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TODAY

Voice To The Voiceless



P:12

Gosens sparks Schalke to first Bundesliga win since return

HT BRIEFLY

EOW Jammu chargesheets two in Rs 16.50 lakh fraudulent land deal case

HT NEWS DESK / AGENCIES

JAMMU, SEP 14 : The Economic Offences Wing (EOW) of Crime Branch Jammu has filed a chargesheet against two accused persons in connection with an alleged fraudulent land transaction involving Rs 16.50 lakh, officials said on Monday.

The chargesheet has been filed before the Court of Special Municipal Mobile Magistrate, Jammu, in FIR No. 21/2025 registered under Sections 420 and 120-B of the IPC at Police Station Crime Branch EOW Jammu.

The accused have been identified as Rahul Dasgotra and Sneha Verma.

The case was registered on the basis of a written complaint by Dr Anjan Bhola, who alleged that Dasgotra represented himself as the owner of land at Village Patyari (Bhatyari),

>>> **MORE ON P 02**

MP Er. Rashid Raises Handwara Medical College Issue With Nadda

HT NEWS DESK / AGENCIES

NEW DELHI, SEPTEMBER 14: AIP Chief Spokesperson Inam Un Nabi today said that Union Minister for Health & Family Welfare Jagat Prakash Nadda has taken cognisance of the issue concerning the resumption of work at Medical College Handwara.

In a communication addressed to Er. Rashid, Member of Parliament (Lok Sabha), the Union Health Minister acknowledged receipt of

>>> **MORE ON P 02**

9-Year-Old Momini's Body Recovered from Madhumati Nalla in Bandipora

HT NEWS DESK / AGENCIES

BANDIPORA, SEPT 14: The body of nine-year-old Momin Ahmad, who had drowned in Madhumati Nalla near District Police Lines (DPL), Bandipora, on September 10, was recovered on Monday after a five-day-long search operation.

The body was recovered following sustained efforts by the SDRF, Bandipora Police, civil administration, local volunteers and divers involved in the search operation.

Momin, a resident of Ganie Mohalla, Kaloosa, had remained untraced since the incident. The body was retrieved from the nalla and

>>> **MORE ON P 02**

Cop Arrested for Mowing Down SHO with Vehicle in Anantnag; Victim Hospitalised

HT NEWS DESK / AGENCIES

BIJBEHARA, SEP 14 : A police constable was arrested here in South Kashmir's Anantnag district on Monday for allegedly hitting and injuring a Station House Officer (SHO) with his vehicle near the Bijbehara police station, officials said. The incident took place late Sunday night when SHO Majid Ahmad Khan was on duty and

>>> **MORE ON P 02**

DGP Reviews Ongoing Search Operations in Poonch Amid Extended Security Operation

HT NEWS DESK / AGENCIES

POONCH, SEP 14: Director General of Police Nalin Prabhat, accompanied by Inspector General of Police Jammu Zone Tejinder Singh, reviewed the ongoing security operations in Poonch district amid an extended search operation in the Surankote belt, police said. District Police Poonch said the DGP reviewed the ongoing operations in the district, particularly in the

>>> **MORE ON P 02**

J&K Fully Integrated with India After Article 370 Abrogation: Amit Shah

Home Minister says constitutional changes were carried out without bloodshed; cites Operation Sindoor among India's firm security responses

HT NEWS DESK / AGENCIES

MUMBAI, SEPTEMBER 14: Union Home Minister Amit Shah on Monday said Jammu and Kashmir is now fully integrated with India, describing the abrogation of Articles 370 and 35A as a landmark achievement of the Narendra Modi government. He said the constitutional changes were implemented without bloodshed or the firing of a single bullet and asserted that the move strengthened India's territorial and constitutional unity. Union Home Minister Amit Shah said Jammu and Kashmir is now fully integrated with India, asserting that the abrogation of Articles



370 and 35A was carried out without bloodshed or the firing of a single bullet.

Addressing reporters, Amit Shah, as per news agency Kashmir News Service (KNS), placed the

constitutional change at the centre of the Central Government's achievements under Prime Minister Narendra Modi, describing it as a defining step towards strengthening India's territorial and constitutional unity.

On Jammu and Kashmir, Amit Shah described the abrogation of Articles 370 and 35A as a major achievement of the government, saying the changes were implemented without bloodshed.

He asserted that as a result, Jammu and Kashmir had become fully integrated with the rest of the country. The Union Home Minister linked the decision to the government's

>>> **MORE ON P 02**

NHM Workers Have Genuine Demands, Should End Strike :Surinder Choudhary

Dy CM assures employees that government will fulfil its commitments



HT NEWS NETWORK

SRINAGAR, SEPTEMBER 14: Deputy Chief Minister Surinder Choudhary on Monday said the demands of protesting National Health Mission (NHM) employees were genuine but appealed to them to call off their strike, saying the Omar Abdullah government remained committed to fulfilling the promises made in the National Conference manifesto.

to fulfilling its manifesto promises, while attributing difficulties in implementation to the delay in restoration of J&K's statehood and inadequate funding from the Centre.

): Jammu and Kashmir Deputy Chief Minister Surinder Choudhary on Monday said the demands of protesting National Health Mission (NHM) employees were genuine but appealed to them to call off their strike, saying the Omar Abdullah government remained committed to fulfilling the promises made in the National Conference manifesto.

Choudhary said the NC had made a five-year commitment to the people of Jammu and Kashmir and would fulfil the promises made in its manifesto. "As far as NHM is concerned, those

>>> **MORE ON P 02**

Bakshi Stadium Set for Comprehensive Infrastructure Upgrade

DPR to focus on pavilions, covered stands, seating, drainage and facilities for players and spectators



HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 14: Deputy Commissioner Srinagar Akshay Labroon Monday reviewed the proposed comprehensive upgradation plan for Bakshi Stadium, aimed at modernising

the facility and enhancing its capacity to host major sporting and public events throughout the year. He directed officials to prepare a detailed DPR covering pavilion expansion, roofing of public stands, improved seating, accessibility and drainage infrastructure. Deputy Commissioner (DC) Srinagar, Akshay Labroon, on Monday chaired a meeting of concerned Officers at the Conference Hall of the DC Office Complex to review the proposed plan and measures for comprehensive infrastructure upgradation of Bakshi Stadium. The proposed upgradation is aimed at improving the

>>> **MORE ON P 02**

ACB traps two JKWDC field supervisors for taking bribe

HT NEWS DESK / AGENCIES

SRINAGAR, SEPT 14 The Anti-Corruption Bureau (ACB) on Monday said they have trapped and arrested two field supervisors of the Jammu & Kashmir Women's Development Corporation (JKWDC) for allegedly demanding and accepting a bribe for facilitating the release of a sanctioned Rs 3 lakh loan under the Women Entrepreneurship Platform (WEP) Scheme.

In a statement issued to the news agency—Kashmir News Observer (KNO), a spokesperson said the Anti-Corruption Bureau received a written complaint alleging that Owais Ahmad Khan, a Field Supervisor of the Jammu & Kashmir



Women's Development Corporation (JKWDC) had demanded illegal gratification from the

Prevention of Corruption Act, 1988 & Section 61(2) BNS, was registered at Police Station ACB

complainant for facilitating the release/disbursement of a sanctioned loan amount of Rs. 3.00 lakh under the WEP (Women Entrepreneurship Platform) Scheme.

He said as the complainant was unwilling to pay the bribe, thus approached the ACB and lodged a written complaint. Upon receipt of the complaint, the allegations were verified and the verification prima facie established the demand of illegal gratification.

Accordingly, Case FIR No. 15/2026 under Section 7, Section 7A of the Prevention of Corruption Act, 1988 & Section 61(2) BNS, was registered at Police Station ACB

Srinagar, and investigation was taken up.

The spokesperson said a trap team was constituted to lay a trap. During the trap proceedings, the accused public servant, namely Owais Ahmad Khan, Field Supervisor, JKWDC, was caught red-handed while demanding and accepting illegal gratification from the complainant in lieu of facilitating the release/disbursement of the sanctioned loan amount of Rs. 3.00 lakh.

He said during the course of the trap proceedings, another public servant, namely Meiraj- ud-din Sheikh, Field Supervisor, was also arrested on spot for his

>>> **MORE ON P 02**

HT BOTTOM NEWS

Rain, Thundershowers Likely Across J&K From Sept 15–17 : MeT

Srinagar Records 30.4°C, 2.6°C Above Normal; Thunderstorm Advisory Issued



HT NEWS DESK / AGENCIES

SRINAGAR, SEPT 14: Jammu and Kashmir is likely to experience brief spells of rain and thundershowers at scattered to many places during the

early morning and afternoon hours from September 15 to 17, the Meteorological Department said. The MeT has also issued an advisory for thunderstorms, lightning and gusty winds at a few places during the period.

>>> **MORE ON P 02**

Sunil Sharma Holds Public Outreach in Ramban

LoP assures delegations that their grievances will be raised during ongoing Assembly session

HT NEWS DESK / AGENCIES

RAMBAN, SEPTEMBER 14: Leader of Opposition in the J&K Legislative Assembly and senior BJP leader Sunil Sharma on Monday met several delegations in Ramban as part of the party's ongoing public outreach programme. Sharma heard their grievances and development-related concerns and assured them that the issues would be taken up with the concerned authorities and strongly raised during the ongoing Assembly session. (KNS)

Leader of Opposition in the Jammu & Kashmir Legislative



Assembly and senior BJP leader Sunil Sharma accompanied by BJP District President Neelam Langeh, and other senior leaders, met several delegations from Ramban as part of the BJP's ongoing mass public outreach programme

>>> **MORE ON P 02**

Div Com Kashmir chairs meeting to address Potable Water Issues of Railway authorities

■ HT News Network

Srinagar, September 14: In pursuance to directions of Chief Secretary J&K, Divisional Commissioner Kashmir, Anshul Garg, today chaired a meeting to address the potable water supply issues at Budgam and Nowgam Railway Stations.

The meeting was attended by Deputy Commissioner Srinagar, Additional Deputy Commissioner Budgam, Chief Engineer PHE, Superintending Engineers PHE, and senior officers from the Railways.

During the meeting, Railway authorities apprised the chair that water being lifted from the nearby source does not meet potable standards and requested a clean drinking water supply for staff usage and for filling trains.

Taking cognizance of the issue, the Divisional Commissioner directed the concerned PHE officers to tap water from an alternative source identified by field officers, located 2.5 km upstream.



He directed the Superintending Engineer, PHE Circle Budgam, to work out the capital expenditure for laying

the new supply pipeline and to float tenders within ten days, in consultation with Railway authorities.

Regarding water supply to Nowgam Railway Station, the Divisional Commissioner directed SE PHE Budgam to expedite the completion of the lift water supply scheme. On a separate issue regarding macadamization of the access road to Parrypora Colony near the Railway line, the Divisional Commissioner instructed ADC Budgam to conduct a joint site visit along with Revenue officials, Railway officers and representatives of the colony to ascertain land ownership of the road stretch and take appropriate action for providing road access to the residents. In pursuance to directions of Chief Secretary J&K, Divisional Commissioner Kashmir, Anshul Garg, today chaired a meeting to address the potable water supply issues at Budgam and Nowgam Railway Stations. The meeting was attended by Deputy Commissioner Srinagar, Additional Deputy Commissioner Budgam, Chief Engineer PHE, Superintending Engineers PHE, and senior officers from the Railways.

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ADC Kulgam chairs review meeting on NAPS

■ Farooq Rather



KULGAM, SEPTEMBER 14: A meeting regarding the implementation of the National Apprenticeship Promotion Scheme (NAPS) was held today at Kulgam under the chairmanship of the Additional Deputy Commissioner, Kulgam, Vikar Ahmad Giri. The meeting focused on increasing apprenticeship opportunities for local youth, registration of eligible establishments, mobilisation of candidates and greater participation of government departments, educational institutions and local industries under NAPS.

The ADC directed all concerned departments to identify suitable apprenticeship opportunities, encourage eligible establishments to register on the apprenticeship portal and ensure effective coordination for timely implementation of the scheme. The officers were also directed to undertake awareness and mobilisation activities and submit regular progress regarding establishment registrations and apprentice engagements. The meeting emphasized NAPS as an important initiative for enhancing the skills, employability and livelihood opportunities of local youth. The meeting was attended by the CEO Kulgam, Fayaz Ahmad Mir, Lead District Manager, Iftikhar Ahmad Padder, SE R&B Javid Ahmad, Executive Engineers of R&B, Jal Shakti, Irrigation and KPDC, Principal Government Polytechnic, AD Handicrafts & Handloom, Superintendent ITI Kulgam, District Officer KVIB and DPM NRLM.

Tea stakeholders meet held for promotion of Kashmiri Kehwa

■ HT News Network

Srinagar, August 14: Director Agriculture Kashmir, Sartaj Ahmad Shah today inaugurated one day workshop, organised for the promotion of Kashmiri Kehwa, jointly organised by Tea Board of India and department of Agriculture Kashmir, at Directorate of Agriculture Lalmandi. The Workshop cum Tea stakeholders meet was attended by Joint Director Extension Kashmir, Muftaba Yehya, members of APEDA, Tea stakeholders and representatives of Tea Board of India. The main focus of the meet was to popularise Kashmiri Kehwa on national and international platform through joint efforts by Tea Board of India and Agriculture production and farmers welfare Department Kashmir. The Director thanked Tea Board of India for giving an opportunity to the local entrepreneurs for promotion of this unexplored product on national level, and hoped that joint efforts will benefit of producers, traders and other stakeholders involved in this trade. Due to immense health benefits associated with Kashmiri Kehwa.

DC Ganderbal chairs DLRC/DCC Meeting for Quarter Ending June 2026

■ HT News Network

GANDERBAL, SEPTEMBER 14: Deputy Commissioner Ganderbal, Jatin Kishore, today chaired a meeting of the District Level Review Committee (DLRC) and District Level Consultative Committee (DCC) to review the performance of banks and line departments for the quarter ending June 2026 and assess the progress under the Annual Credit Plan (ACP). At the outset, the Lead District Manager, Ganderbal, presented a comprehensive review of the bank-wise performance, covering deposits, advances and Credit Deposit Ratio (CDR). It was informed that the overall CDR of banks in the district stood at 94.29 percent.

The Deputy Commissioner stressed upon the banks to further enhance credit flow to the agriculture sector and ensure adequate financial



support to farmers and other beneficiaries. He directed the banking institutions to improve their credit dispensation mechanism and facilitate timely disposal of cases.

The DC also directed banks and line departments to expedite disposal of pending cases under various Government schemes, including KCC, PMFME, PM Surya Ghar and Mission YUVA, besides other flagship schemes, so that eligible beneficiaries are able to avail the intended benefits without delay. Emphasising the

importance of outreach and awareness, the Deputy Commissioner directed that information regarding various Government schemes and credit linked programmes be integrated into regular departmental activities, with active participation of concerned officers to ensure wider coverage and effective implementation.

The performance under various Social Security Schemes (SSS), including Pradhan Mantri Suraksha Bima Yojana (PMSBY), Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY).

ADDC Bandipora reviews implementation of NAPS-PRAGATI

■ HT News Network

BANDIPORA, SEPTEMBER 14: Additional District Development Commissioner (ADDC), Bandipora, Nazir Ahmad Mir, today chaired a meeting to review and accelerate the implementation of the National Apprenticeship Promotion Scheme (NAPS)-PRAGATI in the district.

The meeting was attended by various departments and agencies, including the Head of Project, NHPC (KGHEP), Project Director NHAI, Chief Education Officer, Chief Horticulture Officer, Assistant Labour Commissioner, State Taxes Officer, Executive Engineers, all Block Development Officers of the District, Municipal Council, Cooperative Department, J&K Bank and other concerned officers. Officers from Gurez and Sumbal participated



through the Video Conference.

During the meeting, the ADC stressed the importance of maximum registration of establishments on the NAPS portal to ensure greater participation of government departments, institutions and other eligible establishments in apprenticeship opportunities for local youth.

A department-wise target of establishments has been fixed for registration on the NAPS portal, with specific targets assigned to different departments and field formations.

The ADC directed all concerned officers to work in a coordinated and mission-oriented manner and achieve their assigned targets within the stipulated timeline, emphasizing that registration should be taken up on a priority basis.

He further called upon the officers to maximize outreach and identify eligible establishments so that the benefits of the NAPS-PRAGATI initiative reach a larger number of youth and provide them with meaningful opportunities for skill development, practical training and enhanced employability.

The ADC also directed the concerned officers to closely monitor the progress of registration on a daily basis and ensure that the assigned targets are achieved well within the timeline.

VC JKLCMA inspects Ashai Bagh area, directs strengthening of Lake Cleaning Measures

■ HT News Network

Srinagar, September 14: Vice Chairman (VC), J&K Lakes Conservation and Management Authority (JKLCMA), Khurshid Ahmad Shah, today visited the Ashai Bagh area to review the ongoing cleaning and maintenance works being carried out in and around the lake.

The Vice Chairman was accompanied by the SE, Collector, XEN LD-I, AEEs, JEs and other Revenue and Engineering officials of JKLCMA.

During the inspection, the Vice Chairman reviewed the cleanliness of the area and took stock of the ongoing works related to lake cleaning, conservation and maintenance. He appreciated the improvement in the cleanliness and overall appearance of the area following the cleaning activities undertaken by the Authority.

The officers briefed him about the ongoing works and the measures being implemented for effective conservation and management of the lake.

He also directed the concerned officers and field staff to continue the ongoing cleaning activities and ensure proper



upkeep of the lake and its adjoining areas. He stressed the need for regular field supervision and timely execution of the works.

The Vice Chairman called for sustained efforts to maintain cleanliness and improve the overall condition of the lake and its surroundings. He further emphasized that close monitoring and coordinated efforts by the field staff are essential for strengthening the conservation and management of the lake.

DC Srinagar reviews progress of ongoing, proposed Disaster mitigation projects & measures

Stresses robust disaster preparedness, strengthened response mechanism across district

■ HT News Network

Srinagar, September 12: In a significant stride towards delivering timely and amicable justice, District Legal Services Authority (DLSA) Srinagar, successfully organized the 3rd National Lok Adalat of the year 2026 at the District Court Complex Mominabad, Srinagar and Court of the Additional Special Mobile Magistrate/JMIC Pantha chowk.

The National Lok Adalat was inaugurated by Dr. Pushpendra Singh Bhati Chief Justice of High Court of J&K and Ladakh (Patron-in-Chief, J&K Legal Services Authority) in presence of Justice Sanjeev Kumar, Judge, High Court of J&K and Ladakh and Executive Chairman, J&K Legal Services Authority.

The inaugural ceremony was attended by M.K. Sharma Registrar General High Court of J&K and Ladakh, Shazia Tabasum, Member



Secretary, J&K Legal Services Authority and Haq Nawaz Zargar, Principal District & Sessions Judge/Chairman, DLSA Srinagar, along with Secretary, DLSA Srinagar and other Judicial Officers of District Court Complex Srinagar.

Moreover, ceremonial Guard of Honour was presented by the Jammu & Kashmir Police, marking a dignified and respectful beginning to the proceedings. Following the guard of honour, a Chinara sapling and a yellow maple

sapling was planted by the Chief Guest and Executive Chairman J&K Legal Services Authority, within the court premises, as a gesture towards environmental protection and promotion of a greener and cleaner environment.

The dignitaries visited and observed the functioning of various benches at the District Court Srinagar, offering encouragement to litigants and reinforcing the ethos of participatory justice.

Speaking on the occasion, the

Chief Justice emphasized the transformative role of Lok Adalats in the justice delivery system, stated "Lok Adalat is not just a mechanism for resolving disputes, it is a platform that creates a win-win situation for all parties involved. It saves time, reduces litigation costs, and fosters goodwill. I encourage the public to actively participate in this initiative for peaceful, timely, and amicable settlements. Justice through Lok Adalats strengthens the very foundation of participatory and compassionate justice."

The Lok Adalat received an enthusiastic response from litigants, a testament to the growing public trust in alternative dispute resolution mechanisms. A wide range of cases, including civil matters, matrimonial disputes, criminal compoundable offences, bank recoveries and pre-litigation issues were taken up, with a significant number being resolved

on the spot.

To facilitate the amicable settlement of cases, 11 benches were constituted in the district. The Bench where MACT claims were settled was presided over by Mr. Farooq Ahmad Bhat (Add. District & Sessions Judge Sgr) and Mr. Dinesh Gupta 3rd Add. District & Sessions Judge Sgr) in which 85 cases were taken, out of which, 33 cases were amicably settled and Rs 6,72,35,000 were awarded as settlement amount and cheques amounting Rs 3,42,45,000 were on-spot distributed among the claimants by the Chief Justice in presence of Justice Sanjeev Kumar, Judge High Court of J&K and Ladakh (Executive Chairman, J&K Legal Services Authority), Haq Nawaz Zargar Principal District & Sessions Judge Srinagar, Ms. Shazia Tabasum, Member Secretary, J&K Legal Services Authority and other Ld. Judicial Officers of District Court Srinagar.



SKUAST-K, Mission Poshan sign MoU to boost Nutrition through Poshan Vatika

HT News Network

SRINAGAR, SEPTEMBER 14: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) and Mission Directorate Poshan, Jammu and Kashmir, signed a Memorandum of Understanding (MoU) to promote nutrition-sensitive agriculture and establish sustainable Poshan Vatika at Anganwadi Centres across the Union Territory, supporting the implementation of Mission Poshan 2.0, aimed at improving nutritional outcomes among children aged 0-6 years, adolescent girls, pregnant women and lactating mothers.

The MoU was signed in the presence of Vice Chancellor, SKUAST-K, Prof. Nazir Ahmad Ganai, who said the collaboration will leverage SKUAST-K's expertise in agriculture, horticulture and nutrition with the government's extensive nutrition outreach network to provide technical guidance and capacity building on nutrition-sensitive agriculture.

The event was attended by Prof. Raihana Habib Kanth, Director Extension; Prof. Irfan



Bisati, Directorate of Research; Prof. Massarat Shafi, Head, Community Science; Prof. Ishfaq Abidi, Head, Vegetable Sciences; Dr. Sajad Bhat, Head, Food Science and Technology; and Dr. Iffat Ganai, Community Science, along with various officers of the University.

Officials from Mission Poshan/ICDS present on the occasion included Sajad Hussain, Mission Director, Poshan/ICDS;

Bureeda Majeed, District Programme Officer, Poshan/ICDS, Srinagar; Sobia Fatma, CDPO, Srinagar; and Aqeel Ahmed, CDPO, Batwara.

Speaking on the occasion, Sajad Hussain, Mission Director, Poshan/ICDS, said, "SKUAST-K's expertise will provide valuable technical support for establishing and sustaining Poshan Vatika at Anganwadi Centres, while helping promote access to fresh and nutritious local produce for

children.

"We are hopeful that this collaboration will strengthen efforts to address malnutrition and nutritional deficiencies among children, adolescent girls, pregnant women and lactating mothers," the Mission Director said.

The MoU, signed for a period of three years, provides a framework for collaboration to establish and sustain Poshan Vatika, provide technical guidance and capacity building on nutrition-sensitive agriculture, and enhance awareness regarding balanced diets, micronutrient-rich crops and local food diversity. It will also facilitate research, innovation and mentorship in nutrition gardening. Under the collaboration, SKUAST-K will provide technical expertise in agriculture, horticulture, nutrition gardening and sustainable management of Poshan Vatika. The University will also conduct capacity-building programmes for Anganwadi Workers and field-level staff. Mission Poshan J&K will provide logistical and field-level support for training, demonstrations, exposure visits and awareness programmes.

DC Srinagar visits Ganpatyar Temple; participates in Ganesh Chaturthi celebrations

HT News Network

SRINAGAR, SEPTEMBER 14: Deputy Commissioner (DC) Srinagar, Akshay Labroo, today visited Ganpatyar Temple in the Habbakadal area of the City and participated in the Ganesh Chaturthi celebrations, which were marked by deep devotion, spiritual fervour and enthusiasm.

During his visit, the Deputy Commissioner reviewed the arrangements put in place for devotees and the smooth conduct of the celebrations. He interacted with the devotees and extended his warm greetings and best wishes to them on the auspicious occasion of Ganesh Chaturthi.

The DC paid obeisance at the revered temple and extended his warm greetings to devotees on the religious occasion. He interacted with members of the temple Management Committee, devotees and Officers and reviewed the arrangements made for the smooth conduct of the celebrations.

The event was organized in a



peaceful and harmonious atmosphere with the active participation of devotees, volunteers and members of the Kashmiri Pandit community.

The DC appreciated the coordinated efforts of all Departments, Police and organisers for ensuring the successful conduct of the celebrations. The members of organising committee also expressed its sincere appreciation to the District Administration Srinagar for making comprehensive arrangements for the occasion.

SQFT Presents Traditional Folk Play 'Darz-i-Pather' at GMMS Branwar Budgam

GULFAM BARJI

Chadoora / September 14: Shah Qalandar Folk Theatre "SQFT" presented the traditional Kashmiri folk play "Darz-i-Pather" at Govt. Mobile Middle School Dupkhal Branwar Zone Chadoora Budgam. The programme was organised under the Cultural Functions and Production Grant Scheme (CFPGS) 2025-26 of the Ministry of Culture, Govt. of India. Headmaster Nazir Ahmad Lale attended the programme as the Chief Guest while social activist Mushtaq Ahmad was the Guest of Honour. The play was directed by Mushtaq Ahmad Bhat and was appreciated by the audience. Speaking on the occasion the guests appreciated the artists for their performance and stressed the need to preserve Kashmir's traditional folk arts and connect the younger generation with its rich



cultural heritage. The school authorities also presented an Appreciation Certificate to Shah Qalandar Folk Theatre "SQFT" in recognition of its efforts towards the preservation and promotion of traditional folk theatre. SQFT expressed gratitude to the school authorities, teachers, students and all those who supported the programme and reaffirmed its commitment to promoting and preserving Kashmir's traditional folk theatre.

GDC Katra organises 2-Day Programme to mark Hindi Day

HT News Network

KATRA, SEPTEMBER 14: Government Degree College Katra organised a two-day programme to mark Hindi Day. The programme was coordinated by Dr. Lalita Devi, Department of Hindi and Prof. Usha Sharma, NSS Programme Officer, under the guidance and support of Principal, Dr. Rajni Bhagat. The programme featured poetry recitation and speech competitions, in which students participated enthusiastically. The programme commenced with a poetry recitation session, where students expressed their love, respect and affection for the Hindi language through their poems. The students highlighted various aspects of Hindi including its

present status, significance, progress and utility. In the Poetry Recitation Competition, Sonali secured the first position, Sonia stood second, while Shipali secured the third position. In the Speech Competition, Chinta Devi bagged the first position, Khushi Goswami secured the second position and Riya stood third. The winners were felicitated with certificates. Prof. Mohammad Yunus Salim, Prof. Shikha Bhasin and Prof. Ajay Kumar evaluated the participants on the basis of their performance, expression and talent. The programme concluded with an inspiring and eloquent speech delivered by Prof. Mohammad Yunus Salim, who appreciated the enthusiastic participation of the students.

Hindi Diwas Celebrated at BSF School Jammu

HT News Network

Jammu, September 14, 2026: Hindi Diwas was celebrated with great enthusiasm at Border Security Force (BSF) School, Jammu, on Monday. The programme aimed to highlight the importance of Hindi and encourage students to develop greater interest and respect for the language.

A number of educational and creative activities were organized on the occasion. These included an essay writing competition, quiz competition and slogan writing competition, among others. Students participated enthusiastically in the activities and displayed their knowledge, creativity and communication skills.

The essay writing competition provided students with an opportunity to express their thoughts and ideas on various topics in Hindi. The quiz competition tested their knowledge of Hindi language, literature and general awareness, while the slogan writing competition encouraged them to present creative and meaningful messages highlighting the importance of Hindi.

The celebrations provided an engaging platform for students to learn while participating in healthy competition. The activities also helped create awareness among students about the rich literary and cultural heritage associated with the Hindi language.

GDC Vijaypur celebrates Hindi Diwas Organises poster making competition on HIV/AIDS awareness

HT News Network

SAMBA, SEPTEMBER 14: The Department of Hindi, Government Degree College Vijaypur, celebrated Hindi Diwas by organising a Debate Competition and Slogan Writing Competition to promote the importance, richness and wider use of the Hindi language among students.

The programme was organised under the guidance of the Principal, Dr. Sanjeet Kaur and coordinated by Prof. Sonia Devi, Lecturer, Department of Hindi. The competitions provided students with an opportunity to express their ideas and creativity while highlighting the significance of Hindi in education, communication and national life.

Principal Dr. Sanjeet Kaur appreciated the Department of Hindi for organising meaningful activities and emphasised the importance of promoting Indian languages among students.



Meanwhile, the Red Ribbon Club of the College in collaboration with the NSS Unit (KHIDMAT) organized a Poster Making Competition on "HIV/AIDS Awareness" to commemorate International Youth Day 2026 under the aegis of the Intensified Information, Education and Communication (IEC) Campaign 2026.

The objective of the competition was to harness the creative potential of youth to disseminate critical information regarding HIV/AIDS prevention, eliminate stigma and

discrimination associated with the disease and promote voluntary testing and responsible behavior among the student community.

The submitted posters were evaluated by a designated judging committee comprising of Dr. Pooja Gupta, Prof. Anu Bala and Dr. Reetika Sharma. First Position was secured by Ganish Dhotra whereas second and third position was shared by Rupali Kotwal and Mohd Ahsan Khan of Sem-I, respectively.

HT News Network

SHOPIAN, SEPTEMBER 14: The Industrial Training Institute (ITI) Shopian, in collaboration with the District Administration Shopian organized a District Level National Apprenticeship Promotion Scheme (NAPS) Mela at Government Degree College (GDC), Shopian today.

Additional District Development Commissioner (ADDC) Shopian, Dr. Nasir Ahmed Lone was the Chief Guest on the occasion.

While speaking on the occasion, the ADC stressed upon maximum awareness about NAPS and called for maximum registrations of youth and establishments under the NAPS portal within stipulated time to bridge the gap between Industry and Education. He urged local industrial units and commercial



establishments to actively enroll maximum local youth under NAPS, aiming to build a self-reliant and skilled workforce in Shopian.

An awareness session was conducted by Assistant Advisor Apprenticeship, ITI Shopian, Suhail Ahmed who through a detailed presentation, explained the salient features, objectives, financial benefits

and registration process of NAPS. He highlighted how the scheme provides stipend support, practical training and enhanced employability to youth.

The mela witnessed overwhelming participation of more than 1000 students, ITI trainees and representatives of over 50 reputed Industrial Establishments.

A major highlight of the mela was on-spot registration of 1000 candidates, 50 establishments and issuance of 15 new contracts on the NAPS portal.

The Mela was attended by Principal, GDC, Tariq Ahmed, GM, DIC, Shurjil Naik, CEO, Bashir Ahmed Shah, Superintendent ITI Shopian, Fida Hussain, Principal, Government Polytechnic College Shopian, Manzoor Ahmed, LDM, Farooq Ahmed, CHO, Muneer Ahmed and other concerned.

Hindi Diwas Pakhwada inaugurated by JKAACL at K.L. Saigal Hall Jammu

HT News Network

JAMMU, SEPTEMBER 14: The Jammu & Kashmir Academy of Art, Culture and Languages today inaugurated the Hindi Diwas Pakhwada with a special literary and cultural programme at K.L. Saigal Hall, Jammu, today.

The programme commenced with Saraswati Vandana, composed by Ravi Sharma and presented by Mamta, Neelakshi Samiksh and Tahriya, followed by the ceremonial lighting of the traditional lamp by the Chief Guest, Prof. Raj Kumar along with Prof. Chanchal Dogra, Guest of Honour, Harvinder Kour, Secretary, Sonali Arun Gupta, Special Secretary and Dr. Chanchal Sharma, Editor, Hindi JKAACL.

Welcoming the distinguished guests, writers, poets, students and participants, Harvinder Kour, Secretary, JKAACL, highlighted the importance of Hindi as a language

of communication, literature and cultural expression. She stressed the need to promote the use of Hindi in everyday life and encouraged people, particularly the younger generation, to speak and write Hindi with confidence while preserving its richness and cultural values.

The academic session featured a paper presentation by noted scholar and writer Maharaj Krishan Bharat on the theme "Hindi: Paramparik Gyan Se Kritrim Budhimata Tak". The presentation explored the journey of Hindi from its traditional knowledge systems to its emerging role in the age of Artificial Intelligence and new technologies.

On the occasion, eminent Hindi writers were felicitated for their valuable contribution to Hindi literature. The distinguished writers honoured included Prof. Pran Nath



Trisal, Prof. Kiran Bakshi, Shri Naresh Kumar Udas and Dr. Aruna Sharma.

The literary segment witnessed enthusiastic participation from established poets as well as young students. Poets including Sham Bihari Juneja, Manto Dutta, Rakesh Abrol, Amita Mehta, Heena Mahajan, Yogesh Sharma "Yogi", Sanjeev Bhasin, Sunil Sharma and Manju

Sharma presented their poetry in Hindi.

Students also participated with great enthusiasm. Ridhima Sharma, Suneha Sharma and Vaani Verma from PSPS Government College for Women, Gandhi Nagar and Raggni Parihar and Aditi Sharma from Government College for Women, Parade, presented their Hindi poems,

adding a youthful dimension to the celebrations.

The programme also featured a classical vocal presentation by Dr. Jasmeet Kour, which added a cultural dimension to the literary proceedings. She was equally supported by Neeraj Verma on Tabla and Kapil on Harmonium.

The event concluded with a

vote of thanks proposed by Sonali Arun Gupta, Special Secretary, JKAACL, who expressed gratitude to the Chief Guest, Guest of Honour, eminent writers, poets, students, artists and all those associated with the successful organisation of the programme. The program was ably conducted by Kusum Tickoo. On the occasion, eminent Hindi writers were felicitated for their valuable contribution to Hindi literature. The distinguished writers honoured included Prof. Pran Nath Trisal, Prof. Kiran Bakshi, Shri Naresh Kumar Udas and Dr. Aruna Sharma.

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HT EDITORIAL

A Firm Stand Against the Hidden Networks of Terror...

The latest coordinated searches by the National Investigation Agency (NIA) at several locations across Kashmir underline the continuing need for a determined and sustained fight against the networks that enable terrorism to survive. While investigations and searches must always be conducted strictly in accordance with law, such operations also highlight the importance of identifying and dismantling the support structures that provide terrorists with logistics, shelter, communication and other forms of assistance.

The challenge before the security and investigative agencies is not limited to those who directly carry out acts of violence. Behind every successful infiltration or terrorist operation there can be a wider chain involving handlers, facilitators, financiers, couriers and local support networks. Breaking this chain is essential for ensuring lasting peace and preventing vulnerable young people and communities from being drawn into activities that have already caused immense suffering in Jammu and Kashmir.

At the same time, the fight against terrorism must remain firmly rooted in the rule of law. Investigations should be evidence-based, transparent within the permissible legal framework, and directed specifically against those who are found to have links with terrorist activities. Innocent citizens should neither be harassed nor allowed to become collateral victims of suspicion.

The reported involvement of cross-border handlers also reinforces the importance of continued vigilance along with effective intelligence-sharing among security agencies. However, security measures alone cannot provide a permanent solution. A peaceful and prosperous Kashmir requires a combination of strong law enforcement, responsible administration, employment opportunities, education, community participation and sustained efforts to keep the younger generation away from extremist influences.

The people of Jammu and Kashmir have a deep and legitimate interest in peace, stability and development. Any attempt to disrupt that environment through terrorism or its support networks must be met with firmness. At the same time, the credibility of the counter-terrorism effort will depend upon ensuring that justice remains its guiding principle.

The objective should therefore be clear: terror networks must be dismantled, their support systems exposed, and the rule of law strengthened—while protecting the rights and dignity of ordinary citizens. Only such a balanced and resolute approach can help secure a safer, more peaceful and prosperous Jammu and Kashmir.

Why Are We Not Aware of Our Surroundings?



Sahil Manzoor

Today, the whole world is fighting against the problem of drug addiction. Why are we not aware of this serious problem in our society? We know about the situation, but unfortunately, we often think only about ourselves. We have become selfish and irresponsible, and we do not pay enough attention to what is happening around us. We must remember one thing: if our surroundings are not safe, we can never be completely safe. A peaceful and safe society is important for a good and successful life. It is very unfortunate that many school-going children and young people are becoming involved in drugs, directly or indirectly. It is the responsibility of everyone to take care of our surroundings. Every child is important to us, and we must take these issues seriously. Drug addiction can spread like a flood and destroy a society within a short time. Before this flood of drugs causes serious damage, we must take strong steps to protect

our young generation.

According to biological science, human life passes through different stages. Adolescence is an important stage of life when many physical, emotional and hormonal changes take place. During this period, the body and mind develop rapidly. Teenagers may sometimes become impatient, stubborn, rude, or rebellious. Some may also become involved in harmful activities such as drug use or other unhealthy habits.

Therefore, teenagers need proper guidance, counselling, motivation, and support during this important period of their lives.

Our society has many talented and respected people who have done great things for the nation. We should use their experience and knowledge to guide our young generation. We should also make proper use of the facilities available to us.

The government and administration are making efforts to reduce crime and drug addiction among young people. However, it is unfortunate that we are still far from completely solving this problem. Government departments, schools, parents, teachers, and society must work together.

With the passage of time, we experience both positive and negative events in our society. Every event teaches us something. We should learn from these experiences and

guide our young people towards positive activities.

One such positive activity is sports and physical exercise. Today, sports and fitness activities are becoming popular throughout the country. I would like to encourage my friends, especially young people, to take part in sports and physical activities instead of harmful activities.

Benefits of Bodybuilding and Exercise From my own experience, bodybuilding and regular exercise can be useful activities. They can help us stay physically active, fit, and confident.

Some important benefits are: Exercise can improve our overall health and fitness.

It can strengthen our muscles and bones. It can help control extra body fat when combined with a balanced diet.

Regular exercise can improve our physical appearance and confidence.

Exercise can help us feel fresh, active, and relaxed.

Physical activity can also support our mental well-being and reduce stress.

These points are based on my personal experience. First of all, we should motivate ourselves and say:

"I want to stay fit, look good, remain healthy, and stay away from drugs."

I want to motivate my friends towards sports and physical activities so that they can remain fit, healthy, and active.

Today, gyms and fitness centres are available in many places. They have modern equipment and trained trainers. This gives us a good opportunity to exercise and improve our fitness.

After starting exercise, we should also follow a balanced and healthy diet. Diet plays an important role in bodybuilding and fitness. We should eat nutritious food and drink enough water.

Gyms can provide equipment, music, a clean environment, and guidance from trainers. We should always follow proper instructions from a qualified trainer to reduce the risk of muscle and bone injuries.

I suggest that young people take part in sports, exercise, and other healthy activities. These activities can keep us away from drugs and other harmful habits. I hope everyone will feel healthier, stronger, and more confident. The government administration at the district level should also consider providing gym and sports facilities at the Panchayat level so that young people in rural areas can easily take part in physical activities.

SAHIL MANZOOR BHATTI
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IITs Offer Big Rewards to JEE Advanced and GATE Toppers: Scholarships Up to ₹3 Lakh

has introduced the Director's Platinum Jubilee Excellence Fellowship (DPEF) 2026 for

upto 250 can qualify under the current scheme, subject to the institute's conditions. The

Scholarship at a Glance
IIT Examination/Eligibility Financial Support

IIT Kanpur Top 100 JEE Advanced 3 lakh/year

IIT Kharagpur Top GATE performers, eligible PhD students 80,000– 90,000/month

IIT Roorkee JEE Advanced AIR up to 250 25,000/month

IIT Delhi JEE rank + specified financial criteria Tuition/financial support IIT Delhi Top 5 JEE Advanced rankers under new fellowship Full-ride support These schemes demonstrate an important change in the IIT admission landscape. A high rank is increasingly becoming not only a gateway to a prestigious institution but also a potential source of substantial financial support. However, students should carefully check the official eligibility rules, rank requirements, income limits, continuation criteria and application procedures of the respective IIT before assuming that a particular scholarship is automatic. The message is encouraging for aspirants: hard work, academic excellence and a strong performance in national examinations can open doors not only to quality education but also to significant financial assistance.

Dr Vijay Garg Retired Principal
Educational columnist Eminent
Mathematician street kour Chand MHR



Dr. Vijay Garg

Securing a top rank in competitive examinations such as JEE Advanced, GATE and JAM can now bring students more than admission to a prestigious IIT. Several Indian Institutes of Technology are offering merit-based scholarships and fellowships to attract and support high-performing students. In some schemes, financial assistance can reach 3 lakh per year, while certain research fellowships offer up to 90,000 per month.

IIT Kanpur: 3 Lakh per Year

Indian Institute of Technology Kanpur offers its Bright Minds Scholarship to students who secure a place among the top 100 in JEE Advanced and joins its BTech or BS programmes. The scholarship provides 3 lakh annually, making it one of the most attractive merit-linked undergraduate scholarships among the IITs. IIT Kanpur has continued the scheme in successive JEE Advanced admission cycles.

IIT Kharagpur: Up to 90,000 Monthly

Indian Institute of Technology Kharagpur



outstanding performers in national entrance examinations.

For eligible top GATE rankers entering PhD programmes, the fellowship provides 80,000 per month for the first two years and 90,000 per month for the next three years. The initiative also covers selected high performers in JAM and JEE Advanced under its stated eligibility conditions.

IIT Roorkee: 25,000 Every Month

Indian Institute of Technology Roorkee offers the James Thomason Scholarship to eligible students admitted through JEE Advanced. Students with an All India Rank

scholarship provides 25,000 per month for the programme duration.

IIT Delhi: Rank Plus Financial Need Indian Institute of Technology Delhi has scholarships in which JEE Advanced rank and family income are considered. One reported scheme provides support to selected first-year undergraduate students subject to specified income and eligibility conditions. IIT Delhi has also received a 10-crore endowment to establish a full-ride fellowship for five top undergraduate JEE Advanced rankers each year, including one fellowship reserved for the top woman ranker.

Why is the Hindi campaign confined to one day?

"Why should the Hindi campaign be confined to one day? Hindi Hindustan should remain present every moment."



Dr. Priyanka Saurabh

Hindi Diwas should not remain merely a formal celebration, but rather, Hindi should become a permanent part of our consciousness, behavior, and lives—this is the significance of this day. Language is not just a medium of communication,

but it is also an identity of culture, tradition, sensitivity, and self-respect. Therefore, respect for Hindi cannot be limited to a single day. Only if we readily adopt Hindi in our homes, education, technology, administration, and workplace will the true expansion of Hindi be possible. Learning English is not a bad thing; in fact, in today's global era, knowledge of many languages enhances our capabilities. But having an inferiority complex about our own language is certainly a matter of concern. True Hindi Diwas is to live Hindi every day, every moment.

Hindi Diwas is celebrated every year on September 14th. This day gives us an opportunity to reflect on the place of Hindi in our society, education, literature, administration, and technology. The question is not why Hindi Diwas is celebrated, but rather why should Hindi's respect be limited to just one day? Language is the flow of life. It cannot be confined to a single date on a calendar. Therefore, this couplet inspires us to introspect: why should the Hindi campaign be confined to a single day? Hindi should be deeply ingrained in the lives of Indians.

Hindi is a powerful language of expression and emotion for millions of Indians. It also plays a vital role as a connecting language, connecting various parts of the country. India's linguistic diversity is our strength. All Indian languages, including Tamil, Telugu, Kannada, Malayalam, Bengali, Marathi, Punjabi, Gujarati, Assamese, and Oriya, are an integral part of our cultural heritage. Therefore, Hindi should be respected not in opposition to any other Indian language, but with respect for India's linguistic richness. The expansion of Hindi should be unifying, not imposing. The biggest challenge facing Hindi today isn't the existence

of any other language, but rather the growing inferiority complex toward its own language. A segment of society has solidified the notion that speaking English is a testament to modernity and success, while communicating fluently in Hindi is a sign of backwardness. This mindset needs to change. Without opposing English prowess, we must understand that a person's worth is determined not by their language, but by their knowledge, skills, hard work, thinking, and sensitivity.

Many developed countries around the world have made their languages a strong foundation for education, research, and administration. Countries like Japan, China, Germany, and South Korea have developed scientific and technical education in their own languages, while also maintaining dialogue with other languages around the world. Multilingualism has been a hallmark of India as well. The need is to connect Hindi and Indian languages with modern knowledge and employment opportunities.

The new National Education Policy 2020 also underscores the importance of mother tongue and Indian languages. The policy emphasizes the adoption of mother tongue, local language, or regional language as the medium of instruction, wherever possible, at least until grade 5, and preferably until grade 8 and beyond. This aims to strengthen children's understanding, spontaneous expression, and learning. Understanding complex concepts in the language in which a child thinks and experiences is more natural. The need is not just for policy formulation, but for its effective and quality implementation.

On Hindi Diwas, various programs are organized in schools, colleges, and government institutions. Speeches are given, competitions are held, and the glory of Hindi is celebrated. All of this is necessary, but not sufficient. If programs are held on September 14th to honor

Hindi, and the next day, Hindi is relegated to the background in office files, digital platforms, communication, and behavior, the purpose remains unfulfilled. Hindi Diwas has true meaning only when the spirit of September 14th is reflected in September 15th and every day thereafter.

Considering Hindi only a language of literature and emotions is limiting its scope. Hindi can also become the language of science, technology, medicine, law, management, economics, and research. This requires the creation of high-quality books, research materials, courses, and digital resources. The more knowledge available in Hindi, the greater the number of people who can benefit from it. The future of a language is determined not only by the number of speakers, but also by the knowledge and opportunities available in it.

The digital age has opened up unprecedented possibilities for Hindi. Mobile phones, social media, online education, digital

journalism, translation technology, and artificial intelligence have made it easier to create and disseminate content in Hindi. Today, writing and reading in Hindi is no longer limited to books. News, blogs, videos, podcasts, online courses, and digital books are bringing Hindi to the next generation. We must seize this opportunity and advance Hindi in step with technology.

In the era of growing artificial intelligence and machine translation, it's crucial to develop quality digital word resources, corpora, dictionaries, and reliable knowledge content for Hindi. If Hindi gains strength in the technological world, it will not only be a language of emotions but also become a powerful language for employment, innovation, and knowledge exchange.

The tradition of Hindi literature has been extremely rich. Kabir's fearless words, Tulsi's folk consciousness, Sur's devotion, Premchand's social reality, Nirala's rebellious voice, and Mahadevi Verma's sensitivity reflect the breadth and depth of Hindi literature. Today, there is a need to connect the new generation with this literature. Literature is not just a subject for examination, but a medium to understand life and society. Only when young people find their times, their sensibilities, and their questions in Hindi literature will their connection with the language become stronger.

Keeping Hindi alive must begin at home. Parents should communicate with children in their own language, teachers should use Hindi fluently and effectively in the classroom, offices should promote the practical use of Hindi, and quality content in Hindi should be created on social media. A language doesn't survive through government mandates; it lives through continued use by society.

We must also understand that respecting Hindi does not mean disrespecting other languages. India's linguistic diversity is our identity. The more languages an Indian learns, the broader his or her perspective becomes. While developing Hindi as a language of communication and dialogue, we must maintain respect for all Indian languages. The strength of Hindi lies in its inclusive nature.

The government's role in the development of Hindi is important, but the government cannot shoulder the entire responsibility. Writers, journalists, teachers, students, parents, technical experts, and ordinary citizens—all have a role to play. Only when we unhesitatingly write in our own language, encourage our children to study Hindi, and contribute to improving the quality of knowledge available in Hindi, will the Hindi campaign become a mass campaign.

(Dr. Priyanka Saurabh, PhD
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Beyond the Great Cities

The Human Story of Harappan Settlements



By Afreen Jan

When we think of the Harappan Civilization, our imagination often stops at the imposing ruins of Mohenjo-daro and Harappa. We picture straight streets, brick houses, seals, pottery, drainage systems and a mysterious script that has remained beyond our complete understanding. These remarkable cities have become symbols of the sophistication of one of the earliest urban traditions of South Asia. Yet there is another side of the Harappan story that deserves equal attention—the story of the many settlements, large and small, that spread across its vast landscape. The Harappan Civilization was not simply a civilization of enormous cities; it was also a civilization of communities. Archaeological evidence shows that Harappan settlements differed greatly in size, population and economic character, but many shared elements of planning and organization. This raises a fascinating question: what really made a Harappan settlement important—its size, its population, or the way its people organized their lives? The answer is not as simple as it may first appear. Earlier archaeological studies attempted to identify and measure hundreds of Harappan sites, but the available information was often incomplete. Many settlements were only briefly reported, some measurements were uncertain, and the archaeological evidence from different regions was not always equally detailed. This reminds us that archaeology is not merely the discovery of ancient ruins. It is a continuous process of recording, comparing, questioning and interpreting evidence. Even something as apparently simple as the size of an ancient settlement can raise difficult questions. Was the entire area occupied at the same time? Did the settlement expand or contract? Did all its inhabitants live permanently within it? How did its population depend on the surrounding countryside? These questions show why settlement archaeology is so important for understanding the Harappan world. Among the settlements discussed by archaeologists are Mohenjo-daro, Harappa, Kalibangan, Lothal, Chanhu-daro, Kot Diji, Sutkagendor and many others. Mohenjo-daro and Harappa were exceptionally large centres, and earlier studies produced

population estimates running into tens of thousands. But when we look beyond these famous names, a different picture emerges. Smaller settlements could also display important features of organized Harappan life. Lothal, for example, was much smaller than Mohenjo-daro, yet its archaeological remains reveal planned construction, craft activity and evidence of economic interaction. Chanhu-daro was also considerably smaller than the great urban centres, but it possessed features associated with Harappan settlement life, including evidence of specialized craft activity. Sutkagendor and Kot Diji, despite their smaller scale, also show elements of systematic planning. These examples make one point particularly clear: size alone cannot define the character of an ancient settlement. A modern city is often measured by population, area, buildings, infrastructure and economic output. But ancient societies do not always fit neatly into modern categories. In the Harappan context, a smaller settlement could possess features associated with urban organization, while a large settlement could remain deeply connected with agriculture and other basic subsistence activities. The boundary between village, town and city may therefore have been less rigid than we sometimes imagine. This becomes even more meaningful when we remember that settlements were not empty archaeological structures. They were homes. They were workplaces. They were places where people cooked, cultivated fields, produced crafts, stored food, exchanged goods, raised families and interacted with one another. Behind every measurement recorded by an archaeologist were human beings whose daily lives have largely disappeared, leaving only fragments behind. Consider Kalibangan, one of the important Harappan settlements in Rajasthan. Its excavated remains include fortifications, organized structures, planned spaces and evidence of agricultural activity. The site shows that settlement life was closely connected with the surrounding landscape. Agriculture was not something separate from urban life; it was part of the foundation on which communities depended. The settlement's archaeological remains allow us to imagine a community where people lived within an organized space while remaining connected to fields and resources outside it. Lothal offers a contrasting but equally interesting picture. Though smaller than the major centres, it appears to have had considerable craft and exchange activity. Its importance therefore cannot be understood simply by comparing its size with that of Mohenjo-daro. A smaller settlement could have a distinctive economic role. This diversity suggests that the Harappan landscape was made up of settlements performing different functions while participating in a broader cultural tradition. Some communities may have depended more heavily on agriculture, while others may have been more closely

connected with crafts, production and exchange. The important point is that these differences did not necessarily prevent them from sharing common cultural characteristics. In this sense, the Harappan Civilization may be better understood as a network of communities rather than simply a collection of giant cities. There is another striking feature in the archaeological evidence: elements of settlement planning appear even at some relatively small sites. This suggests that ideas about organization were not restricted to the largest centres. The presence of

evidence of human behaviour. A pot is not merely an ancient pot. Its shape, material and decoration can provide clues about technology, craftsmanship, storage, food and daily habits. A house is not simply a collection of bricks. Its layout can tell us something about domestic life and the organization of space. A settlement is not merely a mark on a map. Its relationship with fields, water, resources and other settlements can reveal how people survived and interacted with their environment. In this way, archaeology transforms silent remains into fragments

discovery. Perhaps one of the most valuable lessons from Harappan settlement studies is that civilizations should not be judged only by their largest monuments. The greatness of a civilization is also present in its smaller communities, its agricultural landscapes, its workshops, its houses and its everyday routines. The people who lived in smaller settlements were not simply background figures to the inhabitants of great cities. They were part of the same wider world. Their work, resources and interactions helped sustain the civilization as a whole. When we look at the Harappan landscape from this perspective, Mohenjo-daro and Harappa remain extraordinary, but they no longer stand alone. Around them emerges a much richer picture—a landscape of different communities, different scales and different activities, connected by shared cultural traditions. It is a picture that feels surprisingly familiar. Even today, societies are not made only by their largest cities. They depend upon smaller towns, villages, agricultural areas, workshops, markets and countless communities whose contributions may not always be visible from the centre. The Harappan evidence therefore offers more than a lesson about ancient urbanism. It offers a reminder about how we understand communities themselves. A settlement is not merely an area of land. It is a space shaped by human relationships, labour, resources and memory. Thousands of years have passed since Harappan families walked through those streets, worked in those houses and cultivated the surrounding fields. Their voices have disappeared, but their material world remains. A wall, a field, a piece of pottery, a carefully planned lane or the remains of a settlement can still tell us something about them. The task of archaeology is to listen carefully to these silent remains. Perhaps, then, the most fascinating way to understand the Harappan Civilization is not to ask only how large its cities were, but to ask how its people lived. Once we look beyond the great cities, the Harappan world becomes more than a collection of ruins. It becomes a landscape of human communities—large and small, agricultural and craft-oriented, prosperous and modest—each contributing to a civilization whose story is still being reconstructed. The bricks may have survived for thousands of years, but the real story behind those bricks is the story of people. The Harappan Civilization was not built by cities alone; it was built by communities.

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planned spaces, fortifications or other distinctive features in smaller settlements challenges the assumption that sophistication must always be proportional to size. A settlement did not have to be enormous to be carefully organized. This observation also encourages us to rethink what we mean when we call an ancient place a "city." Archaeologists have proposed different definitions of urbanism, often involving population, writing, monumental structures, specialized occupations and other characteristics. But no single measurement can capture the complexity of every ancient society. In the Harappan context, the cultural and economic character of a settlement may be just as important as its population. This is why settlement archaeology matters. It takes us beyond famous monuments and asks questions about ordinary life. Who lived in these settlements? What did they eat? Where did their food come from? What crafts were practised? How were goods produced and exchanged? How did people use the land around them? What was the relationship between a settlement and its neighbouring communities? These questions allow us to reconstruct a civilization not merely through its impressive buildings but through the activities of the people who occupied them. Archaeological objects become more meaningful when we look at them as

of a human story. Yet we must also remember that the archaeological record is incomplete. Not every Harappan settlement has been excavated, and not every excavated site has been equally documented. Some conclusions about population and settlement size are therefore estimates rather than exact figures. This uncertainty is important because it reminds us not to treat every archaeological interpretation as final. As new sites are discovered, new excavations are conducted and scientific methods improve, our understanding of the Harappan world can change. That is not a failure of history. It is the very nature of historical knowledge. The past does not come to us as a complete story; it comes in fragments, and historians and archaeologists work patiently to connect those fragments. The Harappan Civilization is a particularly good example of this process. We know a great deal about its material culture, settlements, crafts and planning, but many questions remain open. Its script is still not fully deciphered, many sites require further investigation, and the precise relationships between different regional settlements continue to be studied. Rather than making the Harappan past less fascinating, these unanswered questions make it more compelling. They remind us that the past is not a closed book. It is a field of continuing

The Importance Of Music In Improving Concentration Level



Surinderpal Singh

In the present age of digital distractions, maintaining concentration has become increasingly difficult. Students are finding it challenging to focus on their studies, professionals struggle to remain attentive at work and people in general are constantly interrupted by mobile phones, social media and other sources of disturbance. In such circumstances, music emerges as a powerful and natural means of improving mental focus and emotional balance. Music is often regarded merely as a source of entertainment, but its influence extends far beyond enjoyment. It has the remarkable ability to affect human emotions, stimulate the brain and create a favourable environment for concentration. From soothing melodies to rhythmic instrumental compositions, music can help calm the mind and improve our ability to remain attentive. Concentration is the mental ability to focus on a particular task while ignoring unnecessary distractions. It plays a vital role in learning, decision-making, creativity and productivity.

However, stress, anxiety, boredom and mental fatigue often weaken concentration. Appropriate music can help overcome some of these challenges by creating a relaxed and positive mental state.

Scientific understanding suggests that listening to music activates several areas of the brain associated with memory, emotions, attention and motivation. Pleasant music may stimulate the release of dopamine, a neurotransmitter linked with pleasure and motivation.

When a person feels relaxed and emotionally balanced, the mind becomes better prepared to concentrate on the task at hand. For students, music can be particularly useful during study sessions. Soft instrumental music, classical melodies and gentle background sounds may reduce the monotony

of prolonged studying and create a peaceful atmosphere. Music without lyrics is often preferred for reading, writing and problem-solving because songs containing words can sometimes interfere with mental processing and comprehension.

The rhythm and tempo of music also influence concentration. Slow and calming music may help reduce anxiety, while moderate rhythmic music can increase energy and motivation during repetitive activities. However, loud, fast or highly complex music may become distracting, especially while performing demanding intellectual tasks. Therefore, selecting suitable music is essential.

For students facing examination pressure, listening to relaxing music for a short period may contribute to a more positive and confident approach towards studies.

The workplace can also benefit from the thoughtful use of music. Background music may improve motivation and reduce the monotony of routine tasks. However, individual preferences must be respected. While some employees may work better with music, others may require complete silence for activities involving deep thinking and analysis.

Despite its benefits, music should not be considered a universal solution for

surrounding environment all influence its effectiveness. Music should therefore be viewed as a supportive tool rather than a substitute for discipline and hard work. Adequate sleep, proper time management, healthy habits and a peaceful environment remain equally important for maintaining concentration.

In conclusion, music possesses immense potential to influence human concentration, memory, emotions and productivity. When chosen wisely, it can reduce stress, improve mood and create an atmosphere conducive to learning and creative thinking. In today's world of constant distractions, music can



Another important benefit of music is its relationship with memory. Melodies and rhythms can help organise

information in the brain and make certain facts easier to remember. Educational songs and musical learning techniques have long been used to teach children alphabets, poems, multiplication tables and other concepts. Music creates associations that may support memory and recall.

In addition to improving concentration, music can reduce stress and anxiety, which are among the greatest obstacles to effective learning and productivity. A peaceful melody can help calm an overactive mind and provide emotional relief.

concentration. Excessive listening, inappropriate song selection and frequent changes in music can create distractions. Checking mobile phones to change songs or responding to notifications may defeat the very purpose of using music for focus. Thus, music should be used mindfully and in moderation.

It is important to recognise that every individual responds differently to music. Some people concentrate better in silence, while others perform more effectively with soft background sounds. There is no single type of music that guarantees improved concentration for everyone. Personal preference, the nature of the task and the

serve as a valuable companion in developing mental focus and emotional harmony.

The real benefit of music lies not in listening to it continuously, but in understanding how and when to use it. The right melody can calm the mind, strengthen motivation and make the journey of learning more enjoyable. Ultimately, music may not replace hard work, but it can certainly make hard work more focused, peaceful and meaningful.

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Why Young People Are Losing Faith In Marriage



BY-MOOL RAJ

If we return marriage to its essential meaning—companionship rather than possession, responsibility rather than entitlement, mercy rather than domination, and partnership rather than hierarchy—we may gradually restore the confidence that is disappearing. A sacred institution becomes sacred when the people inside it treat one another with dignity. The young generation is watching us. If we want them to believe in marriage, perhaps the first thing we need to do is give them something beautiful to believe in.

An article by one of my students namely Naresh Kumar recently made me stop and think. It was about marriage—the institution that our society has traditionally regarded as sacred, dignified and indispensable. What struck me was not merely what the young writer had written, but the feeling behind her words. She was not rejecting marriage simply because she disliked the institution. She was questioning it because she had seen what we, as a society, have done to it.

Her dissatisfaction, therefore, deserves to be heard rather than dismissed.

For generations, marriage has been presented to our children as one of the most beautiful milestones of life. In our homes, religious teachings and social traditions, it is associated with companionship, responsibility, affection, family and the building of a new life. In Islam, nikah is not merely a social arrangement or a ceremony. It carries moral, emotional and legal responsibilities. It is meant to establish tranquillity, affection, mercy and mutual rights between two human beings.

Yet somewhere between what marriage is supposed to be and what we have made it, a painful distance has emerged.

Today, many young people do not look at marriage with the same sense of security that earlier generations did. For some, the word itself evokes stories of incompatibility, domestic conflict, emotional neglect, dowry demands, interference by relatives, financial pressure, violence, infidelity, controlling behaviour and marriages that continue outwardly long after they have collapsed inwardly.

The younger generation is watching all this.

And children are not blind to what happens inside their homes.

A child who repeatedly witnesses his mother being humiliated may grow up associating marriage with humiliation. A girl whose father emotionally absent, constantly angry or irresponsible may begin to fear the kind of man she might one day marry.

A boy who grows up amid bitter parental conflict may wonder whether marriage is really companionship or merely a lifelong struggle for power.

Often tell young people, "Marriage is beautiful." But they have a legitimate question: "Then why does it look so frightening in so many homes?"

We cannot answer that question by simply blaming the younger generation for becoming "modern", "self-centred" or "anti-marriage". Before criticising them, we must examine ourselves. We have, in many cases, turned marriage into a social performance.

We spend enormous amounts of money on weddings while sometimes giving surprisingly little attention to the marriage that follows. We obsess over the venue, clothes, food, photography, jewellery and guest lists, but may spend very little time asking whether the two people entering the relationship are emotionally mature, compatible and prepared for responsibility.

The wedding lasts a few hours. The marriage may last decades. Yet we often prepare more carefully for the wedding.

There is another contradiction. We frequently speak of family honour while ignoring the dignity of the people who constitute the family. A daughter-in-law is sometimes expected to adjust endlessly. A wife may be expected to tolerate behaviour that should never be normalised. A husband may be pressured to fulfil social expectations beyond his financial capacity. Young couples may be denied privacy while every disagreement becomes a matter for the extended family.

Marriage cannot survive indefinitely when two adults are denied the space to become partners.

We have also allowed economic and social competition to enter the institution. In some families, marriage has become a display of status. The amount spent on a wedding, the size of the house, the profession of the groom, the jewellery of the bride and the number of guests can become more important than character.

But a magnificent wedding cannot compensate for a miserable marriage. Nor can a prestigious family name guarantee good character.

This is particularly important in the Kashmiri context, where marriage often remains deeply connected with family expectations.

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

RDD Kishtwar issues notices to absentees, initiates termination proceedings against GRS, CIC Operator

■ HT News Network

KISHTWAR, SEPTEMBER 14: Taking serious note of unauthorized absence and poor performance of officials, the Rural Development department Kishtwar has issued show-cause notices to two officials, besides, initiating termination proceedings against a GRS and a CIC Operator for dereliction of duty.

The action has been taken by Assistant Commissioner Development (ACD) Manoj Kumar during a visit to Block Marwah where he conducted a comprehensive review of the implementation of the developmental schemes, besides inspecting ongoing works at different Panchayats of the Block.

During the review meeting, the ACD took a detailed assessment of the implementation of VB-GRAM-G,

with particular emphasis on Person-Days (PDs) generation as per the normative allocation, especially against the funds released for the first quarter. He directed the field functionaries to ensure maximum generation of Person-Days before the commencement of the pause period from October 15 to November 13. He further directed immediate e-KYC of all left-out GRGs and completion of e-KYC of 100% skilled and semi-skilled workers. Inputs were sought from Panchayat-level functionaries regarding pendencies and bottlenecks, with directions to resolve the same on priority. He also stressed that timely payment of wages under VB-GRAM-G must be accorded utmost priority. The ACD also reviewed the progress under District Capex, UT Capex, ABDP and APDP. He directed the officials to expedite the execution



of sanctioned works.

Later, the ACD conducted an extensive field inspection of developmental works in Nowpachi-A,

Nowpachi-B, Yourdoo, Pethgam, Qaderna-A, Qaderna-B, Changer and Tiller. He also directed to install Community Information Boards (CIBs)/Janta Boards at every worksite for transparency and public awareness.

Taking serious note of unauthorized absence and poor performance of officials, the ACD issued show-cause notices to two officials and initiated termination proceedings a GRS and a CIC Operator for dereliction of duty.

During his interaction with the local population, the ACD sensitized the people about the provisions and benefits of the VB-GRAM-G Scheme, encouraging eligible households and workers to avail themselves of wage employment opportunities and participate in the creation of durable community assets.

The ACD also attended a Nasha

Mukt awareness programme at a local School in Nowpachi, where he sensitized students and the general public about the harmful effects of drug abuse. The ACD was accompanied by BDO Marwah Irshad Ahmed Waza along with JE/TA, Panchayat Secretaries, PAAs, MIS Operator, GRSs and other field staff. Taking serious note of unauthorized absence and poor performance of officials, the ACD issued show-cause notices to two officials and initiated termination proceedings a GRS and a CIC Operator for dereliction of duty. During his interaction with the local population, the ACD sensitized the people about the provisions and benefits of the VB-GRAM-G Scheme, encouraging eligible households and workers to avail themselves of wage employment opportunities and participate in the creation of durable community assets..

DC reviews implementation of NAPS in Samba

■ HT News Network



SAMBA, SEPTEMBER 14: Deputy Commissioner Samba Ayushi Sudan today chaired a meeting to review the implementation of the National Apprenticeship Promotion Scheme (NAPS) in District Samba. The meeting focused on assessing the progress of apprenticeship registrations and placements, identifying gaps in implementation and ensuring greater participation of local industries and establishments. Moreover, the DC directed the concerned departments to intensify awareness campaigns, facilitate registration of eligible candidates and employers and ensure effective coordination among all stakeholders. Emphasis was laid on providing skill development and employment opportunities to local youth through apprenticeship training and strengthening industry-institution linkages in the district. The Deputy Commissioner stressed timely achievement of targets.

Javed Rana lays foundation stone for macadamization of Chajjala to Ramkund road in Mendhar

■ HT News Network



MENDHAR, SEPTEMBER 14: Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana today laid the foundation stone for macadamization of road from Chajjala to Ramkund, Mendhar.

The project will be executed by the Public Works (R&B) Department under Cities & Towns Programme at an estimated cost of Rs. 40.00 Lacs.

Speaking on the occasion, the Minister said that the Government is committed to provide better road connectivity to the people of remote and far-flung areas. He said that macadamization of this road will provide much needed relief to the locals by improving connectivity and boosting economic activities in the area.

He directed the executing agency to complete the work within stipulated time frame with quality as per prescribed standards.

Rajouri: Prosthetic Aids provided to 261 Divyangjans under J&K Bank's CSR Initiative

■ HT News Network

RAJOURI, SEPTEMBER 14: A distribution camp for providing free Aids and Assistive Devices was organised today at PWD Dak Bungalow, Rajouri, under Project 'Samarth', a CSR initiative of J&K Bank.

The camp was organised by the Artificial Limbs Manufacturing Corporation of India (ALIMCO), Mohali Unit, under the aegis of the Department of Empowerment of Persons with Disabilities (DEPWD), Ministry of Social Justice and Empowerment, Government of India in association with the District Administration and Social Welfare Department Rajouri.

As many as 261 Divyangjans (Persons with Disabilities) from Tehsil Rajouri, who had been pre-identified by ALIMCO in association with the Social Welfare Department, were



provided assistive devices under the initiative.

The devices included motorised tricycles, tricycles, wheelchairs, walking sticks, crutches, hearing aids, Braille kits, Sugamya canes, visual impairment kits, rollers, CP chairs, walkers, knee braces, LS belts, cushions, TLM kits, tripods, artificial limbs and calipers, costing ₹ 26.64 lakh. The identification and registration of beneficiaries was undertaken by ALIMCO in association with

the Social Welfare Department, Rajouri, in April 2025.

ADDC Malik Zada Sheraz Ul Haq; Haq; DSWO Abdul Raheem; Cluster Head J&K Bank Ashish Jamwal; TSWO Kabir Hussain and representatives from ALIMCO, including JM Marketing Kanika Mehta and P&O Hasnain Khan, besides officials of the District Administration, J&K Bank, ALIMCO and Social Welfare Department, were present on the occasion.

GCW Parade hosts Grassroots Intervention & Community Training under Nasha Mukht Bharat Abhiyan

■ HT News Network

JAMMU, SEPTEMBER 14: The NSS Unit of Government College for Women Parade Ground, in collaboration with the Office of the Chief Medical Officer, organised a Grassroots Intervention and Community Training Programme on the Rehabilitation Module under the Nasha Mukht Bharat Abhiyan, J&K. The three-day training programme, being held from 14th to 16th September 2026, is aimed at strengthening grassroots-level awareness, intervention and community-based approaches for the prevention of substance abuse and rehabilitation. In accordance with the communication issued by the Office of the Chief Medical Officer, Jammu, three faculty members from Government Degree Colleges of District Jammu participated in the training along with NSS and NCC students of GCW Parade Ground. A total of 70 participants attended the programme.

District Health Officer Dr. Sophia formally introduced the programme and highlighted the significance of coordinated community-level intervention in addressing substance abuse.

The expert sessions were delivered by Dr. Balkees Razia, Occupational Therapist; Reefat Iqbal, Nurse, Addiction Treatment

Facility (ATF), GMC Jammu and Dr. Neelam Raini, Medical Officer, ATF, GMC Psychiatric Hospital. The resource persons sensitised the participants on identification of cases, early recognition of substance-use-related concerns, community counselling, referral mechanisms and rehabilitation-oriented interventions. The training also emphasised the important role that educational institutions, faculty members and student volunteers can play in creating awareness, identifying vulnerable individuals at the grassroots level and facilitating timely counselling and referral for appropriate support. Dr. Naveen Anand, Principal, Government College for Women, Parade Ground, Jammu, welcomed the resource persons, faculty members and student participants. He appreciated the initiative under the Nasha Mukht Bharat Abhiyan and stressed the need for sustained community engagement and awareness among young people. Dr. Gurpreet Kour, NSS Programme Officer, GCW Parade Ground and Coordinator of the event, coordinated the programme and delivered the vote of thanks.

Dr. Atiya Syed, NSS Programme Officer and Dr. Nitu Sharma, ANO, NCC, GCW Parade Ground, were also part of the organising team and contributed to the smooth conduct of the programme.

District Committee reviews JJM 2.0 progress in Udhampur DC calls for timeline completion of Projects

■ HT News Network

UDHAMPUR, SEPTEMBER 14: Deputy Commissioner Udhampur Minga Sherpa today convened a meeting of the District Water and Sanitation Mission (DWSM) to review the progress of protection and strengthening of drinking water sources under Jal Jeevan Mission JJM 2.0 in the district.

The meeting was attended by PO Poshan Subash Dogra, Chief Planning Officer Uttam Singh and other concerned district officers.

The DC took a detailed sub-division-wise review of the status of JJM schemes, key components of JJM 2.0,



component-wise progress of civil works, status of mechanical works and electrical substations, extension of timelines for JJM schemes as per JJM 2.0, physical and financial progress of water supply schemes being implemented by the Jal Shakti

Department, Har Ghar Jal certification and the status of wildlife-related cases among other issues.

The DC directed the concerned officers and field functionaries to work in close coordination and in a time-

bound manner to ensure effective implementation of JJM 2.0. He directed the executing agencies to expedite pending works within the stipulated timelines and conduct regular field inspections to monitor progress on the ground.

Executive Engineer Jal Shakti was directed to undertake categorisation of damages to JJM schemes and ensure timely remedial measures. The DC also stressed the need for certification of all completed and functional household tap connections and directed the concerned officers to ensure that every eligible household is covered under the mission.

Consumer protection, food quality top agenda as Director reviews functioning of FCS&CA in Poonch

Directs officers to expedite NFSA verification, strengthen e-KYC and intensify market inspections

■ HT NEWS DESK

POONCH, SEPTEMBER 14: Director Food, Civil Supplies & Consumer Affairs (FCS&CA), J&K Rajesh Kumar Shavan today chaired a comprehensive review meeting here in the Conference Hall, Dak Bungalow, to review the functioning of the Department and implementation of the schemes and services in this border district.

Assistant Director Mills Rehana; Assistant Director T&S, Rohit and Assistant Director, FCS&CA Khalil A. Banday, besides Tehsil Supply Officers (TSOs), storekeepers and other



departmental staff attended the meeting. Banday gave a detailed presentation on the department's functioning, progress achieved under various parameters and key issues requiring attention.

The Director took stock of the status of e-KYC of ration card holders and LPG

subscribers, stock and supply position of foodgrains and implementation of various targeted schemes. He directed the TSOs to expedite verification of beneficiaries under the National Food Security Act (NFSA) to delete ineligible entries and ensure rightful targeting.

Emphasising the protection of consumer rights, the Director directed stressed regular inspections in coordination with the District Administration to check weighing, domestic LPG cylinders, calibration checks at petrol pumps, quality and price checking of essential commodities. He pushed for strict action against unfair trade practices and violations of prescribed norms.

Speaking to the media later, the Director said that routine samples of foodgrains are lifted for quality testing as part of the department's regular quality-control mechanism.

Doda Admin organises Capacity-Building Workshop on PM Gati Shakti National Master Plan

■ HT News Network

RAJOURI, SEPTEMBER 14: Director Food, Civil Supplies & Consumer Affairs and designated District Mentor Officer for Rajouri under the Digital India Land Records Modernization Programme (DILRMP), Rajesh Kumar Shavan today conducted a comprehensive review of the digitization and modernization of land records in the district at a meeting held in the Dak Bungalow, here.

The review meeting was attended by Ravi Kumar Sihag

IAS; Dr. Mohammad Tanwir Khan, ADC Kalakote; Dil Mir, ADC Kotranka; Pritam Thapa, ADC Nowshera; Ramkesh Sharma, ADC Sunderbani and Abid Hussain, SDM Thanamandi, besides all Tehsildars of District Rajouri and other concerned Revenue officers and officials.

At the outset, Assistant Commissioner Revenue Jahangir Khan gave a detailed presentation on the status of different components of DILRMP in the district. The presentation covered digitization and verification of Jamabandi records, clearance

of backlog mutation entries, geo referencing of revenue maps and their ground-truthing, redressal of grievances through quasi-judicial mechanisms, sub-parcellation of mother maps, recreation of missing and dilapidated maps and verification of digitized Jamabandi by supervisory officers.

Speaking at the meeting, the Mentor Officer highlighted the significance of digitization of land records as an important measure aimed at ensuring accuracy, transparency,



reliability and ease of access to land records for the general public. He stressed upon all Revenue officers and officials to make every possible effort to purify and authenticate the Jamabandi records and ensure their correctness to the maximum possible extent before finalization. He advised the Revenue authorities to give wide publicity to the facility available through the Zameen Sudhaar Portal for submission and redressal of grievances.

The Mentor Officer also informed that monthly review

meetings shall be convened to closely monitor the progress of digitization, verification, map-related activities, mutation clearance and grievance redressal, besides identifying bottlenecks and ensuring its timely resolution.

The participating officers also discussed various field-level and technical issues encountered during the process and assured that coordinated efforts would be made to further accelerate the implementation of DILRMP in the district.



Kranti Gaud fined for breaching ICC Code of Conduct in Women's Asia Cup Final

United News Of India

DUBAI, SEP 14: India player Kranti Gaud has been fined 10 per cent of her match fee for breaching Level 1 of the ICC Code of Conduct during the Women's Asia Cup final against Sri Lanka here on Sunday.

Gaud was found to have breached Article 2.5 of the ICC Code of Conduct for Players and Player Support Personnel, which relates to "using language, actions or gestures which disparage, or which could provoke an aggressive reaction from a batter upon his/her dismissal during an International Match."

In addition to this, one demerit point has been added to the disciplinary record of Gaud, for whom it was the first offence in a 24-month period.

The incident occurred in the first over of Sri Lanka's innings, when after dismissing opener Imesha Dulani, Gaud gestured in the direction of the pavilion.

Gaud admitted the offence and accepted the sanction proposed by Supriya Rani Das of the Emirates ICC International Panel of Match Referees, so there was no need for a formal hearing.

On-field umpires Saleema Imtiaz and Shathira Jakir Jesy, third umpire Rokeya Sultana and fourth

umpire Humaira Farah levelled the charge.

Level 1 breaches carry a minimum penalty of an official reprimand, a maximum penalty of 50 per cent of a player's match fee, and one or two demerit

were taken into consideration.

In accordance with Article 2.22 of the ICC Code of Conduct for Players and Player Support Personnel, which relates to minimum over-rate offences, players



points.

Separately, Pakistan have been fined five per cent of their match fee for maintaining a slow over-rate in the semifinal against Sri Lanka on Friday.

G.S. Lakshmi of the Emirates ICC International Panel of Match Referees

imposed the sanction after Pakistan were ruled to be one over short of the target after time allowances

are fined five per cent of their match fee for every over their side fails to bowl in the allotted time. Pakistan captain Fatima Sana pled guilty to the offence and accepted the proposed sanction, so there was no need for a formal hearing.

On-field umpires Vrinda Rathi and Shathira Jakir Jesy, third umpire Rokeya Sultana and fourth umpire Rabab Ahsan leveled the charge.

India reap rewards as Abhishek finds his groove back against Afghanistan

United News Of India

NEW DELHI, SEP 14: Abhishek Sharma's return to form has only strengthened his belief in an aggressive brand of cricket, with the India opener insisting that a few low scores will not force him to change his approach after his match-winning knock against Afghanistan here on Sunday.

Abhishek smashed 82 off just 32 balls at the Arun Jaitley Stadium, hitting seven fours and as many sixes as India chased down Afghanistan's 156/8 with seven wickets in hand in the opening game of the three-match series.

It was his first half-century for India since July, when he scored 59 against England at Chester-le-Street. Despite a string of low scores since then, the 26-year-old said he would continue to back the attacking style that has defined his game.

"I still remember two years back, we decided we want to play a certain way and dominate all teams. It worked for a year. But one or two (bad) series won't define our batting. As openers,

you want to give a good start as an opener," Abhishek said. His explosive innings laid the foundation for a comfortable chase, with Ishan Kishan providing able support after coming in at No. 3. Kishan scored a fluent 42 and combined with Abhishek for a 121-run partnership that effectively took the game away from Afghanistan.

Captain Shreyas Iyer then completed the chase with an unbeaten eight, but credited the two left-handers for putting India firmly in control.

"Starting off with Abhishek, I feel that the shots he played, it was flawless, and some of them were exemplary," Iyer said.

"But talking about Ishan, he has been in great form currently, and the way he has been in the dressing room and also on the ground during practice sessions, he is very relaxed, calm, and he knows his game at the moment. So that is a great sign for us as a team." Earlier, India's bowlers restricted Afghanistan to 156/8, with Arshdeep Singh leading the attack with 3/19. Jasprit Bumrah also made a successful return to T20I cricket.

Asian Champions Trophy 2026 to be held from Oct 27 to Nov 5 in Mohali & Jalandhar



United News Of India

MOHALI, SEP 14: The dates for the much-anticipated Men's Asian Champions Trophy 2026 were officially announced on Monday by the Chief Minister of Punjab, Bhagwant Mann, here.

The prestigious continental tournament will be held from October 27 to November 5, bringing international hockey to the state of Punjab.

The tournament will be jointly hosted by Mohali and Jalandhar, with matches taking place at the Olympian Balbir Singh Senior International Hockey Stadium, Mohali, and the Olympian Surjit Singh Hockey Stadium, Jalandhar. Jalandhar will host the opening ceremony as well as all

league-stage matches from October 27 to November 2. The tournament will then move to Mohali, which will stage the semi-finals on November 4 and the final on November 5, bringing the competition to a grand conclusion. "The historic Men's Asian Champions Trophy 2026 is not merely a hockey tournament for Punjab; it is an emotional homecoming of the sport to the land that has nurtured generations of Indian hockey heroes," said the Chief Minister of Punjab. "For the first time, Punjab is hosting an international hockey tournament of this stature on its own soil. The Punjab Government is determined to make it an unforgettable sporting spectacle for players, spectators and hockey lovers across India and the world."

Muzumdar backs BCCI stance as India's women's Asia Cup win ends without trophy ceremony

United News Of India

NEW DELHI, SEP 14: India's record eighth Women's Asia Cup triumph ended on an unusual note on Sunday, with the champions neither receiving the trophy nor their medals after their 72-run victory over Sri Lanka, as the presence of Asian Cricket Council chairman Mohsin Naqvi once again became the centre of attention at the presentation ceremony. Naqvi, who is also the Pakistan Cricket Board chief and the country's Interior Minister, was in attendance at the Dubai International Stadium as the Harmanpreet Kaur-led side completed a dominant campaign. But, much like last year's men's Asia Cup final, the post-match presentation did not go ahead as expected, leaving the Indian team to celebrate their title without the customary trophy ceremony. The presentation was delayed by nearly 50 minutes after India's emphatic win.

During the wait, medals were presented to the Sri Lankan players, but the ceremony was abruptly brought to an end afterwards

Marcelo Gallardo named Ecuador coach through 2030 World Cup

United News Of India

QUITO, SEP 14: Argentine coach Marcelo Gallardo has been appointed manager of Ecuador's national team on a deal running until the 2030 FIFA World Cup, the Ecuadorian Football Federation (FEF) said.

The 50-year-old, who built his reputation at River Plate, replaces Sebastian Beccacece, who left after Ecuador was eliminated by co-host Mexico in the round of 32 at this year's World Cup.

"We sought out Marcelo Gallardo because of his achievements, but above all for what he represents. Welcome to Ecuador, Marcelo," FEF president Francisco Egas said in a video posted on social media.

A former midfielder who was capped 44 times for

Argentina, Gallardo is regarded as one of the most successful

of Ecuador for the first time in a friendly against South Korea



coaches in River Plate's history. He won two Copa Libertadores titles and a Copa Sudamericana during his first spell in charge of the Buenos Aires club from 2014 to 2022, before a second stint from 2024 to 2026 that yielded fewer trophies.

Gallardo will take charge

in Suwon on September 24, according to Xinhua.

The 50-year-old, who built his reputation at River Plate, replaces Sebastian Beccacece, who left after Ecuador was eliminated by co-host Mexico in the round of 32 at this year's World Cup.

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The Fear of Being Seen: Social Anxiety in an Age of Likes, Screenshots and Constant Judgment



By Bisma Ashraf

We live in a world where attention has become a currency and visibility a form of social currency. Notifications constantly demand our attention, social-media profiles present carefully edited versions of our lives, and ordinary interactions can now be recorded, shared, scrutinised and remembered indefinitely. In this hyperconnected environment, social anxiety has acquired a new and increasingly complex dimension.

Social anxiety is often dismissed as shyness or a lack of confidence. But for those who experience it, the reality can be far more consuming. It is an anticipatory state in which the mind repeatedly rehearses possible embarrassment, predicts rejection and closely monitors how one is being perceived by others. A simple conversation can become an exhausting exercise in self-surveillance.

The person experiencing social anxiety may want friendship, companionship and meaningful human connection, yet simultaneously fear the very situations through which those connections are formed. A workplace meeting, classroom discussion, family gathering, first date or even a message in a group chat can feel disproportionately significant. Instead of being fully present, the individual may be calculating what to say, how to say it and what others might think.

Modern technology has added another layer to this experience. Social-media platforms encourage people to present carefully selected versions of themselves.

Even silence can become a source of anxiety. An unanswered message may prompt a series of negative interpretations. A photograph receiving fewer reactions than expected may be perceived as a judgment of one's popularity or worth. In this environment, social feedback can become an almost continuous psychological

such situations are dangerous, making future encounters even more difficult.

Breaking this cycle does not necessarily require dramatic changes. Small, gradual steps can be more effective than forcing oneself into overwhelming situations. A person uncomfortable speaking in groups might begin by making one brief contribution

quietness and different communication styles. Not everyone who remains silent lacks confidence, just as not everyone who speaks loudly possesses it. A thoughtful pause should not automatically be interpreted as incompetence or insecurity.

Schools, workplaces and institutions can help by creating environments in which



scoreboard.

The problem is intensified by the permanence of digital communication. In the past, an awkward remark might disappear as soon as a conversation ended. Today, a careless comment can be captured, forwarded or circulated beyond its original context. The possibility that an error may survive indefinitely can make socially anxious individuals even more cautious about speaking, posting or participating.

At the psychological level, social anxiety involves heightened sensitivity to perceived social threats. The mind begins to focus excessively on facial expressions, tone of voice, gestures and other people's reactions. Instead of concentrating on the conversation itself, a person may be simultaneously analysing whether they appear nervous,

to a discussion. Someone who fears telephone conversations could start with a short call. A person who repeatedly rewrites messages might practise sending simple communications without endless editing.

The objective is not to eliminate every feeling of nervousness. It is to learn that discomfort is not necessarily a sign of danger and that an imperfect social interaction is rarely as catastrophic as the anxious mind predicts.

Changing the way we interpret social situations can also help. Instead of thinking, "They will think badly of me," it may be more useful to ask, "What is the most likely outcome?" Anxiety often treats possibilities as certainties. Learning to distinguish between what could happen and what is actually likely to happen can create valuable

people are not constantly required to perform socially. Meetings can provide opportunities for reflection rather than demanding instant responses. Feedback can be offered constructively rather than through public embarrassment. Digital spaces can provide stronger tools against harassment, humiliation and unwanted exposure.

There is also a need to reconsider our growing expectation of instant communication. A delayed response does not necessarily mean rejection. A person taking time to formulate their thoughts is not necessarily uninterested. Giving others the freedom to respond at their own pace can make social interaction more humane.

Professional support becomes particularly important when anxiety begins interfering with education, employment, relationships or everyday functioning. Evidence-based approaches such as cognitive behavioural therapy can help individuals identify unhelpful patterns of thinking and gradually reduce avoidance. Depending on the severity of symptoms, mental-health professionals may also consider other treatment options, including medication or group-based interventions.

Importantly, social anxiety should not define a person's entire identity. People who are highly sensitive to social situations may also possess qualities such as empathy, careful observation, thoughtfulness and a strong awareness of others' emotions. The goal is not to transform every quiet person into an extrovert, but to ensure that fear does not prevent anyone from participating in life.

Perhaps the deeper issue is the society we are creating. We have entered an era in which being visible is increasingly confused with being valuable. Every opinion can become a post, every achievement a display and every interaction a potential performance for an audience.

In such a world, learning to tolerate imperfection may be an act of courage.

We do not need a society in which nobody feels nervous, awkward or uncertain. We need one in which people are not punished for those perfectly human experiences. Social connection becomes meaningful not when everyone performs perfectly, but when people feel safe enough to be authentic.

In an age obsessed with being seen, perhaps the real challenge is learning that we do not have to perform in order to belong.



Photographs are edited, opinions are refined, achievements are displayed and everyday experiences are transformed into carefully constructed narratives. Constant exposure to these polished representations can encourage people to compare their ordinary lives with someone else's carefully curated highlights.

The result can be a persistent feeling of inadequacy: Why am I not as confident? Why doesn't my life look like theirs? Why don't people respond to me in the same way?

whether they have said something inappropriate and whether others are judging them.

This constant monitoring can also produce physical symptoms, including sweating, trembling, a racing heartbeat, nausea or difficulty speaking. Avoidance often becomes an attractive short-term solution. Leaving a gathering early, declining invitations, postponing telephone calls or repeatedly editing messages may provide immediate relief. But avoiding uncomfortable situations can reinforce the belief that

psychological distance from fearful predictions.

Healthy digital habits are equally important. Muting unnecessary notifications, limiting exposure to comparison-driven content, taking regular breaks from social platforms and creating intentional periods of offline life can reduce the feeling of being constantly observed and evaluated.

However, the responsibility for addressing social anxiety should not rest entirely with individuals. Society itself has a role to play. We need to become more tolerant of pauses,

KCF Kreeri Hosts Grand Literary Gathering Celebrating Books, Culture and Devotion

Two significant Kashmiri books unveiled ; Dr Syed Jahangir Bukhari felicitated for honorary doctorate as writers, scholars and poets gather for a day-long literary programme

Ashiq Kreeri / Dr Ab Qayoom

Kreeri, September 14: A grand one-day literary and cultural programme was organised at Government Higher Secondary School Kreeri by the Kruhen Cultural Forum Kreeri, in collaboration with the Jammu and Kashmir Academy of Art, Culture and Languages and Lubaab Publications, bringing together a large gathering of writers, poets, scholars, broadcasters, academicians and literature enthusiasts. The programme opened with the felicitation

of Dr Syed Jahangir Bukhari, who was recently conferred an honorary doctorate in recognition of his significant contributions to journalism, media and social service. Speakers congratulated Bukhari on the honour and appreciated his continued contribution to journalism as well as the promotion of literary and cultural activities in Jammu and Kashmir. The first session, dedicated to the release of two important Kashmiri books, was presided over by noted religious scholar Maulana Showkat Hussain Kaing. The presidium included noted broadcaster Syed Basharat Bukhari, eminent writer and researcher Syed Sad-ud-Din Saidi,

noted poet Noor-ud-Din Hosh, Mohammad Amin Bhat, President of Kruhen Cultural Forum Kreeri Syed Shamim Ahmad Shamim, and Principal Government Higher Secondary School Kreeri Sheikh Abdul Rashid. During the session, "Seyaaah Waawles Manz" by noted Kashmiri poet Noor-ud-Din Hosh and "Kulyat-e-Qudoos Mir Qudsi" by eminent writer and researcher Syed Sad-ud-Din Saidi were formally unveiled. Speakers described both publications as valuable additions to Kashmiri literature and appreciated the authors for their contribution to the preservation, documentation and

advancement of the region's rich literary heritage. They emphasised that publication of serious literary and research works is essential for keeping Kashmiri language and literature vibrant and ensuring that the intellectual and cultural legacy of Kashmir reaches younger generations. The second session was presided over by noted broadcaster Syed Basharat Bukhari. The presidium comprised Secretary Adbi Markaz Kamraz Shabnam Tilgami, Syed Ghulam Mohiuddin Andrabi, Syed Sad-ud-Din Saidi and Ghulam Mohiuddin Wani. The speakers in the second session deliberated on the contemporary literary

landscape of Kashmir and the need to strengthen efforts for the promotion of Kashmiri language, literature and cultural traditions. They stressed the importance of literary institutions, writers and cultural organisations in encouraging young writers and creating greater opportunities for literary expression. The programme also featured a Naatia Mushaira, in which prominent poets presented devotional poetry in praise of Prophet Muhammad (PBUH). The soulful recitations created a deeply spiritual and literary atmosphere, with the audience responding warmly to the participating poets. Speakers observed

that literary and cultural programmes at the grassroots level play an important role in connecting younger generations with their language, history, traditions and cultural identity. They appreciated the Kruhen Cultural Forum Kreeri for continuing to provide a platform for literary dialogue and cultural expression. The organisers expressed gratitude to all the distinguished guests, writers, poets, scholars and literature lovers who participated in the programme and said that the Forum would continue its efforts towards the promotion of Kashmiri language, literature, culture and scholarly activities.

