

Srinagar
Saturday
August 15 | 2026
1 Rabi' al-Awwal 1448 AH
Issue No: 193
Volume: 16
Pages: 12
Price :Rs: 2/-

www.dailyheadlinestoday.com
16TH YEAR OF PUBLICATION
HEADLINES
TODAY
Voice To The Voiceless



Omar Abdullah
Felicitates Young Talent
for Promoting J&K s
Floral Heritage

CM honours winners of painting, photography and Instagram Reel competitions held during Tulip Show and Badamwari Festival



HT NEWS NETWORK

SRINAGAR, AUGUST 14: Chief Minister Omar Abdullah on Thursday felicitated winners of painting, photography and Instagram Reel competitions organised during the Tulip Show and Badamwari Spring Festival, recognising the creativity of students and young people in

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PM Modi to Lead 80th
I-Day Celebrations, Youth and
Defence to Dominate Address

Viksit Bharat 2047, defence self-reliance and youth aspirations expected to shape Prime Minister's 13th consecutive Independence Day speech

HT NEWS DESK / AGENCIES

NEW DELHI, AUGUST 14: Prime Minister Narendra Modi will lead the nation's 80th Independence Day celebrations at the Red Fort on Saturday, delivering his 13th consecutive Independence Day address amid a strong focus on youth power, national security, defence self-reliance and the vision of Viksit Bharat 2047. The celebrations will also witness the first-ever rendering of Vande Mataram as part of the main Red Fort ceremony. Prime Minister Narendra Modi is set to lead the nation's 80th Independence Day



celebrations at the Red Fort on August 15, delivering his 13th consecutive Independence Day address from the historic ramparts at a time when India's young

population, national security, defence self-reliance and global ambitions are increasingly shaping the

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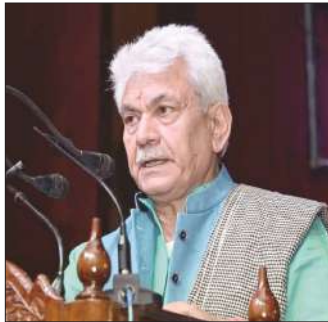
LG Sinha Calls for
Unity, Peace and Harmony
on Partition Horrors
Remembrance Day

Urges J&K youth to learn from the past, reject bitterness and build bridges of trust for an inclusive Viksit Bharat

HT NEWS NETWORK

SRINAGAR, AUGUST 14: Lieutenant Governor Manoj Sinha on Thursday called upon the people, particularly the youth of Jammu and Kashmir, to draw lessons from the tragedy of Partition and strengthen the foundations of peace, harmony and national unity. Addressing a

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Partition Was One of
History's Largest Mass Migrations,
Says Vice-President

C. P. Radhakrishnan says freedom is precious, unity essential and peace can never be taken for granted

HT NEWS DESK / AGENCIES

NEW DELHI, AUGUST 14: Vice-President C. P. Radhakrishnan on Thursday described Partition as one of the largest mass migrations in human history and called for preserving its painful

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DGP Reviews South
Kashmir Security Grid Ahead
of Independence Day

Nalin Prabhat takes stock of security arrangements and surveillance in Pulwama, Shopian and Kulgam

HT NEWS DESK / AGENCIES

Srinagar, August 14: Jammu and Kashmir Police

chief DGP Nalin Prabhat on Friday reviewed the security grid in rural areas of Pulwama, Shopian and Kulgam ahead of Independence Day, assessing deployment, surveillance and preparedness to respond to emerging threats. Accompanied by IGP Kashmir V. K. Birdi, the DGP visited vulnerable areas as security agencies maintained heightened alert across South Kashmir.

: Jammu and Kashmir Police



chief DGP Nalin Prabhat, accompanied by IGP Kashmir V.K. Birdi, on Friday visited rural areas of Pulwama, Shopian and Kulgam districts to review the prevailing security situation and assess the functioning of the ground-level security grid ahead of Independence Day.

During the visit, the senior police officers reviewed security arrangements in the three South Kashmir districts and took stock of the deployment and mechanisms being used to monitor vulnerable areas. The visit assumes significance as security agencies have been maintaining heightened

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DIPK-4606/26
Date: Aug 14 2026

HAPPY
INDEPENDENCE DAY
GREETINGS TO THE PEOPLE OF
JAMMU & KASHMIR
GOVERNMENT OF JAMMU & KASHMIR

CS reviews measures to strengthen J&K's handicrafts and handloom sector

Directs expansion of skill courses, stronger GI traceability and technology-based wage assessment

■ HT News Network

SRINAGAR, AUGUST 14: With nearly 5 lakh artisans and weavers now registered and handicraft exports running in billions, Jammu & Kashmir is steadily expanding the institutional and market ecosystem around its traditional crafts, with Chief Secretary, Atal Dulloo, today taking stock of the initiatives underway to further consolidate this momentum across the Union Territory.

The review meeting was attended by Commissioner Secretary, Industries & Commerce; Director, Industries, Jammu; Director, Handicrafts & Handloom, Kashmir/Jammu; Managing Director, J&K Handicrafts & Handloom Corporation (JKHMC); and senior representatives of the National Institute of Fashion Technology (NIFT), Srinagar, Craft Development Institute (CDI) and Indian Institute of Carpet Technology (IICT), Srinagar.

The Chief Secretary undertook a detailed assessment of the initiatives aimed at upgrading laboratories, developing craft villages and Common Facility Centres (CFCs), strengthening wool processing and testing facilities, promoting quality assurance and GI-tagging, besides improving market linkages and access to institutional credit for artisans and weavers.



The Chief Secretary directed the Department to expedite completion of all ongoing projects in both Jammu and Kashmir divisions, observing that the benefits of these investments should reach artisans and the wider craft ecosystem on the ground without delay.

He laid particular emphasis on strengthening the quality-testing and certification ecosystem, including upgradation of laboratories, development of craft villages, CFCs for dyeing and other specialised activities, wool processing facilities, testing infrastructure and GI-tagging of finished products.

Dulloo called for introduction of vocational and skill-oriented courses at NIFT Srinagar, including diploma and certificate programmes,



to provide local youth greater access to the national-level institution. He observed that such courses could also contribute towards preservation and revival of traditional and dying crafts by creating a new generation of skilled artisans.

On GI-tagged products, the Chief Secretary stressed the need for an effective traceability and tracking mechanism to establish the authenticity of products reaching the market. He directed the Department to ascertain and maintain a clear record of the number of GI-tagged products manufactured and labelled so far.

The Chief Secretary further called for leveraging Internet of Things (IoT)-based

technology to determine the working hours and effort involved in producing individual craft products. He observed that such data could help ensure that remuneration paid to artisans is commensurate with the time and skill invested, thereby protecting their earning potential and making traditional crafts economically viable for the younger generation.

Earlier the Commissioner Secretary, Industries & Commerce, Vikramjit Singh highlighted that the sector has maintained a strong export trajectory, with handicraft exports reaching 817.39 Cr during FY 2025-26 and 73.85 Cr already been recorded during the first quarter of ensuing financial year.

He further divulged that a substantial expansion of the sector's institutional base, with 4,61,381 artisans and weavers registered across Jammu & Kashmir with another 13,264 artisans been registered, including 7,919 in Kashmir and 5,345 in Jammu this year.

Giving further details a presentation was made by Director, Handicrafts & Handloom, Kashmir, Mussarat-ul-Islam, apprising that the Department is actively promoting the Credit Card Scheme for Artisans/Weavers, under which beneficiaries can avail credit support of up to 2 lakh, backed by 7 per cent interest subvention for five years.

Javed Rana meets delegations, assures swift resolution of development issues

■ HT News Network



POONCH, AUGUST 14: Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana, today met a number of delegations and public representatives at Surankote and Poonch who apprised him of various development-related issues pertaining to their respective areas.

The visiting delegations raised a range of issues concerning the availability and improvement of essential public services, development of infrastructure and expediting ongoing works. They also brought to the Minister's attention the urgent need for restoration of public services and infrastructure damaged due to the recent flash floods and landslides.

The delegations sought intervention of the government for restoration of damaged roads, water supply schemes and other essential infrastructure.

Giving a patient hearing to the delegations, Javed Rana assured them that their genuine concerns are taken up with the concerned departments for appropriate action. He directed the officers to ensure close coordination and timely follow-up so that the issues raised by the people are resolved without unnecessary delay.

Swachhta 50-50 Campaign gains momentum in Bandipora

DC joins Cleanliness Drive, reviews Baseline Survey

■ HT News Network

BANDIPORA, AUGUST 14: As part of the ongoing Swachhta 50-50 campaign, the Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, visited Sonerwani and reviewed the field-level implementation of the campaign, including the baseline survey and cleanliness activities being undertaken with active community participation.

During the visit, the Deputy Commissioner took an on-the-spot review of the QR code-based baseline survey being conducted by Anganwadi workers and educational institutions under the campaign. She interacted with Anganwadi workers and reviewed the process of collecting household-level information to assess existing waste management practices and support effective planning and monitoring of the initiative.



The DC also personally participated in a cleanliness and waste-removal drive in Sonerwani, along with Assistant Commissioner Panchayat Bandipora Aijaz Ali, Rural Development Department officials, Anganwadi workers, local residents and shopkeepers. She joined the participants in removing waste from the site and stressed the importance of sustained efforts to prevent open dumping. At Government Middle School Sonerwani, the Deputy Commissioner interacted

with local residents, shopkeepers, Anganwadi workers and students and emphasised that cleanliness cannot be achieved through government efforts alone, calling for active participation of every citizen.

The DC highlighted that the Swachhta 50-50 initiative is based on the principle of 50 percent Government and 50 percent public participation, with the objective of bringing behavioural change at the household and community level through source segregation.

Tiranga rides high at LOC: Grand Motorcycle Rally held from Kaman Post Aman Setu

■ HT News Network

BARAMULLA, AUGUST 14: The spirit of patriotism resonated along the Line of Control as a vibrant Tiranga Motorcycle Rally commenced today from LOC Kaman Post, Aman Setu, as part of the ongoing Har Ghar Tiranga campaign and celebrations of the 80th Independence Day.

The rally was led by SDM Uri, Prince Kumar, along with SDPO Uri, and witnessed enthusiastic participation from officers, officials and citizens. Participants rode motorcycles proudly carrying the Tricolour, creating a spectacular display of national pride and patriotic fervour. The rally aimed to inspire greater public participation in the Har Ghar Tiranga campaign and reinforce the message of unity, patriotism and national pride. The sight of the Tricolour fluttering at the LOC added a distinctive and inspiring dimension to the Independence Day celebrations. The enthusiastic participation of citizens and officials reflected the collective spirit of Uri and their shared commitment to celebrating the nation's 80th Independence Day with pride, unity and patriotic fervour. The enthusiastic participation of citizens and officials reflected the collective spirit of Uri and their shared commitment to celebrating the nation's 80th Independence.

JKLCMA Vice Chairman reviews conservation, dredging works in Gilsar

Directs timely completion of navigational channel cleaning works

■ HT News Network

SRINAGAR, AUGUST 14: Vice Chairman, J&K Lake Conservation & Management Authority (JKLCMA), Khurshid Ahmad Shah, today conducted a comprehensive field inspection of Gilsar to review the ongoing conservation, restoration and navigational channel cleaning works.

He was accompanied by Collector, Executive Engineer, Lake Division 1st /2nd / Mechanical, AEEs and other field staff of the Authority.

During the inspection, the Vice Chairman reviewed the progress of dredging and cleaning of navigational channels in both water bodies. He was informed that dredging of two major channels from Saidapora Bridge towards Firdousa Abad and Sazgaripora



have been completed. Work on opening and cleaning the remaining interior channels is currently underway.

The Vice Chairman also inspected the Watermaster recently deployed in the area and reviewed its utilization for cleaning, opening and maintaining navigational channels.

The concerned officers briefed the Vice Chairman on the progress achieved so far, the challenges encountered during execution and the measures being taken to ensure

timely completion of the remaining works.

The Vice Chairman directed the concerned officers and field staff to ensure that all ongoing works are executed efficiently and within the stipulated timelines. He stressed the importance of regular field monitoring, optimum utilization of available machinery and close coordination among the field teams to restore navigational connectivity and improve water circulation in Khushalsar and Gilsar.

KU's Special Cell concludes 10-day deafhood workshop

■ HT News Network

Srinagar, Aug 14: The Special Cell under the aegis of the Department of Students' Welfare (DSW), University of Kashmir (KU), concluded a 10-day workshop on Deafhood themed 'HEAR A MILLION' at the Main Campus. The workshop was organised from August 4 to 14, in collaboration with the Voluntary Medicare Society (VMS) and EnAble India. The workshop was aimed at empowering students with hearing disabilities by providing them a platform to showcase their talents, creativity, leadership and resilience. It brought together specially-abled students, University volunteers, faculty members, disability experts, sign language interpreters and representatives of civil society organisations to promote awareness about



deaf culture, Indian sign language, accessibility and the rights of persons with disabilities. Speaking at the valedictory session, Vice-Chancellor, KU Prof. Nilofer Khan, said that creating an inclusive educational environment is a collective responsibility and that every student must be provided equal opportunities to learn, participate and realise their

potential. "An inclusive university is one where every student feels heard, valued and empowered. Such events are important in creating greater awareness about deaf culture and accessibility," she said.

Dean DSW KU, Prof. Seema Singh, said that the workshop reflected the University's commitment to creating a supportive and inclusive campus environment. Vice-President,

Voluntary Medicare Society, Prof. Masooda Yasin, said that empowering persons with disabilities requires moving beyond awareness towards meaningful participation and equal opportunities. The programme featured interactive sessions, motivational talks, recreational activities, talent exhibitions and skill-development workshops designed to foster confidence, self-expression and meaningful participation among students with hearing disabilities. The sessions also focused on deaf culture, Indian sign language, accessibility, disability rights, communication and leadership skills. The workshop provided an opportunity for around 50 participants, including specially-abled students, University volunteers, faculty members and invited experts from EnAble India and VMS.

J&K Govt to constitute Departmental Committee to review S.O. 12 of 2022 for outstanding sportspersons appointments

■ HT News Network

JAMMU, AUGUST 13: "The J&K Government shall constitute a Departmental Committee to review the Appointment of Outstanding Sports Persons Rules, commonly referred to as S.O. 12 of 2022 read with S.O. 412 of 2023," the Department of Youth Services and Sports said on Wednesday. The Committee will examine the relevant provisions of the rules, practical implementation issues and suggestions received from stakeholders and will make appropriate recommendations in accordance with law.

The larger objective of the review, the Department stated, is to promote fairness, transparency and merit in the appointment of outstanding sportspersons. The review process shall be prospective in its approach and shall not, by

itself, cast any aspersion upon candidates who have been selected in accordance with the rules applicable to them.

The decision to constitute the Committee has been taken in light of various concerns and representations received by the Department in relation to the said rules. As per the spokesperson of the Department of Youth Services and Sports, Minister for FCS&CA, IT, Youth Services and Sports, Science and Technology, Satish Sharma, had earlier listened to the grievances of a number of sportspersons on 24th of June 2026. Following this, a delegation of senior officers of the Government today met the protesting sportspersons and took detailed note of the grievances. While S.O. 12 of 2022 has been in force for several years and selections undertaken under the said framework have

been processed in accordance with the rules applicable at the relevant time, the Government has taken cognisance of the demand for a review of the existing framework. Reaffirming its position, the Department placed on record that the selections already made under the applicable rules have been processed in accordance with the provisions of S.O. 12 of 2022 and the subsequent amendments/instructions applicable thereto. At the same time, the Government recognises the importance of addressing the genuine concerns raised by stakeholders in a fair, objective and transparent manner. "All grievances and representations received by the Department concerning the selection process shall be examined objectively and in accordance with the applicable rules and established procedure.

No genuine grievance will be ignored or left unattended. Each matter shall be considered on its facts and merits, without prejudice to the rights of any candidate and without compromising the integrity of the selection process," the Spokesperson maintained. He clarified that consideration of a grievance shall not, by itself, imply acceptance of the allegations or any finding of irregularity, and appropriate action, wherever warranted under the applicable rules, shall be taken only after due examination and verification.

The Department also reiterated its commitment to the strict and uniform implementation of the applicable Transfer Policy. The Youth Services and Sports Department shall undertake a review of the existing stay position of employees in the Department.



150 Years of Vande Mataram: Partition Horrors Remembrance Day observed in Kulgam, DC urges tolerance, mutual brotherhood

■ HT News Network

KULGAM, AUGUST 14: District Administration Kulgam, in collaboration with DIPR, NIC, Education and other departments today observed Partition Horrors Remembrance Day in the district.

The solemn observance was chaired by the Deputy Commissioner, Kulgam, Shahzad Alam, who paid tribute to the countless individuals who endured unimaginable suffering during the Partition of 1947.

In his address, the DC called upon citizens to draw strength from that painful chapter of history and to uphold the core values of compassion, unity and brotherhood that form the foundation of our nation and emphasized that remembering the horrors of Partition is not about reopening old wounds, but about reaffirming our collective commitment to harmony and to ensuring that such divisions never find space in our society again.

Additional Deputy Commissioner, Kulgam, Vikar Ahmad Giri also addressed the gathering



and spoke on the important lessons to be learnt from the Partition Horrors and urged the younger generation to carry forward the message of peace, tolerance and national integration. The event saw active participation

from district officers and officials, students, civil society members and citizens from diverse communities. Department of Information and Public Relations, Kulgam in association with District Informatics Office, Kulgam curated

a moving photo and document exhibition depicting the human stories, resilience and sacrifices of 1947. A short film on the Partition was screened to sensitize the audience about the cost of division and the value of unity.

A student troupe from the Education Department and artists of DIPR Kulgam presented soulful patriotic songs and cultural performances that filled the venue with the spirit of patriotism.

DIPR Kulgam and Municipal Council Kulgam installed dedicated selfie points with tricolor backdrops. Citizens gathered to take selfies, express love for the nation and mark their participation in the Independence Day celebrations. The collaborative effort by departments ensured wide outreach and meaningful engagement across age groups.

In the second session, screening of movie on the Horrors of Partition was witnessed by DC Kulgam, ADC, Kulgam, district officers and officials along with good gathering of collage and higher secondary students, faculty members and citizens.

Har Ghar Tiranga Campaign: Partition Horrors Remembrance Day observed across Anantnag

■ HT News Network



ANANTNAG, AUGUST 14. As part of the ongoing Har Ghar Tiranga Campaign 2026, Partition Horrors Remembrance Day was solemnly observed today across District Anantnag to commemorate the sacrifices and struggles of millions during the 1947 Partition of India.

The main commemorative event, organized at Town Hall, Municipal Council Anantnag, was attended by Deputy Commissioner (DC), Dr. Bilal Mohiuddin Bhat, alongside Additional Deputy Commissioners (ADCs), ACR, CPO, ACD, DSEO, and senior officers from the District Administration. Officials from various line departments, local youth, prominent civil society members, and citizens gathered in large numbers to mark the day.

DC Budgam chairs DLIC meet, approves 1635 cases under HADP, JKCIP & ISDS

■ HT News Network

BUDGAM, AUGUST 14: District Administration Budgam today approved 1,635 cases under HADP, JKCIP and ISDS schemes during a meeting of District Level Implementation Committee (DLIC), chaired by Deputy Commissioner (DC) Budgam, Athar Aamir Khan.

Of the total, 1,407 cases were approved under HADP, 128 under JKCIP and 100 under ISDS. The approvals cover Agriculture, Horticulture, Sheep Husbandry, Fisheries, Horticulture P&M and Sericulture sectors.

Chairing the meeting, the Deputy Commissioner stressed that agriculture and allied sectors are vital to the rural economy and directed the concerned departments to ensure timely implementation, effective handholding of beneficiaries and close monitoring of approved cases.

He further instructed for coordinated efforts among the Agriculture and Allied Departments to harness the district's potential in agriculture, horticulture, livestock, fisheries and sericulture, with a focus on strengthening rural livelihoods and creating sustainable employment opportunities.

The DC instructed for coordinated efforts to maximise the impact of these schemes, improve productivity, strengthen rural livelihoods and create sustainable income and employment opportunities for farmers and other beneficiaries.

The meeting was attended by CPO, CAO, CAHO, CHO, DSHO, AD Fisheries and other concerned officers.

SWD Srinagar organizes Vocational Training Programme

■ HT News Network

SRINAGAR, AUGUST 14: Social Welfare Department (SWD), through SANKALP-HEV Srinagar, organised a vocational training and entrepreneurship orientation programme at Amar Singh College, Srinagar, with the objective of sensitising and empowering participants regarding opportunities in skill development, entrepreneurship and self-employment.

The programme witnessed the participation of resource persons from the District Industries Centre (DIC), Srinagar, and the Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), Srinagar, who engaged with the participants and provided valuable guidance on various avenues for enterprise development and sustainable livelihoods. During the programme, the resource persons apprised the participants about various Government schemes, programmes and institutional support mechanisms available



for promoting entrepreneurship, skill development and self-employment. They provided insights into opportunities for establishing small enterprises, accessing financial and technical assistance, and availing benefits under different government-sponsored initiatives.

The session also focused on developing entrepreneurial skills, identifying viable livelihood opportunities and encouraging participants to become self-reliant. The resource persons explained the procedures

involved in accessing support from DIC Srinagar and JKEDI and addressed queries raised by the participants, providing practical guidance on the available schemes and assistance mechanisms.

The Department of Social Welfare emphasised that such vocational training and entrepreneurship-oriented programmes play an important role in enhancing employability, promoting economic independence and facilitating the sustainable socio-economic empowerment of beneficiaries. Such initiatives also provide participants with greater awareness of available institutional support and encourage them to explore self-employment as a viable career option. The programme concluded with an interactive session, during which participants actively engaged with the resource persons, sought clarifications regarding various schemes and opportunities, and expressed their appreciation.

DLSA Budgam observes World Tribal Day, International Youth Day

■ HT News Network

BUDGAM, AUGUST 14: District Legal Services Authority (DLSA) Budgam organised an awareness programme in collaboration with Tehsil Legal Services Committee Charar-i-Sharif at Government High School, Nagbal, Yousmarg, in observance of World Tribal Day and International Youth Day.

The programme was attended by the Secretary, DLSA Budgam, Chairperson, Tehsil Legal Services Committee (TLSC), Charar-i-Sharif, officials and staff of DLSA/TLSC, Defense Counsels, Social Activists, respectable persons from the area, Para Legal Volunteers (PLVs), teaching, non-teaching staff and students of the school.

Speaking on the occasion, the Secretary, DLSA Budgam, highlighted the importance of creating awareness among students and young people regarding their legal rights, duties, access to justice and the various legal services available to vulnerable and marginalised sections of society. The significance of World Tribal Day and International Youth Day was also explained, with emphasis on the empowerment of tribal communities and the meaningful participation of youth in nation-building.

Meanwhile, awareness was also generated about legal rights as envisaged in the SAMVAD scheme. Aiman Amin, Chairperson TLSC Charar-i-Sharif briefed the audience about their legal rights under



the scheme. She further apprised them that the community members shall approach either District Legal Services Authority Budgam or Tehsil Legal Services Committee Charar-i-Sharif in case they are in need of any legal guidance or advice. She emphasized upon the students to concentrate upon their studies and get themselves engaged in good competitive exams in future and secure their jobs in government as well as private sector through their reservation.

Among other speakers, Lateef Ahmad Khan, Chief LADC Budgam and Nazeer Ahmad, Deputy LADC and Reyaz Ahmad Badana also spoke on the occasion and the participants were sensitised about the objectives of the NALSASAMVAD initiative and the Jagriti Scheme, particularly the role of legal services institutions in spreading legal literacy and ensuring access to justice for all. The students were encouraged to become aware of their rights and responsibilities and to act as responsible citizens.

Bandipora wears Tricolour Spirit as District-Wide Har Ghar Tiranga Celebrations intensify

■ HT News Network

BANDIPORA, AUGUST 14: As part of the ongoing Har Ghar Tiranga Campaign-2026 and the commemoration of 150 years of Vande Mataram, a series of patriotic activities were held across Bandipora district, witnessing enthusiastic participation from students, youth, officials, staff and members of the community.

The Department of Youth Services and Sports, District Bandipora, continued its district-wide patriotic activities across all zones, with Government and private educational institutions actively participating in various events.



A mega Har Ghar Tiranga Rally was organised at Nadikhai, Hajin, witnessing enthusiastic participation from students and youth, who carried the Tricolour and spread the message of patriotism, unity and national pride.

The Department of AYUSH,

Bandipora, also participated in the campaign through awareness sessions, Yoga activities, Flag Hoisting ceremonies and selfie sessions at various AYUSH institutions in collaboration with schools. Students, officials and community members

participated enthusiastically. Selfie videos and photographs with the Tiranga were also captured as a mark of respect for the National Flag.

The participants were sensitised about the significance and objectives of the Har Ghar Tiranga Campaign and encouraged to proudly display the National Flag, strengthening the spirit of national unity, patriotism and pride.

Har Ghar Tiranga was also celebrated at Receiving Station Ajas with patriotic spirit and enthusiasm. The participation of officials and staff reflected a strong sense of patriotism and dedication towards the nation.

District Information Centre Budgam organises Cultural Programme to Commemorate 150 Years of Vande Mataram

■ HT News Network

BUDGAM, AUGUST 14: The District Information Centre Budgam, in collaboration with the District Administration Budgam, organised a cultural programme to commemorate 150 years of Vande Mataram and promote the ongoing Har Ghar Tiranga Campaign, highlighting their enduring significance as symbols of patriotism, national unity and love for the motherland. The programme was attended by district officers and officials of the District Administration,



who actively participated in the proceedings. The event featured a soulful patriotic song presented by the Doodhganga Folk Cultural Forum, followed by a short theatrical presentation

on the theme "Horrors of Partition", presented under the aegis of the Ministry of Culture, Government of India. The musical and theatrical performances highlighted the

values of patriotism, unity, sacrifice and collective responsibility associated with the nation's journey. The presentations also served as a reminder of the importance of preserving national unity, peace and communal harmony, evoking a strong sense of pride and patriotism among the audience. The programme provided an opportunity to reflect on the rich cultural and historical legacy associated with Vande Mataram and the significance of displaying the National Flag under the Har Ghar Tiranga Campaign.

KVK Bandipora-1 hosts exposure visit for Ganderbal FPO, showcases modern Farming Technologies

■ HT News Network

BANDIPORA, AUGUST 14: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-Kashmir), through Krishi Vigyan Kendra (KVK) Bandipora-1, organised a Demonstration-cum-Exposure Visit for more than 25 members of Sheikh-ul-Alam Farmer Producer Organisation (FPO), Ganderbal.

The programme aimed to provide practical exposure to modern agricultural

technologies, diversified farming enterprises and income-generating activities, with a focus on strengthening FPO-led entrepreneurship and enhancing farmers' revenue.

The visiting FPO members were given an extensive practical exposure to various demonstrations and farm-based enterprises established at KVK Bandipora-1. Senior Scientist & Head, KVK Bandipora-1, interacted with the participants and delivered a detailed technical session on opportunities for increasing farm income through crop

diversification, value addition, collective input procurement, aggregation, market linkages and development of FPO-managed business activities.

During the programme, Head, KVK Bandipora-1, explained various technologies and practices through field-based demonstrations and highlighted the importance of converting available farm resources into commercially viable enterprises. The participants were encouraged to adopt integrated and diversified farming systems according to local resources,



market demand and economic feasibility.

The participants visited the Lotus Demonstration Plot

at KVK Bandipora-1, where they were briefed about its cultivation, management and economic potential. They also

visited the Makhana demonstration, a new initiative of KVK Bandipora-1, and were apprised of the potential of Makhana cultivation and other aquatic crops for diversification, wetland utilisation and additional income generation.

The FPO members further visited the Apple Nursery, Walnut Nursery and Walnut Block, where they received practical information on nursery management, quality planting material, orchard establishment and improved production practices. The participants also visited the

polyhouse facilities and were briefed about protected cultivation, efficient use of resources, crop diversification and the potential of protected cultivation for generating higher returns.

Scientist, Vegetable Science, KVK Bandipora-1, interacted with the participants and provided technical guidance on vegetable production, protected cultivation, crop management and diversification. He highlighted the scope for integrating high-value vegetable enterprises with FPO

activities to improve productivity, marketability and farm income.

The programme provided the FPO members with an opportunity for direct interaction with the scientists and practical observation of ongoing demonstrations at KVK Bandipora-1. Discussions focused on identifying suitable technologies and enterprise models that can be replicated by FPO members in Ganderbal for enhancing productivity, reducing production constraints, improving value addition and strengthening.



DC Srinagar presides over Valedictory Ceremony of Inter-College Patriotic Singing and Painting Competition at GCoE

Urges Students to utilise their skills for greater good of society while fostering strong spirit of patriotism

HT News Network

SRINAGAR, AUGUST 14: As part of the celebrations marking the 80th Independence Day, a Divisional-Level Competition-cum-Valedictory Function was organised today at Government College of Education (GCoE), M.A. Road, Srinagar, bringing together talented students and participants from Schools, Colleges from across Kashmir Division.

Deputy Commissioner (DC) Srinagar, Akshay Labroo, presided over the valedictory function as the Chief Guest.

While Nodal Principal Colleges Kashmir Division, Prof. (Dr.) Seema Naz, Additional Deputy Commissioner Srinagar Aadil Fareed, IAS Probationer, Alfred Thomas, Principals of various City Colleges and large number of students, participants from different parts of the Kashmir Division and faculty members of GCoE attended the event.

Addressing the gathering, the DC congratulated all the participants for their enthusiastic participation and commended the organisers, institutions for creating a meaningful platform to nurture and showcase young talent and creativity with the spirit of patriotism.



The DC urged the students to utilise their skills, knowledge and creativity for the greater good of society, emphasising that the youth have a vital role to play in nation-building. He encouraged them to pursue excellence in their respective fields while remaining committed to social responsibility, discipline and the spirit of patriotism.

The DC further called upon the students to use their talent as a means of giving back to society and contributing positively to the nation. He stressed that true patriotism is reflected not only in words but also through responsible citizenship, dedication to one's duties and constructive contribution towards the progress of the country. Earlier, Prof. (Dr.) Seema Naz, underlined the significance of organising such events in the run-up to the Independence Day celebrations.

Later, various categories were felicitated with prizes and certificates in recognition of their talent, dedication and participation.

The event also featured cultural presentations and a reaffirmation of the collective commitment towards the nation's progress, unity and development.

Partition Horrors Remembrance Day observed at GDC Shopian

HT News Network

SHOPIAN, AUGUST 14: Government Degree College (GDC) Shopian observed Partition Horrors Remembrance Day today to commemorate the countless lives affected and lost during the Partition of India in 1947 and to remember the immense suffering, displacement and hardships endured by millions of people.

The day was officially designated by the Government of India in 2021 with the objective of remembering the victims and acknowledging the devastating human



consequences of Partition.

As part of the programme, a two-minute silence was observed by the participants in remembrance of those who lost their lives and those who suffered displacement, separation and immense hardships during Partition.

A documentary depicting

the tragic incidents and human suffering associated with Partition was also screened, providing students with a deeper understanding of one of the most painful chapters in the history of the subcontinent.

A patriotic skit was presented by the NCC volunteers of GDC Shopian, highlighting the values of patriotism, unity, sacrifice and national integration. A moving Partition story was also narrated by Palik Rani, a student of NIPS, Zainapora, who presented an account of the incidents and hardships associated with Partition.

GDC Basohli organizes cleanliness drive under Har Ghar Tiranga Campaign

HT News Network

BASOHLI, AUGUST 14: Government Degree College (GDC) Basohli organised a cleanliness drive on the college campus as part of the Har Ghar Tiranga Campaign, promoting the twin messages of patriotism, civic responsibility and cleanliness.

The drive was held under the guidance of the Principal Prof. Raj Kiran Sharma. The event was organized by Dr. Roshan Lal (NSS PO), Dr. Verinder Singh (NCC ANO) and Roshan Lal Sharma, College Director of Physical Education and Sports.

The Principal appreciated the active



participation of the teaching, non-teaching staff and students of the college. The participants cleaned various areas of the campus and surrounding premises, collected waste and spread awareness about maintaining a clean and healthy environment. The drive also witnessed the presence of Dr. Surya Pratap Singh, Prof. Rajesh Kumar and Prof. Vishal Sharma.

J&K Radio, Television Artists Association Congratulates Makhan Lal Saraf on National Award

HT News Network

Srinagar/August 14: The J&K Radio, Television Artists, Producers and Directors Association "APADA" has extended its heartfelt congratulations to veteran multi-talented artist, actor, writer, producer, director and theatre personality Makhan Lal Saraf on being conferred the prestigious National Award of the Sangeet Natak Akademi for his outstanding contribution to the field of performing arts. In his felicitation message, Association President Sheikh Tariq Javed said that the conferment of the prestigious national Award on Makhan Lal Saraf by President of India Mrs. Droupadi Murmu was a matter of immense pride not only for the veteran artist but for the entire artistic fraternity, particularly the artists of J&K. He said that Saraf has made remarkable contributions to the fields of acting, writing, production, direction, playwriting and theatre during his long and illustrious artistic career. As an accomplished stage performer and an exceptional comedian, he carved out a distinct identity for himself and won the hearts of millions of viewers and audiences through his versatile talent. Sheikh Tariq Javed said that Makhan Lal Saraf represents a rare blend of versatility and dedication, having remained associated with different facets of the performing arts for several decades. Through his sustained contribution



to theatre and other artistic mediums he has also inspired and encouraged successive generations of artists. The Association said that the national honour conferred upon Saraf is a fitting recognition of his exceptional artistic talent, decades-long dedication to the arts and invaluable contribution to the cultural and performing arts landscape of J&K. His multifaceted personality and contribution to various fields of art it said would continue to serve as an inspiration for young and aspiring artists. We are extremely happy and proud to see Makhan Lal Saraf honoured with this prestigious national award. It is not merely a personal achievement for him but an honour for the entire artistic fraternity, particularly the artists of J&K. Sheikh Tariq Javed said. The Association conveyed its best wishes to Makhan Lal Saraf and prayed for his good health, long life and continued contribution to the fields of art and culture in the years ahead.

Technology Demonstration and Awareness Programmes Held in Anantnag under MRMA 2.0

HT News Network

Anantnag, August 14, 2026: As part of Mera Resham Mera Abhiyan (MRMA 2.0), aimed at promoting scientific and modern sericulture practices among farmers, a technology demonstration was conducted at Bamdura, Kokernag, on August 12, 2026, while an awareness programme on disinfection and hygiene technologies was held at P1 Seed Station, Achabal, on August 11, 2026. The technology demonstration at Bamdura, Kokernag, was conducted by Dr. Jarpala Monica, Scientist-B, CSB-CSR&TI Pampore; Dr. Aftab Shabnam, Scientist-D, CSB-CSR&TI Pampore; Feroz Ahmad Matoo, District Sericulture Officer, Anantnag; Rais-ul-Islam, Sericulture Assistant, Kokernag Zone; and Farooq Ahmad Dar, STA, in collaboration with other departmental staff and farmers. The demonstration focused on the proper use and management of plastic collapsible mountages. Farmers were sensitised about the use of properly dried and locally available mounting materials to minimise moisture accumulation and ensure the production of quality, defect-free cocoons. Emphasis was also laid on maintaining an appropriate number of mature larvae and adequate spacing to facilitate proper spinning and uniform cocoon formation. The importance of proper disinfection practices before and after silkworm rearing was also highlighted. A practical demonstration on mulberry harvesting and pruning techniques



was also conducted. The experts explained the appropriate timing of pruning and methods for managing frost-affected trees to ensure healthy growth, proper canopy formation and prevention of branch drying. The farmers also actively participated in the 'Har Ghar Tiranga' campaign, reflecting the spirit of patriotism, unity and national pride. Meanwhile, an awareness programme on disinfection and hygiene technologies under MRMA 2.0 was held on August 11, 2026, at P1 Seed Station, Achabal, Anantnag. The programme was conducted by Dr. Jarpala Monica, Scientist-B, CSB-CSR&TI Pampore; Ms. Ruby Jan, Sericulture Assistant, Achabal Zone, along with other departmental staff and concerned stakeholders. The programme highlighted the importance of maintaining cleanliness in silkworm rearing houses, proper disinfection, cleaning of equipment and beds, and scientific disposal of silkworm litter and waste to maintain healthy silkworms and minimise the spread of diseases.

Cultural Unit Srinagar organises Patriotic Programmes at GMS Soura, Police Public School Bemina

HT News Network



SRINAGAR, AUGUST 14: Continuing the series of programmes being organised in co-operation with Independence Day Celebrations, 2026, the Cultural Unit Srinagar of the Information Department organised vibrant patriotic programmes at GMS Soura, Srinagar, and Police Public School Bemina.

The programmes comprised Paith, Speech, Quiz and Slogan activities, witnessing enthusiastic participation of students who displayed their creativity, talent and deep sense of patriotism.

The programmes aimed at inculcating patriotic fervour among students and sensitising them towards the ideals of freedom, unity, sacrifice, national integrity and responsible citizenship.

NSD TIE Centre Srinagar Organizes Watan Ke Rang, Kashmir Ke Sang Patriotic Cultural Programme Highlights the Spirit of Patriotism Through Music, Theatre and Diverse Cultural Presentations

HT News Network

Srinagar, August 14, 2026: The National School of Drama (NSD), Theatre-in-Education (TIE) Centre, Srinagar, an autonomous institution under the Ministry of Culture, Government of India, in collaboration with the Jammu & Kashmir Academy of Art, Culture & Languages, organized a special patriotic cultural programme titled "Watan Ke Rang, Kashmir Ke Sang" on the eve of India's 80th Independence Day.

The special programme was held at the NSD TIE Centre, Cultural Academy Campus, Lal Mandi, Srinagar, and witnessed enthusiastic participation by first-year students of the National School of Drama from different states of the country. Local Kashmiri artists also participated and showcased the rich artistic and cultural traditions of Jammu & Kashmir.



Through theatre, music and a variety of cultural presentations, the programme highlighted the values of unity, diversity and patriotism. The performances beautifully blended the creative talents of NSD students with the rich cultural heritage of Kashmir, creating a vibrant presentation that was appreciated by the audience.

On the occasion, NSD Dean (Academics) Shantanu Bose, Centre In-charge and Associate Professor Aruna Kumar Malik, and Associate

Professor Ramji Bali addressed a press conference. They highlighted the theme of the programme, NSD's vision of promoting cultural harmony, and the importance of engaging young people in creative and cultural activities through theatre in Jammu & Kashmir.

The programme brought together students, artists, distinguished guests and members of the media, providing a meaningful platform for cultural exchange and artistic expression. At the conclusion of the event.

Parents praise arrangements as NIT Srinagar UG admissions continue Institute had placed comprehensive arrangements to ensure smooth admission process: Dean AA

HT News Network

Srinagar, Aug 14: For many parents, accompanying their children to the National Institute of Technology (NIT) Srinagar for undergraduate admissions was a occasion marked by pride, anticipation and a sense of achievement, as their wards embarked on a new phase of academic life.

On the second day of undergraduate admissions at the Institute on Friday, parents accompanied students seeking admission to various programmes, appreciating the arrangements, describing the process as orderly, efficient and convenient.

For families who had travelled from different parts of the country, the admission day also brought relief after months of preparatory uncertainty. Parents said clear guidance

from staff and the availability of essential services on campus helped them complete the formalities without much difficulty.

Rajesh Kumar, a parent from Pujab, said seeing his son secure admission to NIT Srinagar was a proud moment for the family.

"We had been waiting for this day for a long time. There was naturally some nervousness when we arrived, but the way the staff guided us made everything much easier. From document verification to the final formalities, everyone was very cooperative," he said.

Ram Prasad Meena, a parent from Rajasthan who secured admission to Mechanical Engineering, said the arrangements had made the transition easier for both students and families.

"For us, this is a very important moment. Our son is beginning a new chapter

of his life, and as parents we wanted everything to go smoothly. The staff guided us properly, while having different facilities available at one place made the process much easier," he said.

Shraddha Kumari from Patna, Bihar, whose ward was admitted to the Institute, said her family was impressed by the way the rush of students and parents was managed.

"We were expecting a long and tiring process, but things moved smoothly. The staff was patient and cooperative. It was reassuring to see that the Institute had made arrangements to assist parents at every stage," she said.

Shraddha said parents often carry concerns when their children leave home for higher education, adding that the arrangements at the campus helped ease some of those apprehensions.



"As parents, we always worry when our children take such a big step. Seeing the arrangements here and the way officials are helping students gives us confidence," she said. She added that the atmosphere

on campus was encouraging, with students appearing excited about beginning their journey at one of the country's premier technical institutions.

Dea Academic Affairs, Prof. B.A. Mir, said the admission process was

progressing smoothly, with teams working continuously to facilitate students and their parents.

"Today, we have completed the admission process for around 80 candidates, taking the overall number of admissions to 169 so far. The response has been encouraging, and our teams are working to ensure that every student and parent gets proper assistance throughout the process," Prof. Mir said.

He said the Institute had streamlined the admission procedure by providing different facilities and services together at the campus, allowing students to complete their formalities in a coordinated manner.

"Our teams are working tirelessly from 8:30 AM to 6:30 PM to ensure a hassle-free experience for students and parents. We have tried to make the process as convenient as possible,

with the required facilities available under one roof," he said.

Senior officials are monitoring the arrangements and speaking with students, parents, and staff to ensure coordination across teams during the ongoing admission process. "We were expecting a long and tiring process, but things moved smoothly. The staff was patient and cooperative. It was reassuring to see that the Institute had made arrangements to assist parents at every stage," she said. Shraddha said parents often carry concerns when their children leave home for higher education, adding that the arrangements at the campus helped ease some of those apprehensions.

"As parents, we always worry when our children take such a big step. Seeing the arrangements here and the way officials are helping students gives us confidence," she said.

HT EDITORIAL

A Cleaner Srinagar, Without Killing Its Street-Food Soul

Srinagar's move to establish designated street food zones is a timely and potentially transformative step towards bringing greater order to the city's rapidly evolving public spaces. The initiative by the Srinagar Municipal Corporation (SMC) deserves appreciation not simply as a regulatory exercise, but as an attempt to reconcile three legitimate interests—the livelihood of street vendors, the right of citizens to clean and accessible public spaces, and the city's responsibility towards food safety and urban hygiene. Street food is an integral part of Srinagar's social and economic landscape. For many vendors, it is a modest but vital source of income; for residents and tourists, it provides affordable and distinctive food experiences. Any policy concerning this sector must therefore begin with recognition rather than exclusion. Regulation should bring dignity and predictability to vending, not push vendors from one location to another in search of customers. The proposed designated zones, including areas around Dalgate, Badamwari, Rajbagh, Magarmal Bagh and JVC Bemina, offer an opportunity to create precisely such an organised environment. Properly planned food zones can reduce roadside congestion, protect pedestrian movement, improve waste management and make enforcement of food-safety standards considerably more practical. But the real test lies in implementation. A policy can be progressive on paper and counterproductive on the ground if allotments are opaque, enforcement is selective or designated spaces lack basic infrastructure. The SMC must therefore ensure that allocation of vending spaces is transparent, competitive where necessary and based on clearly defined criteria. Carrying capacities should be scientifically determined and strictly adhered to. Food safety must also remain central to the initiative. Clean water, hygienic preparation, waste segregation, wastewater disposal and fire-safety measures cannot be treated as optional requirements. Yet compliance should be accompanied by facilitation. Many small vendors may lack the resources or technical understanding needed to immediately meet elaborate standards. Training, awareness programmes and reasonable transition mechanisms would make regulation more effective and less punitive. There is another important dimension: Srinagar must not lose the character that makes its street-food culture distinctive. Excessive standardisation should not turn every food cart into an indistinguishable commercial unit. Cleanliness and safety can coexist with local identity, traditional recipes and the informal charm that attracts both residents and visitors. The Corporation should also establish an effective grievance-redressal mechanism and maintain regular dialogue with vendor associations. Such participation can prevent misunderstandings and ensure that the policy evolves in response to practical realities. Srinagar is witnessing growing pedestrian movement, increasing vehicular pressure and a steady rise in tourism. Its public spaces consequently require better management than ever before. But urban management cannot mean eviction as the first response to every problem. A modern city is one that creates space for livelihoods while protecting the common good. The designated street food zones can become a model of inclusive urban governance if they are implemented with transparency, adequate infrastructure and sensitivity towards vendors. The objective should not be to remove street food from Srinagar's streets, but to give it a cleaner, safer and more dignified place within the city. Srinagar does not need to choose between cleanliness and livelihoods. With thoughtful planning and honest implementation, it can have both.

From Books to Reels: Changing Priorities of the Young



Dr. Vijay Garg

Every generation grows up with its own symbols of aspiration. For one generation, a good education, a degree, a stable career and social respect represented success. For another, professional achievement and financial independence became the primary goals. Today, a new generation is growing up in a world where visibility, followers, likes, views and viral content have become powerful measures of popularity.

The journey from books to reels is not merely a technological change. It reflects a deeper transformation in the way young people consume information, define success, spend their time and seek recognition.

Books once demanded patience. Reels demand seconds.

Books encouraged concentration. Reels often reward instant attention.

Books offered depth. Reels often offer speed.

The question is not whether reels are good or bad. The real question is whether the growing dominance of short-form digital content is changing the priorities of young people—and whether education, reading and long-term goals are losing their place in this rapidly changing environment.

From reading to scrolling

For generations, books were among the most important sources of knowledge and imagination. Students read textbooks,

newspapers, magazines, novels, biographies and reference books. Reading required time and concentration. A reader had to stay with an idea long enough to understand it.

Today, a young person can move from one piece of content to another with a simple swipe. A few seconds may bring a comedy clip, a dance video, a motivational

messages, long-form reading may begin to feel difficult or boring. That can have consequences for education, attention and intellectual development.

The attraction of instant recognition One reason reels are so powerful is that they can provide immediate feedback. A student who spends months preparing for an examination may receive

A viral video can disappear from public attention within days. A good education can influence a person's entire life.

Young people need to understand the difference between temporary visibility and lasting achievement.

When popularity becomes a goal Social media has created opportunities that earlier generations could not have imagined. A talented young person can display music, art, writing, photography, science experiments, entrepreneurship or public speaking to a global audience.

This is an important positive development.

The problem is not creativity. The problem is when creativity becomes controlled entirely by the desire for views.

A young person may begin asking: "Will this get likes?"

"Will this go viral?"

"What will attract more followers?"

These questions can gradually replace more meaningful ones:

"What can I learn?"

"What can I create?"

"How can I improve?"

"What problem can I solve?"

When external validation becomes the main source of motivation, learning itself can lose its value. The changing value of a degree

For a long time, a degree was considered one of the strongest indicators of educational achievement and professional preparation.

Dr. Vijay Garg: Retired Principal | Educational Columnist | Eminent Mathematician Academic Editor, Online Magazine WnB Street Kour Chand, MHR Malout,

India at 80: The Spirit of Freedom Lives On



SAYED MOBASHAR ALI

"India, that is Bharat, shall be a Union of States." These words are not just the opening line of our Constitution, they express the identity of our nation. India is a land where countless cultures, traditions, languages, and beliefs have lived together for centuries. On 15 August 2026, as we celebrate the 80th Independence Day, we remember the sacrifices of millions of brave men and women who gave us the priceless gift of freedom.

Independence is more than the end of foreign rule. It is the freedom to think, to speak, to dream, and to live with dignity. A truly independent nation is one where people are free not only in body but also in mind. The freedom to express ideas, ask questions, and think differently is the true strength of a democracy.

The beauty of India is reflected in both its people and its landscape. The snow-covered Himalayas, green valleys, flowing

rivers, peaceful lakes, majestic waterfalls, deserts, forests, and long coastlines make our country one of the most beautiful in the world. Kashmir, often called Paradise on Earth, reminds us of nature's finest creation. Every region has its own story, its own language, and its own traditions, yet together they form one India.

Our diversity is our greatest strength. Different religions, festivals, customs, and cultures do not divide us, they complete us.

Pandit Jawahar Lal Nehru rightly described India as a living example of "Unity in Diversity."

The spirit of Ganga-Jamuni Tehzeeb teaches us that mutual respect, love, and harmony are the foundations of our society. Every faith gives the message of peace, compassion, and humanity.

The Constitution of India reflects these values by promoting justice, liberty, equality, fraternity, integrity, and the dignity of every individual. These are not just words written on paper; they are values that should guide our daily lives. They remind us that every citizen has both rights and responsibilities.

One unique quality of Indians is the courage to question and debate. Nobel Prize-winning economist Amartya Sen, in his book *The Argumentative Indian*, beautifully explains

that discussion and reasoning have always been part of India's civilization. Constructive criticism is not against the nation, it strengthens democracy. A country grows when its citizens participate, question, and work together to solve problems.

As we celebrate eighty years of independence, let us remember that the responsibility of protecting India now rests with us. Our duty is not only to honour the sacrifices of our freedom fighters but also to preserve the values they fought for. Let us keep alive our culture, our constitutional ideals, our unity, and our spirit of brotherhood. Let us build an India where every citizen is respected, every voice is heard, and every dream has the freedom to grow.

Let freedom live in every thought, let every dream take flight,

For truth and hope together keep our nation's future bright.

Jai Hind! Happy 80th Independence Day!

Bio: I am Sayed Mobashar Ali, from jammu and kashmir, I have done my graduation in Psychology hons from jamia Millia islamia new delhi. I am interested in media ,Psychology, democracy and

Different People, Different Stories



Sahil Manzoor

Education never means getting employment, handsome salaries, and all that comes with a job. Education simply means gaining control over everything within ourselves our anger, arrogance, dishonesty, jealousy, and other weaknesses. True education develops our character and teaches us how to deal with life.

How beautiful it is whenever I see educated people engaging in different livelihood activities. We know that in our country, almost everyone wants a government job. Yet, those who get into government service often start complaining: "What is so special about a government job?" I have a friend whose earnings are many times higher than mine. I also have a neighbour who earns in a few days what some people earn in an entire month.

My perspective regarding employment is quite clear. People who have zeal, enthusiasm, and a thirst to do something in any field rarely complain about what they have achieved or what they have lost. Different people have different stories when it comes to their choices of employment.

Some people may not be highly qualified, yet they have positive smiles on their faces and live their lives happily. On the other hand, some highly qualified people, such as engineers, teachers, doctors, and lecturers, complain that their earnings are insufficient, that they cannot afford a luxurious lifestyle, or that they cannot live like princes. How Can We Be Happy?

For me, earnings are not everything. I believe in satisfaction. The person who is satisfied with his or her qualifications, profession, and earnings is a successful person. No one can defeat such a person's dreams or easily make them unhappy.

Actually, it is our own mindset that often creates problems. We keep looking at what others are doing without knowing their background. Different people have different strengths and different financial circumstances, so it is not possible for everyone to sail in the same boat.

Some people can make something great from very small things, while others have bigger opportunities because of their family background, financial status, education, or other advantages. Yet, they sometimes fail to make good use of those opportunities. This raises an important question: why do some people have great opportunities but fail to use them to achieve their life goals? Today, this thought came into my mind, and I decided to write about it.

Literally, I have been enjoying delicious masala (a mixture of gram) and lawasa tandoori chapatti for the last couple of decades, along with chutneys of different

varieties, such as coriander, chilli powder, green chilli, curd, and pieces of salad.

One of the sellers from Parneva, Khansahib, Budgam, has been selling these items for a long time. I like his behaviour and the way he presents his masala and lawasa with delicious chutney. He keeps the chutney in copper utensils, which adds to the traditional charm. What attracts me most is his behaviour. Even when members of the community call him "Sir," he remains humble and gentle.

Today, I see similar food items being sold outside colleges, schools, sports stadiums, and other busy places. Such efforts by our educated youth to earn a livelihood should be appreciated. The government should support them by providing financial assistance and suitable permanent spaces so that they can earn with dignity and with proper governmental support.

There are great minds in the government, and I hope such initiatives for employment and self-reliance among our youth will be appreciated and supported.

How Can We Generate Employment with Little Financial Support? We can start a business from a footpath and gradually build it into a successful enterprise within a few years through honesty, hard work, and enthusiasm.

Anyone can become what he or she wants to become, but proper guidance and a great vision are necessary. Willingness plays a vital role and can uplift a person from any situation. There is no need to start a business with millions. When you start small, you remain calm because you have less fear of bankruptcy and fewer financial pressures.

Always try to learn from zero and then move higher. The higher you go, the calmer and wiser you should become.

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When Daughter Becomes Daughter-in-Law



By: YOUSUF MIR

(This short story reflects the feeling that daughters may become daughters-in-law, but their relationship with their parental home never truly ends. Through life's ups and downs, a strong parental home can remain a source of support, confidence, and a sense of security.)

It was the month of April. This year, April had five Sundays and two public holidays. The first week itself brought three consecutive holidays, and the employees were already making different plans for how to spend their time off.

Sahil and Gauhar worked in the same district. Years of working together had gradually turned their professional relationship into a close friendship. During a conversation at the office, they decided to spend the following Sunday together.

The next Sunday morning, Sahil arrived at Gauhar's home. Gauhar had already told his wife, Ghazala, that his friend was coming, so tea and some light refreshments had been arranged in advance.

Their conversation began with ordinary matters, the home, and the garden. Ruhi could sometimes be seen playing in the courtyard and at other times sitting close to her mother.

During the conversation, Ghazala looked at Ruhi and said:

"This house belongs to Ruhi too."

Sahil smiled and asked:

"Already? Ruhi is only ten years old."

Ghazala replied confidently:



"Yes, already. I do not want her to leave this house as a bride one day and then be made to feel that she no longer has any connection with it."

She then shared an incident.

"One day, a man came to our house. He wanted to buy ten marlas of land for his second son. During the conversation, he said that a house had already been built for one son, and now he needed land for the other."

"I asked him, 'Don't you have any daughters?'"

He smiled and replied:

"Daughters belong to another family."

I did not like what he said. I told him:

"Daughters do not belong to another family. They simply take responsibility for a new home. Their relationship with their parents does not end."

After a few moments of silence, Ghazala's voice became softer.

"Perhaps my thinking is different because I have experienced a lot myself."

Her eyes became moist.

"Before I got married, I believed that my parental home would always remain mine. But many things change with time. Once, I went to my parental home with my children for a few days. I took my clothes out of my bag and placed them in the cupboard. The next morning, I found that my clothes had been put back into the bag."

"I asked my sister-in-law about it, and she said that Mother had asked her to put them back."

"At that moment, I was not angry. I was simply deeply hurt. I sat quietly in my room for some time. My eyes filled with tears, but I did not say anything to anyone."

"The next day, when I was leaving to return to my husband's home, my mother came with me as far as the veranda to see me off. As she always did, she placed her hand on my head and said, 'Daughter, stay happy and take care of your home.'"

"I looked at my mother. I wanted to say, 'Mother, this is my home too.' But the words stopped at my lips. I quietly walked out."

"Throughout the journey, one thought kept going through my mind: the home I had come to believing it was still my

parental home had perhaps become only my mother's home."

"After that, whenever I went to my parental home with my children, one or two days would pass comfortably, but I no longer felt like staying for long. A strange feeling had quietly settled inside me that perhaps it was not right for me to stay there for too long."

Ghazala remained silent for a few moments.

"Perhaps that was the day I decided that if my daughter ever left her home to become a daughter-in-law in another family, she would still remain my daughter. I would never let her feel that after marriage, her parental home had become a place where she no longer belonged."

After another brief silence, she asked Sahil:

"What is the practice in your home? Have you kept a separate room for your daughter?"

Sahil nodded.

"Yes, Our daughter has her own room. Whenever she comes, the room is kept open for her. She also has the keys to her cupboards, and no one interferes with her belongings."

Then he smiled and added:

"Yes, the room does not remain locked all the time. We use it when necessary, but its status always remains that of my daughter's room."

Gauhar, who had been quietly listening to the conversation, spoke for the first time:

"Perhaps we men are often slow to understand that what a daughter needs is not just a place in the house, but the assurance that she still belongs there."

Sahil looked at Gauhar and smiled quietly.

Ghazala looked at Ruhi and said softly:

"I am not giving my daughter the idea of property. I am giving her the certainty of belonging. I want her never to feel like a guest in her own home."

She looked at Ruhi for a few moments. Ruhi, unaware of the depth of the conversation, was gathering her books.

There were tears in Ghazala's eyes, but there was a strange peace in her voice.

"Daughters may become daughters-in-law, but their relationship with their parental home should never end."

Sahil looked at Ghazala. Gauhar remained silent too. Ruhi, playing in the courtyard, probably had no idea what the conversation meant. But that day, a home was being protected for her, a home where, even after becoming a daughter-in-law one day, she would always remain her mother's daughter.

A Critical Review of Gahri Chot, an Afsancha Collection by Khalid Bashir Tilgami

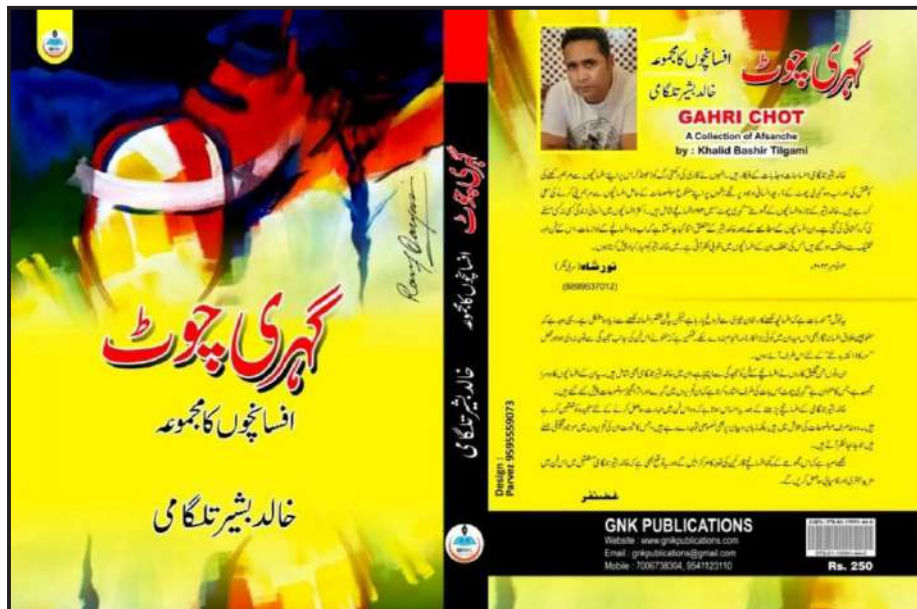


Wani Arfat

In Urdu literature, micro-fiction (afsanha) writing is a delicate yet profoundly meaningful genre that demands immediate attention, deep awareness, and a sensitive heart from its reader. To encapsulate the complex experiences of life, social realities, and the layered states of human psychology within a handful of words is no easy task. Yet it is precisely this quality that elevates the afsancha from mere brief prose to a complete intellectual and emotional experience. Within the literary tradition of the Kashmir Valley, afsancha writing represents a continuation of this creative discipline, where the art of saying more with fewer words is considered an essential condition. In this very tradition, the name of Khalid Bashir Tilgami emerges as a serious and credible reference.

Hailing from the town of Pattan Tilgam in the Baramulla district, Khalid Bashir Tilgami's vision is not limited to the surface level. Rather, he delves into the inner depths of society, capturing human emotions, silent sufferings, and moral contradictions in the concise yet richly expressive form of the afsancha. Pain in his art does not shout; rather, it manifests itself in the form of silence. This silence, in turn, generates a long-lasting echo in the heart of the reader.

Khalid Bashir Tilgami's afsancha collection Gahri Chot is more than just an afsancha collection. It is an internal experience, an intellectual journey, and a literary experience that delves deep into the depths of emotions and consciousness. The title itself clearly indicates the semantic richness of the collection. It represents a wound that is not visible to the naked eye but wounds the inner self, moving from the domain of emotion, conscience, and thought for a long time. The afsancha in this collection do not depend on noise, slogans, or emotional outbursts. Rather, they silently penetrate the reader's mind, and it is this silence that becomes their biggest strength. Published in 2025, Gahri Chot has 112 pages and has been published by GNK Publications, Budgam, Jammu and Kashmir. The eighty-three afsancha in this volume give a holistic and significant glimpse into the divided human society of the modern era. In the choice of themes, Khalid Bashir Tilgami does not restrict himself to a particular area. Sometimes, with the setting of the Dal Lake, the inner sadness of Kashmir and its aesthetic aspect come together. Sometimes, themes like debt, daughters, the mother tongue, and the concepts of lawful and unlawful hit hard at the bitter realities of life. One of the most remarkable aspects of these afsancha is the lack of sermonizing and rhetorical statements. What is left behind is a composed, questioning, and thought-provoking style of writing. Khalid Bashir's writing is plain, transparent, and unpretentious. Instead of entrapping the reader in a whirlpool of words, he



leaves behind a question in a few sentences, which chases the reader's mind long after the reading is over. In his afsanche, pain does not shout loudly; it speaks in a whisper, and that whisper turns into an echo that resonates in the reader's heart. In this manner, the reader does not remain a passive consumer of the text but is brought into a dialogue with his own self.

As said by the renowned critic Dr. Azeem Rahi, Gahri Chot is an "impact compact" book in which social truths are depicted with remarkable depth and finesse using a minimal number of words. Dr. Reyaz Tawheedi calls it the "effort of a serious afsancha writer," in which brevity, technical expertise, and diversity of themes meet with a deep resonance of social, psychological, political, and economic issues.

Discussing the artwork of Khalid Bashir, renowned short story writer Noor Shah says: "These afsanche touch the wounds that are embedded in the inner self of the reader, the wounds that may not be visible but are bleeding the human existence." This way, they become a good representation of the wounds inflicted on the human soul. The design and presentation of the book also add to its impact. The emotional dedication at the start of the book, which the author has written in memory of his late brother in law Ghulam Hamza, immediately puts the reader in a personal and pain-conscious environment. The introductory pieces that follow help to understand the intellectual and artistic background of the author. Therefore, the book makes a lasting impact not only on the intellectual front but also emerges as a sophisticated literary endeavor on the visual front. Khalid Bashir Tilgami's literary journey started with his first afsancha publication named Dukhti Rag in 2021, which got recognition at both national and international levels. Gahri Chot is the next step in his literary journey, which is mature and serious. Instead of feeling complete,

the author feels that he should be involved in a learning process. The creation of literary forums like Gulshan e Afsancha is a reflection of this intellectual seriousness and his commitment to the genre.

Each afsancha in Gahri Chot is a different question, a different wound, and a different mirror. To grasp the semantic richness of these afsanche, their thematic and intellectual pointers are compiled below in a condensed form, where each heading holds in itself a complete social or moral anguish. Sabab, Qarz, Taassub, Dal Jheel, Betiyaan, Thappar, I Am Busy, Adda, Qarz-e-Hasna, Neki, Daaie, Autograph, Shash-o-Panj, Allah Akbar, Sookha Poda, Maa, Faasla, La-Jawab, Tadark, Pehla Roza, Desh Bhakt, Zaiqa, Zehar, Ghareeb Ki Awaaz, Chhutti, Fitrat, Nuskha, Confusion, Haqdaar, Surprise, Aks, Sataish, Munh Kala, Fasal, Commission, Gunjaish, Halal, Nazar, Manfi Soch, Bara Aadmi, Madri Zaban, Aaina, Pasand, Ajir, Khoon-e-Jigar, Shukarguzar, Bechara, Machine, Tazaad-e-Fikri, Dream Eleven, Gumaan, Sirat-e-Mustaqeem, Talash, Bharat, Numaish, Deewar, Pewand, Ilaj, Amma... Amma, Tareekh, Lift, Asli Ghar, Kashmakash, Majboor, Pagal, Santa Claus, Mumta, Dars, Virus, Chamatkar, Duayein, Nazrana, Haddein, Niyat, Dukh Dard, Nafa-Nuqsan, Karishma, Parhezgar, Aaina, Sohbat, Laat, Badlao, and Gahri Chot.

(Mohammad Arfat Wani is a writer, social activist, and nursing student from Kuchmulla, Tral. He is also a B.Sc. Nursing student at Ramzaan College of Nursing & Paramedical Sciences, Galandar Pampore. He writes on social issues, culture, and public concerns with the aim of raising awareness and inspiring positive change. Email: wania6817@gmail.com)

A soldier too has a heart!

Win and hear Voice of the Locals



By MS Nazki

Someone told me 32 years back with words such as, 'Ap Joh Soch Rahe Hain Whoh Hoga Nahin, Par Ho Sakta Hai Hoh Bhi Jaye, Waqt Ka Kya Kehna!' I knew Zareena had been blanked out! My only answer was 'Joh Mein Kehta Hun Who Hone Wala Hota Hai'.

-And it is happening and it's all due to the Indian Army!

-Zareena keeps meeting me, she has three kids and the husband runs an eatery!

-Once or twice in two months I always visit the eatery!

-She did mention that you walked into my brain and also the heart! But thereafter thousands taught us the same thing! Never be blank or black!.....

-A story of Army Goodwill school in Poonch:

-The morning sun had just started to light up the rugged peaks of Poonch when Tariq and Naseem walked through the gates of the Army Goodwill School.

-For years, the couple had lived in a remote border village in Jammu and Kashmir, where opportunities were as scarce as the rugged mountain terrain was harsh.

-Tariq worked as a daily-wage laborer, earning just enough to keep food on the table.

-Naseem took care of their modest home and dreamed of a better future for their two children, Sajid and Zoya.

-In a region long shadowed by conflict and geographical isolation, those dreams often felt out of reach.

-High-quality education was expensive, and specialized healthcare required long, grueling journeys to distant cities.

-Their lives began to change the day Tariq attended a community meeting organized by the Indian Army under Operation Sadbhavana (Operation Goodwill).

-Launched to improve rural infrastructure and foster community development, the initiative was exactly what Tariq's family needed.

-The first major turning point came for their children.

Through Operation Sadbhavana, both Sajid and Zoya were granted admission and scholarships

to the local Army Goodwill School.

-Instead of walking miles to an understaffed facility, they received modern education, access to computer labs, and balanced mid-day meals.

-Naseem watched her children transform from timid village kids into confident students who spoke of becoming doctors and engineers.

-The benefits soon extended to the couple's daily health and livelihood. Naseem had suffered from chronic joint pain for years, but specialized medical care was a luxury they could not afford.

-When the Army organized a free Medical and Veterinary Camp in their block, Tariq accompanied her.

-Not only did Naseem receive a thorough check-up and free medications from specialist doctors, but Tariq also received modern veterinary advice and supplements for their small herd of goats, ensuring their primary source of secondary income remained secure.

-Furthermore, Naseem joined a local Women's Empowerment Center established under the same initiative. There, she learned advanced cutting, tailoring, and embroidery skills.

-Within months, the center helped her set up a small cooperative with other women in the village. For the first time in her life, Naseem was earning an independent income, stitching uniforms for local school children.

-One evening, sitting on their veranda watching Sajid read his textbooks aloud to Zoya, Tariq turned to Naseem. The heavy burden of uncertainty that had weighed on them for a decade had finally lifted.

-Operation Sadbhavana hadn't just provided them with free services; it had given them the tools, the health, and the education to build a self-reliant life.

-In the heart of Poonch, a couple that once felt forgotten by progress was now firmly on the path to a brighter, peaceful future.

-What else the couple wanted! 7 Jat Regiment was always there!

-The future had arrived for them!

-These are the lines which we got to write this story! 7 Jat Regiment Under 10 in f/kg bridge! One eye is other side of Loc Second is Behind the fence! I thought that they had changed their motto!

-Nope! They have not!

-A soldier too has a heart!

Win and hear Voice of the Locals

-The Officer of Jawan of 7 Jat Regiment is friendly with the Locals people!

-Locals have appreciated the Indian army 7 Jat Regiment!



JMC has appealed to citizens and visitors to actively support such initiatives and contribute towards keeping the Tawi River and its surroundings clean, green and sustainable.



SKUAST-K, NIFT Srinagar sign MoU to strengthen Collaborative Research, Innovation and Academic Exchange

MoU opens new avenues for wool, pashmina and silk value addition

■ HT News Network

SRINAGAR, AUGUST 14: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) and the National Institute of Fashion Technology (NIFT), Srinagar, have signed a Memorandum of Understanding (MoU) to strengthen collaborative research, innovation, product development and academic exchange, with a special focus on adding value to Jammu and Kashmir's rich fibre resources.

The agreement was signed at SKUAST-K, Shalimar, in the presence of Prof. Nazir Ahmad Ganai, Vice Chancellor, SKUAST-K, and Prof. Monica Gupta, Director, NIFT Srinagar, along with senior university officials, faculty members and representatives of both institutions.

The collaboration seeks to combine the scientific and technical expertise of SKUAST-K with NIFT Srinagar's strengths in design, fashion technology, product development, and market-oriented innovation to develop value-added, commercially viable products.

A key outcome of the partnership will be the formulation of a collaborative research program on the value addition of



J&K's fiber resources including wool, pashmina and silk, with a focus on the fiber-to-fabric value chain. Speaking on the occasion, Prof. Nazir Ahmad Ganai said the partnership should translate institutional expertise into tangible outcomes for local resources and communities. He directed the relevant faculty and officers to develop a focused, collaborative research program to improve value realization from the region's fiber resources.

The Vice Chancellor emphasized that such institutional partnerships should go beyond conventional academic

collaboration to yield new technologies, innovative products, livelihood opportunities, and greater economic value for local stakeholders. Director, NIFT Srinagar, said the collaboration offered significant potential for integrating NIFT Srinagar's expertise in design and product innovation with SKUAST-K's scientific and technical capabilities. She expressed confidence that the partnership would generate meaningful outcomes in value-added products and market-oriented innovation.

Dr. Asif Hassan, Head, Division of Livestock Products Technology (LPT), SKUAST-K, outlined the objectives of the MoU and said it would provide a broader framework for joint research and development, faculty and student exchange, collaborative academic programmes, sharing of research facilities, and joint seminars and workshops.

Earlier, Prof. Monica Gupta visited the SKUAST-K Innovation, Incubation and Entrepreneurship (SKIE) Centre, where she interacted with Dr. Naveed, CEO, SKIE Centre, and his team. Discussions explored opportunities for joint work to strengthen the innovation ecosystem, promote student-led enterprises, support start-ups, and facilitate the commercialization of technologies and products.

SKUAST-K trains Ladakh Veterinary Officers in Future-Ready Livestock Farming

■ HT News Network

GANDERBAL, AUGUST 14: A 15-day capacity-building programme for veterinary officers from Ladakh on "Future-Ready Livestock Farming" was inaugurated at the Faculty of Veterinary Sciences and Animal Husbandry (FVSc & AH), Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K), Shuhama. Organised by the Division of Livestock Production and Management (LPM), FVSc & AH, the training aims to equip field-level veterinary officers with contemporary scientific knowledge, emerging technologies and practical approaches to strengthen livestock productivity, animal health and farmer livelihoods in the challenging Himalayan region. Prof. Riaz Ahmad Shah, Dean, FVSc & AH, SKUAST-K, was the Chief Guest at the inaugural session. Addressing the participants, he stressed the importance of continuous professional development for veterinary officers, particularly those working across geographically diverse and challenging regions such as Ladakh. Prof. Shah emphasized that strengthening the technical capacities of field veterinarians is essential for ensuring that advances in veterinary science and emerging technologies translate into practical



benefits for livestock farmers at the grassroots level. Earlier, Prof. Hilal Musadiq Khan, Head, Division of LPM, outlined the objectives and scope of the training. Prof. M. T. Banday and Prof. Islam Udin Sheikh, Professors in the Division of LPM, interacted with the participants and highlighted the growing relevance of contemporary approaches to livestock production and management. Dr. I. A. Baba, Dr. R. A. Pattoo and Dr. S. Adil were also present.

The 15-day programme covers a wide range of areas, including scientific and integrated livestock production, animal health, reproduction, genetics, nutrition, disease diagnostics, artificial intelligence and digital livestock management systems.

The training is designed to provide participants with practical, field-oriented exposure to modern livestock technologies and management approaches that can be applied to improve productivity, animal health.

Jammu University's Baderwah Campus Hosts Business Idea Boot Camp to Foster Young Entrepreneurship

■ Amir Iqbal Khan

Badarwah, August, 14: Nurturing the spirit of enterprise among youth, the School of Management Studies (SOMS) at the Baderwah Campus, University of Jammu, on Friday hosted a high energy "Best Business Idea Boot Camp" in collaboration with Mudralaya FinTech Private Limited.

Designed exclusively for students pursuing BBA, B.Com. and MBA degrees, the dynamic platform allowed budding entrepreneurs to showcase their creativity and business acumen before a panel of industry experts. Ten innovative business startups and models came under the spotlight, evaluated rigorously on market opportunities, customer needs, unique value propositions and commercial viability.

Applauding the initiative, Prof. Rahul Gupta, Rector of the Baderwah Campus emphasized the critical need for strengthening industry academia linkages.

"Such programs provide our students with invaluable practical exposure and direct interaction with the corporate world," Prof. Gupta said while encouraging learners to actively bridge the gap between theoretical knowledge and market execution. He also commended the Mudralaya FinTech team for extending their expertise and platform to the



campus. Earlier, setting the tone for the event, Dr. Umesh Choudhary, Incharge Head of SOMS, delivered the welcome address. He noted that experiential interactions are essential for helping students grasp ground level market realities and build the confidence necessary to emerge as tomorrow's business leaders.

The boot camp featured presentations from a cohort of promising student innovators including Harsh Choudhary, Brighu Nandan Bhan, Arshpreet Kaur, Lakshmi, Anmol, Monik Thakur, Aquib, Mohammad Muneeb, Prakriti Dutt, Shubra Abbas, Tosia, Priyansh Sharma and Afaan Wani. The participants received critical, hands on feedback from industry professionals spanning business development, strategic marketing and financial feasibility.

Faculty members including Dr. Rohit Bhagat, Dr. Mohammed Avais, Amit, Dr. Umar Sadeeq, Mehmood Ahmed, Shabir Hussain.

Hailstorm Causes Massive Losses to Fruit Growers in Shopian and Kulgam

■ FAROOQ RATHER

Srinagar, August 14: Bashir Ahmad Basheer, Chairman of the Kashmir Valley Fruit Growers-cum-Dealers Union, Srinagar, has expressed deep concern over the devastating hailstorm that struck several areas of Shopian and Kulgam districts, causing extensive damage to fruit orchards and inflicting huge losses on fruit growers.

The hailstorm has left behind scenes of devastation in the affected orchards, with standing fruit crops suffering extensive damage. Many growers were seen distressed after witnessing the destruction of crops that constitute their primary source of livelihood. Bashir Ahmad Basheer said that the horticulture sector is already facing several challenges and that the latest natural calamity has further aggravated the difficulties being faced by fruit growers.

Finance Minister, RBI Gov discuss cross-border payments at BRICS Finance meet

■ UNITED NEWS OF INDIA

New Delhi, Aug 14 (UNI) Finance and Corporate Affairs Minister Nirmala Sitharaman and Reserve Bank of India Governor Sanjay Malhotra co-chaired the BRICS Finance Ministers and Central Bank Governors meeting with discussions focusing on financial stability, cross-border payments and cooperation among central banks.

The RBI said Malhotra underlined the importance of central banks in safeguarding price and financial stability.

He also stressed that greater coordination among monetary authorities would be important for developing a financial system



that is more resilient, efficient and inclusive.

During the meeting, the RBI Governor reviewed the progress of various central bank initiatives across key areas. These included information security, fintech, cross-border payment systems, sustainable finance and capacity building.

The discussions also covered the Contingent Reserve Arrangement, a financial safety mechanism aimed at providing liquidity support to BRICS economies facing short-term balance of payments pressures.

On the sidelines of the BRICS meeting, Sitharaman held bilateral discussions with Indonesia's Vice Minister of Finance Juda Agung in Jaipur.

The talks covered financial sector development, international financial services, trade and mechanisms to deepen economic ties between India and Indonesia.

Sitharaman highlighted the momentum in bilateral relations following high-level visits between the two countries.

Wholesale price inflation eases to 9.78pc in July, food prices remain concern

■ UNITED NEWS OF INDIA

New Delhi, Aug 14 (UNI) India's wholesale price inflation moderated slightly to 9.78 per cent in July from 9.87 per cent in June, even as food-related wholesale prices continued to show an upward trend, according to provisional data released by the Ministry of Commerce and Industry on Wednesday.

The Wholesale Price Index (WPI) for all commodities stood at 110.0 in July, marginally lower than 110.2 recorded in June.

Inflation across primary articles accelerated to 8.52 per cent in July from 7 per cent in the previous month. Manufacturing inflation also picked up, rising to 8.29 per

cent from 7.48 per cent. In contrast, inflation in the fuel and power basket eased sharply to 20.05 per cent from 27.41 per cent in June.

The ministry said mineral oils, food items, basic metals, non-food articles, manufactured food products, and chemicals were among the key contributors to wholesale price inflation during the month. The WPI Food Index, which combines food articles under primary articles with manufactured food products, rose to 6.65 per cent in July from 6.14 per cent in June.

Within primary articles, inflation in food articles remained broadly stable at 5.44 per cent, compared with 5.49

per cent in June. However, non-food articles saw a significant acceleration, with inflation rising to 17.66 per cent from 11.07 per cent. Mineral prices also increased, pushing inflation in the minerals category to 13.28 per cent from 9.45 per cent. The fuel and power segment provided some relief to overall wholesale inflation. Mineral oils inflation fell to 32.4 per cent in July from 46.48 per cent in June, while inflation in crude petroleum and natural gas declined to 26.99 per cent from 34.75 per cent. Electricity prices also moved into positive territory, with inflation at 1.09 per cent in July compared with a contraction of 0.76 per cent.

JKTPO organises Virtual E-Commerce Seller Onboarding Drive on Flipkart Samarth

■ Wani Arfat

JAMMU, AUGUST 14: The Jammu & Kashmir Trade Promotion Organization (JKTPO), under the aegis of the Industries & Commerce Department, Government of Jammu & Kashmir, organized a Virtual E-Commerce Seller Onboarding Drive on the Flipkart Samarth Platform today, with the objective of facilitating digital market access and enabling artisans, MSMEs and other enterprises of Jammu & Kashmir to leverage e-commerce for expanding their market reach and business opportunities.

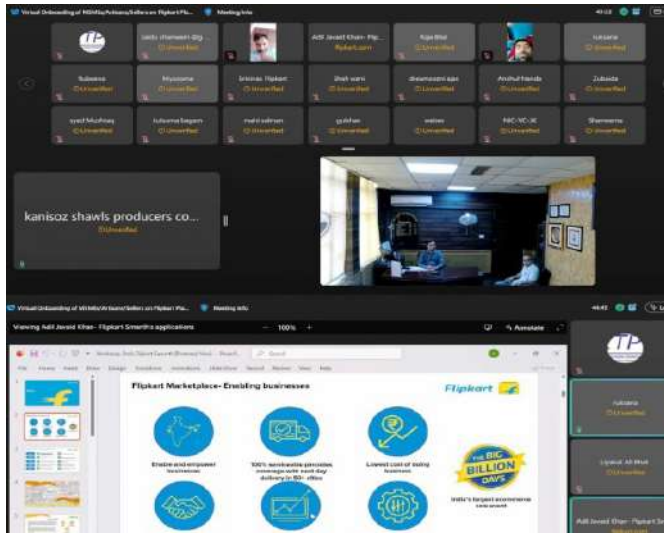
The virtual programme witnessed the participation of more than 250

artisans, MSMEs and entrepreneurs from across Jammu & Kashmir, reflecting the growing interest among local enterprises in adopting digital platforms for business expansion and accessing wider consumer markets.

The programme commenced with a welcome address by Managing Director JKTPO Sudershan Kumar, who highlighted the importance of digital commerce in strengthening market linkages for local enterprises. He emphasized the need for MSMEs and artisans to embrace e-commerce platforms to overcome geographical limitations, enhance product visibility and access customers across the country.

During the session, Anshul Nanda from Flipkart briefed the participants on the benefits of onboarding onto the Flipkart platform and highlighted the opportunities available to artisans, MSMEs and other sellers through e-commerce. He apprised the participants of the potential of the platform to enhance product visibility, expand customer reach and create new avenues for business growth.

Adil Javid Khan from Flipkart subsequently delivered a comprehensive presentation on the Flipkart Samarth platform, providing participants with detailed insights into the platform and the opportunities available for artisans and MSMEs. The session familiarized participants



with the various aspects of establishing their presence on Flipkart Samarth and leveraging the platform for reaching wider markets.

The interactive virtual session provided participating enterprises an opportunity to understand the benefits of e-commerce, seek clarifications and gain practical insights into the process of leveraging Flipkart Samarth for their business expansion.

The initiative forms part of JKTPO's continued efforts towards promoting digital adoption, strengthening market access and enabling MSMEs, artisans and other enterprises of Jammu & Kashmir to access wider markets through leading

e-commerce platforms.

The programme concluded with an emphasis on encouraging more enterprises from the Union Territory to adopt digital commerce and leverage platforms such as Flipkart Samarth to strengthen their online presence, expand their customer base and explore new avenues for sustainable business growth. The initiative forms part of JKTPO's continued efforts towards promoting digital adoption, strengthening market access and enabling MSMEs, artisans and other enterprises of Jammu & Kashmir to access wider markets through leading e-commerce platforms.



Struggling with brainfog? Here's how to fix it

1. Be kind to yourself

When life gets busy and stress levels rise, it's not uncommon to find yourself walking into a room and forgetting why you went there, losing your train of thought mid-sentence or struggling to stay focused on simple tasks.

Especially after the weekend, it can be hard to get back into work or study mode.

This mental cloudiness is often called brain fog and while it isn't a medical condition in itself, it refers to a collection of cognitive symptoms such as difficulty concentrating, forgetfulness, and mental slowness.

Common causes of it can include menopause or perimenopause, and conditions such as long Covid and autoimmune conditions like lupus disease, but it can also strike when you've got too much on your mind at once.

Medical doctor and Morning Live expert, Dr. Tharaka has these four tips and a special acronym to help cut through the haze.

Brain fog can happen to anyone and it's not a personal failing or a sign that you're not coping.

Often, it's simply your brain's way of saying it's tired, stressed or overstretched. Remind yourself that brain fog is usually temporary and it's okay to slow down, delegate tasks or

ask for help when you need it.

If you are concerned then you should contact your GP.

2. Create routines

Reduce decision fatigue by having a set rhythm to your days - a predictable structure can take pressure off your working memory.

Knowing what's coming next stops your brain from constantly asking, "What am I doing today?" It's worth creating a morning and evening routine and even something as simple as laying out clothes or prepping breakfast ahead of time frees your mind from constant decision-making.

3. Take breaks

It's easy to fill your diary with back-to-back commitments - meetings, social events, errands and daily tasks - without leaving any breathing room. But constantly jumping from one thing to the next can leave your brain no time to reset, making brain fog more likely.

Try deliberately scheduling short breaks between activities, even just 5-10 minutes to stretch, get a drink, step outside or sit quietly.

Think of these firebreaks like mental buffers: they give your mind a chance to process what you've just done, let go of lingering stress and prepare for what's next.

4. Use calendars and reminders



Trying to hold every appointment, task and reminder in your head can quickly lead to mental clutter and forgetfulness.

Let tech do the remembering for you - use calendars and reminders to free up mental space.

Schedule recurring tasks so they happen automatically - for example, block out lunch in your diary each day or set weekly reminders for bills and chores.

Alongside these practical daily strategies, Dr T also recommends using his Swans acronym to support brain health and sharpen focus.

Each letter stands for a key habit that can help clear the mental mist and keep your mind performing at its best:

Sleep: Sleep is non-negotiable - it gives your brain time to rest and consolidate memories. Aim for between seven and nine hours each night.

Water: Our bodies are about 60% water

and even mild dehydration can make you feel unfocused so keep water nearby and sip it regularly

Activity: Moving your body boosts blood flow and oxygen to the brain, which helps you think more clearly. Try going on short walks, a light jog or regularly stretching. **Nutrition:** Nourish your brain with whole foods rather than processed ones. Choline is a nutrient vital for brain health so eating food that is rich in it like eggs, fish and nuts can support concentration and focus. **Stress:** Chronic stress floods the body with cortisol - a hormone that helps regulate your body's response to stress - and that can cloud your thinking. Find ways to lower stress through breathing exercises, mindfulness and hobbies.

(BBC NEWS)

منشیات کا علاج 100% ممکن ہے۔
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Doctor's Message

منشیات کا عادی / ڈرگ ایکٹ ایک جسمانی، دماغی اور روحانی بیمار ہے۔ یہ ڈانٹ ڈپٹ لڑائی، جگڈے سے قابو میں نہیں آئے گا بلکہ معاملہ اور بھی بگڑ جائے گا یہ صرف اور صرف میڈیکل علاج سے ہی ٹھیک ہو سکتا ہے۔ اگر آپ کے بچان کا کوئی بھی شخص منشیات / ڈرگ استعمال کرتا ہے تو بالکل تاخیر نہ کرے بلکہ نیچے دیے ہوئے centres سے رابطہ کرے۔

KINDLY CONTACT FOLLOWING DE-ADDICTION CENTRES IMMEDIATELY IF YOU ARE AN ADDICT OR SOMEONE KNOWN TO YOU IS ADDICTED TO DRUGS. IMMEDIATELY

- SMHS:** Drug treatment Centre (DTC) Karan Nagar
Email: dtcmhs@gmail.com | Helpline: 18008914416/14416
(Tele-Manas) Chatlot Number: 9797600601
- IMHANS:** Opioid substitution therapy (OST) Badamwari
Helpline Number: 19008914416 | 14416 (Tele-Manas)
- SKIMS JVC:** Addiction Treatment Facility Centre (ATF Bemina)
Helpline Number: 0194-2493104 | 0194-2494358
- BANDIPORA:** Addiction Treatment Facility District Hospital Bandipora
Old Hospital Bandipora | Phone No. 01954350151
Email: atfbandipora@gmail.com
- BUDGAM:** Addiction Treatment Facility Budgam ASYM District Hospital Budgam
Cell No. 7006804918 | email: atfbudgam@gmail.com
- PULWAMA:** Addiction Treatment Facility Pulwama
New Covid Hospital Opposite Govt. Degree College Boys Pulwama.
Helpline No. 01933294869 | Email: atfpulwama@gmail.com
- SHPOIAN:** Addiction Treatment Facility Shopian Govt. District Hospital Shopian
Cell No. 01933294869 | Email: atfshopian@gmail.com
- KULGAM:** Addiction Treatment Facility Centre (ATF Kulgam) Near Fruit Mandi
Gowsia Colony District Hospital Kulgam
Cell No. 7889572528 | Email: atfkulgam@gmail.com
- JAMMU & KASHMIR POLICE DRUG DE-ADDICTION CENTRE, WANGANPORA EIDGAGH, SRINAGAR** | Email: ydrcsrinagar@gmail.com
Mr. Shahnawaz Ahmad 9149685507 | Mr. Manzoor Ahmad 9622718778
Dr. Mohammad Muzaffar Khan 9419408588

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**INSTITUTE OF MENTAL HEALTH & NEUROSCIENCES
KASHMIR (IMHANS-K)**

Indian surfers bow out, Japan dominate in quarters, semis

United News Of India

CHENNAI, AUG 14: The Shore Temple Classic QS 2000 and Pro Junior World Surf League (WSL) witnessed another thrilling day

of action, with Indian surfers bowing out after a spirited display and the Japanese stars dominating the show at Mahabalipuram Beach, about 55 km from here, on Friday.

The field narrowed as surfers battled through the quarter-finals and semi-finals across the Men's and Women's QS 2000 and Men's Pro Junior divisions.

In the Men's QS 2000 Quarter-Finals, Japan continued its dominance, with all four heat winners representing Japan. Shohei Kato (JPN) delivered the standout performance of the round, posting 14.50 to win by a commanding 3.50 points over compatriot Raiha Onou. Tenshi Iwami (JPN) was equally impressive with 14.17, winning his heat by 7.67 points, while Ikko Watanabe (JPN) advanced with 13.16. Sentaro Sakai (JPN) completed the Japanese sweep with 12.17, defeating Korea's



Kanoa Hee-Jae (KOR).

The Women's QS 2000 Quarter-Finals saw closely fought battles, with Mirai Ikeda (JPN) edging compatriot Anri Matsuno (JPN) by just 0.62 points after scoring 12.66. Hinata Shimizu (JPN) advanced with 9.33, while Thailand's Isabel Higgs (THA) produced one of the round's strongest performances with 12.67, defeating Japan's Arisai Shii (JPN). Hinano Shimizu (JPN) also secured her place in the

semifinals with 10.84.

In the Women's QS 2000 Semi-Finals, Mirai Ikeda once again underlined her dominance, producing 13.67 to defeat Hinata Shimizu by 5.67 points and secure her place in the final. Thailand's Isabel Higgs (THA) also advanced after a tight battle against Japan's Hinano Shimizu (JPN), winning by just 0.61 points with an 11.04 heat score. The Men's Pro Junior Quarter-Finals delivered further high-quality

action, with Japan dominating the progression.

Taro Takai (JPN) posted the highest score of the round with an impressive 14.24, winning by 1.24 points, while Raimu Yamamoto (JPN) advanced with 11.53. Taro Matsuno (JPN) narrowly won his heat with 12.66, edging Yuma Nagasawa (JPN) by just 0.16 points. Sentaro Sakai (JPN) completed the Japanese heat winners with 9.66.

India's surfers put up determined performances against some of Asia's strongest international talent, gaining valuable experience on the WSL stage. In the Men's Pro Junior Quarter-Finals, Sheik Davudh (IND) scored 1.53, while Kishore Kumar (IND) posted 9.34 in their respective heats. Although the Indian contingent's campaign came to an end in the quarter-finals, their performances against a highly competitive international field on home waters. With the competition entering its decisive stages, Japan has established itself as the dominant force across the divisions, while Thailand has also secured a place in the Women's QS 2000 final.

Canada player Harsh Thaker fined for breaching ICC Code of Conduct

United News Of India

DUNDEE, AUG 14: Canada player Harsh Thaker has been fined 30 per cent of his match fee for breaching Level 1 of the ICC Code of Conduct during the ICC Men's Cricket World Cup League 2 match against Scotland here on Friday. Thaker was found to have breached Article 2.8 of the ICC Code of Conduct for Players and Player Support Personnel, which relates to "showing dissent at an Umpire's decision during an International Match."

In addition to this, two demerit points have been added to Thaker's disciplinary record, for whom it was the first offence in a 24-month period.

The incident occurred after the final delivery of the 26th over, when Thaker expressed his disappointment at a leg-before wicket appeal off his bowling being turned down, flailing his

arms and shaking his head. When the umpire handed his cap back to him, Thaker gestured towards the coaching staff off the field to indicate that the batter was out.

Thaker admitted the offence and accepted the sanction proposed by Graham McCrea of the Emirates ICC International Panel of Match Referees, so there was no need for a formal

hearing. On-field umpires Gazi Sohel and Iain McDonald, and reserve umpire David McLean levelled

Scotland go top of World Cup League 2 standings



United News Of India

DUNDEE, AUG 14: Young spinner Lyle Robertson starred on debut as Scotland finished their home ICC Men's Cricket World Cup League 2 tri-series with a commanding victory over Canada in

Dundee.

Robertson took 6/52 in his first international appearance - the fourth best bowling on debut ever in a men's ODI - as Scotland cruised to a comfortable 170-run victory in Forthill to rise to the top of the League 2 standings.

Henriques out to emulate Italy with new role at Portugal

United News Of India

VANTAA (FINLAND), AUG 14 Former Australia international Moises Henriques has admitted he took inspiration from Italy's debut campaign at the

ICC Men's T20 World Cup earlier this year when switching allegiances to lead Portugal in their quest to qualify for the next edition of the 20-over showcase.

Henriques played 44 matches for Australia across all formats from 2009 to 2021, but recently decided to switch to the country of his birth in Portugal to try and help them win a place at the 2028 edition of the T20 World Cup.

Their quest to reach the 2028 event in Australia and New Zealand commences in Finland on Friday when Portugal will take part in the ICC Men's T20 World Cup Europe Sub-regional Qualifier C, with just the winner of the 10-team event progressing through to the regional qualifier.

It's almost the exact same path that Italy negotiated when they qualified for the T20 World Cup at the start of this year under the captaincy of another former Australia international in Joe Burns and Henriques is hoping Portugal can do similar.

"Obviously, the ideal, the nirvana, would be to replicate what Italy have done," Henriques told the BBC Stumped podcast.

"Whether that's realistic for this World Cup, or the following, I don't know. We'll only be able to tell in a couple games.

"I'm sure there's a lot of opposition that feel that they might be able to do something similar."

De Silva backs experience to come good in Galle

United News Of India

GALLE, AUG 14: Sri Lanka will resume their ICC World Test Championship 2025-27 campaign against neighbours India, in familiar surroundings here.

The island nation has featured in four Tests thus far in the ongoing edition of the competition, and have a point percentage of 41.67. They sit at the sixth place, whereas India are at fifth with 48.15. Positive outcomes in the upcoming home series could boost Sri Lanka's chances, and it is possibly a reason why they have backed experienced campaigners against India.

Amongst them is Niroshan Dickwella, who has featured in 54 Tests, and has been explicitly picked for his wicket-keeping skills.

"The only thing I have to tell Niroshan Dickwella is to keep well. That's why he's in the team," Sri Lanka captain Dhananajaya de Silva

was clear on the reasoning behind Dickwella's recall.

Dickwella hasn't set the stage alight with his batting at the Test level, with 2757 runs at an average of 30.97 with a highest score of 96, but has the team management's backing to come

through because of his keeping skills, according to ICC.

"Dickwella had to leave the Test squad over the last few years because Kusal Mendis went to No. 7, and Kusal has played well there in the last few years so Dickwella didn't get a chance to come back," de Silva said. "But when you play at Galle, the most important thing is that the player with the best glove work plays."

Another experienced player who is backed by the setup is Lahiru Kumara. With an international career that is almost a decade old, Kumara has featured in 35 Tests with

104 wickets, the latest of which came against West Indies in North Sound in June.

It however turned out to be a forgettable outing for Kumara, who was injured after bowling just one over, and missed the remainder of the series due to his hamstring injury.

But the pacer too was backed by de Silva to maintain his fitness and deliver against India.

Shubman Gill rejects CoE communication gap



United News Of India

GALLE, AUG 14: India captain Shubman Gill on Friday firmly rejected reports of a communication gap between the team management and the BCCI Centre of Excellence (CoE) in Bengaluru, saying the two sides were in

constant touch over the fitness of injured players ahead of the landmark 600th Test against Sri Lanka.

The clarification comes after three players initially named in India's squad were ruled out of the two-Test series, triggering speculation over coordination between the team management and the Bengaluru-based CoE.

"There is a constant communication with them. Unfortunately Sai Sudharsan did not improve as much as we liked as we can't take risks in Tests. But we are confident of our 15," Gill said on the eve of the opening Test.

Gill made it clear that India's decision to leave out players who were not fully fit was deliberate, stressing that the demands of Test cricket made it risky to field players still recovering from injuries.

"The Test match is for five days. If it's one-day or T20, then it's a different story. But in the Test match, you don't want to take a risk," he said.

The captain admitted that the absence of Sai Sudharsan and Jasprit Bumrah was disappointing but said the setbacks had not dented the team's confidence.

"I feel that whoever is in our 15 or whoever we give a chance in our playing 11 in any condition, they can play well and win the game," Gill said.

With Washington Sundar still recovering from injury, Ravindra Jadeja will be India's only allrounder at the start of the series. Gill also threw his weight behind young Manav Suthar, backing him to contribute with both bat and ball if

given an opportunity.

Gill said Suthar had the potential to develop into a useful No. 8 batsman, while also providing a quality bowling option.

Despite the injury disruptions, Gill insisted India had done enough preparation for the series. A number of players featured in India A matches last month, while several frontline players got an opportunity to acclimatise to Sri Lankan conditions during a match against an SLC XI last week.

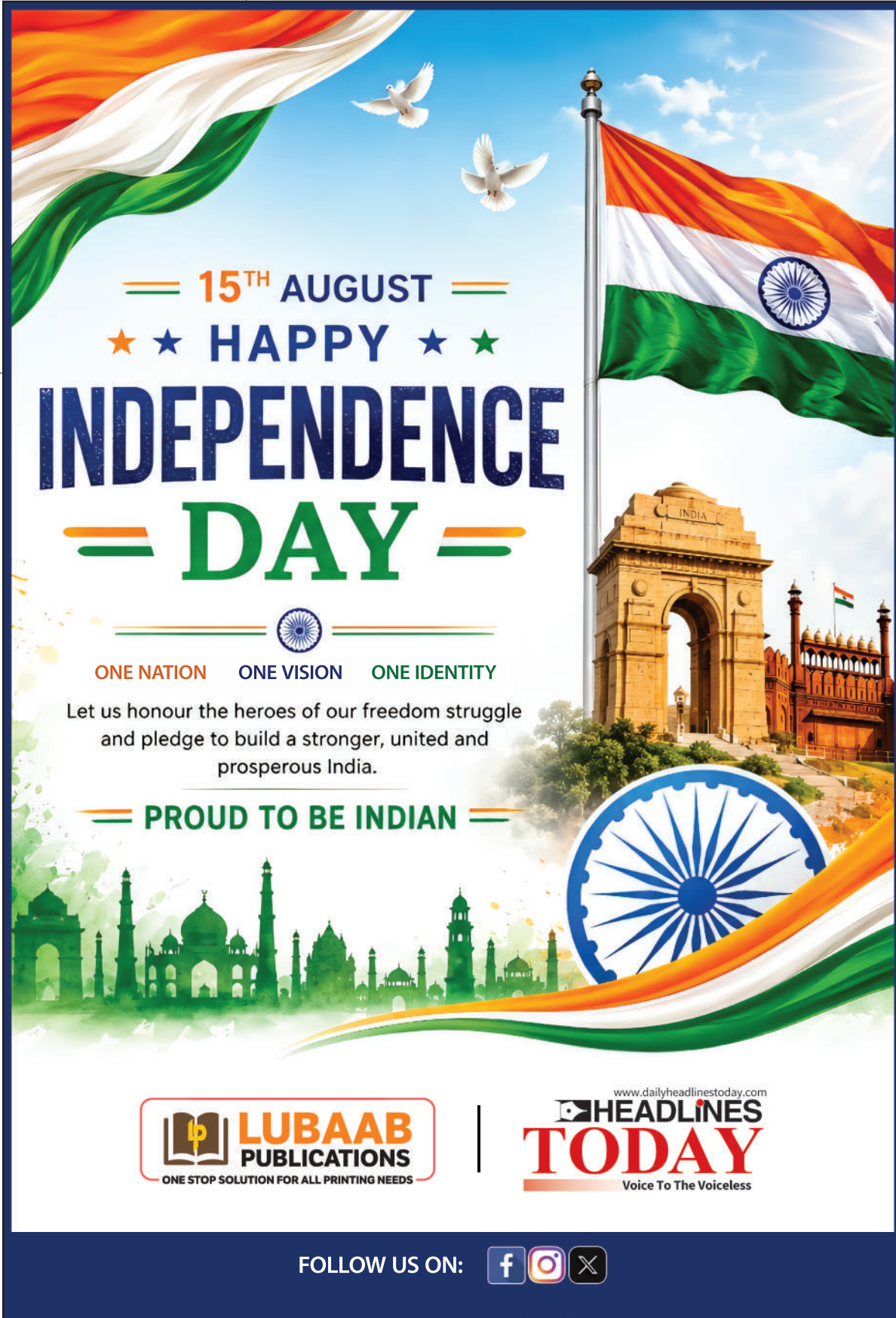
He said having adequate time before a Test was crucial, particularly when players had limited experience of the conditions.

"If the scheduling allows us to have at least a week or 10 days before the Test match starts, it obviously helps with the preparation," Gill said.

India's packed international calendar, including the England tour, Asia Cup and subsequent Test commitments, had made adaptation challenging, he said, making the preparation window in Sri Lanka particularly valuable.

The opening Test will have added historical significance, with India set to play their 600th men's Test, joining an exclusive milestone in Test cricket.

Gill's comments therefore come on the eve of a landmark occasion for India cricket, with the captain seeking to shift the focus from injury setbacks and speculation to the strength and preparedness of the squad.



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