service and accountability the cornerstones of their professional and public lives. Addressing the convocation of the ninth batch and induction of the 10th batch of the Indian Institute of Democratic Leadership in Mumbai, he said India's youth must transform the country's

demographic strength into a leadership dividend. Sinha underlined the need to address challenges ranging from economic growth and national unity to technology, education and transparent governance, urging young leaders to place public welfare and national interest above all else. The Lieutenant Governor Shri Manoj Sinha today graced the convocation ceremony of the 9th batch and the

SEE ON P-2

Amarnath Yatra Suspended from Jammu Amid Inclement Weather

No fresh batch leaves Bhagwati Nagar as authorities monitor heavy rain forecast and highway conditions



HT NEWS DESK / AGENCIES

SRINAGAR/AUG.08: The Amarnath Yatra was suspended from the Bhagwati Nagar base camp in Jammu on Saturday amid inclement weather and a forecast of heavy

to very heavy rainfall in the region. Officials said no fresh batch of pilgrims was allowed to proceed towards Kashmir as the administration kept a close watch on weather conditions and the Jammu-Srinagar National Highway. More than 4.75 lakh pilgrims have so far paid obeisance at the 3,880-metre-high cave shrine since the pilgrimage began on July 3, with the 57-day yatra scheduled to conclude on August 28.

SEE ON P-2

Census-2027: J&K Sets Phase-II Enumeration in Snow-Bound Areas in Motion

Self-enumeration from August 17; door-to-door exercise to cover 4,146 tentative blocks from September 1



HT NEWS DESK / AGENCIES

SRINAGAR/AUG. 08: Chief Secretary Atal Dulloo has directed officials to ensure foolproof preparations for the second phase of Census-2027 in snow-bound and otherwise inaccessible areas of Jammu and Kashmir, with particular emphasis on a zero-omission approach. The exercise will cover 95 administrative charges and 4,146 tentative enumeration blocks, with self-enumeration

available from August 17 to 31 and door-to-door enumeration scheduled from September 1 to 30. The administration has also planned extensive training, digital monitoring and hyperlocal awareness campaigns to ensure accurate and inclusive population data collection. Chief Secretary, Atal Dulloo, today chaired a meeting of the Union Territory Level Census Coordination Committee (UTLCCC) to review and

SEE ON P-2

PDP Playing 'Fixed Match' to Divert Attention from Mehbooba Remarks : Sakina Yatoo

J&K minister calls FIR against Iltija Mufti a diversionary tactic over Jantar Mantar protest

the former chief minister's remarks. The two PDP leaders were booked following the August 6 protest marking seven years since the abrogation of Article 370.

HT NEWS DESK / AGENCIES

SRINAGAR/AUG.08: Jammu and Kashmir Health and Education Minister Sakina Itoo on Saturday termed the FIR against PDP leader Iltija Mufti a "fixed match", alleging that the opposition party was trying to divert attention from the statement made by its president Mehbooba Mufti at Jantar Mantar. Speaking to reporters on the sidelines of a function in south Kashmir, minister Sakina Itoo as per news agency Kashmir News Service said the PDP was playing a "fixed" match to shift focus from

SEE ON P-2

CIK Conducts Simultaneous Searches Across Kashmir

Two digital devices seized in Anantnag during probe into 2023 UAPA-linked case

HT NEWS DESK / AGENCIES

SRINAGAR/AUG.08 The Counter Intelligence Kashmir on Saturday carried out simultaneous searches at multiple locations across Anantnag, Shopian, Baramulla, Kupwara and Bandipora in connection with a case registered in 2023 under provisions of the IPC and Unlawful Activities (Prevention) Act. During a search at Hiller Shahabad in Anantnag, investigators seized two digital devices for examination. Officials said the searches



form part of an ongoing investigation into alleged online activities and recruitment-related offences, with further scrutiny of the seized material expected to establish its relevance to the case. The Counter Intelligence Kashmir (CIK) on Saturday conducted simultaneous searches at multiple locations across Kashmir in connection with a 2023 case registered under provisions of the Indian Penal Code and the Unlawful Activities (Prevention) Act. The searches were carried out in several districts

SEE ON P-2

Two Held with Charas-Like Substance in Gurez

Police register NDPS case after alleged recovery during routine patrol in Badwan area

HT NEWS DESK / AGENCIES

SRINAGAR/AUG. 08: Police have arrested two persons in Gurez after allegedly recovering packets containing a charas-like substance during a routine patrol in the Badwan area of Bandipora

district. The accused were identified as Asif Ahmad Lone of Wanpora Gurez and Mohsin Ahmad Khan of Chack Arsalan Khan, Bandipora. Officials said the alleged recovery was made during a personal search conducted in the presence of an Executive Magistrate and witnesses, following which an

FIR was registered under relevant provisions of the NDPS Act. Further investigation is underway. Two persons were apprehended after police allegedly recovered packets containing a charas-like substance from their possession during a routine patrol at Badwan area of Gurez in north

Kashmir's Bandipora district on Saturday.

Officials said that SHO Police Station Gurez Nazir Ahmad, along with his escort party, was conducting routine patrolling when the two persons were noticed

SEE ON P-2

BOTTOM NEWS

Rain Returns to Kashmir, Heavy Showers Likely in Jammu From Aug 9–11

MeT forecasts wet spell across J&K till Aug 17; flash floods, landslides and waterlogging remain a concern

HT NEWS DESK / KNO

SRINAGAR, AUG 8: Rain lashed several parts of Kashmir on Saturday as the Meteorological Centre forecast a prolonged spell of light to moderate showers and thundershowers across Jammu and Kashmir, with the possibility of intense rainfall at some places. The weather office has warned of heavy to very heavy rain in parts of the Jammu division between August 9 and 11, raising concerns over flash floods, landslides and waterlogging in vulnerable areas.

Srinagar recorded a maximum temperature of 26.1°C and received 1.6 mm of rain in the 24 hours ending at 8:30 am on Saturday. Qazigund recorded 3.6 mm, Pahalgam 1.4 mm, Kokernag 3.8 mm, while Banihal, Batote, Katra and Bhaderwah received 4.3 mm, 2.8 mm, 4.8 mm and 8.2 mm of rainfall respectively.

According to the weather forecast, one or two spells of light to moderate rain or thundershowers are likely at many places on August



9, with brief intense showers possible at isolated locations. From August 9 to 11, most parts of J&K are expected to receive rain or thundershowers, with heavy to very heavy rainfall likely in a few districts of Jammu

division. Intense showers may also occur at some places in Kashmir.

The wet conditions are expected to continue intermittently through

August 12 to 17, when light rain or thundershowers may occur at many places. The MeT has advised people to remain cautious, particularly in vulnerable areas,

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Government Notifies Legal Metrology GATC Rules to Promote Ease of Doing Business in J&K

■ HT News Network

SRINAGAR, AUGUST 08: Another major reform has been brought in by the Government of Jammu & Kashmir in Legal Metrology by notifying the Jammu & Kashmir Legal Metrology Government Approved Test Centre (GATC) Rules, 2026. These rules are aimed at promoting Ease of Doing Business in J&K. Government of Jammu & Kashmir introduced a landmark reform by notifying the Jammu & Kashmir Legal Metrology (Government Approved Test Centre) Rules, 2026. Government Approved Test Centres (GATC) are private entities who will be authorized by the Department to verify 12 specified categories of weights and measures. The verification fee for each of these categories of weights and measures is prescribed under the said rules.

Procedure for establishment of GATCs and qualification for being eligible to establish a GATC are also provided in these rules. GATCs and the UT Government will share the revenue @ 80 : 20 basis. GATCs are aimed at enhancing the outreach of the Department to cover untapped weights and measures and provide traders an option of private laboratories for getting the specified weights and measures verified from them. These reforms build upon the recently launched initiatives including the Jan Vishwas (Amendment of Provisions) Act, 2026, increasing periodicity for re-verification of specified weights and measures through amendments in the Legal Metrology (General) Rules, 2011, business de-regulation in certain key areas and online service delivery mechanism through J&K Single Window System.

Principal Secretary Culture, Div Com Kashmir review preparations for Tiranga Rally, Independence Day Celebrations

■ HT News Network

SRINAGAR, AUGUST 08: Principal Secretary Culture Department, Brij Mohan Sharma and Divisional Commissioner Kashmir, Anshul Garg, today jointly chaired a comprehensive meeting at the Tourist Reception Centre (TRC) to review and finalize arrangements for the mega Tiranga Rally scheduled to be held from SKICC to the Botanical Garden on August 12 and the Independence Day celebration at Bakshi Stadium.

During the meeting, the Principal Secretary directed the concerned departments to put in place innovative and theme-based arrangements to enhance public participation and patriotic fervour during the Tiranga Rally.

Brij Mohan Sharma called for installation of theme-based selfie points at SKICC and the Botanical Garden to encourage



participants to capture and upload photographs. He also directed deployment of NCC volunteers to facilitate participants at these selfie points.

The Principal Secretary directed the Roads & Buildings (R&B) Department to undertake theme-based colouring of tree trunks along the rally route, while the Srinagar Municipal Corporation (SMC) was asked to install the National Flag on electric poles along the route.

He further directed to sensitize participants about adherence to the National Flag

Commissioner Kashmir Anshul Garg directed all concerned departments and stakeholders to ensure overwhelming participation in the Tiranga Rally. He called upon officers to ensure that participants reach SKICC well in advance to facilitate the smooth conduct of the event.

He reviewed the transport plan for participants and directed the concerned agencies to ensure effective mobilization as per the prescribed targets. He also stressed the need for foolproof security arrangements at all venues and along the designated rally route.

Anshul Garg also directed for constitution of a committee comprising officers of SMC, Police and Sanik Welfare

Department to monitor the strict compliance for respect of flag code during the event. Besides, Div Com directed for enmass participation in

Code and called for organizing a Shikara Tiranga Rally in Dal Lake as part of the celebrations.

Principal Secretary also reviewed plan for setting up theme-based stalls and exhibition at SKICC. He directed the concerned departments to ensure attractive displays and effective public engagement.

Brij Mohan Sharma also reviewed arrangements for cultural programmes, band performances and the felicitation of VVIPs, war widows and war heroes.

On the occasion, Divisional

IFAD Project Partners' Learning Forum: Day 2 focuses on field-based learning, women led FPOs

■ HT News Network

SRINAGAR, AUGUST 8: The second day of the IFAD Project Partners' Learning Forum 2026, organised by the Mission Directorate, HADP/JKICP under the Agriculture Production Department, was dedicated to field-based learning and first-hand exposure to successful models of farmer collectivisation, women-led agricultural enterprises and modern horticulture. The field visit programme provided an opportunity to delegates from IFAD-assisted projects across the country to experience the implementation of agricultural interventions on the ground and interact directly with the farmers, Farmer Producer Organisations (FPOs) and other stakeholders. The delegation's first visit was to Umeed Women Fresh Vegetables Kolina Producer Company Limited at Nilsar, Sultanpooora, Baramulla, an all-women FPO with 617 members. The participants interacted with the Board of Directors, Chief Executive Officer and FPO members and visited the production and aggregation facilities.

The interaction focused on the FPO's business operations, marketing, value addition and future growth plans. The visit provided an important opportunity to understand how women-led farmer collectives can evolve into viable and market-oriented rural enterprises. The FPO deals primarily in commodities including garlic, red chilli, basil seed and shallot. The delegates, later, visited a High-Density Horticulture Farm at Khonnoh, Srinagar, where they interacted with the beneficiary farmer and witnessed high-density apple plantation and fruit-picking activities.

Acting Chief Justice chairs awareness programme on NALSA's SAMVAD Scheme

■ HT News Network

SHOPIAN, AUGUST 8: Acting Chief Justice High Court of Jammu & Kashmir and Ladakh, Sanjeev Kumar and Executive Chairman, J&K Legal Services Authority, in presence of M.K. Sharma, Registrar General, High Court of J&K and Ladakh today presided over an awareness programme on NALSA's SAMVAD (Strengthening Access to Justice for Marginalized, Vulnerable Adivasis and Denotified/Nomadic Tribes) Scheme at Imtiyaz Memorial Government Degree College, Shopian.

The programme was organized by the District Legal Services Authority, Shopian under the aegis of J&K Legal Services Authority.

On arrival, the Acting Chief Justice and other dignitaries inspected various stalls presented by the different government departments of district Shopian.

In his presidential address, the Acting Chief Justice lauded the efforts of DLSA Shopian and J&K LSA for organizing such programmes. He highlighted the constitutional and legal rights of tribal communities and emphasized the role of Legal Services Authorities in ensuring access to justice at the grassroots level. He stressed that NALSA's SAMVAD Scheme, 2025" is aimed at



bridging the gap between tribal people and legal aid services. Delivering the welcome address, Mehmood Ahmad Chowdhary, Principal District & Sessions Judge & Chairman, DLSA Shopian highlighted the importance of spreading legal awareness and community outreach among the tribal populations.

MLA Shopian, Deputy Commissioner Shopian and SSP Shopian were also present.

Later, the dignitaries released the publication "Sabeel", prepared by District Legal Services Authority, Shopian.

A vibrant cultural programme was presented by the tribal boys and girls which showcased the rich culture and heritage of the tribal community of Shopian.

J&K wins "Best Adventure Tourism Destination" award At TTF Ahmedabad

■ HT News Network

AHMEDABAD, AUGUST 08: The Jammu and Kashmir Tourism concluded its vibrant three day participation at the Travel and Tourism Fair (TTF) Ahmedabad, emerging as one of the major attractions for travel trade, tourism stakeholders and the visitors at the prestigious event.

The participation of Jammu and Kashmir received a significant recognition with J&K being honoured with the best adventure tourism destination award, reaffirming its growing position as one of India's most diverse and exciting adventure tourism destinations. During the three-day event, J&K Tourism showcased the region not merely as a destination of breathtaking landscapes, snow-capped mountains and pristine lakes but as a place where the visitors can experience its culture, traditions, hospitality, cuisine and way of life.

The J&K Tourism delegation extended an open invitation to the travellers from Gujarat and across India to move beyond conventional sightseeing and come to J&K to live the life of the Himalayas. "Come to Jammu and Kashmir not only to see its scenic beauty but to experience it, live its culture, connect with its people and discover the adventure that lies in every corner of the Himalayas," was the message conveyed by J&K Tourism at the fair.

Sakina Itoo reviews welfare measures for Leprosy patients

HT News Network

SRINAGAR, AUGUST 8: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo chaired a comprehensive review meeting at Civil Secretariat here on the welfare and rehabilitation of leprosy patients, with emphasis on dignified healthcare and social security. The meeting was attended by MLA Zaidab, Tanvir Ali Sadiq; Commissioner SMC, Fazlul Haseeb; Director SKIMS, Prof. M. Ashraf Ganie; Principal GMC Srinagar, Dr. Ifat Hassan Shah; Director Health Services Kashmir, CMO Srinagar and representatives of Leprosy patients and Leper Hospital, Bharar.

During the meeting, the Health Minister took review of various issues including allotment of government quarters for leprosy-affected



families, assessment of reconstructive surgeries conducted over the past two years, and provision of caretakers for patients without family support.

Speaking during the meeting, Sakeena Itoo reiterated that the Omar Abdullah-led Government is committed for compassionate healthcare and dignified rehabilitation for every vulnerable section of society. She directed all concerned departments to work in close coordination and timely rehabilitation of Leprosy

patients.

She directed the concerned officers to ensure immediate allotment of residential quarters to eligible residents without any further delay as well as provision of a dedicated ambulance for the hospital to ensure timely access to medical care. The Minister also directed to provide free medicines, investigations and treatment for all leprosy patients requiring medical care at any government hospital in Srinagar, ensuring they receive quality healthcare without financial burden.

Sakeena Itoo, Nasir Aslam Wani review progress on strengthening academic profile, development activities of Kashmir University's campus at Wayan Kupwara

■ HT News Network

SRINAGAR, AUGUST 08: Minister for Education, Health & Medical Education and Social Welfare, Sakeena Itoo, along with Advisor to the Chief Minister, Nasir Aslam Wani, today reviewed the progress on strengthening the academic profile and development activities of Kashmir University's campus at Wayan Kupwara.

The meeting was attended by Vice Chancellor, Kashmir University, Prof. Nilofar Khan; Commissioner Secretary, Higher Education, Ram Niwas Sharma; Deputy Commissioner Kupwara,



Shrikant Balasaheb Suse; Registrar Kashmir University, senior officers of education department and other concerned officers of district administration Kupwara, either in person or through video conferencing.

During the meeting, Minister and the Advisor took

a detailed review of the ongoing works, academic infrastructure, institutional requirements and other issues related for the development of the campus.

The meeting also discussed measures for strengthening the campus as a prominent centre of higher education in the north

Kashmir region, with emphasis on providing quality and accessible academic opportunities to students of Kupwara and adjoining areas.

The Minister stressed on the need for expediting all pending works and ensuring coordinated efforts among the concerned departments and university authorities for timely completion of the required infrastructure. She underscored that the campus should be equipped with adequate academic, administrative and student-support facilities to cater effectively to the growing educational needs of the region.

Javid Dar meets North Kashmir delegations; visits Hazrat Sheikh Hamza Makhdoom (RA) Dargah

■ HT News Network

BARAMULLA, AUGUST 8: Minister for Agriculture Production, Rural Development and Panchayati Raj, Cooperative and Election Department, Javid Ahmad Dar, today met various public delegations from North Kashmir and assured time-bound redressal of their grievances.

During the interaction, residents and representatives projected issues related to roads, civic amenities, basic infrastructure and other developmental requirements in their respective areas.

The Minister gave a patient hearing to the delegations and said that their genuine concerns



would be examined on priority and taken up with the concerned departments for early resolution. He reiterated the government's commitment to equitable and people-centric development across Jammu and Kashmir.

Later, the Minister paid obeisance at the revered Dargah of Hazrat Sheikh Hamza Makhdoom (RA) at Tujjar Sharief, Sopore and prayed for peace, prosperity and well-being of the people of Jammu and

Kashmir. During his visit to the shrine, the Minister bowed in reverence and sought the blessings of the revered Sufi saint, popularly known as Sultan-ul-Arifeen and Mehboob-ul-Alam. He offered prayers for peace, harmony and continued progress of J&K. Speaking on the occasion, Javid Dar said the rich Sufi legacy of Kashmir embodies the timeless values of peace, compassion, tolerance, brotherhood and communal harmony. He stressed the importance of preserving this spiritual and cultural heritage and carrying forward the message of love, humanity and harmony associated with the region's revered Sufi traditions.

Health Minister dedicates 50 bedded Sub-District Hospital Qaimoh to public

■ HT News Network

KULGAM, AUGUST 8: Minister for Education, Health & Medical Education and Social Welfare, Sakeena Itoo, today inaugurated new campus of 50 bedded Sub-District Hospital, Qaimoh and dedicated to the public in a ceremonial function.

MLA Devsar, Peerzada Feroze Ahmad, Deputy Commissioner Kulgam, Shahzad Alam, officers and officials of Health Department and locals were present on

the occasion.

Speaking on the occasion, the Minister congratulated the people of Qaimoh and adjoining areas and reaffirmed the department's commitment to upgrade the hospital with additional staff and enhanced facilities in a phased manner.

"The government is accord special focus on upgrading the healthcare services across Jammu and Kashmir. All measures are being taken to strengthen the hospitals



and health centres, including recruitment

of staff and upgradation of both clinical and non-clinical facilities," asserted Sakeena Itoo. Emphasizing added accountability and responsiveness to healthcare issues, she urged the hospital administration and staff to address the genuine public demands promptly and ensure delivery of good governance at the grassroots.

MLA Devsar expressed gratitude to the government for dedicating the long-awaited hospital to the public. He termed

it a major milestone for healthcare access in the area. Constructed at an estimated cost of Rs. 1932.65 lakh by the R&B Division, Kulgam, the hospital is a modern ground-plus-3 storey building with a plinth area of 19,900 sft, total carpet area of 58,000 sft providing capacity of 50 beds IPD. The facility houses diverse and patient-friendly sections including spacious OPDs, IPDs, diagnostic laboratories, and dedicated areas for patients and hospital staff. The



CS sets vision to transform SKIMS into Quaternary Care Hub Assures support to achieve excellence in patient care, research and medical education

■ HT News Network

SRINAGAR, AUGUST 8: Marking a significant administrative milestone and providing a fresh impetus to long-pending developmental initiatives, the Standing Finance Committee (SFC) of Sher-i-Kashmir Institute of Medical Sciences (SKIMS), Soura, met after a gap of over five years under Chief Secretary, Atal Dulloo, setting a clear vision for transforming the premier medical institution into a quaternary healthcare facility and Centre of Excellence in the region.

The last meeting of the Standing Finance Committee had been held in August 2021. The revival of the high-level financial and administrative mechanism is expected to accelerate critical infrastructure projects, strengthen institutional capacities and provide a renewed roadmap for the future growth of SKIMS.

The meeting was attended by Shailendra Kumar, Financial Commissioner (Additional Chief Secretary), Finance; M. Raju, Commissioner Secretary, Health & Medical Education; Prof. (Dr.) Mohd. Ashraf Ganie,



Director, SKIMS & EOSG; Prof. (Dr.) Fazal Q. Parray, Principal, SKIMS Medical College, Bemina; and a representative of the Planning Department.

Speaking on the occasion, the Chief Secretary called upon the SKIMS administration to set a higher institutional benchmark by transforming the institute into a quaternary healthcare facility and a Centre of Excellence for medical institutions across the region.

He assured that the Government would extend all possible support to SKIMS for upgrading its capacities in super-specialty healthcare, advanced medical technologies, medical education and cutting-edge research, in line with the original mandate and vision behind establishment of the premier institution.

The Chief Secretary stressed the need for an all-round transformation of patient-care services, with SKIMS adopting the

latest technologies, treatment protocols and medical practices evolving globally.

He maintained that the institute has to be several notches higher in its approach, infrastructure and facilities to meet the emerging healthcare requirements of the region, emphasizing that the institution must continuously benchmark itself against the best national healthcare facilities.

He directed the SKIMS administration to prepare a comprehensive roadmap for strengthening patient care, infrastructure, equipment, human resources and specialized services, with the objective of ensuring that patients from Jammu and Kashmir do not have to travel outside the region for advanced and highly specialized treatment.

The Chief Secretary further emphasized strengthening SKIMS as a Centre of Excellence in medical education and research, particularly in areas such as cancer and other diseases of growing prevalence in the region. He called for greater focus on research-driven healthcare solutions and creation of a pool of highly skilled medical professionals capable of addressing emerging health challenges.

Six SKUAST-K students selected for fully-funded internship under TEEP

■ HT News Network

SRINAGAR, AUGUST 08: In yet another testament to its growing global academic footprint, SKUAST-K has achieved a significant milestone with six of its students securing prestigious fully funded internships under the Taiwan Experience Education Program (TEEP), Taiwan.

The selected students successfully cleared multiple rounds of rigorous screening and highly competitive international interviews, demonstrating outstanding academic merit, research aptitude and technical



competence. Their selection among applicants from across the globe underscores the quality of education and research ecosystem at SKUAST-K and further strengthens the University's international academic standing.

The six selected scholars, comprising four undergraduate

and two postgraduate students, will undertake research internships at three leading universities in Taiwan, viz National Changhua University of Education (NCUE), National Pingtung University of Science and Technology (NPUST), and National Dong Hwa University (NDHU). During the internshi.

Cultural Unit Srinagar organises multiple programmes to mark Independence Day Celebrations

■ HT News Network

SRINAGAR, AUGUST 08: The Cultural Unit Srinagar of Information Department organised various programmes in different schools of Srinagar to mark the Independence Day Celebrations, 2026.

The activities, held at GHS Harwan, GBHSS Jawaharnagar and GBHS Brane, included competitions in Painting, Speech, Quiz and Singing, providing young students a meaningful platform to express their patriotism, creativity and reverence for the nation and the sacrifices of its freedom fighters. The students participated with remarkable enthusiasm and wholehearted involvement, adding vibrant patriotic fervour to the celebrations.

The initiatives aimed at nurturing



patriotic consciousness among young minds and acquainting them with the values of freedom, unity, sacrifice and national integrity.

The Cultural Officer Kashmir and AECO appreciated the spirited involvement of the students and expressed gratitude to the school authorities for their valuable cooperation and support, which contributed to the successful conduct of the programmes.

NCC Selection trials held at GHSS Chowki Choura; 17 students selected among 50 participants

■ HT News Network

JAMMU, AUGUST 08: Under the guidance of Sub-Divisional Magistrate Ankush Hans, a significant milestone was achieved by the Higher Secondary School, Chowki Choura today with the conduct of selection trials for the first batch of NCC cadets here on the school campus. A total of 50 students participated in the selection process, out of whom 17 students, including 10 boys and 7 girls, were selected for the first batch of NCC cadets. The initiative to introduce NCC at HSS Chowki Choura was undertaken in 2022, by the then SDM, Virender Gupta, JKAS, when the necessary file for starting NCC was submitted to 2nd Battalion NCC, Gandhi Nagar, Jammu. The process was diligently chased for nearly four years by Sunil Dutt, Lecturer in Physical Education, who continuously coordinated with the concerned authorities and followed up the matter with dedication and commitment. The school acknowledges the valuable contribution and efforts of Retired Principal Sat Paul Jalotra, whose support and encouragement helped in pursuing the initiative for the entire Sub Division. The school authorities congratulated all 17 selected students and appreciated the enthusiasm and participation of all 50 students who appeared for the selection trials.

DLSA Srinagar Organises Legal Awareness Programme at MPML School

■ HT News Network

Srinagar, August 2026: The District Legal Services Authority (DLSA) Srinagar organised a legal awareness programme at MPML School, Srinagar, with the objective of sensitising students about important legal provisions, their rights and the role of legal services institutions.

During the programme, Secretary, DLSA Srinagar, was also present and interacted with the students. The Secretary apprised the students about the importance and functioning of the Legal Literacy Club, its role in creating legal awareness among students and the community, and the significance of knowing one's legal rights and duties.

Adv. Tasneem Kausar, Deputy LADC, conducted an awareness session on NALSALSUC Scheme, while Adv. Nazia Ashraf Qureshi, Pro Bono Lawyer, sensitised the students



regarding the Dowry Prohibition Act. Adv. Urba Rashid, Assistant LADC, delivered a session on Road Safety Rules and emphasised responsible behaviour on roads.

The Secretary, DLSA Srinagar, also inspected the Legal Literacy Club

of MPML School and reviewed the facilities and activities being undertaken through the Club. The students were encouraged to actively participate in Legal Literacy Club activities and become ambassadors of legal awareness in society.

Sahitya Akademi Organises Kathasandhi with Eminent Kashmiri Fiction Writer Mushtaq Ahmad Mushtaq

HT NEWS DESK / AGENCIES

Srinagar, August 08, 2026: Sahitya Akademi organised a Kathasandhi

expression.

The highlight of the Kathasandhi was the reading of two of his short stories, "Batchi Boune" and "Woher



with eminent Kashmiri short story writer, broadcaster and journalist Mushtaq Ahmad Mushtaq in the Kashmiri language today at the Conference Hall of Tagore Hall, Srinagar. The literary programme witnessed enthusiastic participation from a large gathering of poets, writers, scholars, journalists, literary enthusiasts and members of the theatre fraternity from different parts of Kashmir.

The programme began with Dr. Gulzar Ahmad Rather, Member, Kashmiri Advisory Board, Sahitya Akademi, introducing the guest of the Kathasandhi, Mushtaq Ahmad Mushtaq, to the audience. In his introductory remarks, Dr. Rather highlighted the literary and professional journey of Mushtaq Ahmad Mushtaq and his significant contribution to Kashmiri fiction, broadcasting and journalism. The session was presided over by eminent Kashmiri and English writer, researcher and historian Prof. Farooq Fayaz. Renowned broadcaster and journalist Abdal Mehjoor attended as the Chief Guest, while Er. Shafi Ahmad, President, Fiction Writers Guild, was the Guest of Honour. Prof. Shad Ramzan, Convenor, Kashmiri Advisory Board, Sahitya Akademi, welcomed the distinguished gathering.

In his address, he reflected on the evolution and contemporary relevance of the Kashmiri short story, with particular reference to the fictional works of Mushtaq Ahmad Mushtaq. He underlined the importance of recognising and documenting the contribution of eminent writers who have enriched Kashmiri literature through their creative and professional pursuits.

A scholarly paper on the literary art of Mushtaq Ahmad Mushtaq, titled "Mushtaq Sund Afsana: Fun, Theme Te Technique Hawale", authored by Prof. Ratan Lal Talashi, was read out on the occasion by renowned broadcaster Rouf Ahmad Rather. The paper examined various dimensions of Mushtaq's short-story writing, including his treatment of themes, narrative technique and artistic

Wour", by Mushtaq Ahmad Mushtaq himself. He also spoke about his long literary journey and shared memorable experiences from his decades-long association with the Kashmiri language, literature and broadcasting. His interaction with the audience added a distinctive and engaging dimension to the programme. During the interactive session, Mushtaq Ahmad Mushtaq responded to questions and observations from the audience, which included noted writers, scholars, broadcasters, journalists and literary personalities such as Rahim Rehbar, Mohd. Ashraf Tak, G.R. Hasrat Gada, Tajamul Indrabi, Prof. Neelofar Naz Nehvi, Prof. Tariq Abdullah, Mohiuddin Reshi, Mohd. Yousuf Shaheen, Ishfaq Ahmad, Head of News, All India Radio, Srinagar, Javid Iqbal, Editor, Kashmiri, JKAACL, Abid Ahmad, Editor, English, JKAACL, Said-ud-Sadi, Reshi Rasheed and Mehfooza Nabi.

Er. Shafi Ahmad, Guest of Honour, and Abdal Mehjoor, Chief Guest, also shared their views on the literary significance of the programme and appreciated Sahitya Akademi's efforts to provide a platform for interaction with eminent practitioners of Kashmiri literature.

Delivering the presidential address, Prof. Farooq Fayaz emphasised the enduring relevance of Kashmiri creative literature in contemporary society. He highlighted the need for sustained efforts to promote, preserve and document the region's rich literary heritage and appreciated the contribution of writers like Mushtaq Ahmad Mushtaq to the growth and development of Kashmiri fiction. The programme concluded with a formal vote of thanks proposed by Dr. Gulzar Ahmad Rather, Member, Kashmiri Advisory Board, Sahitya Akademi. He expressed gratitude to the distinguished guests, speakers, literary personalities, participants and the audience for their presence and contribution towards making the Kathasandhi a memorable literary occasion. Dr. Rather also anchored the proceedings of the programme ably.

NSD TIE Centre Srinagar Concludes 15-Day Theatre Workshop in Qazigund

Theatre is an Effective Tool for Education, Personality Development and Social Growth: Sandeep Chowdhary

■ Jameel Ansari

Qazigund, August 6: The National School of Drama (NSD) TIE Centre, Srinagar, in collaboration with Shemstar International School, Qazigund, Anantnag, and with the support of the Jammu & Kashmir Academy of Art, Culture and Languages, successfully concluded a 15-day intensive Theatre-in-Education (TIE) workshop for school children today. The workshop was conducted from July 23 to August 6, 2026, with its concluding ceremony held at Shemstar International School, Qazigund. Chairperson of the school, Balkees Khan, attended the ceremony as the Chief Guest, while Principal Imran Ahmad Khan was the Guest of Honour and Chief Administrative Officer Idrees Hussain Khan attended as the Special Guest. Teachers, parents and a large number of students were also present on the occasion. During the 15-day workshop, children in the age groups of 8-12 years and 12-16 years were provided practical training in various theatre techniques, exercises and activities. The workshop aimed at



enriching the educational experience of children and using theatre as an effective medium for personality development, self-confidence, creativity, social interaction and holistic growth. Speaking on the occasion, Chairperson Shemstar International School, Balkees Khan, appreciated the efforts of the National School of Drama in taking theatre education to the children of Kashmir. She said that such programmes provide

children with an excellent platform to express their abilities and play an important role in nurturing their overall personality. She also appreciated the dedication and hard work of the students and trainers throughout the workshop. Principal Imran Ahmad Khan and Chief Administrative Officer Idrees Hussain Khan expressed their gratitude to the NSD TIE Centre for organising the workshop in collaboration with the school. They said that such educational and cultural collaborations are highly beneficial for children. Theatre, they observed, not only channels the energy of young minds in a positive direction but also develops creative thinking, confidence and communication skills among them.

The highlight of the concluding ceremony was a series of theatre presentations by the participating children. The students presented various theatre exercises and activities that they had learnt during the workshop. Their energy, expressions and impressive stage presence won appreciation from the guests, parents and teachers, who applauded the performances enthusiastically.

One-Day Pahari Literary and Cultural Meet Held at Meelyal, Kupwara Emphasis on Promotion of Pahari Language, Literature and Preservation of Cultural Heritage

■ HT News Network

MEELYAL (KUPWARA), AUGUST 8: With the objective of promoting and preserving the Pahari language, literature and cultural heritage, the Pahari Department of the Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL) today organised a one-day Pahari Literary and Cultural Meet at Government High School, Meelyal, Kupwara. The programme was attended by senior administrative officers, eminent writers, poets, academicians, artists, teachers and people associated with the Pahari language and culture. The event provided a meaningful platform for the promotion of Pahari literature, music and traditional cultural



practices. Senior JKAS officer and Special Secretary, Department of Information Technology, Jammu and Kashmir, Dr. Abdul Hafiz Shah, was the chief guest, while senior lecturer and noted educationist Gulzar Ahmad Sheikh presided over the programme. The presidium comprised Sahitya Akademi Award-winning writer Mir Dardpuri, retired ZEO Mumtaz Ahmad Khan, Headmistress of Government High School Meelyal Shafqat Bano and J&K

Bank Branch Manager Mansoor Ahmad Masoodi. In his welcome address, Abdul Wahid Manhas, Research Assistant, Pahari Department, JKAACL, who also conducted the proceedings, highlighted the activities and achievements of the Pahari Department. He also elaborated on various initiatives being undertaken under the guidance of the Secretary, JKAACL, for the promotion, preservation and revival of the Pahari language and for expanding literary activities.





HT EDITORIAL

NH-44 Cannot Be a Lifeline That Fails in Rain

The Jammu-Srinagar National Highway is the only major road link connecting Kashmir with the rest of the country. Every day, thousands of people and hundreds of trucks depend on it for travel, trade, medicines, fuel, food and the movement of fresh fruit. Any disruption on this road therefore affects the entire Valley. The latest slow movement on several stretches of NH-44, coupled with the forecast of rain, once again highlights the fragile nature of this vital highway.

Rain makes the situation more difficult on the Ramban-Banihal section, where landslides, shooting stones, falling debris and ongoing construction can create serious risks. Narrow and uneven stretches further slow down traffic, while vehicle breakdowns can quickly turn into long traffic jams. In such circumstances, the advice to prefer daytime travel and check the road position before starting a journey is both sensible and necessary.

But a permanent solution cannot be found through advisories alone. A highway of such importance needs round-the-clock monitoring, better slope protection, proper drainage, quick removal of debris and adequate machinery at vulnerable points. Construction work must also be planned in a way that causes minimum disruption to civilian traffic.

There is a responsibility on commuters and transporters as well. Drivers must avoid speeding, overloading and unnecessary stopping at vulnerable locations. Vehicles travelling on the highway should be properly maintained, particularly during the monsoon. A few minutes saved by taking unnecessary risks can have tragic consequences.

The larger issue, however, is the need to make NH-44 capable of withstanding difficult weather. Kashmir cannot afford a situation in which its main road link becomes unreliable every time heavy rain or snowfall occurs. Better engineering, stronger safety measures, effective disaster management and greater accountability in road construction and maintenance are essential.

The highway is rightly called Kashmir's lifeline. But a lifeline must be dependable in difficult times, not just in good weather. The goal should therefore be more than keeping traffic moving. It should be to create a highway on which people can travel safely and with confidence throughout the year.



By M S Nazki

Sweat saves blood, blood saves lives, but brains saves both. Don't fight a battle if you don't gain anything by winning. In a man-to-man fight, the winner is he who has one more round in his magazine..... General Erwin Rommel! -Be an example to your men, in your duty and in private life. Never spare yourself, and let the troops see that you don't in your endurance of fatigue and privation. Always be tactful and well-mannered and teach your subordinates to do the same. Avoid excessive sharpness or harshness of voice, which usually indicates the man who has shortcomings of his own to hide.....By the same man!

-No plan survives contact with the enemy! I would rather be the hammer than the anvil! Mortal danger is an effective antidote for fixed ideas..... Erwin Rommel
-When there's no clear option, it's better to do nothing..... The man was it once again!

-After I was kicked out of army, the first thing I did was to walk into a bookshop at Cannaught place! The idea was to buy books as that is still my hobby! I bought seven of

them and all were related to warfare! My father, also in the army was a wholesome kfe after life universal subscriber of Military Journals! My daughters do say that Papa your room is like a spoilt brat! Books are my hobby and clothes



a habit!.....Electronic devices keep shifting places! I wrk hard and earn.....This is all because of books!.....

-I think it's time to start off the story:

-Infantry of the Indian Army:

-The Infantry of the Indian Army is the largest arm of the Indian Army. It consists of personnel, who historically have engaged in ground combat on foot. It presently also consists of mechanised and airborne infantry.

-History

-The infantry was historically the first combat arm in any army. The present regiments of the Indian Army trace their origin to the British East India Company, when Indians were employed to protect their trading stations.

Reclaiming Nature's Right-of-Way: Why J&K Must Enforce Statutory Buffer Zones Along Its Waterways



By Dr. Rizwan Rumi

Every monsoon season, a grimly predictable narrative unfolds across the Union Territory of Jammu and Kashmir. From sudden cloudbursts carving paths of destruction through the steep valleys of Kishtwar and Poonch to swollen, raging currents spilling over the banks of the Tawi in Jammu and the Jhelum in Kashmir, seasonal deluges repeatedly trigger widespread panic and catastrophic loss.

While extreme precipitation is an escalating reality in fragile mountain ecosystems, the scale of destruction we witness today is largely an engineered disaster. Over decades, unchecked urban expansion, commercial encroachment, and unmonitored construction have choked our rivers, seasonal rivulets, and drainage channels (nallahs). By stripping our waterways of their natural floodplains, we have left surging waters with nowhere to go—except through homes, markets, roads, and critical infrastructure.

Disaster management in Jammu & Kashmir can no longer begin in the aftermath of a crisis, amidst relief camps and compensation packages. It must begin at the source: statutorily protecting nature's drainage network.

The Ecology of Waterways: Why Buffers Matter

A river, mountain stream, or seasonal rivulet can no longer be confined solely to the narrow channel seen during dry months. Waterways are dynamic ecological systems that expand during peak rainfall. A healthy floodplain acts as a natural sponge and buffer—slowing down water velocity, absorbing excess momentum, and recharging underground aquifers.

When concrete structures, roads, and illegal embankments intrude directly into these zones:

- Carrying Capacity Collapses: Narrowing the channel creates a dangerous bottleneck, forcing water to rise exponentially faster and surge into neighboring habitations.

The Fundamental Rule of Hydrology Water always reclaims its historic pathway. When we build inside a river's buffer zone, we are not developing land—we are merely borrowing space from a future deluge.

- Infiltration Is Destroyed: Replacing permeable soil and riparian vegetation with concrete stops natural absorption, multiplying surface runoff into rapid, destructive flash floods.

- Debris and Structural Traps: Unplanned walls and structures built near stream beds collapse under heavy flow, creating temporary dams that eventually breach with catastrophic force downstream.

The J&K Reality: A Fragile Landscape Under Strain

The hydrometeorological profile of Jammu and Kashmir makes it uniquely susceptible to extreme weather events. The topography ranges from steep, landslide-prone mountain catchments in the Jammu and Ladakh arc to the broad, flat alluvial bowl of the Kashmir Valley.

Despite existing statutory tools—such as the Jammu and Kashmir Flood Plain Zones (Regulation and Development) Act, 2005—enforcement has struggled to keep pace with rapid urbanization.

- The Jammu Arc: Major floodplains along the Tawi—

including areas around Peerkho, Nikki Tawi, and Beli Charana—have experienced intense residential and commercial build-outs directly on active flood channels. During high-intensity rainfall events, these low-lying zones bear the immediate brunt of the surge.

- Mountain Tributaries: In districts like Kishtwar, Rajouri, Poonch, and Ramban, narrow mountain streams (nallahs) are frequently constricted by construction on stream banks. When localized cloudbursts occur, these constrictions amplify the destructive power of water and debris.

- The Jhelum Basin: The primary drainage spine of the Kashmir Valley relies on 17 major tributary catchments. Hundreds of encroachments along both the main river channel and its flood spill channels severely restrict the basin's capacity to evacuate excess water safely during heavy rain spells.

A Legislative Imperative: Proposing Clear Buffer Standards
To protect lives and public assets, the UT administration needs an unyielding, unified statutory mandate that sets clear, scientifically derived no-construction zones based on hydrological scale and terrain:

Strategic Action Plan for Long-Term Protection
Transforming flood management from reactive emergency response to proactive preservation requires a structured, multi-pronged approach:

- 1. Digital Boundaries & GIS Mapping: Deploy satellite imaging, high-resolution LiDAR, and historic flood mark data to digitally register the exact coordinates of every river, stream, and nallah buffer in public land records.
- 2. Strict Zoning Integration: Automatically reject any building permit, commercial license, or zonal land-use conversion that encroaches upon a demarcated buffer zone, regardless of municipal jurisdiction.
- 3. Clearing Critical Choke Points: Empower flood control and revenue departments to clear high-risk obstructions along primary drainage arteries prior to peak weather windows.
- 4. Developing Blue-Green Corridors: Convert cleared buffer lands into public parklands, riverfront greenways, bio-swales, and riparian afforestation strips. Deep-rooted indigenous trees along riverbanks naturally absorb runoff, stabilize soil against landslides, and beautify urban spaces.

Birdsong Mirrors The Patterns Of Human Language



Dr. Vijay Garg

Birdsong has long fascinated human beings. The melodies of birds fill forests, gardens, and fields with sounds that appear remarkably organized and purposeful. For centuries, people have wondered whether these songs are simply instinctive calls or whether they contain patterns that resemble the structures of human language. Recent research into animal communication has made this question even more fascinating: birdsong can exhibit some of the same statistical patterns that characterize human language.

Human language is not simply a collection of random sounds. Words and speech sounds occur in particular combinations, and some sequences are more predictable than others. Linguists have discovered that human languages follow statistical regularities in how elements are arranged and repeated. One important example is Zipf's law, which describes how frequently words are used: a small number of words occur very often, while many other words are used relatively rarely.

Researchers studying birdsong have found that some bird vocalizations can also display structured patterns of repetition, ordering, and predictability. In certain species,

songs are composed of smaller units that are arranged into larger sequences. These sequences may follow recognizable rules, suggesting that birds are not producing sounds in an entirely random manner.

However, birdsong should not be confused with human language. Human language has extraordinary flexibility. We can create an essentially unlimited number of sentences, discuss events from the past and future, express abstract ideas, ask questions, tell stories, and communicate information about things that are not immediately present. Bird communication is generally much more limited in its range and purpose.

The similarity lies primarily in pattern and organization, rather than in meaning. A bird's song may contain repeated sound units arranged according to particular probabilities. Some sequences may be common, while others are rare. This kind of organization can provide scientists with clues about how complex communication systems develop and how brains process structured sounds.

Birdsong is particularly useful for scientific research because birds learn and produce vocalizations in ways that can be studied experimentally. Young songbirds of several species learn aspects of their songs from older individuals, somewhat like the way human children acquire language by listening to people around them. This makes song learning an important model for understanding learning, memory, imitation, and communication.

The study of birdsong also highlights an important distinction between communication and language. Many animals communicate. Bees perform dances that provide information about food sources. Whales produce complex vocalizations. Primates use calls and gestures. Birds use different sounds to attract mates, defend territories, warn others of danger, or maintain social contact. Communication is therefore widespread in nature.

Human language, however, combines communication with symbolic meaning and remarkable productivity. A small number of linguistic elements can be combined in

countless ways to create new meanings. This ability makes human language extraordinarily powerful.

Nevertheless, discovering language-like statistical patterns in birdsong is scientifically valuable. It suggests that certain principles of organized communication may not be unique to humans. Instead, some fundamental properties of sequence learning and sound organization may arise whenever animals have to learn and produce complex vocal signals.

Birdsong may also help scientists understand the biological foundations of human speech. The neural systems involved in learning and producing vocalizations in songbirds have become important models for studying how the brain learns complex sequences. Researchers can investigate how experience changes neural circuits and how the brain remembers and reproduces learned patterns.

There is also an evolutionary question. Did the similarities between birdsong and human language arise because of shared biological principles, or did different species independently develop similar solutions to the challenge of producing complex learned sounds? Birds and humans are separated by a vast evolutionary distance, so similarities between their communication systems can be especially informative.

The answer does not mean that birds are secretly speaking human languages. Rather, it reveals something deeper: complex communication can be shaped by common principles of learning, prediction, repetition, and organization.

Birdsong therefore provides a fascinating window into the science of communication. A melody that may sound simple to our ears can contain intricate patterns that researchers can analyze mathematically and linguistically. What appears to be a beautiful sequence of notes may actually reflect sophisticated processes of learning and prediction.

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Learning is interesting.



By Sahil Manzoor

The education system is well known to everyone, all of us. The importance of education has greatly impacted the world. In all corners of the world, people came to know the potential greatness of the education. Education has no alternative, no barrier, and no constraints in any country in any part of the world. Acquiring education sums up laurels in our morals and bestows upon us the great chapters of life. Humans are literally considered the civilized society; any uncivilized act may count in animals.

It's simple to understand that there is little difference between humans and animals. Both the species are classified under the mammals. Biologically there are a number of resembling characters in the animals and the humans, but humans are the most beautiful creation of the Almighty. Having expressive reasons.

In the holy book of the Quran, almighty Allah says humans are the Ashraf ul Makhluqaat. It means there is no species like humans in this world, and humans were created beautiful in all aspects. Being a good human is not so hard, but it needs an environment where we can nourish and produce great humans.

Human beings should never forget their duties and responsibilities in the society. Every human being, or individual, has equal and constitutional rights that he or she can use to change the shape of the society or country or even change the shape of the world globe with just a single idea.

Clicking on a great idea may revolutionize your life.

The state of our minds depended on what the environment we were surrounded by was.

Sensible people nourish their minds under the reach of great people. When you are surrounded by such minds, you feel unexpected change in your life. Like the

way of thinking, you take every situation as your research task. Overall development is very necessary for the change in your life. There are people who never skip a single change that is vital for their life-changing goals, and there are people who skip bunches of changes and are always expecting success without working hard.

Our body structure never decides our future, like being strong physically never means we are at the top; it's good and important that it will help us to achieve



our life goals. Great people are those who possess a great mind that they can sort out troubles within seconds and are real assets for the world.

Great minds have no unique identity, no unique citizenship, and belong to no particular caste or color. Great people are the assets of the whole world. One thing that is very interesting is that there are 8 billion souls in the world. But there are fewer who are renowned, famous, and towering in different fields like science and technology, politics, education, art, music, religion, and sports. We know such great people and have respect for their contribution to the whole world. Great people are never always smoothing the way for the others and burning their nights for the noble cause.

Today I am going to share my experiences on how we can produce great minds and how we can nourish them under a free zone.

What is a free zone?

A free zone can be defined as the place where a learner learns concepts having no fear of punishment or any other physical, psychological, or mental means of barriers.

Today schools are providing free zones to the learners and nourishing them under happy trees. Today's education system is

being transformed, introducing new policies and strategies. The goals are to produce great minds for the future. We need potential minds in any field.

Role of schools in producing great and influential personalities.

School is the place where future scientists, educationists, doctors, engineers, pilots, and politicians are being nourished. With the tireless hard work efforts of the teachers. Teachers are the real assets of the nation.

Appreciate and reward teachers with their own identity, like a logo or title against their names.

Such initiatives will literally help to boost the morale of the teachers, and such efforts may encourage them to produce great minds and will play a role in the development of the country in all aspects.

One thing that is very unfortunate is that the teacher fraternity lacks support in a number of ways, like teachers. There are people who set policies against teachers, forgetting that they are only where they are because of teachers. It is not possible that any individual grows and develops without any helping hand. In our success there are the hands and support of thousands of people, and this act we should remember till our last breath. This act may bestow peace of mind and soul.

Honor Housing anyone in any field never gives us bad results; instead, such efforts may produce great and effective results in a smart way.

Importance of field trips in the schools. I am amazed at how people live who never attended a single day of school.

Is it possible that they think they know how days and nights are caused, how rain

lashes, how streams flow throughout the year, how radios function, how television shows us such great quality visuals, how mobile phones contain so many features, how medicine works and relieves us from pain, and how we inhale and exhale? Etc., all these questions are discussed at the primary level or middle level. A period when every child has the right to free and compulsory education. How people remain illiterate. So bizarre but a fact.

We can eradicate all that we don't think is favorable and good for human beings and for all of humanity. Just keep your heart clear and fear no greediness, no dishonesty, no jealousy, no crime, no fraud, no harm, and no injustice.

Importance of field trips Field trips induce and provide a great chance for the learners to learn concepts practically and apply every bit of learning practically in life.

Field-like while studying plants, students should be taken out from the school premises; ask them to have lunch outside and teach them what they or a teacher find about the selected topic. Repeat the thing the number of times you think they have to face it in their lives. Like measurement, units, and mechanisms, in short, so that they never feel a lack of confidence, and teach them in a way so that their learning is easy. Never force a student that you have to learn or be ready for punishment; always encourage them to take their time. This is so easy, and you can. If you can, it's ok; don't bother. Life is still yours.

Encouraging students Encouraging is literally a great and effective tool for the learning process. Always try to clear the basics and leave the rest as optional for the students. For the teachers, encourage by giving marks of 9 out of 10 even if they deserve 5 or 6. Make them captains and monitors; make them always dress properly and simply, cut their hair simply, and appreciate their little to little try. Hope results will come back positive and may impact their future.

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Kanwar Yatra and the issue of unemployed youth: The gap between faith and opportunity



Dr. Priyanka Saurabh

Every year during the holy month of Shrawan, the streets of North India are filled with saffron as millions of Kanwariyas participate in the Kanwar Yatra. They walk hundreds of kilometers carrying sacred Ganga water from pilgrimage sites like Haridwar and Gangotri to offer it to Lord Shiva. This is a remarkable example of devotion, discipline, tolerance, and collective faith. These pilgrims comprise a significant number of young people. Their enthusiasm and physical strength are a testament to the immense energy of India's youth. However, a major question arises with these young pilgrims: how many of them look for jobs during the rest of the year and try to build a stable future?

This isn't an insult to religious faith. Rather, it's a way to raise awareness about one of India's most pressing socio-economic issues. Faith nourishes the mind, and employment provides dignity, security, and purpose. Asking young people to choose between the two isn't the nation's problem. Rather, the problem is cultivating an environment where faith and opportunity coexist harmoniously.

India has a large youth population. This demographic dividend is seen as a strength of the country. Every year, millions of young people graduate from schools, colleges, and universities with hopes and dreams of gainful employment. They prepare for competitive exams, apply for numerous jobs, and await recruitment notifications. A large number of people have degrees but either do not have jobs or work part-time. This is not just an economic problem, but can also have psychological and social implications. Unemployment can undermine

self-confidence, delay economic independence, increase pressure on families, and in some cases, lead to despair and frustration.

The Kanwar Yatra is associated with this generation, one of the youngest. These people come from villages, towns, and cities. They include students, children of farmers, daily wage laborers, young professionals, and unemployed graduates. Their participation in the pilgrimages symbolizes their faith and culture. Therefore, to say that unemployment motivates people to engage in religious activities or that religious pilgrimages cause unemployment would be simplistic and unfair. These assumptions are inaccurate because they do not take into account the complexity of social behavior and economic realities.

However, this presents an interesting paradox. The determination and perseverance displayed by young people walking hundreds of kilometers under challenging conditions is exemplary, and they also possess the discipline, endurance, and commitment essential for the development of any nation. If equal opportunities are available in the areas of education, innovation, entrepreneurship, manufacturing, scientific research, and employment, this vast human resource could be one of the biggest drivers for India's economy.

Not only are there not enough jobs available, but there's also a huge gap between what's taught in schools and what workers expect. Even for graduates with the necessary skills, employment opportunities are often limited, and industries face a shortage of skilled workers. This contradiction reflects the mismatch between human resource needs and the education system. Therefore, schools must focus on skills, critical thinking, digital literacy, and industry-oriented training, not just academic knowledge.

(Dr. Satyawan Saurabh, PhD (Political Science), is a poet and social thinker.)
- Dr. Satyawan Saurabh,
Poet, social thinker and columnist, All India Radio and TV panelist, 333, Fairy Garden, Kaushalya Bhawan, Barwa (Siwani) Bhiwani, Haryana - 127045, Mobile :9466526148, 01255281381

The Rise Of Health Stimulants



SP SINGH

The growing dependence on energy drinks, caffeine and performance stimulants raises an uncomfortable question: are we becoming healthier, or merely better at hiding our exhaustion?

There was a time when tiredness was understood as a simple message from the body: slow down, rest and recover. Today, tiredness is increasingly treated as an inconvenience that must be defeated. A cup of coffee, an energy drink, a pre-workout supplement or another stimulant is often expected to restore alertness within minutes. In an increasingly competitive society, people are being encouraged to remain awake, active and productive almost continuously.

This changing attitude towards fatigue has contributed to the growing popularity of health stimulants. What was once an occasional aid has, for many people, become part of a daily routine. Students use caffeine during examinations, professionals depend on repeated cups of coffee during long working hours, and fitness enthusiasts increasingly turn to stimulant-containing products before exercise. The concern is not that every stimulant is inherently dangerous. The real concern is the culture of dependence and excess that is developing around them.

Modern society has created an unhealthy obsession with constant productivity. Being busy is often mistaken for being successful. Working late is presented as dedication. Sleeping less is sometimes celebrated as evidence of ambition.

This mentality ignores a basic biological reality: the human body requires rest.

Stimulants can temporarily increase alertness, but they do not remove the body's need for sleep and recovery. They may make an exhausted person feel awake without actually eliminating the exhaustion.

That distinction is crucial. When fatigue is repeatedly suppressed rather than addressed, people can enter a cycle of dependence: tiredness leads to stimulant consumption, temporary alertness leads to continued activity, continued activity affects sleep, poor sleep creates greater tiredness and greater tiredness encourages further stimulant consumption. A temporary solution can therefore become a long-term problem.

The rapid growth of the stimulant market cannot be separated from modern advertising. Energy drinks and performance products are often associated with youth, adventure, fitness, confidence and achievement. Their packaging and promotional campaigns frequently create an impression that consuming a particular product is part of an energetic

and successful lifestyle.

The commercial message is attractive: drink this, work harder, train harder and achieve more. But health is more complicated than advertising suggests.

A product may provide a temporary feeling of alertness, but genuine physical and mental energy comes from adequate sleep, balanced nutrition, hydration, physical activity and emotional well-being. No beverage can permanently replace these foundations of health.

The increasing popularity of stimulants among young people deserves particular attention. Students are already facing academic competition, examination pressure, long study hours and extensive screen use. Some may believe that remaining awake longer automatically means studying better. Caffeinated beverages then become a convenient tool for extending study hours. But a tired brain cannot simply be forced into better learning.

Sleep plays an essential role in concentration, memory and emotional regulation. A student who sacrifices sleep repeatedly in the belief that longer study hours guarantee better results may ultimately undermine the very academic performance they are trying to improve.

Parents and teachers therefore have an important responsibility. Young people should be taught that smart preparation is more valuable than sleepless preparation.

The fitness world has also witnessed a rapid expansion of stimulant-based products, particularly pre-workout supplements. The desire to improve physical performance is understandable. However, there is a growing tendency to confuse stimulation with fitness.

A stronger sensation of energy does not necessarily mean a better or healthier workout. Real fitness is built through regular exercise, appropriate nutrition, hydration, adequate sleep and recovery. Stimulants may temporarily increase alertness, but they cannot replace disciplined training. Young gym-goers, in particular, need reliable health education rather than marketing-driven expectations.

The effects of excessive stimulant consumption are not restricted to physical health. High stimulant intake can contribute to restlessness, nervousness, irritability and difficulty sleeping in some individuals. For people already living under significant academic, professional or personal stress, excessive stimulation may make it harder to relax.

There is also a psychological dimension that deserves attention. When one believes on stimulants become established, the individual begins to depend psychologically on the product rather than trusting their own ability to function.

That is not empowerment. It is dependence disguised as productivity.

Persistent tiredness should never automatically be interpreted as a need for more caffeine. Fatigue can arise from inadequate sleep, poor dietary habits, prolonged stress, excessive workload or other underlying factors. When stimulants are repeatedly used to mask tiredness, the body's warning signals may be

ignored.

The sensible question is therefore not always: "What can I take to stay awake?"

Sometimes the more important question is: "Why am I so exhausted in the first place?" Finding the cause is far more responsible than continuously suppressing the symptom.

Addressing the growing stimulant culture requires responsibility from every section of society. Manufacturers should provide clear information and avoid advertising that presents stimulants as magical solutions for success or fitness.

Schools should educate students about sleep, nutrition, caffeine and responsible consumption. Parents should discuss



energy drinks and stimulant products openly with young people rather than allowing social media and advertising to become their primary source of information.

Teachers and institutions should stop glorifying sleeplessness as a symbol of dedication. Health professionals should guide

people who have concerns about excessive consumption or unusual symptoms.

And finally, consumers themselves must become more informed. Reading labels, understanding caffeine content and avoiding unnecessary combinations of stimulant-containing products are simple but important steps.

The stimulant boom reveals a much larger problem in contemporary society: our definition of productivity has become unhealthy.

Being constantly busy is not necessarily productive. Being awake is not necessarily being alert.

Being stimulated is not necessarily being energetic.

And sleeping less is certainly not proof of greater commitment.

A healthy society must learn to respect rest. Employees need reasonable recovery time. Students need adequate sleep. Athletes need recovery between training sessions. Families need time away from screens and constant stimulation.

Rest should not be viewed as the opposite of productivity. Rest is one of the foundations of sustainable productivity.

It would be unreasonable to suggest that every stimulant or every caffeinated beverage is dangerous. Caffeine, for example, is widely consumed and can be compatible with a healthy lifestyle for many adults when consumed responsibly.

The real issue is excess, inappropriate use and dependence. Public discussion should therefore be based on scientific awareness rather than fear. People need to understand what they are consuming, how much they are consuming and why they are consuming it. The objective should not be to create unnecessary panic. It should be to create informed consumers and healthier lifestyles.

The rise of health stimulants is not simply a story about coffee, energy drinks or supplements. It is a story about the way modern society treats exhaustion. We have created a culture in which people often feel guilty for resting and proud of functioning without adequate sleep. We celebrate those who work continuously while ignoring the biological cost of such behaviour.

Perhaps it is time to question this definition of success. The answer to exhaustion cannot always be another stimulant. Sometimes the answer is sleep. Sometimes it is a healthier diet. Sometimes it is exercise, relaxation, better time management or simply the courage to stop.

Stimulants may help a person feel awake for a while, but they cannot replace genuine health. The real measure of a progressive society is not how long its people can remain awake, but how wisely they manage their health, energy and lives. We do not need a society that is permanently stimulated; we need a society that is genuinely healthy. That is the real energy revolution we should be pursuing.

SURINDERPAL SINGH
FACULTY IN SCIENCE DEPARTMENT
SRI AMRITSAR SAHIB
PUNJAB.



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 20240190238001066 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 kreeri within seven days from the publication of this notice after that no objection will be entertained Name.....SHOWKAT AHMAD KHAN R/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. S/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

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

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection name has been wrongly registered On GHULAMNABIWANI bearing Consumer ID NO 0212040005063 while my correct name is GHULAMNABI BHAT S/O HABIBULLAH BAHT. If anybody has any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained Name.....GHULAMNABI BHAT S/O.....HABIBULLAH BHAT R/O.....PUTHAR RESHIPORA

PUBLIC NOTICE

It is hereby notified for information of the general public and all concerned that the Date of Birth of Ateeba Jan, D/o Ali Mohammad Shah, R/o Shahpora, Wularama, P.O. Pahalgam, District Anantnag, J&K - 192126, has been wrongly entered in the School Record as 15/10/2014. Her correct Date of Birth is 31/08/2013. The concerned authorities are requested to make the necessary correction in the School Record accordingly.

PUBLIC NOTICE

It is hereby 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 Kreeri 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. S/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 "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)

DC Doda reviews preparedness for National Deworming Day, stresses 100% coverage

■ HT News Network

DODA, AUGUST 08: A district-level meeting to review the preparedness and implementation of National Deworming Day (NDD) was held under the chairpersonship of Deputy Commissioner (DC) Doda, Krishan Lal. During the meeting, Chief Medical Officer Doda, Dr. Vinod Sharma, briefed the Chairperson about the rationale, objectives and implementation strategy of the National Deworming Day programme. It was informed that NDD will be observed on August 10, 2026, followed by a Mop-Up Day on August 17, 2026. The programme involves the administration of Albendazole tablets to all eligible children in the 1-19 years age group through schools and Anganwadi Centres, with the objective of achieving comprehensive coverage and improving the health and well-being of children and adolescents.

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, Handwara District Kupwara

PUBLIC NOTICE

It is hereby notified for the information of the general public that the name of the undersigned has been incorrectly mentioned in the Aadhaar Card as "Asmat Ishaq". The correct and genuine name of the applicant as recorded in the Domicile Certificate and other official records, is: AUSHMUATHISHAQ, D/o Mohd Ishaq Malik, R/o Guloora, Langate, District Kupwara, Jammu & Kashmir 193302. Henceforth, "Aushmuath Ishaq" shall be treated as the correct name for all official, legal, and other purposes. The name "Asmat Ishaq" appearing in the Aadhaar Card is due to an inadvertent error and refers to the same person. If any person has any objection regarding this correction, the same may be communicated within 7 days from the date of publication of this notice. Otherwise, no objection shall be entertained thereafter. Aushmuath Ishaq D/o Mohd Ishaq Malik R/o Guloora, Langate, Kupwara, J&K 193302

PUBLIC NOTICE

This is to certify that Sajad Sultan S/o Mohammad Sultan Bhat R/o Sunder Abad Narbal Jammu and Kashmir budgam, 193401 has lost permit in Respect of Contract Carriage permit (Taxi Cabs) with permit No. 2659/ MC . With registration mark of the vehicle JK01AT8406 while traveling from narbal sinagar. Now am applying for duplicate. If anybody has objection in this regard, May contact R/o office sinagar within a period of seven days. After said period, no objection will be entertained. Sajad Sultan S/o Mohammad Sultan Bhat R/o Sunder Abad Narbal Jammu and Kashmir budgam 193401

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

GOVERNMENT OF JAMMU AND KASHMIR JAMMU AND KASHMIR SERVICES SELECTION BOARD

Muthi, Akhnoor Road, Jammu/ZamZam Complex Rambagh, Srinagar

(www.jkssb.nic.in)

Subject: Instructions for submission of application forms for the advertised (72) posts of Department of Disaster Management, Relief, Rehabilitation and Reconstruction. The J&K Services Selection Board, vide Advertisement Notification No. 07 of 2026 dated: 08.07.2026, has advertised 72 posts in Department of Disaster Management, Relief, Rehabilitation and Reconstruction for inviting application from eligible candidates, who are in possession of a valid Domicile Certificate and other eligibility conditions as mentioned in the Advertisement Notification. The aspirants can submit the application forms through the online portal of JKSSB as per the following details:

Submission of Application Forms	Last Date for receiving Fee Online
10.08.2026 (12:00 AM)	10.08.2026 (12:00 AM)
to	to
08.09.2026 (11:59 PM)	08.09.2026 (11:59 PM)

The necessary instructions for filling up of online applications in this regard are as under:

- Candidates are required to apply through online mode only, by accessing the website of JKSSB www.jkssb.nic.in. No other means/mode of application will be accepted.
- All the candidates shall be required to register on the Portal by clicking on 'Log-in (Apply on Various Posts)' tab available on the Board/JKSSB website.
- Candidates are required to have a valid e-mail ID and Mobile Number for registering by clicking on "New User / Sign Up" and creating login credentials. The same shall be validated using OTP (One Time Password) based verification on e-mail and if the verification code is not working, the candidates are required to resend the verification code for account activation by clicking on "Get Activation Code".
- Candidates are advised to use their username only, generated while registration of their application form or received with the account activation mail instead of their e-mail ID.
- After registering/creating login credentials, the candidates shall complete their OTR (One-Time Registration) form. After the completion of OTR form, the candidates shall click on 'Active Advertisement' tab and then click on 'Apply' tab for submitting the application form for the advertised posts.
- The candidates shall carefully fill in all correct information in various columns and click on 'SAVE & CONTINUE'.
- Candidates are advised to upload their Live Photograph as per details mentioned in Annexure-"A".
- A clear Signature of the candidate shall be uploaded with following specifications:
Size of Signature (Max size- 10 KB to 20 KB) (Ht.X Wd=1.5 X 3.5 cms)
- A valid (within cut-off date) and genuine Category Certificate shall be uploaded with the following specifications: (Max size- 100 KB in pdf format).
- Valid (within cut-off date) and requisite Qualification Certificate(s) shall be uploaded with the following specifications: (Max size- 100 KB in pdf format). Candidates are advised to upload the essential qualifications/experience (if any) certificates as required for the respective post(s).
- The candidate shall ensure that all the required fields are filled up with correct information, before final submission of the application form. Once submitted, the Application Form cannot be edited by the candidates. They shall be personally responsible for filling the details in the Online application form and the information/details furnished by the candidates shall be treated as final for the purpose of determining the eligibility/claims of the candidates. No claim on account of wrong/non-filing of information shall be entertained subsequently. Benefits related to category, weightage etc. shall be claimed only upon filing of same in the application form and the possession of the valid, within the cut-off date certificate to this effect and no such claim shall be entertained at any subsequent stage.
- Candidate's Application will be considered incomplete if fee is not paid for that application form. Fees shall be paid only by Net banking/Debit Card/UPI/Credit Card Options:
After successful completion of the form, the candidates shall be shown "Pay Now" link for making the online application fee payment. Candidates are advised to check the status of the fee as 'Submitted' on their dashboard.
The options will be available after clicking on Pay Now link. Candidate can pay using Net banking, Debit Card, UPI, Credit Card, as Online Payment options 13) No hard copy or print out of the filled application form is required to be submitted by the candidates, except at the stage of DV, only in respect of the shortlisted candidates, after the conclusion of the examination. However, In-service candidates shall submit print out of filled online application form along-with duly filled, signed and stamped Certificate given at last paragraph of the application form through proper channel (TPC).
- Candidates must include the Payee name and Account Number while submitting payment representations to this department/office.
- The application fee/payment should be successfully submitted by the closing time strictly. As such, candidates are advised in their own interest to submit online applications much before the closing date and not to wait till the last date to avoid the possibility of disconnection/inability or failure to login to the online application portal on account of heavy load on the website during the closing days.
- Candidates are advised to submit their representations regarding any queries related to submission of online application form through online mode only at the given below e-mail address-
a) Official e-mail viz ssbjk-grievance@jk.gov.in b) Helpdesk/ Landline of JKSSB - 0191-2461335 (Jammu) 0194-2435089 (Srinagar) Helpdesk/ Landline of NIC - 9107706766

DIPK-4314/26

Send Date: Aug 8, 2026

Khurshid Ahmad Sanal) JKAS,
Secretary, J&K Services Selection Board

JAMMU AND KASHMIR POLICE DISTRICT POLICE HEADQUARTERS RAJOURI

Hue and Cry Notice

Dy. SP Hqrs. Rajouri vide communication No. Hqrs/F-57/2026/10567-68 dated 05.08.2026 has intimated that the alleged accused person namely Arun Sharma @ Sanju Saryal S/O Krishan Lal R/O Dassal Tehsil & District Rajouri is involved in case FIR No. 314/2026 U/S 109/126(2)/191 (2) BNS & 4/25 Arms Act of PS Rajouri, who after committing the offences deliberately evading from police arrest.

Description of the absconding accused is as under:-

- Name: Arun Sharma @ Sanju Saryal
- Parentage: Krishan Lal
- Address: Dassal, Tehsil & District Rajouri
- Age 30 Years.
- Height 6'ft
- Complexion: Wheatish

Therefore, it is requested that a sharp lookout may please be maintained and if any clue regarding the whereabouts of wanted accused person is received, the same may kindly be communicated on below mentioned phone numbers/mail address:-

- PCR Rajouri : 01962262515, 01962264493
- SHO PS, Rajouri : 9103012703,
- IC PP City Rajouri : 9541900746,
- Dy. SP Hqrs, Rajouri : 9541900724,
- DPO Rajouri : 01962262240.

6. Email address: dporajouri@jkpolice.gov.in

The identity of the informer shall be kept secret and further, if anybody found providing shelter to the accused person or concealing his presence, will also be booked under law.

DIPK-4332/26

Send Date: Aug 8, 2026

Sr. Superintendent of Police,
Rajouri



Government of Jammu & Kashmir (U T) OFFICE OF THE EXECUTIVE ENGINEER Mechanical & Hospitals Division Handwara Mechanical & Hospitals Engineering Department, Kashmir. email: xenbmhd-handwara@jk.gov.in Corrigendum 01 (Extension)

Name of work:- Annual Operation and Comprehensive Maintenance of Oxygen Generation Plants at SDH Kupwara for the year 2026-27.

Reference:

1) e-NIT No: - MHDH/TS/2026-27/e NIT/38

Tender ID No.: 2026_PWDJK_318894_1

Due to no response, the Critical dates of above referred NIT are hereby re-scheduled as under.

S.No.	Description	Date & Time
1	Document Submission End Date	14/08/2026 up to 1400hrs
2.	Date of Opening Cover-I	14/08/2026 at 1600hrs

All other terms, conditions and specifications of the NITs shall remain unchanged.

DIPK-4325/26
Send Date: Aug 8 2026

Sd/-
Executive Engineer
Mechanical & Hospitals Division
Handwara



Should you stop cracking your knuckles?

Like a firework exploding in the joint – here's everything you need to know about cracking your knuckles. Growing up, Donald Unger was warned – by his mother, several aunts, and later his mother-in-law – that constant knuckle cracking would cause arthritis. Determined to prove them wrong, he cracked his left knuckles at least twice a day for 50 years – around 36,500 cracks in total – while leaving his right untouched.

In 1998, aged 72, he took X-rays of both hands to find out the result of his lifelong endeavour. "There was no arthritis in either hand, and no apparent differences in the two hands," he concluded.

This of course, was a sample size of just one. Studies indicate that somewhere between 20 and 50% of people crack their knuckles. So, is this something that we should be worried about – could every pop, click, and crack be causing lasting damage?

A matter of bubbles

For some a knuckle crack is just a mindless habit. Others like the way cracking their joints feels. But judging by the flurry of chiropractic adjustment videos trending on social media, there's a good number who get a kick out of hearing that snap.

What happens when we crack our joints is actually relatively



simple. A joint is where two bones meet, and the ones found in our knuckles, neck, and back are surrounded by synovial fluid – an egg white-like substance that acts as a lubricant. When you twist, pull, and bend your joints to crack them, the space within the joint temporarily expands. This causes the pressure of the synovial fluid to fall, and as a result, gases that were once dissolved in the fluid begin to emerge as bubbles.

The sound of a joint cracking – which is actually the sound of the bubbles that have formed collapsing – can be surprisingly loud, up to 83 decibels. That's roughly the volume of a diesel truck rumbling past at 40 miles an hour (64km per hour). When scientists at the University of California, Davis, viewed a joint that was being cracked using ultrasound, they described



the moment of the "crack" as appearing like a firework exploding on the screen.

A mostly harmless habit

It may be noisy, but the sound of your joints popping is "just a normal physiological process", says Kimme Hyrich, a rheumatologist at the University of Manchester in the UK. But is normal necessarily harmless? "Obviously there are some red flags like pain or swelling in the joints," says Jay Jagannathan, a neurosurgeon with his own practice in Michigan,

in the US, who has seen patients with strains and other issues after cracking their necks too forcefully – something which is not recommended (more on this later).

...when doctors physically examined knuckle-crackers,



they found no swelling or disability of any sort

However, generally speaking, when you feel the urge to crack your joints, it's considered pretty harmless, says Jagannathan. Some people still worry that vigorous knuckle cracking might result in finger dislocations or tendon injuries, especially when you apply too much force or jerk your finger in a way that could accidentally cause it to detach from its joint. And indeed, there have been some cases of this happening. In 1999, for instance, a Philadelphia-based hand surgeon

While knuckle-cracking is unlikely to be a problem, the same is not true of back and neck-popping. The neck contains vital nerves, including the spinal cord. "Plus, you've got two really important arteries that run through the back of your neck and travel towards the brain," adds Jagannathan. These areas are delicate – mishandling them can cause serious injury and side effects such as tingling in the limbs and dizziness. "Any type of excessive manipulation is dangerous," says Jagannathan.

described how two patients sprained their fingers because they were overly keen to hear the satisfying pop sound.

But with less forceful cracking, such incidents are rare.

What habitual joint crackers seem most worried about, however, is whether they'll wind up with osteoarthritis – the most common type of arthritis that's associated with wear-and-tear of the cartilage, the protective tissue that pads your bones at joints. "It's what a lot of people ask me in my clinic and also around the dinner table," says Hyrich. "The basic answer is it doesn't," she says.

Several studies have debunked this old wives' tale. In one, published in 1975, researchers studied 28 nursing home residents and discovered that habitual knuckle crackers had

similar rates of degenerative arthritis to non-crackers.

A more recent retrospective study examined the history of knuckle cracking in 215 osteoarthritis patients and compared them to controls without the condition. It drew the same

conclusion: the amount and duration of knuckle cracking over someone's lifetime had no effect on their osteoarthritis risk.

Getting a grip

Another supposed peril of knuckle popping is that it affects your grip strength – an important health marker linked to a range of health outcomes, including heart disease, cognitive decline, depression, and some types of cancer.

A 1990 study of 74 knuckle-crackers who'd been honing the art for between 18 and 60 years discovered they had weaker hand grips and more hand swelling compared with non-crackers. But these findings were refuted in 2017, when a separate study found no correlation between knuckle cracking and weakened grip.

There are other myths too, such as how frequent cracking can lead to big knuckles or loose tendons, but Hyrich says they're all untrue. The ultrasound study above backs this up: when doctors physically examined knuckle-crackers, they found no swelling or disability of any sort.

For some people, cracking can provide a sense of relief and a temporary increase in joint mobility, because it stretches the joint, taking it through a wider range of motion. One theory even suggests that cracking stimulates nerve endings around the joint, relaxing surrounding muscles while reducing pain and releasing endorphins – but this hasn't been proven.

Given that knuckle cracking is mostly benign, there might be little impetus to stop. If you do want to, though, Jagannathan recommends conditioning yourself with techniques such as cognitive therapy, to understand what you're doing and to find distractions that prevent you from doing it. For example,



you could consider keeping a log of your triggers (do you crack your knuckles when you're stressed, bored, or do it without thinking?) and try busying your hands with stress balls or fidget toys.

More like this:

- How to future-proof your knees
- Weak hands and blurry vision: Is your tech giving you 'phone body'?
- How chewing more boosts your brain

Overall, Hyrich says, cracking is harmless to the joint. The only thing it may harm, she adds, is your personal relationships – should your knuckle cracking become too annoying for your friends.

* All content within this article is provided for general information only, and should not be treated as a substitute for the medical advice of health care professionals.

(BBC News)



Ashish Yadav follows Neeraj Chopra with U20 world javelin medal

United News Of India

EUGENE (OREGON), AUG 8: Ashish Yadav won the silver medal in the javelin throw at the World Athletics U20 Championships 2026 here, becoming only the second Indian athlete to finish on the podium in the event at the meet.

The 19-year-old Ashish produced his best throw of the Friday evening at 74.09m to finish behind South Africa's Jan-Hendrik Heymans, who won gold with a world under-20 leading mark of 80.50m. Dominica's Addison James took the bronze medal with 73.89m.

Ashish Yadav's silver comes 10 years after Neeraj Chopra became India's first world U20 champion, winning the javelin title at Bydgoszcz 2016 with a world U20 record of 86.48m.

Ashish is now the second Indian javelin thrower to win a medal at the World Athletics U20 Championships.

Heymans had already established a big lead when the Indian found his best mark. The South African opened with 76.92m and improved to 79.42m



on his fifth attempt before producing the winning 80.50m in his final throw.

Ashish began the final with 69.96m before fouling his second attempt. He responded with 74.09m on his third throw, which ultimately secured the silver. He followed it with 72.31m, 70.62m and 67.98m in his final three attempts, according to olympics.com.

Ashish entered the final with a

personal best of 74.49m, set earlier this year at the Indian Open Throws Competition in Patiala.

India had two athletes in the javelin throw final, with T. Dharanidharan finishing sixth with a best effort of 72.35m.

Both Indians had qualified for the final on the opening day of the championships on Wednesday. Neither

managed to reach the automatic qualification mark of 72.50m, but both advanced by finishing inside the top 12 across the two qualifying groups.

Ashish was second among the 26 throwers in qualifying with a best throw of 69.87m, while Dharanidharan grabbed the final qualification spot with 68.07m. Heymans topped the qualifying round with a first-round throw of 76.02m.

India have sent a 36-member team, comprising 23 men and 13 women, to Eugene.

Mohammed Ashfaq was the other notable result from the ongoing championships. While the

19-year-old finished eighth in the 400m final with a time of 46.20s, he had earlier clocked

45.81 earlier to break his own U20 national record in the heats and qualify for the semi-finals.

More than 1,800 athletes from 147 member federations are competing at the World Athletics U20 Championships, making it the biggest edition of the junior global championships.

Inter Milan forward Joaquin Correa returns to Estudiantes from Botafogo

United News Of India

BUENOS AIRES, AUG 8: Former Inter Milan forward Joaquin Correa has rejoined Estudiantes after parting ways with Botafogo, the Argentine club said.

The 31-year-old signed a deal that runs until December 2028 after Estudiantes agreed to an undisclosed fee.

"I'm very happy to return," Correa said in a video published on social media on Friday. "It's what I wanted most: To come back to the club that helped me grow and gave me everything." Correa represented Estudiantes from 2012 to 2014 before having spells at



Sampdoria, Sevilla, Lazio, Inter Milan and Marseille. He made 28 appearances across all competitions for Botafogo and scored three goals following his June 2025 move from Inter Milan, according to Xinhua.

Badminton: Ashmita Chaliha edges Rakshitha Ramraj to enter Korea Masters final



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ASAN (SOUTH KOREA), AUG 8: Ashmita Chaliha entered the women's singles final of the Korea Masters 2026 badminton tournament after beating compatriot Rakshitha Ramraj at the Asan Yi Sun-sin Gymnasium on Saturday.

In an all-Indian semi-final, Ashmita, 50th in the women's singles badminton rankings, defeated world No. 49 Rakshitha 21-13, 16-21, 21-13 in 48 minutes.

The 26-year-old Ashmita controlled the first game from the outset, leading 11-6 at the interval and kicking on to clinch the opener.

However, Rakshitha responded strongly in the second game, opening up an 11-6 lead before holding off Ashmita Chaliha's fightback to level the match and force a decider. Ashmita

then took control in the decider, racing to an 11-3 lead at the interval after a run of six straight points.

She went on to maintain her advantage after the break, sealing the win and booking her place in the final, according to olympics.com.

Ashmita's title clash at the Korea Masters will mark her maiden appearance in a BWF World Tour final. The Indian badminton player had previously exited in the semi-finals of the Macau Open in June.

She will now face fourth seed and 2026 German Open champion Han Qianxi of the People's Republic of China in the final of the BWF Super 300 badminton tournament. Chaliha also

beat Japanese top seed Hina Akechi in her run to the final.

A win in the Korea Masters final will make her the fourth Indian woman to claim a singles BWF title this year after Tanvi Sharma in the Taipei Open, PV Sindhu at the Japan Open and Devika Sihag at the Thailand Masters.

Satwiksairaj Rankireddy and Chirag Shetty are the other Indians to have won a BWF title this

Head 'not a true opener' but foresees long-term partnership

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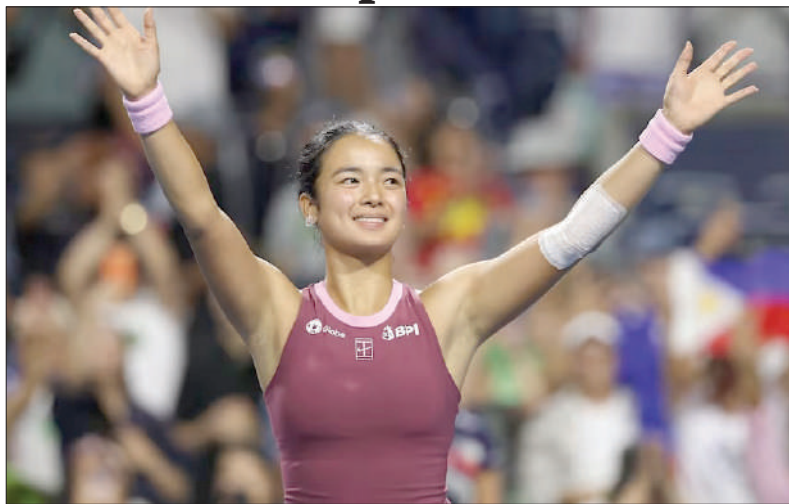
BRISBANE, AUG 8: Although Travis Head still does not conceive of himself as a "true opener", the twice-crowned Allan Border Medallist hopes his fledgling new-ball union with Jake Weatherald can help Australia make history in the coming months.

Toasts for Head's second consecutive AB Medal, clinched at a quiet dinner in Brisbane on Friday evening, were curtailed by the Test squad's early departure the following morning for Darwin where they face Bangladesh next week. The country's smallest capital city is the take-off point for the first of 20-21 Tests on a 12-month odyssey that will also bring Pat Cummins' men to South Africa, India and England, the latter two tours marking this veteran side's two great white whales.

Among the few uncertainties over a remarkably stable Aussie team are Weatherald's long-term place in its XI, and whether his long-time Adelaide sounding board Head remains at the top of the order alongside him after his surprise elevation during last summer's 4-1 Ashes triumph.

Weatherald averaged 22.33 in 10 innings against England, his bursts of square-of-the-wicket attacks showing glimpses of his potential as a damaging top-order batter. Equally importantly, according to Head, was his ability to hold his composure through one of sport's most intensely watched and scrutinised events. Darwin, which counts Weatherald as its first-born-and-bred Test player, provides a more laidback setting. As Scott Boland sung the local lad's praises to reporters on arrival at the city's airport on Saturday, a man oblivious to being only metres away from the star quick rested a Victoria Bitter stubby on an ATM while he withdrew cash.

Tennis: Eala, Gauff, Osaka through to Canadian Open fourth round



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TORONTO, AUG 8: 'Eala-mania' continues to grip North America as Alexandra Eala secured her passage into the round of 16 of the 2026 Canadian Open.

The Philippines' tennis star, who is at a career high of world No. 20, survived a three-set tussle with the unseeded Cathy McNally on Friday to win 6-3, 5-7, 6-4.

Toronto is the latest city to see packed stands with Philippines flags, something which has become commonplace on the WTA tour but is reaching new heights with

the nation's diaspora in the U.S. and Canada.

"Someone in the crowd said they wanted to be Filipino for tonight," Eala said after the match. "That stuck with me. I went to a Bad Bunny concert. I felt Puerto Rican for that night. So for the Filipino community to have that effect on other people... I really hope the Canadians also get that feeling of hospitality from the Filipinos."

A seventh consecutive win for Eala sets up a blockbuster fourth-round matchup with Olympic gold medallist Belinda Bencic, who herself survived a three-and-a-half-hour battle against Taylor Townsend.

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