

Srinagar
Tuesday
August 12 | 2026
27 Safar 1448 AH
Issue No: 190
Volume: 16
Pages: 12
Price :Rs: 2/-



P:12 Tiger Shroff pulls out of Durand Cup...

Heavy Rain to Lash Jammu Division, Flash-Flood Alert Issued

Kathua records 156 mm rainfall; MeT warns of landslides, mudslides and intense showers



HT NEWS DESK / AGENCIES

SRINAGAR ,11 AUG :Jammu division is likely to witness another spell of heavy to very heavy rainfall on Wednesday, prompting the Meteorological Centre to caution against flash floods, landslides and mudslides in vulnerable areas. Kathua recorded the highest rainfall of 156 mm in the past 24 hours, followed by Jammu at 79 mm, Katra 71 mm and Samba 55 mm. The wet spell is expected to continue intermittently over the coming days, with another spell forecast between August 17 and 19.

Jammu and Kashmir is likely to witness another spell of heavy to very heavy rainfall in parts of

the Jammu division on Wednesday, with the weather department warning of flash floods, landslides and mudslides in vulnerable areas.

The Meteorological Centre, according to the news agency—Kashmir News Observer (KNO) said one or two spells of light to moderate rain and thundershowers are expected at many places across the Union Territory on August 12.

However, some districts of the Jammu division could receive heavy to very heavy rainfall, while isolated areas of Kashmir may experience brief spells of intense showers, it said.

The advisory comes after several parts of the Jammu region received significant rainfall during

the past 24 hours.

Kathua KVK recorded the highest rainfall of 156 mm, followed by Jammu with 79 mm, Katra 71 mm and Samba 55 mm, according to the weather department.

The department said the prevailing wet spell is likely to continue in a subdued form between August 13 and 16, with light to moderate rain and thundershowers possible at many places and brief intense showers at isolated locations.

ANOTHER WET SPELL EXPECTED BETWEEN AUG 17-19

Another spell of wet weather is expected between August 17 and 19, when heavy rain or brief intense showers could occur in a few districts, particularly during the early morning and afternoon hours.

The weather is expected to improve thereafter, with only light rain or thundershowers possible at scattered places between August 20 and 22, according to the forecast.

The MeT office cautioned that torrential rain and brief intense showers could trigger flash floods, landslides and mudslides, particularly in vulnerable and hilly areas.

SRINAGAR RECORDS 33 C, JAMMU 31.2 C Meanwhile, Srinagar recorded a maximum temperature of 33 degrees Celsius on Monday, three degrees above the

SEE ON P-2

Multi-Layered Security Grid Across Kashmir Ahead of Independence Day

IGP Birdi says arrangements in place across Valley, urges people to join celebrations

HT NEWS DESK / AGENCIES

SRINAGAR ,11 AUG :August 15, with multi-layered security measures extended beyond venues to cities and sensitive areas. IGP Kashmir V K Birdi said rehearsals and full-dress preparations for the main function are underway and appealed to people to participate in the celebrations in large numbers. He said details of ongoing investigations into recent terror incidents would be shared at an appropriate time. Multi-layered security arrangements have been put in place across Srinagar and other districts of Kashmir Valley for the smooth conduct of Independence Day celebrations on August 15, Inspector General of Police, Kashmir Zone, V K Birdi said on Tuesday.

Birdi, who was speaking to media

persons in Srinagar, said, as per KNS, preparations for the main



Independence Day function in Srinagar, including rehearsals and the full-dress rehearsal for the parade, are underway.

“On August 15, the main function of Srinagar will take place. For that, all the security arrangements and preparations for the parade are going

on. Full-dress rehearsals and rehearsals are being organised so that the main function is completed successfully,” he said.

The IGP said security arrangements were not confined to the main venue but had been extended across Srinagar city and all districts of the Valley.

“There are multi-layered security arrangements in Srinagar. Not only at the venues, but there are also multi-layered security arrangements around the city. The arrangements will be in the same way this time as well,” Birdi said. Asked about the investigation into two recent terror attacks in south

SEE ON P-2

Pakistan Trying to Alter J&K Demography Through Infiltration: Sunil Sharma

LoP alleges illegal settlements and encroachments, says Centre examining demographic changes

HT NEWS DESK / AGENCIES

SRINAGAR ,11 AUG : Leader of Opposition in the J&K Assembly Sunil Sharma has alleged that Pakistan is attempting to alter the demographic composition of Jammu and Kashmir



through infiltration and illegal settlements. Addressing reporters, Sharma alleged that encroachments on forest, state and private land were being used to facilitate settlements and welcomed the Centre's move to examine demographic changes in the Union Territory. He expressed hope that the

exercise would lead to strict measures against what he termed a new dimension of the security threat.

Leader of Opposition in the Jammu and Kashmir Assembly and senior BJP leader

SEE ON P-2

Security Vigil Intensified Along LoC, IB Ahead of Independence Day

Drones, smart fencing and rapid-response teams deployed across vulnerable stretches

HT NEWS DESK / AGENCIES

SRINAGAR ,11 AUG :Security forces have intensified surveillance and patrolling along the Line of Control and International Border in



Jammu and Kashmir ahead of Independence Day, with additional measures being implemented across vulnerable stretches. Drones, electronic surveillance systems, smart fencing and rapid-response teams have been deployed to strengthen the security grid, while troops are conducting

drills to sharpen their response to possible infiltration attempts and attacks. Agencies are maintaining heightened vigilance and coordination to ensure peaceful August 15 celebrations.

Inspector General of Police, Kashmir Zone, V K Birdi on Tuesday said security arrangements have been put in place and are intact across the Valley for the Independence Day celebrations, urging people to participate in the events in large numbers.

Speaking to reporters, Birdi said the Independence Day programme was essentially a function of the people and maintained that the police and other security agencies were only responsible for organising and securing the events. “It is a people's function. We are only organizers. People should participate in large numbers,” the IGP said.

SEE ON P-2

‘Let Youth Celebrate August 15 Freely, They Have Suffered Enough’: Altaf Bukhari

Apni Party chief urges authorities against harassment; questions delay in Panchayat, ULB polls

HT NEWS DESK / AGENCIES

SRINAGAR ,11 AUG :Apni Party president Altaf Bukhari has urged authorities to allow Kashmiri youth to participate freely in Independence Day celebrations, saying they have endured years of hardship and deserve an opportunity to lead peaceful and dignified lives. Speaking at a workers' convention in Wailoo Tangmarg, Bukhari also criticised the government over unfulfilled



election promises and expressed apprehension that Panchayat and Urban Local Body elections may remain delayed as long as the National Conference remains in power.

SEE ON P-2

ACB Registers Bribery Case Against Former Kishtwar Patwari

₹3 lakh allegedly accepted for issuing land record document; investigation underway

HT NEWS DESK / AGENCIES

SRINAGAR ,11 AUG :The Anti-Corruption Bureau has registered a case against a former Patwari in Kishtwar for allegedly demanding and accepting 3 lakh as illegal gratification for issuing a land record document. The case followed a complaint alleging a demand of 5 lakh, with the accused allegedly accepting 3 lakh through cheque before issuance of the 'Fard'. The ACB later conducted a court-authorised search at the accused's residence, with further investigation in progress.

The Anti-Corruption Bureau (ACB) has registered a corruption case against a former Patwari in Kishtwar district for allegedly demanding and accepting a bribe of Rs 3 lakh for

issuance of a land record document, officials said on Tuesday.

An FIR (No. 02/2026) under Section 7 of the Prevention of Corruption

The case was initiated following a verification conducted by the ACB's DKR Jammu unit into a complaint, which alleged that the accused public



Act, 1988 (as amended) was lodged at the ACB police station in Doda against Mohd Arif Mir, the then Patwari of Patwar Halqa Trigam, a resident of Malipeth near Grid Station, Kishtwar, they said.

servant abused his official position by demanding Rs 5,00,000 from the complainant for issuance of a 'Fard' (land record document), they added. According to the

SEE ON P-2

HT BOTTOM NEWS

Centre Blocks 3,718 Fraudulent Apps, Saves ₹11,158 Crore in Cybercrime Crackdown

Over 32.8 lakh financial fraud complaints processed; 15.75 lakh SIM cards and 5.77 lakh IMEIs blocked to disrupt cybercrime networks

HT NEWS DESK / AGENCIES

NEW DELHI, AUGUST 11: The Centre has intensified its crackdown on cyber fraud, blocking 3,718 mobile applications, including fraudulent loan apps, and helping prevent the loss of more than 11,158 crore through over 32.80 lakh financial fraud complaints till June 30, 2026. The Ministry of Home Affairs said the Indian Cybercrime Coordination Centre (I4C) has also facilitated the blocking of over 15.75 lakh SIM cards and 5.77 lakh IMEIs linked to cybercrime, while its Suspect Registry has helped decline transactions worth 25,698 crore.

The Centre has blocked a total of 3,718 mobile applications, including fraudulent loan apps, till June 30, 2026, as part of its efforts to curb cybercrime and protect citizens from online frauds, the Ministry of Home Affairs (MHA) informed the Lok Sabha on Tuesday.

The Ministry also said that a financial amount of more than Rs 11,158 crore has been saved in over 32.80 lakh complaints received through the Citizen Financial Cyber Fraud Reporting



and Management System (CFCFRMS) during the same period.

Union Minister of State for Home Bandi Sanjay Kumar shared the details in a written reply to a query by BJP MP PC Mohan regarding steps taken by the government to identify and curb illicit, fraudulent and misleading

mobile applications, including loan apps, used to cheat citizens.

“Till June 30, 2026, a total of 3,718 mobile apps, including fraudulent loan apps, have been blocked by I4C (Indian Cybercrime Coordination Centre) under Section 69(A), Section 79(3)(b) of the IT Act, 2000. More

than 15.75 lakh SIM cards and 5.77 lakh IMEIs, as reported by police authorities, have been blocked by the Government of India,” Kumar said.

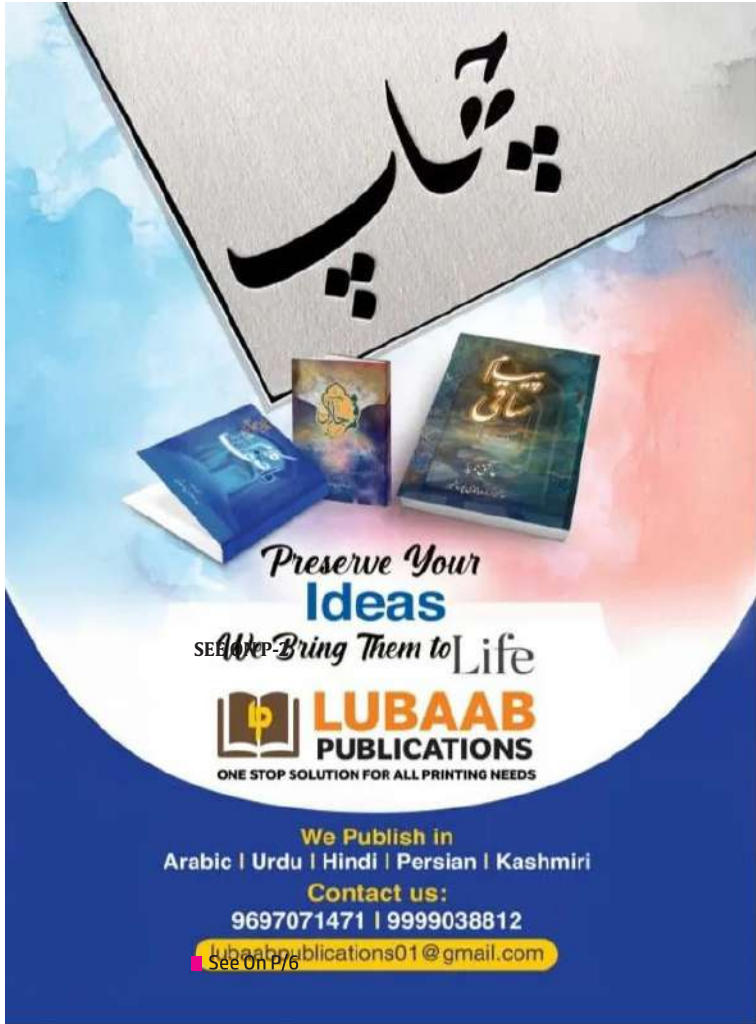
He informed the House that the CFCFRMS, operated by the I4C and launched in 2021 for immediate reporting of financial frauds, has helped prevent the siphoning off of funds by cyber fraudsters.

“Till June 30, 2026, a financial amount of more than Rs 11,158 crore has been saved in more than 32.80 lakh complaints,” the Minister said.

Kumar further stated that the I4C launched a suspect registry of cyber criminals' identifiers on September 10, 2024, in collaboration with banks and financial institutions.

“More than 30.48 lakh suspect identifier data received from banks and 32.08 lakh Layer 1 mule accounts have been shared with the participating entities of Suspect Registry and declined transactions worth Rs 25,698 crore till June 30, 2026,” he said.

SEE ON P-2



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Heavy Rain

normal for this time of the year. Its minimum temperature was 21.6 degrees Celsius, also three degrees above normal. Among other stations, Qazigund recorded a maximum of 30.6 degrees Celsius, Kupwara 33.3, Pahalgam 25.5, Kokernag 29.2 and Gulmarg 24.5 degrees Celsius.

In the Jammu region, Jammu recorded a maximum temperature of 31.2 degrees Celsius, nearly two degrees below normal, while its minimum temperature was 22 degrees Celsius, more than three degrees below normal.

Katra received 71.1 mm of rain during the 24-hour period ending Tuesday morning, while Jammu recorded 79 mm during the same period.

The Met department has advised people, particularly those living in landslide- and flood-prone areas, to remain alert during periods of intense rainfall—(KNO)

Multi-Layered

Kashmir and whether security agencies had made any headway, the police officer said details could not be disclosed at this stage. "It is a matter of investigation. I don't think it is appropriate to reveal it now. Whenever there are such things that will be shared with you, we will share it with you at the right time," he said.

Birdi also appealed to people to participate in the Independence Day celebrations in large numbers, saying the event belonged to the public.

"This is the function of the public. The police work as an organiser in this. And because this is the function of the public, we tell people to participate in this function in large numbers," he said.(KNS).

Pakistan Trying

Sunil Sharma on Tuesday alleged that Pakistan has been trying to alter the demographic fabric of the Union Territory through "infiltration and illegal settlement", terming the move as "Land Jihad".

BJP senior leader claimed that Jammu and Kashmir was historically a "purely Sanatan state", citing the Neelamath Purana and Rajatarangini, and alleged that invaders from Central Asia, Turkey and Portugal resorted to forced conversions in the region.

"The way this Muslim-majority state is now a Union Territory, Pakistan's terrorism tried to make Jammu and Kashmir Hindu-Veheem (Hindu-free). To some extent, they were successful in Kashmir. There, the Kashmiri Pandit Hindu society was exalted and exodus took place," the BJP leader told reporters here.

He further alleged that after failing in Kashmir, the conspirators created another plan under which illegal citizens were infiltrated into Jammu and other states "by changing the demographic" to succeed in their conspiracy.

"In this effort, many places were encroached. Whether it is forest land, state land or private land, by encroaching, a particular community was tried to be settled there," BJP leader said, citing an example of a village where the population of a community rose from just one family in 2005 to nearly 5,000 within 20 years.

The senior BJP leader said that the Central government has taken these facts "seriously" and constituted a high-level committee to look into the demographic changes in Jammu and Kashmir.

"Today, this committee is in J&K. Although political parties have not been involved, all stakeholders who are involved or who will be able to reveal the truth, they are collecting information from all those people," Sunil Sharma said, expressing hope that the truth will be revealed.

"We have full hope that all this truth will be revealed to the Indian government. There will be strict laws for this. And a part second of pure terrorism, which we also call Land Jihad, will be attacked and destroyed by the demographic change," he added. (KNS)

ACB Registers

complaint, the accused accepted Rs 3,00,000 through a cheque as illegal gratification, after which the Fard was issued, officials said.

During the course of investigation, the ACB obtained a search warrant from the competent court and conducted a search at the accused's residential premises in Malipeth area of Kishtwar in the presence of a magistrate and independent witnesses, they said.

Further investigation in the case is in progress, officials added. (KNS)

‘Let Youth

: Apni Party president Altaf Bukhari urged the authorities not to harass the youth in Kashmir and to allow them to participate freely in the August 15 celebrations.

He said that the "youth have endured immense hardships and suffering over the years and deserve to live a dignified life." He further said, "Even those who may have been involved in activities in the past, have suffered enough over the years and should be given an opportunity to move forward and lead a peaceful and dignified life."

He made this remark while responding to reporters' questions after a workers convention held at Wailoo Tangmarg.

Replying to a question about the apprehension of security threat to certain section of people, he said that the enemy is always looking for an opportunity, and therefore, everyone must remain vigilant.

"Our enemy will certainly try to disrupt the prevailing peace and calm, but with our vigilance and collective resolve, we have to foil any such attempt," he said.

When asked about the strategy the Apni Party plans to adopt for the restoration of J&K's statehood, he said that the party's strategy remains the same as the one it adopted in 2020. "At that time too, we chose dialogue with New Delhi to ensure that the people of J&K continued to retain their exclusive rights over land and jobs," he said.

On being asked about the pending Panchayat and Urban Local Bodies (ULB) elections, Altaf Bukhari said, "It appears that as long as the NC remains in power, Panchayat and ULB elections will not be held. They do not want people to exercise their democratic right to choose their representatives at the grassroots level. They are reluctant to strengthen democracy, empower people at the grassroots, and make those in power more accountable."

While addressing the workers' convention, Altaf Bukhari took a dig at the traditional political parties, saying that in recent times, these parties have stooped to a new low by trading allegations and counter-allegations and hurling derogatory remarks at each other.

He said that "these parties and their leaders are doing so to divert people's attention from the real issues. They do not want to address the issues that truly matter to the people."

Altaf Bukhari expressed his grave concern over the government's inability to provide and effective governance.

He said, "The ruling party took votes from the people by promising that it would address their issues once it came to power. The people gave it a huge mandate, but now the party does not want to fulfil its promises."

He further said, "The ruling party had promised that it would

provide one lakh jobs to the people soon after taking charge of the government. It had also promised free electricity and gas cylinders to domestic consumers, along with an additional quota of ration. The party had also promised to regularise daily wagers. It had said that it would provide and enhance old-age pensions for citizens, among many other such promises. However, it has miserably failed to fulfil any of these promises despite receiving such a huge mandate from the people."

Altaf Bukhari urged the people to support the Apni Party and strengthen it so that it can effectively implement its people-friendly vision and policies.

He said, "The way we ensured that the people of Jammu and Kashmir retained their exclusive rights over land and jobs here despite the changes in laws on August 5, 2019, we will continue to strive to protect and safeguard the rights of the people. We will ensure that all the constitutional rights of the people are restored."

"In 2020, a few months after the abrogation of Articles 370 and 35A, we succeeded in convincing New Delhi that there should be a domicile law with a residency requirement for attaining domicile status in Jammu and Kashmir. But I assure you that if the people give us their support, we will not only ensure that the existing 15-year residency requirement for attaining domicile status is enhanced to 50 years, but will also work to secure a constitutional guarantee for it. The Apni Party will make this happen," Mr Bukhari added.

Addressing the convention, the party's Senior Vice President, Ghulam Hassan Mir, said that the people of Tangmarg and adjoining areas have, throughout history, played a vital role in ensuring progress and development and in supporting positive politics aimed at shaping a better future for the people.

Mir said that he and his colleagues had contributed to efforts to establish the PDP as a political alternative in Jammu and Kashmir's political landscape.

He said, "As far as development is concerned, we made significant progress under the PDP. However, unfortunately, the late Mufti Sahib also became weak, eventually allowing the party to become confined to his own family. We had believed that the PDP would emerge as an alternative to the NC's dynastic politics and rule. But, unfortunately, the PDP too ended up becoming a family-run party."

Talking about Apni Party Mir said, "Apni Party does not belong to any individual or any family. We are building this party as an alternative to dynastic politics in Jammu and Kashmir, where everyone with talent and ability will be given an opportunity to play their role. Our aim is to ultimately take Jammu and Kashmir on the path of peace, prosperity and development."

He went on to say, "Unlike other political parties, Apni Party's politics does not lead people, particularly the youth, towards negativity. Nor do we believe in a politics that has pushed our youth towards graveyards or jails. We believe in the politics of truth, responsibility and hope—a politics that empowers our youth to build a peaceful, prosperous and better future for Jammu and Kashmir."

Ghulam Hassan Mir strongly reiterated his demand to the Central Government to initiate a dialogue with the people of Jammu and Kashmir and address their concerns.

He said, "I want to tell the Centre not to test the patience of the people. Talk to them, listen to them, understand their concerns, issues and apprehensions, and address them. This is imperative to bridge the prevailing trust deficit and restore people's confidence in the system."

On this occasion prominent social and political figure Bashir Ahmad Dar from Pariswani Kunzer joined the party. He was greeted the leadership on this occasion.

Besides Altaf Bukhari and Ghulam Hassan Mir, the prominent party leaders who were present on the occasion included party's Provincial secretary Beigh Aftab, District President Baramulla Shabir Ahmad Shah, Provincial Publicity Secretary Kashmir Aamir Rashid Wani, Ex DDC member Tangmarg Adv Tajamul Ishfaq Mir, Ex DDC Kunzer Sheikh Nazir Ahmad, Block President Tangmarg Kaka ji, Social Media Analyst Tariq Mohiuddin, Block President Kunzer Abdul Kareem Dar, Block President Wailoo Mohammad Akbar, Block President Wanigam Nazir Ahmad, Zonal President Wagoora Keer Mohammad Asadullah Lone, party leader Mohammad Shafi Mir, Ab Majid Kathoo, Mateen Ahmad, Abdul Ahad, Mohammad Akbar, Mohammad Shafi Mir, Ajaz Ahmad Mir, and others. This workers' convention was organised by the party's Block President Wailoo Mohammad Akbar.(KNS)

Security Vigil

He said foolproof security arrangements had been put in place to ensure the celebrations are held peacefully and without disruption.

Asked about the recent twin incidents in south Kashmir, Birdi said the police would share details regarding the attacks at an appropriate time.

He did not disclose further operational details, saying the information would be made public when considered appropriate. [KNT]

Centre Blocks

The Minister also informed that the MHA has issued a comprehensive Standard Operating Procedure (SOP) for NCRP-CFCFRMS to improve operational efficiency and ensure uniformity in handling cybercrime complaints.

The SOP provides a framework for complaint processing, coordination with banks, grievance redressal, removal of lien markings and restoration of defrauded funds to victims based on complaints received through the National Cyber Reporting Platform (NCRP) of I4C.

He added that the Money Restoration Module for speedy restoration of defrauded money and the Grievance Redressal Module for addressing issues related to freezing of bank accounts and lien marking have been made operational from April 2026.

Highlighting awareness initiatives, Kumar said the government has undertaken several campaigns, including SMS and caller tune campaigns, social media outreach through CyberDost accounts, TV and radio campaigns, school programmes, cinema advertisements, celebrity endorsements, IPL campaigns and cyber safety awareness weeks in coordination with states and Union Territories.

The Minister said the MHA established the Indian Cybercrime Coordination Centre (I4C) as an attached office to deal with all types of cybercrimes in a coordinated manner.

Odisha's Rare Earth Corridor, Marine Biotech, Space Push to Drive Science-Led Growth: Dr Jitendra Singh

NEW DELHI: Union Minister Dr Jitendra Singh on Tuesday outlined an integrated science and technology roadmap for Odisha, bringing together the proposed Rare Earth Corridor, marine biotechnology, space technology, critical

minerals and life sciences to create new opportunities for science-led economic growth.

The roadmap was discussed during a meeting with Odisha Science and Technology Minister Krushna Chandra Patra, who called on Dr Singh in New Delhi and presented proposals concerning the state's scientific and technological priorities.

A key decision taken during the meeting was the expansion of the Institute of Life Sciences (ILS), Bhubaneswar, under the Department of Biotechnology, with the Odisha government set to provide an additional 50 acres of land for the institute's future growth.

Dr Singh said the eastern coastal region, with Odisha at its centre, could play a larger role in India's emerging nuclear and marine roadmap by bringing together Central scientific institutions and the state government. He stressed the need to move beyond individual institutional initiatives towards an integrated ecosystem covering ocean resources, critical minerals, biotechnology, space technology and industrial innovation.

The Odisha Marine Biotechnology Research & Innovation Corridor (OMBRIC) was also discussed as a key component of the state's emerging research ecosystem. OMBRIC has partnerships with IIT Bhubaneswar, Berhampur University, Fakir Mohan University, NIT Rourkela, IISER Berhampur and the Institute of Life Sciences. Its next phase is proposed to be aligned more closely with the Earth Sciences, CSIR and Biotechnology ecosystems.

The convergence is expected to promote research and applications in marine bio-resources, healthcare, food, materials and environmental solutions while supporting sustainable utilisation of Odisha's extensive coastline and marine biodiversity.

The meeting also explored closer alignment of Odisha's space capabilities with ISRO, including the possibility of establishing a Space Research and Manufacturing Centre under a public-private partnership model. Such a facility could bring government institutions, research organisations and industry together for space applications, technology development and manufacturing.

The proposed Rare Earth Corridor in Odisha, announced in the Union Budget 2026-27 along with similar corridors in Kerala, Andhra Pradesh and Tamil Nadu, was another major focus. The initiative aims to develop an integrated domestic value chain covering rare-earth mining, processing, research and manufacturing.

Dr Singh said Odisha's coastal mineral resources and existing scientific capabilities provide a strong foundation for advancing rare-earth exploration and associated technologies, linking them with national priorities in atomic minerals, advanced materials and strategic sectors.

The discussions also covered the Deep Ocean Mission, deep-sea fisheries, the proposed Science City in Odisha and greater collaboration among Central scientific institutions working in marine sciences, earth sciences, biotechnology, critical minerals and space applications.

Odisha's participation in the forthcoming 'Swachh Sagar, Surakshit Sagar' campaign was also discussed, with coordination proposed among coastal districts to promote public participation, cleanliness and marine-environment awareness.

Dr Singh and Patra agreed on the importance of sustained Centre-State coordination to take forward the initiatives. The proposed convergence of marine resources, biotechnology, critical minerals, space technology and scientific infrastructure

is aimed at positioning Odisha as a major science-led development hub in the eastern coastal region. (PIB)

Centre Blocks 3,718 Mobile Apps, Saves Over ₹11,158 Crore in Cyber Fraud

NEW DELHI, AUG 11: The Government has blocked 3,718 mobile applications, including fraudulent loan apps, and helped save more than 11,158 crore in financial cyber fraud through coordinated measures undertaken by the Indian Cyber Crime Coordination Centre (I4C), the Ministry of Home Affairs said on Tuesday.

According to the Ministry, the blocked applications were identified and acted upon under relevant provisions of the Information Technology Act, 2000. The measures are part of a broader effort to tackle misleading and fraudulent mobile applications and strengthen the country's cybercrime response mechanism.

The information was provided by Minister of State for Home Affairs Bandi Sanjay Kumar in a written reply to a question in the Lok Sabha.

The National Cyber Crime Reporting Portal (NCRP) has been established under I4C to enable citizens to report different types of cybercrime, with particular focus on offences against women and children. The government has also operationalised the Sahyog Portal to expedite notices to online intermediaries for removal or disabling of unlawful content.

The Citizen Financial Cyber Fraud Reporting and Management System (CFCFRMS), launched in 2021, enables immediate reporting of financial cyber fraud and helps prevent fraudulent funds from being siphoned off. Till June 30, 2026, more than

11,158 crore had been saved across over 32.80 lakh complaints through the system.

The government has also strengthened its efforts to identify and disrupt cybercrime networks through the Suspect Registry, launched by I4C in September 2024 in collaboration with banks and financial institutions.

Till June 30, more than 30.48 lakh suspect identifiers received from banks had been shared with participating entities, along with 32.08 lakh Layer-1 mule accounts. The initiative resulted in declined transactions worth 25,698 crore, the Ministry said.

In addition, more than 15.75 lakh SIM cards and 5.77 lakh IMEI reported by police authorities have been blocked by the government.

To ensure uniform handling of cybercrime complaints, the Ministry has issued a comprehensive Standard Operating Procedure for NCRP-CFCFRMS covering complaint processing, coordination with banks, grievance redressal, removal of lien markings and restoration of defrauded money to rightful claimants.

The Money Restoration Module and Grievance Redressal Module became operational in April 2026 to facilitate faster restoration of defrauded funds and address grievances related to frozen bank accounts and lien markings. The government has simultaneously intensified public awareness campaigns through SMS, caller tunes, television and radio campaigns, social media, schools, cinema halls, railway stations and airports.

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Doctors' Bodies Seek Immediate Release of Maternity Pay to J&K Resident Doctors, Question Delays at GMCs

■ HT News Network

Jammu, Aug 11,: The Indian Medical Association Junior Doctors Network (IMA JDN) J&K has urged the Health and Medical Education Department and concerned Government Medical Colleges to immediately release salaries and allowances withheld from resident doctors who availed maternity leave.

The doctors' body said it has been pursuing the issue with senior authorities and has now sought intervention from Health and Medical Education Minister Sakina Itoo to ensure that eligible resident doctors are not subjected to financial hardship for exercising their maternity leave entitlement.

"We were in continuous follow-up with the higher authorities regarding this matter. Despite our repeated efforts, concerns regarding the non-payment of salaries to resident doctors on maternity leave continued. The High Court's order has now clearly addressed the issue," said Dr Mohammad Momin Khan, Co-Convenor, IMA JDN J&K.

Dr Khan questioned why some Government Medical Colleges in Jammu and Kashmir were still withholding or delaying salaries of resident doctors who had availed maternity leave, despite the judicial directions on the matter.

IMA JDN J&K Convenor Dr Rakesh Koul and General Secretary Dr Burhan Ali also backed the demand, urging the concerned authorities to implement the directions and ensure that resident doctors are not subjected to financial hardship or professional disadvantage for availing maternity leave.

Div Com Kashmir inspects preparations for Independence Day Celebrations at Bakshi Stadium

■ HT News Network

SRINAGAR, AUGUST 11: Divisional Commissioner Kashmir, Anshul Garg, today visited Bakshi Stadium, Srinagar, to inspect the ongoing preparations for the Independence Day celebrations at the venue.

During the inspection, the Divisional Commissioner took stock of various arrangements, including seating arrangements, functioning of the Public Address System, overhead covering of the stands and adherence to protocol during the signing of the National Song followed by the National Anthem.

The Div Com directed the concerned officers to ensure complete preparedness of contingents from schools, colleges and the Sports Council, besides ensuring their enthusiastic participation in the ceremonial proceedings.

In view of the possibility of rainfall, the Divisional Commissioner directed the Commissioner, Srinagar Municipal Corporation (SMC), to ensure that an effective dewatering mechanism is put in place and that the Fire & Emergency dewatering pump remains operational



at the venue.

He further directed the concerned agencies to ensure proper floral decoration of the podium and operational readiness of all seven LED screens installed at the stadium.

The Divisional Commissioner stressed upon all concerned departments to maintain close coordination and ensure that all arrangements are completed well in advance for the smooth and successful conduct of the Independence Day celebrations.

The Div Com was accompanied by the Deputy Commissioner Srinagar, Commissioner SMC, ADC Srinagar, Joint Director Information and senior officers from various departments, including R&B, PHE, School Education, Higher Education, Fire & Emergency, Hospitality & Protocol, KPDCI, UEED, YSS and other concerned departments.

Besides, JGP Kashmir and other senior officers of Police & Security agencies were also present on the occasion.

Har Ghar Tiranga Campaign gains further momentum across Bandipora with Rallies

■ HT News Network

BANDIPORA, AUGUST 11: The Har Ghar Tiranga Campaign 2026 witnessed further momentum across District Bandipora on Tuesday, with educational institutions, Panchayats, Urban Local Bodies and various departments organising Tiranga rallies, cultural programmes, awareness activities and other initiatives to showcase patriotism, unity and pride in the National Flag. Tiranga rallies were organised at several educational institutions and locations across the district, including Higher Secondary School Bagh, HSS Mantrigam, HSS Aloosa, HSS Chantal, HS Tarabal, Government PM Shri Higher Secondary School Shahgund, Cluster HSS Quilmuqam, GDC Bandipora, GDC Sumbal and GDC Gurez. Rallies were also conducted across Panchayats and blocks including Nadihal B, Badugam Tulail, Mangnipora, Aloosa, Naidkhai, Kehnusa B, Turkpora, Quila, Muqam-A, Malangam C, Nowgam, Kema, Onagam B, Arin, Bagtore, Benlipore, Bonkoot and other areas. Students, staff members and local communities participated enthusiastically, carrying the Tricolour and raising patriotic slogans.

The campaign also witnessed active participation from the Fisheries Department, which organised boat rallies at different areas of Wular Lake, including Lahrwalpora, Zurimanz and Kulhama. The Department of Youth Services and Sports and other field-level institutions also took part in the campaign through Tiranga-themed activities, while various Panchayats and local institutions organised rallies and community participation programmes.

Gurezi chairs Committee on Estimates meet, reviews key issues on forest conservation, community rights, infrastructure in J&K

■ HT News Network

SRINAGAR, AUGUST 11: Committee on Estimates of Jammu and Kashmir Legislative Assembly today met under the chairmanship of Chairman, Nazir Ahmad Khan (Gurezi), to examine the Action Taken report submitted by Forest, Ecology & Environment Department on key issues related to forest conservation, community rights and infrastructure in J&K.

The meeting was attended by Members of Estimates Committee including Balwant Singh Mankotia, Ali Mohammad Dar, Javid Hassan Baig, Mushtaq Guroo, Irshad Rasool Kar, Sajad Shaheen and Pyare Lal Sharma.

After reviewing the department's replies, Chairman said "For us, forests are not just trees. They are the lungs of J&K, the livelihood of our people, and the legacy we leave for our



children. We cannot afford to treat this as routine file work.

The Chairman directed the department to expedite the re-plantation drive on land diverted for National Highways, PMGSY, PWD and NHA projects. He stressed that a massive plantation drive must also be launched in all deforested areas across J&K. Taking serious note of tree felling leading to soil erosion and landslides during rains, he asked the department to undertake scientific afforestation on vulnerable slopes to safeguard lives and

property. Expressing serious concern over the menace of Russian Poplar Gurezi said it is damaging local biodiversity and causing health issues for people. He directed that Russian Poplar be phased out in a time-bound manner and replaced with indigenous species like Chinar, Deodar and Kail. Reiterating community rights, the Chairman stated that "J&K's timber and forest wealth belongs to the people of J&K. He directed the department to ensure sustainable utilization of forest resources, stop illegal smuggling of poplar, deodar and pine, and ensure that benefits reach local communities and tribal families under the Forest Rights Act, 2006. The Committee also reviewed the condition of deteriorated trees in major tourist destinations like Gulmarg, Pahalgam, Sonamarg and Yusmarg.

DDC Anantnag reviews progress of HADP, JKICP initiatives

■ HT News Network

ANANTNAG, AUGUST 11: District Development Commissioner (DDC) Anantnag, Dr. Bilal Mohiuddin Bhat, today convened a review meeting to assess the progress and implementation of the Holistic Agriculture Development Programme (HADP) and Jammu & Kashmir Competitive Improvement Project (JKICP) for the financial year 2026-27 in respect of Agriculture and Allied Sectors, in the district.

The meeting focused on reviewing the physical and financial progress achieved under various components of HADP and JKICP, besides discussing measures to ensure effective and timely implementation of the projects across the district. The Chair was further informed that 22,310 farmers have been enrolled on Daksh Kisan, with 17,450 farmers having successfully completed various courses aimed at enhancing their skills and knowledge.

Reviewing the progress of the various initiatives, the DDC directed the concerned officers to expedite the disposal of pending applications and further enhance registrations under Daksh Kisan, Kisan Khidmat Ghars (KKGs), HADP and JKICP. He assessed the sector-wise progress and took feedback from the concerned departments regarding issues, challenges and requirements for accelerating progress of the programmes at ground level.

Div Com reviews final Arrangements for Mega Tiranga Yatra at SKICC

■ HT News Network

SRINAGAR, AUGUST 11: Divisional Commissioner Kashmir, Anshul Garg today chaired a comprehensive meeting of senior officers to review and finalize arrangements for the successful conduct of the Mega Tiranga Yatra scheduled to be held on August 12.

The meeting was attended by Deputy Commissioner Srinagar Akshay Labroo, Commissioner Srinagar Municipal Corporation Faz Lul Haseeb, DIG Police, besides senior officers from Floriculture, Culture, School Education, Higher Education, Hospitality & Protocol, Health, Horticulture, Education, I&FC, Information, LCMA, R&B, Police, CRPF, BSF, Youth Services & Sports, Zila Sainik Welfare, Traffic and Transport departments, among other concerned agencies.



During the meeting, the Divisional Commissioner reviewed final arrangements related to transportation, refreshment distribution, security, frisking and other essential facilities for participants to ensure hassle-free entry.

He directed all participating departments and participants to ensure their arrival at the venue well before the commencement of the programme. He further directed

that Tricolour flags and caps be distributed among participants sufficiently in advance of the rally.

The Divisional Commissioner reiterated the importance of strict adherence to the prescribed protocol for the National Flag throughout the event. He also directed the concerned authorities to nominate separate anchors for the flag-off programme at SKICC and the main event at the Botanical Garden.

More than 20,000 participants are expected to take part in the Mega Tiranga Rally. The rally will also feature cyclists, skaters and shikara wallas, adding vibrancy and visual appeal to the celebrations.

Later, Principal Secretary Culture and Divisional Commissioner Kashmir jointly inspected the venues at the SKICC back lawns and at the Botanical Garden.

Rana reviews water supply, irrigation, forest, tribal issues of Khanyar, Hazratbal constituencies

Announces Rs 1 cr for water reservoir at Sulaiman Teng, Dalgate

■ HT News Network

SRINAGAR, AUGUST 11: In a move aimed at addressing the constituency-specific issues and strengthening coordination among the key departments, Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana, today convened meeting to take up issues related to water supply, irrigation, environment, forests and tribal affairs in Khanyar and Hazratbal Assembly constituencies.

Besides MLA Khanyar, Ali Muhammad Sagar, MLA Hazratbal Salman Ali Sagar, the meeting was attended by Chief



Conservator of Forests, Kashmir; Director Tribal Affairs, J&K; Chief Engineers of Jal Shakti/ Irrigation & Flood Control, Kashmir; Superintendent Engineer, Hydraulic, Srinagar; Wildlife Warden, Central Srinagar; Divisional Forest

Officer, SMC/Social Forestry, Srinagar; Executive Engineers, Ground Water/Master Plan/Jal Shakti, Srinagar/Ganderbal and Executive Engineers, Irrigation & Flood Control, Srinagar/Ganderbal.

The meeting took stock of

water supply, irrigation, source augmentation, distribution networks and groundwater management, with focus on resolving bottlenecks affecting the ongoing and proposed projects in the two constituencies.

During the meeting, the Minister announced an allocation of Rs 1 crore for upgrading the existing water supply infrastructure through construction of an additional water reservoir at Sulaiman Teng, Dalgate, aimed at augmenting the water supply network and meeting the requirements of the adjoining areas.

Proposed Bhera Tribal Tourism Village to reflect region's rich tribal heritage: Javed Rana

Asks to prepare DPR, stresses sustainable tourism, livelihood generation

■ HT News Network

SRINAGAR, AUGUST 11: In a significant initiative aimed at promoting tribal tourism and inclusive development in the border areas, Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana, today chaired a meeting at Civil Secretariat here to review establishment of a Tribal Tourism Village at Bhera in Mendhar subdivision of Poonch district.

The meeting focused on various aspects of the proposed project, including infrastructure development, tourism facilities,



promotion of tribal culture and creation of livelihood opportunities for local communities. The meeting was attended by Engineer in Chief, Public Works (R&B) Department, Director Tribal Affairs, Deputy Director, Tribal Research Institute, Deputy Director,

Planning, Tourism Department and Executive Engineer, Public Works (R&B) Division, Mendhar.

Rana directed the concerned department to engage a consultant for preparation of a comprehensive Detailed Project Report (DPR) covering all aspects of the project. He

stressed that the DPR should provide a holistic roadmap for development of the Tribal Tourism Village, incorporating the requisite infrastructure, tourism facilities, cultural components and other necessary interventions.

The Minister emphasised that the proposed Tribal Tourism Village should serve as a platform to showcase the rich cultural heritage, traditions, crafts, cuisine and lifestyle of the tribal communities. It should provide the visitors with an authentic cultural experience besides creating sustainable livelihood opportunities for the local residents.

DC Srinagar inspects renovation, upgradation works of Khankah-e-Naqshband Sahib Shrine under Heritage Preservation & conservation scheme

SRINAGAR, AUGUST 11: Deputy Commissioner (DC) Srinagar, Akshay Labroo today visited Khankah-e-Naqshband Sahib (RA) at Khwaja Bazar, Nowhatta to review and finalize arrangements for the upcoming

Urs.

He also conducted an on-site inspection of the ongoing renovation and upgradation works at the shrine being executed under the Heritage Preservation & Conservation

Scheme of the Government.

During the visit, the Deputy Commissioner was accompanied by the Additional Deputy Commissioner, Mir Imtiyaz Ul Aziz, IAS Probationer, Alfred

Thomas, Joint Commissioner SMC, Nuzhat Qureshi, Chief Planning Officer, Fayaz Ahmad Dar, Superintending Engineer, R&B, Circle North, Shabir Ahmad, Tehsildar Khanyar, Syed Shahid, Executive Engineers of R&B,

PHE, PDD, Officers of Archives & Archaeology, Fire & Emergency and other concerned Departments. On the occasion, the DC also held a joint interactive meeting with members of the Shrine Management and

Officers of the District Administration present on the occasion. He took stock of the facilities and arrangements required for devotees expected to visit the shrine during the Urs and directed the concerned.

HT EDITORIAL

From Recovery to Resilience: J&K Must Turn Confidence into Growth

The signs of economic recovery in Jammu and Kashmir are encouraging. Tourist destinations are once again witnessing greater activity, businesses are regaining confidence, and financial institutions are reporting stronger demand for credit. After years of uncertainty and repeated disruptions, these developments offer a welcome sense of optimism. But recovery is only the first step. The bigger challenge is to ensure that this renewed confidence develops into steady, inclusive and sustainable economic growth.

A healthy economy is not reflected only in official figures. It is visible in busy markets, new businesses, rising demand, better incomes and people's willingness to invest in the future. The growing economic activity in different parts of Jammu and Kashmir suggests that confidence is gradually returning among traders, entrepreneurs, farmers and consumers. This momentum must now be protected and strengthened through sensible policies and long-term planning.

Tourism remains one of the strongest pillars of the region's economy. Its benefits reach far beyond hotels and resorts. A tourist arriving in Jammu and Kashmir supports transporters, guides, shopkeepers, restaurants, artisans, photographers and countless small businesses. Thousands of families depend directly or indirectly on the sector. Sustaining the tourism revival therefore requires continued investment in roads, public facilities, cleanliness, accommodation and connectivity, along with ensuring that visitors continue to experience Jammu and Kashmir as a safe, welcoming and hospitable destination.

Agriculture and horticulture deserve equal attention. For rural Jammu and Kashmir, these sectors are not merely economic activities but the principal source of livelihood for a large section of the population. The availability of institutional credit can help farmers modernise their orchards, adopt better technology and improve productivity. But finance alone is not enough. Farmers need fair prices, efficient transportation, adequate cold storage, modern marketing facilities and easier access to wider markets. The horticulture economy, particularly the apple industry, needs a complete support system from production to marketing.

At the same time, the present optimism should not lead to complacency. A few months of improved economic activity cannot be mistaken for a permanent transformation. Jammu and Kashmir needs to broaden its economic base and reduce excessive dependence on a limited number of sectors. Manufacturing, food processing, information technology, startups, handicrafts, small industries and rural enterprises must receive greater attention. The enormous potential of the region's young population must also be converted into productive employment and entrepreneurship.

Small businesses deserve particular support. For many families, a small shop, workshop, transport business, handicraft unit or rural enterprise is their principal source of income. These enterprises often have limited financial resources and are more vulnerable to economic shocks. Easier access to credit, technology, markets and government schemes can help them survive, expand and create more employment.

Private investment will also have an important role to play. Investors look for stability, good infrastructure, transparent procedures and a predictable business environment. Creating such an environment should remain a priority. The aim should be to attract investment while ensuring that local entrepreneurs, workers, farmers and businesses also benefit from economic expansion.

The people of Jammu and Kashmir have demonstrated remarkable resilience through difficult times. They have continued to run businesses, cultivate their land, preserve traditional crafts and explore new opportunities despite repeated challenges. Their determination provides a strong foundation for the region's economic future. What is needed now is consistent policy support that matches this resilience with opportunity.

The objective should not simply be to restore the economy to its earlier position. Jammu and Kashmir now has an opportunity to build a stronger, more diversified and more resilient economy—one that creates jobs, encourages entrepreneurship, strengthens rural livelihoods and provides young people with reasons to build their future here.

The current economic indicators offer genuine grounds for hope. But hope must be followed by action. Confidence must lead to investment, investment must create employment, and employment must translate into better lives. If the present momentum is sustained through sound policies, improved infrastructure and wider economic opportunities, Jammu and Kashmir can move beyond recovery and enter a new phase of durable and inclusive growth.

Maintaining home gardens Oxygen factory at home.



Sahil Manzoor

Natural vegetation has a widespread reach up to lofty mountains, plateaus, hills, meadows, and water bodies. Banks of the water bodies are rich in a variety of natural vegetation like herbs, shrubs, running grass, and many more.

Nature itself likes and loves beauty, so we can see bizarre and lovely, picturesque views all around the corners of the world.

There are millions of natural vegetation and varieties produced after different techniques like grafting and genetic engineering. Genetic engineering plays an immense role in the upliftment of horticulture, floriculture, and agriculture.

Genetic engineering is the technique used in laboratories to produce new varieties. Example tomato and potato produced a new variety called pomato.

Home gardens There is an ample percentage of people who love flowers and plants; scientifically, we call them Anthophile. Some people have their hobbies as they manage and maintain home gardens at home.

Advancements in floriculture sector. What is floriculture. Floriculture also called as flower farming, this sector has great importance is aspects of economic development. This sector greatly known for the marketing of ornamental plants, and cultivation of flowers.

Like other sectors, floriculture greatly generates employment and produces new varieties through a number of techniques like grafting and budding.

Vase or flowers bed which one is best

Vase adaptation is great but you have keep in mind the care on regular basis like watering, pruning regularly, even during harsh winters we can keep pots inside our house

and till the ending of the winters.

Flower beds

Flowers beds are more attractive then flowers pots.

We can maintain flower beds in a very alluring and beautiful



ways. Like keep flowers height in an ascending order so that every flower may get visible and enhance the beauty of the garden.

What are best flowers and plants to choose for the home garden.

In this case different people have different choices some like plants having medicinal importance like aloe vera rose etc. some people make garden as their hobbies.

Roses of different types because roses bloom after every 6-8 weeks and during the growing season and lasts for upto winters.

Roses are shrubs it will stop soil erosion, and has great medicinal importance.

Flower seedlings, are seasonal and most of the lover plant in their gardens and like hamesh bahar, chrysanthemum, etc. looks so mesmerizing and enhances the beauty of the gardens.

What are famous and attractive plants

Plum is one the beautiful and lavishing plant, cyprus, pines, golden cyprus, english cyprus, italian cyprus, peach flower tree, canadian maple, etc are the plants lovers can plant all of them are accordingly the space available.

Role of watering, watering is necessary to maintain the garden in all respects, watering regularly your gardens. Fertilizer, cow dung, chemical fertilizers lik di but in

very little quantity.

Role of maintenance, lovers have to maintain, and look after every plant on regular basis.

Why gardens are important, gardens enhance the beauty of our surroundings, provides us oxygen, and reduces carbon dioxide concentration from the environment.

During the peak summer, the flowers, and plants look so mesmerizing, endowed and charming. Everyone wants catch their aroma and wants spent time within them.

Such filed generates employment and for the gardeners who have good knowledge and it has great market. There are ample percentage of individuals related to it.

Morning and evening, friend.

Well-maintained home gardens are the morning and evening friend; there are people who have fewer chances to get out and go for regular walks. Home gardens with carpet like surface provide you smoothing like environment and you get enjoyed all the time.

Morning and evening walk for 30 to one hour may provide you good health and is very vital for your good health.

One who walk or runs slowly on green carpet like surfaces may get great and immense health benefits.

Lovers should keep water tank of 500 litres to 1000 liters during prolonged drought or when there is shortage of water in your surroundings.

Government administration should provide seedlings on subsidiary plans and and should provide skill centres where gardeners may learn new techniques and how to enhance and producing more new varieties. We need lovers and we have generate employment where we have a chance. Not a single chance should be ignored. This sector has great and immense potential to generate employment for the skilled youth.

Where from we can get best and fresh varieties. This season starts from from the mid February every year. We can purchase from leading nurseries like we near botanical garden Srinagar, Tengpora bypass, and there sellers at main markets in your towns, cities.

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Damp distress: How to eliminate the smell from homes during monsoon?



Shahnaz Hussain

If you've ever wondered how to do odour control in monsoon at home, you're not alone.

During the rainy season, humidity levels can soar between 60-80%, creating an environment where moisture gets trapped in fabrics, walls, and furniture.

Wet, soggy, damp, and gloomy is how the monsoon weather is, leaving your home with a musty smell, which is much unwanted.

Excess humidity, lack of sunlight, and damp interiors provide the perfect breeding ground for unpleasant odours caused by mould, mildew and bacterial growth.

Monsoon brings the earthy smell of rain and a refreshing change in weather, but along with it comes humidity, an annoying damp smell

and stubborn stains that can wreak havoc in your home.

While this may seem unavoidable, there are ways to combat it and keep your home smelling fresh.

Here's how you can get rid of it.

1--Scented Candles -----

If you've ever noticed that certain scents feel more vivid or comforting on rainy days. Trust me, this isn't just imagination;

rain amplifies certain fragrances, making your home smell heavenly.

With so many different scented candles available, it can be overwhelming to know where to begin.

Choose scented candles known for their calming and relaxing properties, such as jasmine, eucalyptus, mint, lavender, rose, or sandalwood. These scents will help you create a peaceful and serene atmosphere in your home.

Jasmine captures that perfectly. The moisture from rain enhances jasmine's naturally sweet and floral aroma, turning your home into a serene haven.

Lighting up eucalyptus and mint candles cuts right through that heaviness. These fragrances feel crisp and rejuvenating, making your space feel brighter and your mind clearer.

Lavender is a common choice in the rainy season. It helps cover bad smells and also keeps the room smelling fresh. It is known for its soft floral aroma that brings a calming effect, making it a lovely option for monsoon mornings.

Rain boosts the soothing effects of Lavender, turning your home into the perfect spot for relaxation and meditation. It's nature's own stress-relief formula.

Rose-scented candles capture the essence of fresh roses in full bloom, with their delicate floral notes that are both calming and uplifting.

Light it when you want calm, clarity, and soft cottagecore energy.

Its elegant look adds a romantic glow, perfect for winding

down after a long rainy day.

The gentle aroma of roses is known for its ability to evoke feelings of love, comfort, and serenity. Lighting a rose-scented candle can transform any space into a sanctuary of relaxation and elegance, making it ideal for enhancing your mood and creating a romantic ambience. 2--Use a dehumidifier----- Using a dehumidifier helps maintain a balanced humidity level, which prevents mould and keeps your home dry, safe and comfortable throughout the rainy season. Dehumidifiers produce heat as a by-product of the process to draw moisture towards itself, creating a dry spot in the process. It also protects wooden furniture and electronics from moisture damage and keeps fabrics, books, and linens fresh. Portable electric dehumidifiers work well for bedrooms, living areas and basements. Natural dehumidifiers for home, like bamboo charcoal bags and rock salt, can be just as effective as electric ones in smaller spaces. 3---Essential Oils --- Essential oils can add a pleasant scent to your linen and leave your place feeling fresh, and also remove unpleasant odours completely. Some essential oils can eradicate odours right where they originate as a result of their antibacterial qualities. Essential oils such as tea tree, eucalyptus, and lemon are renowned for their antimicrobial properties and refreshing scents. Add a few drops of these oils to a diffuser or create a natural room spray by mixing them with water. This will help combat dampness, purify the air, and leave your home smelling fresh and clean.

The author is international fame beauty expert and is called the herbal queen of India

Dark Energy And Its Impact On Human Health



By Syed Majid Gilani

In the modern materialistic world the phrase dark energy can be understood in two very different ways. In astronomy, dark energy is the mysterious component believed to be responsible for the accelerated expansion of the universe. It is not a form of energy that humans can directly see, touch or consume. Therefore, it is important to note that there is currently no established scientific evidence that dark energy directly causes disease or negatively affects human health.

However, the scientific mystery surrounding dark energy raises fascinating questions about our universe, our environment and our place within it. It also provides an opportunity to understand how scientific discoveries influence human thinking, research and long-term health-related knowledge.

The universe is expanding. Scientists have discovered that this expansion is not simply continuing at a constant rate; on very large cosmic scales, the expansion is accelerating. The unknown phenomenon associated with this acceleration is called dark energy. Dark energy appears to make up a large proportion of the total energy content of the universe. Yet scientists still do not know exactly what it is. It may be related to a property of empty space itself, or it could indicate that our understanding of gravity and the universe needs to be revised. The word dark does not mean evil, dangerous or unhealthy. It simply reflects the fact that its nature remains

largely unknown.

At present, there is no credible evidence that dark energy has a direct biological effect on human beings. The human body is affected by many well-established physical and environmental factors—such as radiation, temperature, air pollution, nutrition, infectious agents, chemicals, sleep patterns and psychological stress.

Dark energy operates primarily on enormous astronomical scales. Its effects become important over distances involving galaxies and the large-scale structure of the universe. At the scale of a human body, a classroom, a city or even our solar system, its direct influence is extraordinarily small. Therefore, claims that dark energy causes fatigue, headaches, depression, cancer or other illnesses should not be treated as scientific facts.

Although dark energy does not appear to directly harm human health, research into the universe has indirect benefits for humanity. Astronomy encourages the development of advanced technologies, instruments, computing systems and mathematical methods. Many technologies originally developed for space and astrophysical research have eventually found applications in medicine and other fields.

Scientific research also teaches an important lesson: we should distinguish between what we know, what we suspect and what we simply imagine. This principle is extremely important in healthcare. For example, when people encounter an unexplained illness or unusual symptom, they may sometimes blame mysterious environmental or cosmic forces. Science requires evidence before accepting such explanations. This protects society from misinformation, unnecessary fear and potentially harmful treatments.

There is another interesting connection between the universe and human well-being—the psychological effect

of thinking about our place in the cosmos.

Learning about the enormous size and age of the universe can create a sense of awe and humility. For some people, astronomy provides perspective on everyday problems. Looking at the universe from a broader viewpoint can remind us that human life is part of something much larger.

At the same time, the enormous scale of the universe may produce anxiety in some individuals. Thoughts about cosmic uncertainty, the future of the universe or humanity's small place within it can sometimes become overwhelming. This is not an effect of dark energy itself, but rather a possible psychological response to thinking about cosmic questions.

Dark energy and scientific responsibility One of the most important lessons from dark-energy research is the value of intellectual honesty. Scientists openly acknowledge that they do not yet know what dark energy actually is. This is a strength of science, not a weakness.

In health discussions, the same principle should apply. When evidence is incomplete, we should say “we do not know yet” rather than creating an unsupported explanation.

Today, social media can rapidly spread claims about mysterious energies, cosmic vibrations and supposed health effects. Some of these claims may sound scientific because they use words such as energy, frequency or quantum. But scientific terminology does not automatically make a claim scientifically valid. People should therefore ask three basic questions: What is the evidence?

Has the claim been independently tested?

Do qualified scientists agree with the conclusion?

These questions are particularly important when health is involved. The future of dark-energy research Scientists continue to study dark energy through observations of distant galaxies, supernovae, cosmic structures and the expansion history of the universe.

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When Escape Becomes a Trap

The real battle drug abuse begins not with condemnation, but with understanding, prevention and a path back to dignity



By Bisma Ashraf

Drug abuse is no longer a problem that belongs to police files, rehabilitation centres or health seminars. It has quietly entered the everyday life of society, finding its way into homes, schools, workplaces and neighbourhoods. Sometimes it begins with curiosity, sometimes with peer pressure, loneliness, emotional pain or the desire to escape an unbearable reality. What appears to be a temporary escape can eventually become a prison.

The most disturbing aspect of this crisis is its silence. Families often recognise the problem only after it has already caused serious damage. By then, trust may have been broken, relationships strained and opportunities lost. The individual may be battling not only dependence but also shame, isolation and the fear of being judged.

For too long, society has viewed addiction largely through the lens of morality and personal failure. Such an approach is not only simplistic but counterproductive. Dependence can affect judgment, impulse control and behaviour, making recovery considerably more complicated than simply deciding to stop. Treating every person struggling with addiction as weak or irresponsible can drive them further into secrecy rather than toward help.

Young people deserve particular attention. Adolescence is a period of experimentation, emotional change and a powerful desire to belong. Academic pressure, family problems, loneliness, social isolation and exposure to unhealthy influences can make harmful substances appear to offer an easy escape. In an increasingly stressful and digitally driven world, young minds can be especially vulnerable to such influences.

Prevention, therefore, cannot begin at the rehabilitation centre. It must begin much earlier—in families, classrooms and communities. Children need spaces where they can speak about fear, failure, anxiety and disappointment without immediately being judged. Parents need to listen as much as they instruct. Schools need to encourage open and age-appropriate conversations about

substance abuse rather than relying solely on warnings and punishment.

The consequences extend far beyond the person using drugs. Families experience anxiety, financial hardship, broken trust and emotional exhaustion.

not automatically be regarded as the end of that journey. The objective should be to help people regain control of their lives, rebuild relationships and rediscover a sense of purpose.

The media, too, has a responsibility.



Children may grow up amid uncertainty and neglect. Communities bear the burden through pressure on healthcare, law enforcement, education and social services. What begins as an individual struggle can eventually become a collective crisis.

This is why punishment alone cannot be the answer. Law enforcement has an important role in preventing the illegal supply of harmful substances, but the person already trapped in dependence also needs medical assistance, counselling, rehabilitation and sustained social support. A comprehensive response must combine prevention, enforcement, treatment and reintegration.

Perhaps the greatest obstacle to recovery is stigma. People often conceal their struggles because they fear being labelled more than they fear seeking help. Derogatory words reduce a person to their addiction and erase the human being behind it. Language matters because the way society speaks about a problem influences the way people respond to it.

Recovery should never be treated as a source of shame. It is often a difficult journey requiring patience, professional care, family support and considerable courage. Relapse or setbacks should

Sensationalising addiction may attract attention, but responsible journalism should focus on awareness, prevention, verified information and human dignity. Stories of recovery and resilience can sometimes achieve more than frightening statistics.

Ultimately, society must stop asking only, "Why did this person do this?" and begin asking, "What happened to this person, and how can we help?" That change in perspective does not excuse harmful behaviour. It simply recognises that lasting solutions require understanding as well as accountability.

The fight against drug abuse is not merely a campaign against a substance. It is a struggle to protect families, preserve young lives and restore hope to those who have lost their way. If society can replace silence with conversation, stigma with compassion and delayed intervention with timely support, many lives can still be saved.

The greatest victory will not be measured by how many people we condemn, but by how many people we help find their way back.

— Bisma Ashraf is a regular contributor to Headlines Today.

True Freedom Begins with Self-Discipline

(Self-Discipline Is the Foundation of Real Freedom)



Dr. Vijay Garg

Freedom is one of the most valued ideas in human life. We often associate freedom with the ability to make our own choices, express our opinions, travel where we want, choose our careers and live according to our preferences. But freedom without responsibility can easily turn into disorder. Real freedom does not mean doing whatever we want at every moment. It means having the wisdom and strength to choose what is right, even when it is difficult.

That is why self-discipline is one of the deepest forms of freedom.

A person who cannot control his habits, emotions, impulses or desires may appear free from the outside, but internally he can become a prisoner of his own choices. On the other hand, a disciplined person develops the ability to direct his time, energy and attention toward meaningful goals. Self-discipline therefore does not reduce freedom; it makes freedom meaningful.

Freedom Without Discipline Can Become a Burden

Imagine having complete freedom to use your time but no discipline to manage it. Hours may disappear in unnecessary activities. Imagine having unlimited access to entertainment but no ability to stop. What initially feels like freedom can gradually become dependence.

The same principle applies to money, food, technology, social media, studies, work and relationships. Whenever we lose the ability to say "enough," our choices begin controlling us.

True freedom is not simply having many choices. It is having the ability to choose wisely among those choices.

Self-Discipline Means Governing Yourself

Self-discipline is not punishment. It is the ability to govern oneself. It means waking up when you have decided to wake up, completing an important task even when you do not feel like doing it, keeping promises made to yourself, controlling unnecessary distractions and accepting responsibility for your decisions.

A disciplined person does not need someone constantly watching over them. They develop an inner sense of responsibility. Parents, teachers, employers and society may provide rules, but lasting discipline comes from within.

External discipline says, "I must do this because someone expects it."

Self-discipline says, "I choose to do this because it is important."

That difference represents a major step toward maturity.

The Freedom to Say No

One of the strongest expressions of self-discipline is the ability to say "No."

We live in a world filled with invitations to distraction. Notifications demand attention. Advertisements encourage consumption. Social media competes for our time. Peer pressure can influence our decisions. Instant entertainment is always available.

Freedom means having the ability to step back and decide whether something deserves our time.

Saying no to an unnecessary distraction creates space for something more valuable. Saying no to procrastination creates time for learning. Saying no to unhealthy habits protects future well-being. Saying no to impulsive reactions can prevent unnecessary conflicts.

Every meaningful "no" can protect an important "yes."

Time Management Is Self-Discipline

Time is one resource that cannot be recovered once it has passed. Wealth can sometimes be earned again, possessions can be replaced and opportunities can return, but yesterday cannot be brought back.

Self-discipline teaches us to treat time with respect.

A student who follows a reasonable study routine gains freedom from last-minute panic. A professional who organizes responsibilities gains freedom from unnecessary pressure. A person who plans important tasks gains more control over the day.

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Where Roads End, Education Begins

ETK Imamia Public schools in remote border areas of Uri turning geographical isolation into opportunities—
Adil Mir crack UPSC.



By: Syed Abid Gowhar

Reaching the far-flung border areas of Uri in Baramulla district is itself a demanding journey. Establishing and sustaining educational institutions in such difficult terrain is an even greater achievement.

Educational Trust Kashmir (ETK) has been running three Imamia Public Schools in the Uri region—two up to the primary level and one up to the secondary level. These schools serve children living in remote villages where distance, difficult terrain, poor road connectivity and limited educational opportunities continue to shape everyday life.

The presence of these schools in a sensitive border region reflects more than an expansion of the Trust's educational network. It represents a sustained commitment to taking education to communities that are often separated from major towns by long distances, mountains and inadequate infrastructure.

Among these institutions is Imamia Public School Cholan, situated in a remote village nearly 130 kilometres from Srinagar. The journey to the school presents a reality that is difficult to understand without witnessing it personally.

The village has no proper road connectivity leading to the school—not even a comfortable footpath. The approach passes through steep hilly terrain and clusters of closely built houses. Every step requires care and effort. In Cholan, every footstep appears to create its own path.

At the top of the hill stands the concrete building of Imamia Public School Cholan, inaugurated in 2024. The school serves a village comprising nearly 150 households. Its location may be difficult to access, but its presence has brought education closer to children who might otherwise have remained deprived of organised schooling.

The daily journey of the students is itself a lesson in courage. Before they enter their classrooms, they have to negotiate

difficult slopes and unsafe pathways. For these children, going to school is not an ordinary routine. It is a daily expression of determination. Speaking mostly the Pahari language, the villagers gather around any well-dressed stranger in assuming him as any government official with some government aid and relief.

ETK has done commendable work by establishing Imamia Public Schools in remote, hilly and far-flung areas, bringing the light of education to communities that remain difficult

Baramulla district. He recently qualified the Central Armed Police Forces Assistant Commandant Examination 2025, securing All India Rank 278.

His journey began in the classrooms of IPS Noorkhah, where he studied up to the eighth standard. It was there that the foundation of his education, discipline and confidence was laid.

Adil's achievement is remarkable not only because he succeeded in a highly competitive national-level examination,



to reach. Transporting construction material to such locations, where even walking is arduous and exhausting, reflects ETK's extraordinary commitment, determination and service to these underserved communities. A school in a remote village is not merely a building containing classrooms. It is often the first institution that introduces a child to a larger world of possibilities.

It gives children the confidence to imagine a future beyond geographical isolation and economic hardship.

Yet the true significance of such schools becomes clearer when the stories emerging from them begin to influence society beyond the villages in which they were founded. One such inspiring story is that of Adil Mir, an alumnus of Imamia Public School Noorkhah Uri.

Adil belongs to Noorkhah village in Boniyar tehsil of

but also because of the hardships he faced during childhood.

When he was studying in the second standard, his father passed away.

The loss could have brought his education to an abrupt end. However, the school and its teachers stood beside him at a time when he needed support most.

He was provided free education up to the eighth standard. No school fee was charged from him. Adil remembers that even when he brought money from home to pay printing charges, his teachers would return it.

These were not merely acts of financial assistance. They were acts of compassion that protected the educational future of a child during one of the most difficult periods of his life.

After completing his education at IPS Noorkhah, Adil continued his studies at Noor-ul-Uloom and later completed

his higher secondary education. He pursued an Honours degree in Political Science from Aligarh Muslim University and subsequently completed his master's degree through IGNOU.

Alongside his studies, he continued preparing for competitive examinations. Through perseverance, the guidance of his teachers and the support of his mentors, he succeeded in achieving a goal that once may have appeared distant.

Adil does not describe the success as his achievement alone. He considers it an achievement of Educational Trust Kashmir, Imamia Public Schools and the entire community that supported his educational journey.

The difficult climb towards IPS Cholan and the inspiring journey of Adil Mir are part of the same story.

At Cholan, children walk through steep terrain to reach their classrooms. At Noorkhah, a child who lost his father received the support of his school, continued his education and eventually succeeded at the national level.

The children studying in Cholan and the other ETK schools in Uri today may become the officers, teachers, scholars, writers, administrators and community leaders of tomorrow. Adil's success shows that talent exists even in the remotest villages. What children need is access, encouragement and sustained institutional support.

The teachers working in these schools are serving in areas where facilities are limited and travelling is difficult. Their role goes beyond classroom instruction. They serve as mentors, guides and, in many cases, the strongest source of encouragement available to their students.

At the same time, the condition of access to IPS Cholan requires the attention of the administration. Children and teachers deserve a safe pathway and proper road connectivity. Establishing a school is a major achievement, but ensuring a secure and dignified route to that school is equally important.

Educational Trust Kashmir's presence in Uri demonstrates what determined social service can accomplish. Reaching the border region, establishing three schools and continuing to educate children despite geographical and logistical challenges is itself an achievement.

When students from these institutions rise above hardship and earn recognition at the national level, the service becomes even more meaningful.

Adil Mir's journey is therefore not only a personal success story. It is a reminder of the power of timely support, dedicated teachers and accessible education.

From the steep hill of Cholan to the national achievement of an alumnus from Noorkhah, one message emerges clearly:

Where roads end, education can still begin. Where opportunities appear limited, committed institutions can create new paths. And where a child receives guidance, dignity and support, even the most distant dream can become achievable.

(Author is a senior freelance writer, ace broadcaster and social activist)

The views and opinions expressed in this article are solely those of the author and do not reflect the editorial policy of Headlines Today at all and in any manner. We assume no responsibility or liability for the accuracy, completeness, or consequences of the views expressed therein....



Maiden meeting of MY Bharat District Advisory Committee held at Jammu

HT News Network

JAMMU, AUGUST 11: The first meeting of the District Advisory Committee of MERA YUVA BHARAT (MY Bharat), Jammu was held today under the chairmanship of Additional Deputy Commissioner (ADC) Jammu Vidhu Shekhar.

At the outset, District Youth Officer, MY Bharat, Vivek Kumar presented a detailed overview of the initiative of the Ministry of Youth Affairs & Sports, Government of India. He informed that MY Bharat aims to enroll and register youth in the age group of 15 to 29 years on its digital platform, which connects them with opportunities for volunteering, experiential learning, mentorship, leadership programmes and national initiatives, besides enabling them to build a verified digital profile and participate actively in nation-building.

The committee deliberated

on the strategy for achieving cent percent youth registration, inter-departmental convergence, promotion of Experiential Learning Programmes (ELPs) and participation in national campaigns for engaging youth in the district.

Addressing the meeting, the ADC called for concerted efforts to enhance youth enrollment across the district. He highlighted the pivotal role of schools, colleges and other educational institutions in mobilising students for registration on the MY Bharat portal and stressed effective coordination among all stakeholder departments for implementation of the programme in letter and spirit.

The meeting was attended by Chief Planning Officer Ajaypal Singh, Deputy Director Employment Sunaina Saini, Culture Officer Rajinder Digma besides other officers and members of the committee.

ADDC Jammu reviews rabies, dengue control measures

HT News Network

JAMMU, AUGUST 11: Additional District Development Commissioner (ADDC) Jammu Sher Singh today reviewed the rabies and Dengue Control preparedness of the district here at joint meeting of District Zoonosis Committee-cum-District Steering Committee for Rabies Control and a review meeting to assess the prevailing dengue situation and preparedness in the district.

At the outset, the District Surveillance Unit gave a presentation on the "One Health" approach, which recognises the interconnectedness of human, animal and environmental health, and briefed the meeting

on the status of rabies, dengue and other diseases, along with the preventive and control measures being undertaken by the concerned departments.

Addressing the meeting, the ADC underlined that zoonotic and vector-borne diseases can be tackled effectively only through sustained inter-departmental coordination cutting across the Health, Animal Husbandry, Local Bodies, Rural Development and Education sectors. He called for adoption of the "One Health" approach in letter and spirit and stressed on joint prevention rather than reliance on treatment alone. The ADC directed the departments to strengthen surveillance, ensure timely information-sharing and evolve a transparent monthly reporting mechanism so that outbreaks.

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, Baripora, 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, Baripora, 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 Guloor, 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 Guloor, Langate, Kupwara, J&K 193302

PUBLIC NOTICE

MY ACTUAL NAME IS MANZOOR AHMAD BEIGH S/O NAZIR AHMAD BEIGH R/O MUGHAL MOHALLA CHATTABAL SRINAGAR BUT HAS BEEN WRONGLY MENTIONED IN SCHOOL RECORD AS MANZOOR AHMAD BAIGHS/O NAZIR AHMAD BAIGH. ANYBODY HAVING ANY OBJECTION MAY CONTACT HEADMASTER GOVERNMENT MIDDLE SCHOOL MUGHAL MOHALLA CHATTABAL SRINAGAR ZONE: EIDGAH, WITHIN THE PERIOD OF SEVEN DAYS. MANZOOR AHMAD BEIGH

PUBLIC NOTICE

I HAVE LOST MY SCHOOL DISCHARGE CERTIFICATE IN 2014 FLOODS. NOW I WANT ITS DUPLICATE. ANYBODY HAVING ANY OBJECTION MAY CONTACT GOVERNMENT MIDDLE SCHOOL MUGHAL MOHALLA CHATTABAL WITHIN THE PERIOD OF SEVEN DAYS.

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 & Kashmir OFFICE OF THE DIVISIONAL FOREST OFFICER PLANNING AND PUBLICITY DIVISION SRINAGAR SHORT TERM TENDER NOTICE

e-NIT NO: 02 of 2026-27 DATED: 11-08-2026

For and on behalf of the Hon'ble President of India, e-tenders (Two cover system) are invited from registered, reputed and resourceful Contractors/Firms registered with Jammu & Kashmir Govt./Central Govt. Organizations for the following works: -

S.No.	Name of Work	Adv. cost (Rs. in Lakh)	Bid Security (EMD) INR (Rs.)	Class of Contractor	Cost of Tender Document (Rs)	Time of Completion
1.	Rasing of Medicinal plants/Rhizomes of different species in Dandipora Nursery and construction of inspection path 1.5 Mtrs wide with standard specification	4.23	8500	"D" & Forest Territorial Contractor	200.00	60 days

The position of codal formalities in respect of above work(s) is as under:

Sno	Particulars	Remarks
a.	Scheme	CAPEX
b.	Position of Funds	Budgeted
c.	Position of AA	Accorded vide No: CFC/Plg/AA/TS/Plg/2026/ 63-66DT.09-07-2026.

The e-NIT Consisting of qualifying information, eligibility criteria, scope of work, Bills of Quantities, (B.O.Q), Terms & Conditions of contract and other details can be seen/downloaded from the website www.iktenders.gov.in.

Publishing Date:	11-08-2026
Download Start Date:	12-08-2026 from 06:00 p.m
Bid submission Start Date:	12-08-2026 from 06:00 p.m
Bid submission End Date:	21-08-2026 upto 06:00 p.m
Date of Opening of Technical Bid through online:	22-08-2026 at 01.30 p.m (In the office of Divisional Forest Officer, Planning and Publicity Division Kashmir at Sheikh Bagh Srinagar).
Date of Opening of Financial Bid through online:	To be opened (Online) after technical evaluation is completed.

TERMS & CONDITIONS

- The bids shall be deposited in electronic format on the website: <https://iktenders.gov.in>.
- In pursuance to Finance Department Circular instructions vide No. FD-Code/290/2026 Dated: 22-05-2026 to implement online system for depositing Bid security (EMD) and Tender Fee across all works Departments. The Bidders shall deposit the EMD, IT Service Charges & Tender Fee in the Centralized Pooling Bank Account of this Department. The details of the Accounts are as.
- Account: Principal Chief Conservator Forests**
Name of the Bank: Jammu and Kashmir Bank.
Branch : Civil Secretariat
IFSC Code : JAKAOMOVING
Account No : 0110010200001102
- The bids for the work shall remain valid for a period of **30 days** from the date of opening of bids.
- The bidders have to submit their Technical & Financial bids online in electronic format with digital signature. No Technical or financial bid shall be accepted in physical/hard form. Bids will be opened online as per time schedule mentioned above. Bidders must ensure to upload scanned copies of all necessary documents i.e., Bid Security (EMD) and Tender Fee, Valid Registration Card issued by PWD/CPWD/Forest Territorial Department/duly renewed for the current year 2026-27, PAN, Valid GST Registration, Affidavit cum undertaking.
- As per rule 171 of GFR-2017, Performance Security shall have to be deposited by successful bidder to the order of 3% of the value of contract and if there are compelling circumstances, performance security in excess of three percent may also be demanded.
- In case bid of the lowest bidder /successful bidder is found abnormal low Bids (ALBS) the circular instructions issued by Finance Department J&K vide No. FD-Code/441/2021-02-158 Dated:- 08-08-2025 will be imposed on the lowest bidder.
- The Department will not be responsible for any delay in online submission of the bid due to any reason (technical or otherwise).
- The Department shall not be held responsible for selection criteria/policy matter being adopted by the Directorate of Information regarding publishing the NIT, in any of the newspaper under circulation.
- The Tender Accepting Authority reserves the right to reject any or all the tenders without assigning any reason thereof.
- All other terms and conditions shall remain same as per PWD form 25 (double leaf) and as per the Detailed Tender document.

DIPK-4443/26

Send Date: Aug 11 2026

Abid Ali Lone , SFS
Divisional Forest Officer,
Planning & Publicity Division
Srinagar

Union Territory of Jammu & Kashmir

JAL SHAKTI DEPARTMENT

Office of the Executive Engineer FBI Division Tangmarg

e-TENDER NOTICE No.12 of 2026-27 FBI Division Tangmarg

Executive Engineer Jal Shakti FBI Division Tangmarg on behalf of the Lt. Governor of Jammu & Kashmir UT invites e-tenders in single cover system from eligible consultancy firms/engineering consultants for providing Consultancy Services for Structural/Hydraulic design of various Hydraulic Structures, including soil investigation Topographical Survey, Geotechnical Investigation, formulation of both the reports duly Vetted by DIQC/NIT/IT for various components for the proposed Water Reservoir as per site requirement along with the design of all necessary flood protection works, at Drung, Tangmarg for the job hereunder fulfilling the eligibility criteria specified in this e-NIT for the works detailed below. Bids need to be accompanied by EMD however. The complete bidding process is online. However, hard copies of technical document are to be submitted only by the L-1 in the office of the Executive Engineer Jal Shakti FBI Division Tangmarg on the day which shall be communicated to lowest bidder. No financial bid shall be accepted in physical form:-

S. No	Name of work	Estt. Cost of Work (In Lacs)	Earnest Money (Amount in Rupees)	Time of completion	Cost of Tender document (Amount in Rupee)	M.H. of Account	Position Of Funds
1	2	3	4	5	6	7	8
1	Consultancy Services for Structural/ Hydraulic design of various Hydraulic Structures, including soil investigation Topographical Survey, Geotechnical Investigation, formulation of both the reports duly Vetted by DIQC/NIT/IT for various components for the proposed Water Reservoir as per site requirement along with the design of all necessary flood protection works, at Drung, Tangmarg.	8.00 lacs	16000/-	30 days	300/-	UT Capex Budget	Assured

1	Publishing date:	10-08-2026	05:30 PM
2	Download date start:	10-08-2026	10:00 AM
3	Bid Submission date start	11-08-2026	10:00 AM
4	Bid Submission date Ends:	24-08-2026	04:00 PM
5	Date of Opening	25-08-2026	11:00 AM

Terms and Conditions: -

- Bids must be accompanied with cost of 2%CDR/FDR tender document non-refundable /non-transferable) to be deposited under M.H 0215 Rev Misc. in the shape of Treasury challan /e- challan (mentioning therein NIT No. S.No. of work) to be pledged in favour of the Executive Engineer Jal Shakti FBI Division Tangmarg and date on it must be prior to date of issuance of this tender notice, EMD).
- SCOPE OF WORK

The consultancy shall cover the following services:

1.1 Topographical Survey

- Detailed site survey with contour mapping (at 0.5 m intervals).
- Preparation of site layout plan.
- L-section/ Cross section of the site upto 500m Upstream and Downstream of the proposed site

1.2 Geotechnical Investigation

- Drilling of boreholes at required locations and depths.
- Standard Penetration Tests (SPT).
- Collection and laboratory testing of soil and rock samples.
- Preparation of a geotechnical report with:
- Safe bearing capacity
- Foundation recommendations
- Groundwater conditions

1.3 Design Services

- Structural design of RCC Water Reservoir of 5 MGD capacity, suitable for the proposed site.
- Hydraulic analysis and flood safety design.
- Design of flood protection structures such as:
- Retaining walls
- Embankments
- Gabion/stone pitching
- Scour protection measures
- Preparation of all necessary design drawings for:
- RCC reservoir
- Flood protection works
- Inlet/outlet structures
- Valve chambers
- Access arrangements

1.4 Estimation and BOQ

- Preparation of detailed cost estimates.
- Preparation of Bill of Quantities (BOQ) for civil works.

1.5 Technical Report

- Compilation of:
- Design report
- Soil investigation report
- Detailed design calculations
- All drawings and estimates

1.6 Assistance During Tendering

- Reply to queries from bidders during tendering for civil construction, if required.

1.7 Vetting of Design

- The consultant shall get the final structural design of the reservoir and flood protection works vetted from Design Inspection & Quality Control (DIQC) Department of J&K, OR Any recognized institute like NIT Srinagar or IIT, as directed by the client.
- The vetting fees shall be borne by the consultant; however, coordination, documentation, and modifications required as per vetting observations shall be the responsibility of the consultant.

- The consultant shall incorporate all observations raised during vetting and submit a final vetted design set.
- The consultant shall provide four sets (04) of Designs duly vetting and submit a final vetted design set.

2. ELIGIBILITY CRITERIA.

Bidders shall fulfill the following minimum requirements:

- Registered engineering consultancy firm with valid registration under relevant statutory authorities.
- Minimum three (3) similar projects (water reservoirs or similar hydraulic structures) of comparable scale executed during the last seven (7) years.
- Experience in design of flood protection works.
- In-house or associated geotechnical investigation facilities.
- Minimum average annual turnover of 15.00 lacs over the last three (3) years.
- The firm should not be blacklisted by any government or semi-government organization.
- In case of delay in completion of work beyond stipulated period of completion, penalty of the maximum 10% of the contract value shall be imposed upon the agency.
- Performance guarantee 3% of allotted cost. In the form of CDR/FDR shall be submitted to the Executive Engineer FBI Division Tangmarg before the allotment is issued which will be released after the successful submission and vetting of the design.

3. DOCUMENTS TO BE SUBMITTED

- Company profile.
- Valid registration certificates.
- List of similar works executed with completion certificates.
- CVs of key technical personnel. Financial statements for the last three financial years. Methodology and work plan for executing this project.

DIPK-4422/26

Send Date: Aug 11 2026

Sd/-
Executive Engineer,
FBI Division Tangmarg





Govt approves 5.78 Cr for restoration, preservation of historic Lah Wali Bowli in Rajouri

Initiative to revive architectural heritage, strengthen cultural identity, unlock tourism potential

■ HT News Network

SRINAGAR, AUGUST 11: The Government of Jammu & Kashmir has approved 5.78 crore for the comprehensive restoration and preservation of the historic Lah Wali Bowli in Rajouri, marking another significant step towards safeguarding J&K's rich architectural and cultural heritage.

The conservation project will focus on restoring the historic stepwell and its architectural features while preserving its cultural character and historical significance. The initiative is also aimed at enhancing the site's tourism potential and creating a heritage attraction for visitors to the district.

The approval forms part of the Government's broader efforts, under the leadership of Chief Minister Omar Abdullah, to conserve and revitalise historically and culturally significant sites across Jammu & Kashmir.

In recent months, the Government has approved a series of heritage conservation



initiatives covering both Jammu and Kashmir divisions. These include the repair and renovation of the historic Rattan Garh Fort in Bhaderwah, Doda; restoration and renovation of Ziyarat Sharief Khiram; repair

and renovation of the historic Shiv Mandir at Thajiwara, Bijbehara; and restoration and revival of the historic heritage site of Purmandal in Samba.

Other approved initiatives include the

conservation and upgradation of the historic Imambara Zadibal in Srinagar, development of the revered holy spring of Khoo Sahib at Yarwan in Pulwama, restoration of the historic Jamia Masjid Sharief in Shopian, and restoration of the revered Sarvadhara Chaumanda Mata Mandir in Ramban.

The Government's heritage conservation programme seeks to preserve the architectural legacy of Jammu & Kashmir while integrating heritage sites into the region's broader tourism and cultural development framework.

The restoration of Lah Wali Bowli is expected to provide a renewed identity to the historic site in Rajouri, while contributing to local tourism and strengthening efforts to preserve the region's diverse cultural heritage for future generations. The Government's heritage conservation programme seeks to preserve the architectural legacy of Jammu & Kashmir while integrating heritage sites into the region's broader tourism and cultural development framework.

Govt sets out framework for simultaneous protection of forests, tribal rights; mandates strict

HT NEWS DESK / AGENCIES

SRINAGAR, AUGUST 11: The Jammu and Kashmir Government has announced a slew of measures to ensure a balanced approach towards protection, conservation and sustainable management of forest resources while ensuring recognition and settlement of the legitimate rights of forest-dwelling Scheduled Tribes and other traditional forest dwellers in accordance with the Forest Rights Act, 2006. The government has issued detailed guidelines through circular number 07-JK(FST) of 2026 by the Department of Forest, Ecology and Environment, directing all the concerned departments and authorities to ensure strict compliance with the applicable statutory provisions and prescribed procedures.

The circular mandates that all action related to forest land, encroachment and forest rights shall strictly conform to the Indian Forest Act, 1927 (16 of 1927), as applicable to the Union Territory of Jammu and Kashmir, the Scheduled Tribes and Other Traditional Forest Dwellers (Recognition of Forest Rights) Act, 2006, the rules made thereunder, the Wild Life (Protection) Act, 1972 and the applicable environmental laws, judicial directions and instructions issued by the competent authorities from time to time.

Noting that issues concerning the protection of forest areas, forest cover and land along with the rights of communities traditionally

dependent on forests have repeatedly arisen, the government stressed the need to balance forest conservation with the recognition of legitimate forest rights in accordance with applicable statutory provisions.

It has been reiterated that all action related to forest land, encroachment and forest rights strictly conform to the Indian Forest Act, 1927, the Forest Rights Act, 2006, the Wild Life (Protection) Act, 1972, and applicable environmental laws, so that forest conservation is not compromised while legitimate claims of forest-dwelling Scheduled Tribes and other traditional forest dwellers are settled as per the prescribed statutory framework. As part of the decision, the Government has directed that wherever occupation of forest land is reported or comes to notice, the concerned Forest authorities shall undertake proper verification of the land status and classification, relevant forest and revenue records, nature and extent of occupation, period of occupation and other relevant facts and evidence concerning the claimant, including the nature and extent of any claim made under the Forest Rights Act, 2006. Wherever necessary, forest and revenue records shall be reconciled and the area properly demarcated to prevent erroneous identification of land, overlapping claims and unauthorized occupation. Such verification, reconciliation or demarcation shall, however, be undertaken without prejudice to any claim pending under the Forest Rights.

CUKashmir holds capacity building workshop on Labour Codes

■ HT News Network

Ganderbal, Aug 11: In connection with the Labour Code Compliance Initiative-2026, the Planning & Development Section and the Department of Management Studies, Central University of Kashmir (CUKashmir) organised the first in a series of Capacity Building and Awareness Workshops on Labour Codes for outsourced employees at Tulmulla Campus here Tuesday.

Addressing the participants, Registrar, Dr. Nisar Ahmad Mir, stressed that awareness of rights and duties must go hand in hand



with responsible discharge of one's duties. He said the University was committed to ensuring that both outsourced and regular employees were aware of their legitimate rights and statutory benefits. Dr. Nisar observed that awareness empowers employees to seek clarification and approach the appropriate authorities whenever they have concerns

regarding wages, social security or other entitlements. He emphasised that the University's commitment extends beyond merely ensuring compliance on paper, stating that workers should be able to understand and access the benefits available to them.

The technical session on Provident Fund: Provisions, Benefits and Entitlements was delivered by Mr. Mohammad Ehsanul Haq, Deputy PF Commissioner, Kashmir, who gave insights into the Social Security Code and provisions relating to the Employees' Provident Fund (EPF).

Reasi heads for strengthening Rural Sanitation with approval of District Sanitation Plan

■ HT News Network

REASI, AUGUST 11: Deputy Commissioner Reasi Kumar Abhishek today chaired a review meeting to assess the implementation of the Solid Waste Management Rules, 2026 and review the District Sanitation Plan for 2026-27.

The meeting held detailed discussions on the proposed sanitation activities and waste management arrangements across the district. After reviewing the proposed projects, the Deputy Commissioner approved the District Sanitation Plan for the current financial year. The approved plan focuses on strengthening door-to-door collection of segregated waste, transportation of

waste through designated vehicles, source segregation and recycling.

The DC directed the concerned BDOs to ensure effective implementation of the plan at the grassroots level and ensure that sanitation services reach all Panchayats. He stressed regular waste collection, proper source segregation and timely transportation of waste. GPS-based vehicle tracking and approved route plans will also be followed for effective monitoring of waste collection vehicles. The meeting also reviewed arrangements for the operation and maintenance of sanitation assets, clearance of legacy waste sites, provision of necessary safety equipment to sanitation workers.

GDC R.S Pura organises painting, poster exhibition

■ HT News Network

JAMMU, AUGUST 11: As part of the Har Ghar Tiranga Campaign-2026 and the Commemoration of 150 Years of "Vande Mataram," Government Degree College, R. S. Pura organized an exhibition of posters, paintings and sketches on the college campus, here today.

The exhibition was inaugurated by Principal of the College Prof. (Dr.) Preetpal Kour in presence of senior faculty members. The Principal appreciated the creativity and patriotic spirit of the students and emphasized the importance of national unity, constitutional values and respect for the National Flag.

A large number of students from different Departments enthusiastically participated in the event, creating artistic imagery depicting the Tiranga, scenes from the freedom struggle, national heroes and patriotic themes. The exhibition created an atmosphere of patriotism and cultural awareness within the campus and encouraged students to express their love for the nation through creative art.

The programme was conducted successfully and served as a meaningful tribute to the National Flag and the spirit of Vande Mataram. The programme was conducted successfully and served as a meaningful tribute to the National Flag and the spirit of Vande Mataram.

GCoE Srinagar celebrates Har Ghar Tiranga-2026, Marks 150 Years of Vande Mataram

■ HT News Network

SRINAGAR, AUGUST 11: The NSS Units of Government College of Education (GCoE), Srinagar, under the patronage of Prof. (Dr.) Seema Naz, Principal/Nodal Principal, organised a special programme under the Har Ghar Tiranga Campaign-2026.

The programme was aimed at promoting patriotism, national unity and respect for the Indian National Flag. It also commemorated 150 years of "Vande Mataram", providing an opportunity for students, faculty members and participants to reflect upon the historical significance of the National Song and its contribution to India's national consciousness.

The programme commenced with the rendition of the National Song, "Vande Mataram" followed by the National Anthem, presented by the cultural group of the college, in which all participants joined with due respect and solemnity. This presentation was appreciated by the



participants and reinforced the patriotic spirit of the gathering. The Chief Guest, Prof. (Dr.) Mohammad Mobin, Vice Chancellor, Cluster University Srinagar highlighted the importance of patriotism, National integration and responsible citizenship among young people. He encouraged students to understand and uphold the values represented by the National Flag and to contribute positively to society through education, discipline, social responsibility and constructive participation. He also emphasised that National celebrations should not remain limited to symbolic

observances but should inspire individuals to demonstrate their commitment to the Nation through their everyday actions and responsibilities. Prof. (Dr.) Seema Naz, in her address, highlighted the importance of organising programmes that connect young people with the country's history, National values and civic responsibilities. She further emphasised the role of educational institutions in nurturing responsible citizens and strengthening the values of unity, discipline and patriotism among students. The historical context and significance of "Vande Mataram" were presented by Dr. Ab. Rashid Sheikh, HoD History. His address focused on the historical background of the song, its association with India's freedom movement and its role in generating a sense of National consciousness. By placing "Vande Mataram" within the broader historical context of India's struggle for independence, the session enabled the participants.



of high-value spice cultivation, KVK Budgam, SKUAST-K, in collaboration with the Regional Office of the Spices Board, Srinagar, organised a training-cum-awareness programme for spice growers, focusing on scientific production, post-harvest management, quality standards, value addition and market opportunities.

The programme brought together spice growers from the district to strengthen their technical knowledge of hill garlic, Kashmiri chilli, saffron and other important spices cultivated in the region. The programme was coordinated by Dr. Ambreen Nabi, Subject Matter Specialist (Vegetable Science), KVK Budgam, and Shri Ashutosh Gautam, Scientist, Spices Board, Regional Office Srinagar.

In his inaugural address, Dr. Bilal Ahmed Lone, Head, KVK Budgam, outlined the major spices cultivated in Budgam and highlighted key

productivity, quality and farm returns.

Dr. Lone also underlined the potential of agriculture as a viable and sustainable livelihood and encouraged growers to adopt modern technologies and good agricultural practices to strengthen the region's position as a producer of quality spices.

During the technical session, Shri Ashutosh Gautam, Scientist, Spices Board, provided detailed guidance on scientific saffron production, post-harvest management and value addition. He also briefed growers on quality standards, organic production practices, the 8th edition of the National Programme for Organic Production (NPOP), and Maximum Residue Limits (MRLs) applicable to spices. He highlighted opportunities for participation in national and international exhibitions, trade fairs and food fairs to improve market access, build trade linkages.

From Kashmir to the World: TEDxDallLake 2026 to Bring India's Changemakers to an International Ideas Platform



■ BY: JANNAT WANI

A new effort to place Kashmir at the centre of conversations around ideas, innovation, peace and progress is taking shape with TEDxDallLake 2026, being organised under the theme "Changemakers of India." The initiative aims to bring voices from across India to Kashmir and create a platform for meaningful dialogue, ideas and national engagement.

The event is being led by Irfan Attari, Organiser and TEDxDallLake Licensee, a local Kashmiri who says the vision behind the event is to create a platform where Kashmir is not merely discussed, but becomes a place from which meaningful ideas and conversations reach audiences across India and the world.

For Attari, the significance of TEDxDallLake lies in creating a bridge between Kashmir and

the wider country.

"As a Kashmiri, I want to see Kashmir represented not only through the stories that are often told about us, but also through ideas, talent, innovation and the voices that can contribute to India's future. TEDxDallLake is an attempt to create that bridge—to bring India's voices to Kashmir and take the spirit of Kashmir's ideas to a much wider audience."

Bringing India's voices to Kashmir With the theme "Changemakers of India," TEDxDallLake is being envisioned as a platform bringing together entrepreneurs, innovators, artists, academics, policymakers, social leaders, professionals and young changemakers from across India. The objective is to create conversations that move beyond geography and bring together people with different experiences and perspectives.

The event also seeks to use the TEDx platform to encourage conversations around peace, innovation, leadership, youth participation and India's progress, while creating opportunities for audiences in Kashmir to engage with voices from different parts of the country.

Kashmir as a platform, not just a destination

The organisers believe the location itself carries a message.

Kashmir has traditionally been viewed primarily through the lens of tourism, culture

and conversations about India's future can take place." Connecting a local stage with a global ecosystem

TEDx events are independently organised



and news. TEDxDallLake seeks to add another dimension Kashmir as a place for ideas and national dialogue.

By hosting voices from across India in Srinagar, the event aims to demonstrate that the Valley can serve as a meeting point for diverse perspectives and constructive conversations.

For a local Kashmiri organiser like Attari, that message is particularly important.

"We want people to experience Kashmir not only as a beautiful destination, but as a place where ideas can meet, people can connect

under licence from TED and are designed to bring the TED experience to local communities. Talks from qualifying TEDx events can subsequently become part of the wider TEDx digital ecosystem.

That creates a pathway for ideas shared in Srinagar to potentially reach audiences far beyond the physical audience at Tagore Hall.

TED reported that its ideas were watched and heard 1.7 billion times across 248 countries and territories in 2025, demonstrating the scale of the wider TED ecosystem.

TEDxDallLake's ambition is therefore not simply to organise another event in Srinagar. It is to create a platform where voices from India can meet in Kashmir and ideas originating from this stage can potentially travel far beyond it. A message of peace and progress

The organisers also see the event as an opportunity to promote a constructive narrative around Kashmir one centred on people, ideas, creativity, entrepreneurship and progress.

Rather than approaching peace as a political slogan, TEDxDallLake intends to place emphasis on the role of dialogue, human connection, knowledge and shared ideas in building greater understanding.

"Peace is also about creating spaces where people can meet, listen to each other and exchange ideas," Attari said. "We want TEDxDallLake to be one such space." With "Changemakers of India", the event aims to bring the country's diverse voices together in Srinagar and create a platform that connects local audiences with national and international conversations. From Kashmir to India. From India to the world. TEDxDallLake 2026 aims to make Srinagar a stage where ideas know no boundaries.



We're Getting Mealtimes Wrong Here's The Best Time To Have Dinner

It's not only what you eat that matters – your body clock plays an important role in how you metabolise food.

"Have breakfast like a king, lunch like a prince and have dinner like a pauper," my Spanish friend and colleague Javier Hirschfeld told me when I asked about typical Spanish eating habits. It's a saying that has been drilled into him from an early age. In Spain, it's common for lunch to be your biggest meal of the day while evening meals tend to consist of light bites. "Some people skip dinner altogether or have a piece of fruit and yoghurt," he says.

In the UK and US, it's more usual to have a light lunch followed by a bigger meal in the evening. But we may have got things backwards – that's according to an emerging scientific discipline, chrononutrition. It suggests that healthy eating is not only about what we eat, but also when we eat it.

From reducing obesity to preventing cardiovascular disease, numerous studies now show that our internal body clock, or circadian rhythm, plays a powerful role in how we process food – and our overall health. Here's why – and how to schedule your meals to capitalise on it.

Set your clock to the right 'time'

Marta Garaulet, from the University of Murcia in Spain, first became interested in the impact of meal timings after making observations in her weight-loss clinic. Over a decade ago, she observed two patients who experienced different weight-loss results, despite living together and following the exact same diet.

We're not the same person in the morning and the evening from a biological point of view – Frank Scheer

One had lunch around 13:00, while the other could only eat later because of her class schedule. "That was the only difference," says Garaulet. The student eating an earlier lunch had lost much more weight after six-weeks. This led her to investigate the intriguing possibility that meal timing itself could have a huge influence on weight loss.

Together with colleagues from the University of Murcia, Garaulet followed 420 adults in Spain who took part in the same weight-loss programme over 20 weeks to find that those who ate an earlier lunch lost more weight and lost it more quickly compared to those who chose to eat lunch later in the day.

Similarly, in a small randomised controlled trial, 32 healthy women ate the same meals for two weeks. Those who ate a later lunch showed poorer blood sugar control and burned fewer carbohydrates. Numerous studies have since found that our circadian rhythm influences our hunger, digestion and metabolism.

But why should eating the exact same food at a different time of day have such a powerful effect? When I asked this question to Frank Scheer, a professor of medicine and neuroscientist at Brigham and Women's Hospital in Boston, Massachusetts, he told me that it's because "we're not the same person in the morning and the evening from a biological point of view." Our internal body clock regulates almost all aspects of our physiology, he says.

That's because eating at a time when our body clock suggests it's time for sleep could create a biological mismatch called "circadian misalignment."

One example of this can be seen in how we regulate blood sugar. In a 2022 study of more than 800 adults, researchers gave each one a glucose drink designed to mimic the carbohydrate content of a typical evening meal. They found that participants processed it less efficiently when they consumed it one hour before bedtime rather than four hours earlier.

Those who drank it closer to bedtime had higher blood sugar levels and produced less insulin, the hormone that helps to regulate our blood sugar. Researchers believe melatonin, which rises as the body prepares for sleep, plays a key role in this process.

"If you eat when melatonin is elevated in the evening, your glucose control is going to be impaired," says Scheer, who was also involved with the study. The effect was even greater in people carrying a common variant of the MTNR1B gene, which has been associated with an increased risk of type 2 diabetes. Over time, later eating could therefore increase the risk of developing the condition, which has steadily been increasing worldwide.

Eat earlier to be less hungry

The effects of later eating may extend beyond blood sugar control. Research has found that later eating made participants feel hungrier the next day by disrupting the hormones that regulate appetite and satiety. Those who ate later produced less leptin, a hormone that tells our brains when we're full.

At the same time, meal timing influences how our bodies store fat. Instead of breaking fat down, later eating can lead our cells to



store fat. Over time, this could make it more difficult for the body to stay at a healthy weight.

Meal timing may therefore be especially important for people who carry genetic variants that make them more likely to put on weight. In a study of nearly 1,200 adults, an international team of researchers – including Scheer – found that later eating was linked to a higher body mass index among individuals with higher risk of obesity, while eating earlier reduced this risk.

Eat a big breakfast for better heart health

here may be heart health benefits to earlier eating too. In a study of more than 100,000 people in France, those who ate breakfast later had a higher risk of cardiovascular disease. The researchers also found that a longer overnight fast, achieved by eating earlier in the evening rather than delaying breakfast, was associated with better heart health.

This may be particularly relevant for shift workers, as well as other groups vulnerable to "circadian disruption," researchers note. For those who do work at night, the advice is therefore to limit food intake to the daytime where possible – though this may not be safe for everyone (eg health workers may need to eat to keep their energy levels up).

If you do get hungry, stick to smaller protein-rich snacks and try to delay eating breakfast to the morning, if it fits your schedule.

Be mindful of whether you are a 'lark' or 'owl'

f course, when we eat isn't entirely within our conscious control. Our chronotype – the concept that some of us are morning larks or night owls – has been found to influence our mealtimes.

Morning types are more likely to follow a Mediterranean diet, whereas evening types are more likely to delay meals and eat more energy-dense foods later, says Giovanna Muscogiuri, an assistant professor at the University of Naples Federico II in Italy.

Crucially, our chronotype also influences how our bodies respond

to food. Morning types tend to have earlier peaks in insulin sensitivity as well as an earlier release of melatonin than evening types, who as a result of later eating, are more vulnerable to poorer glucose control and weight gain.

She therefore says that we should be more mindful of our "lark" or "owl" predisposition and that later eaters would benefit from gradually adopting earlier evening meals.

Then we also need to consider that the duration and quality of our sleep affect our hunger and cravings. If we are sleep-deprived we are more likely to overeat and choose energy-dense foods, which might lead to weight gain over time, says Muscogiuri.

How to eat smarter

he practical advice is relatively simple. Aim to eat at regular times and eat fibre-rich carbohydrates such as whole grains, legumes (beans, peas and lentils) as well as fruit, earlier in the day when the body is better able to process them. In the evening, opt for a lighter meal, ideally one rich in protein.

In a recent review Muscogiuri also recommends that in the evening, it would benefit us to include foods that help to support sleep, such as nuts and seeds, as well as tryptophan-rich sources of protein, such as chicken, salmon and tuna, as tryptophan has been shown to improve sleep quality.

I'm certainly going to pay closer attention to my internal body clock in future. The Spanish habit of making lunch the largest meal is particularly appealing – one thing I might try is cooking in the morning before my work day begins. Perhaps I'll even have a paella.

So, what time is the best time to have dinner? Well, there isn't really a best time – but ideally we should eat our largest meal earlier in the day, and have our evening meal at least three hours before we go to bed.

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

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

(BBC News)

England set to eliminate hepatitis C

England is on track to become one of the first countries in the world to eliminate hepatitis C, a dangerous virus that attacks the liver, figures show.

The target of treating 80% of all known cases has already been met, and deaths from the virus have fallen by 36% in the last decade, just short of what is needed by 2030.

Taking antiviral tablets for 8 to 12 weeks can cure more than 95% of cases.

Initiatives including A&E blood tests, GP registration testing and free at-home tests have helped to find people who were previously undiagnosed, says NHS England.

Silent disease

Hepatitis C is spread through contact with blood infected with the virus, such as by sharing needles with someone who has it.

Donor blood is already screened for it.

It is a silent disease, meaning people often have no symptoms until much later.

Untreated, it can cause serious and potentially life-threatening liver damage.

NHS England says that since 2015, more than 100,000 people have been diagnosed and treated for hepatitis C, meaning the country is already meeting that target.

Another goal - a 65% reduction in hepatitis C-related mortality compared with 2015 levels - has yet to be met, but might be before the 2030 target date.

Around 50,200 adults are living with hepatitis C, figures for England in 2024 suggest.

Estimates indicate 84.6% of those living with hepatitis C have been



We are committed to finding and treating everyone who needs support and would urge those at greater risk to come forward by ordering a free and confidential home-testing kit online."

diagnosed - just short of the 90% target.

The Hepatitis C Trust says England is "on the cusp" of one of the most significant public health achievements in our country's history.

Prof Frankie Swords, NHS national medical director, added: "England is now leading the world in the mission to eliminate this disease and on course to beat the WHO's 2030 target, but we are determined to keep up the momentum and finish the job.

"We are committed to finding and treating everyone who needs support and would urge those at greater risk to come forward by ordering a free and confidential home-testing kit online."

Adults born in Ukraine, Romania, Estonia, Latvia, Poland, Albania,

Lithuania, Bulgaria, Czechia or Slovakia are particularly urged to test, as some may have been infected through medical or dental procedures before 1991.

People can order a free, confidential NHS home self-testing kit without needing to speak to a GP.

Paul Eatwell, 65, was diagnosed after a routine blood test.

The grandfather from Blackburn, Lancashire, said: "My first reaction was disbelief. I remember saying: 'Are you sure? Surely there's been some mistake.'

"I didn't feel ill. I kept wondering how I could possibly have caught it."

He says the medical support he received made a huge difference.

While it has not been established how Eatwell caught the virus, it has been suggested that surgery in South Africa decades ago may have been the cause.

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Infected blood scandal

From 1970 to 1991, more than 30,000 people in the UK were infected with HIV and hepatitis C from contaminated blood products and fusions.

The infected blood scandal is known as the biggest treatment disaster in the NHS.

About 3,000 have since died and more deaths will follow.

A public inquiry found authorities covered up the scandal and exposed victims to unacceptable risks.

(BBC News)



West Indies miss direct 2027 World Cup qualification, face Qualifier route

United News Of India

NEW DELHI, AUG 11 Two-time ODI World Cup champions West Indies will have to go through the qualifying tournament once again to secure a place in the 2027 50-over World Cup after missing out on automatic qualification.

Currently 10th in the ICC ODI rankings, West Indies cannot break into the automatic qualification positions by the September 30 deadline, even if they win both of their remaining ODIs against India. They will therefore have to compete in the World Cup Qualifier in February next year for a chance to feature in the tournament in South Africa, Zimbabwe and Namibia.

The top eight teams in the ICC ODI rankings as of September 30 will earn automatic qualification, with hosts South Africa and Zimbabwe excluded from the rankings calculation. Australia, India, New Zealand, Pakistan, Sri Lanka, England and Bangladesh - teams who are the defending champions - will take part, together with the hosts South



Africa and Zimbabwe.

For the West Indies, the latest setback is another blow to their efforts to rebuild their standing in 50-over cricket. They had to go through the Qualifier for the 2023 World Cup and finished fifth in the Super Six stage, missing out on the tournament altogether.

That was the first time West Indies had failed to qualify for a men's ODI World Cup. Since then, they have also missed the 2025 Champions Trophy,

having last featured in the tournament in 2013. West Indies will now have to negotiate another challenging qualifying campaign, with the 2027 World Cup Qualifier scheduled for February next year. The host country for the tournament has yet to be confirmed.

The winner of the Qualifier will earn direct entry into the second round of the 2027 World Cup. The teams finishing second, third and fourth will instead enter the first round, known as the Super Series. The winner of that

tri-series will then advance to the second round of the World Cup.

The revamped qualification structure has faced criticism from some Associate nations. The Qualifier will feature West Indies and Ireland, the two lowest-ranked non-host Full Members in the ODI rankings as of September 30, 2026, along with the top four teams from the Cricket World Cup League 2.

The remaining four places will be filled by teams progressing from the World Cup Qualifier Playoff. The eight-team playoff will feature the four lowest-ranked sides from CWC League 2 and four teams from the Challenge League, effectively the third tier of the qualification pathway.

The top four teams from the playoff will advance to the World Cup Qualifier, keeping their hopes of reaching the 2027 tournament alive. Afghanistan secured their place in the 2027 ODI World Cup in Southern Africa with a thrilling three-wicket win over Ireland in the second match of their five-game series.

Tiger Shroff pulls out of Durand Cup

United News Of India

SHILLONG, AUG 11 Bollywood actor Tiger Shroff will not play for Mumbai FC in their Durand Cup 2026 Group E match against Nongkseh SS&CC in Shillong on Tuesday after pulling out due to a last-minute work commitment.

The 36-year-old Tiger Shroff, who was registered in Mumbai FC's squad for their maiden Durand Cup campaign, confirmed that he would not travel to Shillong for the match at the Jawaharlal Nehru Stadium.

"Really, really unfortunate, but a work commitment has come up at the last moment, so I won't be able to make it to Shillong for the Durand Cup," Shroff said in a video posted on Mumbai FC's Instagram account.



"I was really looking forward to play for my team Mumbai FC but unfortunately I won't be able to make it. All the very best to everybody out there. The tournament has been amazing. All the very best Mumbai FC. Kill it boys."

Nathan Lyon's revs return in GOAT's bid to stay afloat



United News Of India

DARWIN, AUG 11 With a single delivery, Nathan Lyon casually pulled off what England would have given anything for last summer.

Travis Head, seeking to recapture his destructive Ashes form during an intra-squad match simulation in Brisbane last week, had battered five boundaries against the new ball.

On to bowl came Lyon, Australia's oldest player fresh off his rehabilitation from a second serious soft-tissue injury in three years. Head advanced down the Allan Border Field pitch to the off-spinner's first offering, swung and missed, and wicketkeeper Alex Carey did the rest.

"I faced one ball," Head said when asked for his view on whether Lyon had the Kookaburra fizzing like he had before he tore his hamstring in December. "It was a pretty good one."

As yardsticks come, Head is up there. England did not manage to dismiss him before he faced 20 balls in 10 Ashes innings, nor did many of the series' leading run-

scorer's exits typically involve any great degree of bowling deception.

The scorebook record of 'Head (27) stumped Carey, bowled Lyon' was therefore a tentative sign that Lyon might be back to his best ahead of his return in the northern Tests against Bangladesh.

Another came in Darwin's practice nets on Monday when Steve Smith recoiled with alarm as Lyon got another delivery to jump viciously off a length towards the batting titan's neck.

"One for the over," Smith exclaimed as he underarmed the ball back to Lyon, inspecting a surface admittedly made spicy due to unseasonably high dry-season humidity. "He's back putting immense 'revs' on the ball," sometime-off-spinner Beau Webster said of Lyon. "The shape he gets, the angle he creates - even facing him last week in Brisbane quite a bit on a bit of a tacky spinner (of a pitch), he's such a difficult customer."

"He's still the best in the country for a reason ... he is the greatest ever to do it. I hope he plays for another 12 months - and beyond if his body's up to it."

Esports World Cup reveals official Trading Card Collection

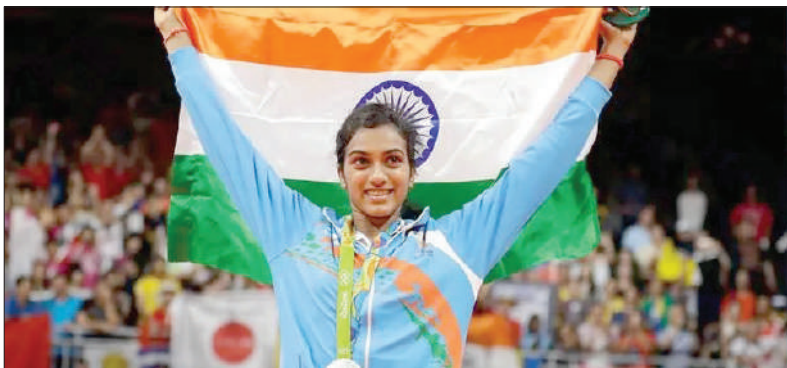
United News Of India

PARIS, AUG 11 The Esports World Cup 2026 (EWC) on Tuesday unveiled its first official Trading Card Collection, bringing one of global sport's most enduring traditions to competitive gaming and giving fans a new way to own a piece of esports history.

The launch is part of the EWC's inaugural international edition in Paris, where more than 2,000 players representing 200 Clubs from over 100 countries are competing over seven weeks at the world's largest esports and gaming event.

For more than a century, trading cards have helped define the fan experience across the world's biggest sports. From baseball and football to Formula 1 and the FIFA World Cup, they have transformed athletes into collectibles, creating lasting connections between generations of fans and the competitions they love. Now, the Esports World Cup is bringing that tradition to global esports. Developed through a multi-year partnership with Koles, the inaugural collection honors the standout players and Clubs of EWC 2025 with collectible cards, creating an annual record of the Esports World Cup. Unlike traditional esports competitions centered on a single title, the EWC 2026 brings together the world's leading games, players, and Clubs under one banner. The Trading Card Collection reflects that scale, featuring competitors from across multiple esports alongside the Clubs they represent in a single collection. The collection commemorates the players of the Esports World Cup, featuring players and Clubs across six card collections: Legends, MVPs, Rookies, Centurions, Prestige, and the one-of-one Elite and Chronicles cards. The first 100 of each base card are individually numbered and include a digital twin for collectors.

You can laugh, but you have to love effort: Sindhu backs monkey-control efforts at BWF Worlds



United News Of India

NEW DELHI, AUG 11 Two-time Olympic medalist PV Sindhu has backed the organisers of the BWF World Championships 2026 for taking steps to deal with the monkey menace at the Indira Gandhi Indoor Stadium Complex in the national capital, even as the unusual move has drawn plenty of attention on social media.

The Badminton Association of India (BAI) has reportedly brought in three "experts" to keep rhesus macaques away from the venue ahead of the World Championships, which will be held from August 17 to 23. The move has attracted some ridicule online, with reports suggesting

that the individuals will imitate langur calls to scare the monkeys away.

The men imitate the calls and sounds of langurs, a larger monkey species that rhesus macaques tend to avoid. Since using live langurs to control monkey populations has been prohibited under wildlife laws since 2012, trained human mimics have emerged as a common alternative at government buildings and public facilities across Delhi. The move came after monkeys had disrupted last year's India Open in the capital city after entering the players' designated training area. With the world's biggest badminton event set to return to the capital, organisers have decided to take extra precautions.

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