

Srinagar
Saturday
September 19 | 2026
6 Rabi al-Thani 1448 AH
Issue No: 226
Volume: 16
Pages: 12
Price :Rs: 2/-

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



P:12

India Women's Kabaddi Team
Captain Pushpa Rana eyes title
defense at 2026 Asian Games

HT BRIEFLY

EOW Kashmir Nabs Land Broker in 93 Lakh
Fraud; Co-Accused Still at Large
HT NEWS DESK / AGENCIES

SRINAGAR, SEPT 18 : The Economic Offences Wing (EOW) Kashmir has arrested an alleged fraudster in connection with a 793 lakh land and property cheating case, officials said on Friday.

The accused, identified as Ghulam Mohi-Ud-Din Dar, son of Abdul Khaliq Dar, a resident of Jawalapora in Budgam district, had been evading arrest for nearly a year, they said.

Dar was arrested pursuant to an order and warrant issued by the Court of Sub-Judge, Srinagar, officials said. He was wanted in multiple criminal cases registered with the EOW/SCW Kashmir of the Crime Branch, they added.

According to officials, the case stems from a written complaint alleging that Dar, a land broker, cheated the complainant of approximately 793

>>> MORE ON P 02

Three held, gold coins
recovered from vehicle in Kulgam
HT NEWS DESK / AGENCIES

SRINAGAR, SEP 18 : Security forces on Friday apprehended three persons, including a woman, and recovered a large quantity of gold coins from a vehicle in Kulgam district, officials said.

According to officials, a joint team of the Special Police (SP) National Highway Wing and Army's 9 Rashtriya Rifles intercepted a Jazz VX vehicle bearing display registration number MP09CS-0541, which was

>>> MORE ON P 02

Power supply to remain
affected in parts of Shopian on
scheduled dates
HT NEWS DESK / AGENCIES

SRINAGAR, SEP 18 : Power supply to several areas of Shopian will remain affected on September 20, 22, 24, 26, 28 and 30 due to scheduled maintenance shutdowns of two 33-kV transmission lines, officials said on Friday.

According to the Kashmir Power Distribution Corporation Limited (KPDCL), electricity supply in areas fed by the 33-kV Lassipora-Landoora line will remain affected from 9 am to 3 pm on September 20, 24 and 28. The affected areas include Landoora, Hermain, Hajipora, Hotline Hermain

>>> MORE ON P 02

Man Dies After Khokhri
Attack During Birthday Celebration in
Jammu, Two Brothers Arrested
HT NEWS DESK / AGENCIES

JAMMU, SEP 18 : A man died after allegedly being attacked with a khokhri during a birthday celebration near Lower Roop Nagar in Jammu, police said.

The incident took place when Neeraj alias Anshu was celebrating his birthday by the roadside near Lower Roop Nagar. According to the preliminary police inquiry, his friends

>>> MORE ON P 02

Petrol Pump Dealers
Threaten Cash-Only Payments
Above Rs 2,000 Over UPI MDR
HT NEWS DESK / AGENCIES

NEW DELHI, SEP 18: Petrol pump dealers across several states, including Jammu and Kashmir have warned that they may stop accepting UPI payments above Rs 2,000 and switch to cash transactions if the new Merchant Discount Rate (MDR) applicable to fuel purchases is not withdrawn or the sector is exempted. The warning follows the National Payments

>>> MORE ON P 02

“Himalayan Pilgrimages Teach Us That We
Are Custodians, Not Masters of Nature”: LG Sinha

LG flags off Harmukh–Gangbal Yatra, urges pilgrims
to protect the fragile Himalayan environment

HT NEWS NETWORK

SRINAGAR, SEPTEMBER 18: Lieutenant Governor Manoj Sinha today flagged off the sacred Harmukh–Gangbal pilgrimage at Ganderbal, describing the annual Yatra as a living expression of eternal faith and a bridge between Jammu Kashmir's ancient spiritual heritage and its vibrant present. He said the pilgrimage promotes devotion, humility, social harmony and a deeper bond with nature, while urging devotees to take a pledge to protect the Himalayan environment amid growing climate and ecological challenges.

The Lieutenant Governor, Shri



Manoj Sinha today flagged off the auspicious Harmukh–Gangbal pilgrimage at Ganderbal. The Lieutenant Governor said the Yatra is a sacred bridge between India's glorious past and vibrant

present. Addressing the gathering, the Lieutenant Governor observed that Jammu Kashmir has, for millennia, been nourished by an unbroken stream of faith, with every step of its land imbued with

spiritual energy, as highlighted by Kalhana in the Rajatarangini.

Quoting from the Nilamata Purana, the Lieutenant Governor noted that Mount Harmukh, also known as Harmukut, is revered as the abode of Lord Shiva, while Gangbal Lake at 14,500 feet is regarded as the sacred presence of Mother Ganga. He said despite difficult terrain and historical upheavals, devotees have preserved their spiritual bond with this pilgrimage site, which is also associated with paying homage to ancestors, comparable in sanctity to Haridwar. The Lieutenant Governor emphasised that

>>> MORE ON P 02

“Our Government Is Ensuring Representation
and Development for All”: Farooq Abdullah

NC president says Omar Abdullah-led government is
pursuing equitable development across regions and sections



HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 18: National Conference president Dr Farooq Abdullah said the party would continue to follow the path laid by Sheikh Mohammad Abdullah and claimed that the Omar Abdullah-led government had initiated measures aimed at ensuring political, social

and administrative representation for all three regions and sections of society. Interacting with a delegation of party workers from Samba, Abdullah also spoke about land reforms, development, employment and the restoration of the Darbar Move, while urging party workers to strengthen grassroots engagement and remain connected with public concerns.

The Jammu & Kashmir National Conference President Dr Farooq Abdullah Friday said the National Conference will continue to follow the path laid by Sher-e-Kashmir Sheikh Mohammad Abdullah saying the Omar led government has initiated a policy of ensuring political, social and administrative representation

>>> MORE ON P 02

“Uniform Is Our Responsibility; Serve With
Honesty, Loyalty and Patriotism”: DGP Prabhat

Nalin Prabhat tells newly selected J&K Police officers that
appointment marks the beginning of a serious responsibility

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 18: J&K Police Director General Nalin Prabhat congratulated the newly selected officers of the J&K Police (Gazetted) Services and urged them to uphold honesty, loyalty and patriotism while discharging their duties. Speaking at the handing over of appointment orders by Lieutenant Governor Manoj Sinha at Lok Bhavan, the DGP said the officers would face demanding situations during their careers and assured them that training at the police academy would prepare them to meet challenges both mentally and physically.

Jammu and Kashmir Police Director General Nalin Prabhat on Friday congratulated the newly selected officers of the J&K Police (Gazetted) Services, urging them

to understand the responsibility that comes with wearing the police



uniform and serving the nation.

Speaking during the handing over of appointment orders to newly selected candidates by Lieutenant Governor Manoj Sinha at Lok Bhavan here, DGP Prabhat as per news agency Kashmir News Service (KNS) said the appointment day was a moment

>>> MORE ON P 02

NHM Strike Enters Second Week as Healthcare Services Face Mounting Pressure

Prolonged agitation over regularisation, pay revision and job security prompts authorities to rearrange manpower across health institutions

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 18: The ongoing strike by National Health Mission employees across Jammu and Kashmir has entered its second week, placing additional pressure on the public healthcare system as authorities work to maintain essential services. The employees, whose association puts their strength at more than 12,000, are seeking regularisation, pay revision, job security and social-security benefits, while the Health Department has directed institutions to reorganise duty rosters to keep emergency services, OPDs, IPDs, labour rooms, operation



theatres, diagnostics and pharmacies functional. Health Minister Sakeena Itoo has urged the

manpower to keep essential services running.

employees to return to duty while the government examines their grievances, even as the workers have extended their agitation and sought political support.

The prolonged strike by National Health Mission (NHM) employees across Jammu and Kashmir has entered its second week, with the repeated extensions of the agitation putting additional pressure on the public healthcare system and forcing authorities to rearrange available

The NHM employees, numbering more than 12,000 according to their association, began the strike on September 9 and have since extended it several times. The latest extension, announced on September 17, will continue for another 72 hours from September 18. Their demands include regularization, pay revision, job security, retirement and social-security benefits and other service-related issues.

Whatever the merits of the employees' service-related demands, the decision to continue withdrawing from healthcare duties has consequences beyond the

>>> MORE ON P 02

HT BOTTOM NEWS

NHM Staff Suspend 9-Day Strike After
Written Assurance From Health Minister

Sakeena Itoo assures employees that their legitimate demands,
including job security and regularisation, will be examined

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 18: Bringing relief to patients across Jammu and Kashmir, National Health Mission (NHM) employees have suspended their nine-day strike and decided to resume duties following a written assurance from Health and Medical Education Minister Sakeena Itoo on their long-pending demands. The decision came after a meeting between employee representatives and the government, during which the minister assured them that their legitimate concerns, including job security, regularisation and other service-related issues, would be examined and



necessary steps taken. The NHM staff from various districts, hospitals, health centres and other healthcare institutions had participated in the peaceful agitation, which had affected health services in several areas. Employee leaders expressed gratitude to the

minister for the written assurance and said they hoped the government would honour the commitments, while the resumption of services is expected to restore normal healthcare delivery across the Union Territory.

The prolonged strike by National Health Mission (NHM) employees across Jammu and Kashmir has entered its second week, with the repeated extensions of the agitation putting additional pressure on the public healthcare system and forcing authorities to rearrange available manpower to keep essential services running. The NHM employees, numbering more than

>>> MORE ON P 02

“Nation Must Never Forget Its History
and Sacrifices of Its Heroes”: Vice-President

C. P. Radhakrishnan inaugurates
38th Pune Festival, highlights heritage,
cultural exchange and emerging talent

HT NEWS DESK / AGENCIES

national integration, while stressing the importance of

PUNE, SEPTEMBER 18: Vice-President C. P. Radhakrishnan today inaugurated the 38th Pune Festival at Shri Ganesh Kala Krida Rangmanch, emphasising the importance of preserving India's historical and civilisational heritage alongside modern development. Highlighting Pune's growing global character and the participation of international students from around 20 countries, he said festivals can promote cultural exchange, tourism, local talent and



balancing development with heritage preservation. He also presented the Founder Suresh Kalmadi Pune Festival Lifetime Achievement

>>> MORE ON P 02

Dr Darakhshan formally takes over management of Dargah of Mir Syed Taj-ud-Din Hamdani at Nowhatta

■ HT News Network

Srinagar, September 18: Chairperson J&K Waqf Board, Dr Syed Darakhshan Andrabi today visited the revered Dargah-e-Faiz Panah Mir Syed Taj-ud-Din Hamdani (RA) at Nowhatta, Srinagar, paid obeisance at the shrine and formally took over its administrative and management control on behalf of the J&K Waqf Board. Dr Andrabi was accompanied by Waqf Board Member Mohammad Syed Haqqani, Ishtiyak Mohiuddin, Executive Magistrate & Tehsildar of J&K Waqf Board, and other senior officers of the Board. It is pertinent to mention that the shrine is a Waqf property duly notified by the Government. With the formal assumption of administrative and management control, the Dargah has now been brought under the direct management of the J&K Waqf Board as a dedicated spiritual and public-faith space. After taking over the management, Dr Andrabi conducted a detailed assessment of the existing infrastructure and reviewed the arrangements for devotees and visitors.



She directed the concerned officers to prepare a comprehensive plan for upgrading the shrine, improving basic amenities and strengthening the overall management system. Dr Andrabi stressed that all Waqf-managed shrines and religious places must provide a dignified, clean, accessible and spiritually conducive environment for devotees. She called for focused attention towards infrastructure development, cleanliness, sanitation, visitor facilities and preservation of the sanctity and heritage of the shrine. "Our endeavour is to ensure that every Waqf shrine becomes a well-managed spiritual space where devotees receive better facilities while the religious and cultural legacy of these sacred places is preserved with utmost care. The Waqf Board will work systematically for the development and beautification of this historic shrine," Dr Andrabi said. The Waqf Chairperson also met public delegates and local representatives and interacted with them regarding the shrine's management, infrastructure requirements, facilities for devotees

and other issues concerning the local community. She assured them that their genuine concerns would be examined and addressed in a time-bound manner. Dr Andrabi directed the officers to maintain close coordination with the local stakeholders and ensure that the development plan for the shrine reflects both the requirements of devotees and the historical and spiritual significance of the Dargah. The Waqf Chairperson also met public delegates and local representatives and interacted with them regarding the shrine's management, infrastructure requirements, facilities for devotees and other issues concerning the local community. She assured them that their genuine concerns would be examined and addressed in a time-bound manner. Dr Andrabi directed the officers to maintain close coordination with the local stakeholders and ensure that the development plan for the shrine reflects both the requirements of devotees and the historical and spiritual significance of the Dargah.

CM Omar Abdullah attends conference on financing India's journey towards Viksit Bharat

■ HT News Network

Deliberations focus on Centre-State fiscal cooperation, financing pathways for sustainable and inclusive growth
New Delhi, September 18: Chief Minister Omar Abdullah today attended the two-day conference on "Financing India's Journey towards Viksit Bharat", organised by the Ministry of Finance, Government of India, in New Delhi.

Union Minister for Finance & Corporate Affairs Smt. Nirmala Sitharaman attended the inaugural session of the conference of State Finance Ministers and Finance Secretaries of States and Union Territories with Legislature.

The two-day conference provides a platform for deliberations on financing challenges and policy priorities shaping India's development journey towards Viksit Bharat, while exploring policy complementarities between the Centre and the States through a combination of academic rigour and practical policy perspectives.

Chief Ministers, Deputy Chief Ministers, Finance Ministers and senior representatives from several States and Union Territories are participating in the conference.

The deliberations are also providing an opportunity to explore clear financial pathways for Jammu & Kashmir, with a focus on macroeconomic growth, agricultural transformation and renewable energy, aimed at advancing sustainable and inclusive development.

658 Gold-Plated Copper Pieces Recovered During Naka Checking in Qazigund

■ Farooq Rather

Qazigund, Sep 18 (KNO): Police on Friday said that it recovered 658 gold-like biscuits/coins during naka checking on the National Highway near Vessu, Qazigund in South Kashmir's Kulgam district. A police officer told the news agency—Kashmir News Observer (KNO) that a vehicle (No. MP09CS0451) was intercepted by the naka party during checking. "Three persons travelling in the vehicle were apprehended for questioning. During the search, 658 gold-like biscuits/coins, each weighing approximately 0.98 grams, were recovered from the possession of the occupants under suspicious circumstances. The material was seized for examination and analysis," the officer said. He said that on testing, the recovered material was found to be copper plates coated/plated with gold colour and not pure gold. "In this connection, a preliminary inquiry has been initiated at Police Station Qazigund vide DD Report No. 16 dated 17/09/2026 and Order No. SDPO/QJ/PE/8230 dated 18/09/2026, to ascertain the circumstances, source and intended use of the gold-plated copper material and the role of the persons involved," the officer said.

18 whisky bottles seized at Keerian Gandiyal; bootlegger arrested

■ HT News Network

KATHUA, 18 SEPTEMBER 2026: Continuing its efforts to curb trade and transportation of illicit liquor, J&K Police Kathua under the overall supervision of SSP Kathua Ms. Mohita Sharma-IPS arrested one bootlegger and recovered 18 bottles of Whisky (750 ml each) from his possession in the jurisdictional area of PS Lakhampur at Keerian Gandiyal.

On 17.09.2026, a police team led by SHO PS Lakhampur under the supervision of Addl. SP Kathua & DySP DAR Kathua during naka checking at Keerian Gandiyal apprehended one person namely Sham Singh S/o Mohan Singh R/o Chak

Deputy Governor RBI reviews J&K banking; bats for credit push, ULI adoption

■ HT News Network

SRINAGAR, SEPTEMBER 18: Deputy Governor, Reserve Bank of India (RBI), Rohit Jain, convened a meeting with the Zonal Heads of major banks operating in the Union Territory of Jammu and Kashmir here today. The Deputy Governor, in his opening remarks, highlighted the important role played by the banks in supporting the economic activity and strengthening the financial inclusion in J&K. Rohit Jain emphasised the need for banks to maintain adequate banking infrastructure, improve credit delivery and ensure greater outreach of banking services to priority sectors, particularly to underserved sections. He also underscored the importance of coordinated efforts by the banks towards meeting the evolving credit requirements of the UT. He underlined that



banks should remain responsive to customer needs in view of importance of customer services and grievance redress. He stressed on the need for greater digitalisation of banking services while highlighting the growing concern around digital frauds. The Deputy Governor also emphasised the need for banks to increase loan processing through Unified Lending Interface (ULI). He highlighted its potential to transform the credit delivery in a manner similar to the transformation brought about by UPI in digital payments.

Regional Director, RBI,

Jammu presented a broad overview of the financial landscape of the UT of J&K, elucidating its economic potential across agriculture, MSMEs, tourism, handicrafts and services. Subsequently, the financial landscape of the UT of J&K, was presented by the Zonal Heads of major banks present in the region. It included banking network, Credit-Deposit ratio, credit flow and Priority Sector Lending besides the progress on onboarding of banks on the Unified Lending Interface (ULI), re-KYC coverage and settlement of unclaimed deposits.

Protest held over lack of healthcare facilities at SDH Tral

Protesters allege shortage of doctors, specialists, essential staff

■ HT News Network

Pulwama, Sep 18 (KNO): A protest was held in Tral on Friday morning against the alleged lack of adequate healthcare facilities and manpower at Sub-District Hospital (SDH) Tral, with protesters demanding immediate intervention by the concerned authorities to improve patient care and ensure accountability in the functioning of the hospital.

According to the news agency—Kashmir News Observer (KNO), the protest was attended by people cutting across political affiliations and several residents. They carried placards and banners with messages such as "Healthcare for All, Justice for All" and "No Politics Over People's Lives", while raising concerns over what they described as



inadequate staffing, shortage of specialist services and deficiencies in hospital infrastructure and facilities.

Speaking during the protest, youth activist Junaid Mir questioned the present functioning of SDH Tral, alleging that the hospital was effectively providing services at the level of a Community Health Centre (CHC) despite being designated as a Sub-District Hospital.

He questioned the duty schedule and responsibilities of the Block Medical Officer (BMO), seeking greater accountability from the concerned authorities regarding the day-to-day functioning and

supervision of the health institution.

"We are not protesting against any individual. Our concern is the healthcare of the people of Tral. When a hospital is designated as an SDH, people naturally expect facilities and services accordingly. Patients should not have to travel outside the area for services that should be available here," Mir said.

Citizen Council Tral chairman Farooq Trali said healthcare facilities should not be viewed through political or constituency-based considerations, asserting that elected representatives holding ministerial positions have a broader responsibility towards people across the region.

"Ministers are elected as MLAs from their respective constituencies, but once they become ministers,

Sakeena Itoo reviews HRM Issues in School Education Department

21,323 Seniority Cases Finalised; 869 Placements Made on Higher Posts; Recruitment, Promotions and Regularisation Reviewed

■ HT News Network

SRINAGAR, SEPTEMBER 18: Minister for Education, Social Welfare, Health and Medical Education, Sakeena Itoo, today reviewed the overall status of Human Resource Management (HRM) matters in the School Education Department, with particular focus on seniority finalisation, promotions, placements against higher posts, regularisation, recruitment and revision of service rules.

Chairing a high-level meeting at the Civil Secretariat here, the Minister took detailed stock of the progress achieved in disposal of HRM-related cases and directed the senior officers to maintain focused attention on all pending matters. She called for time-bound action, effective monitoring and close coordination among all concerned authorities to ensure that eligible employees do not face avoidable delays in service-related matters.

Sakeena Itoo stressed that an efficient and transparent HR management system is fundamental to the smooth functioning of the School Education Department and has a direct bearing on the academic and administrative efficiency of educational

institutions. She directed the officers to ensure that all cases relating to seniority, promotion, regularisation and recruitment are processed strictly in accordance with the applicable rules and established procedures.

The Minister further called for expediting all pending cases while maintaining transparency and procedural fairness. She directed the officers to prepare clear timelines for disposal of the remaining cases and ensure regular monitoring at the appropriate level so that bottlenecks, wherever identified, are addressed promptly.

The meeting was attended by senior officers of the School Education Department, including Directors of School Education Jammu and Kashmir, Special Secretary and Additional Secretary. Officers stationed outside Srinagar participated in the meeting through virtual mode.

During the detailed review, the Minister was apprised of the significant progress achieved in finalisation of seniority lists. It was informed that final seniority lists of 21,323 PG Masters/PG Teachers across 32 disciplines have been issued during the last one year. Seniority lists pertaining to four remaining disciplines are under formulation. Besides, the final seniority



list of 3,509 Headmasters/equivalent posts has also been issued.

The meeting also reviewed the progress made in placements against higher posts. It was informed that 197 PG Masters/PG Teachers have been placed as In-charge Lecturers in various disciplines. In addition, 672 incumbents have been placed against higher posts, including Principals as In-charge Chief Education Officers, Headmasters as In-charge Zonal Education Officers and Masters as In-charge Headmasters.

Thus, a total of 869 placements have been made against higher posts, reflecting substantial progress in addressing career

progression and administrative requirements within the Department.

The Minister was further informed that consideration zones covering 988 PG Masters/PG Teachers have already been prepared for placement as In-charge Lecturers, while another 150 incumbents are under consideration for placement against other higher posts.

Reviewing the status of Departmental Promotion Committee (DPC) proceedings, the meeting was informed that DPC consideration had earlier been completed for only 10 out of 36 subjects/disciplines, while cases pertaining to the remaining

26 disciplines, involving around 2,000 placements, are pending consideration.

The meeting was informed that consideration zones have already been prepared for multiple subjects as well as for CEOs/equivalent posts.

Taking note of the regularisation process, the Minister was informed that 53 incumbents belonging to different disciplines and cadres have been regularised during the last two years.

Sakeena Itoo directed the officers to ensure that all eligible regularisation cases are examined and processed expeditiously under the applicable rules. She emphasised that service matters should be dealt with in a transparent, objective and time-bound manner.

The Minister also reviewed the status of recruitment of Lecturers in the School Education Department. It was informed that against 594 Lecturer vacancies in 27 disciplines referred to the J&K Public Service Commission (JKPSC), 586 selections have been received.

Of these, appointment orders have already been issued in respect of 291 selected candidates, while the cases of another 213 candidates are under process following receipt of the requisite verification reports.

The Department has also initiated a fresh exercise to identify available Lecturer vacancies across different disciplines for referral to the J&K Public Service Commission.

The Minister stressed the importance of timely recruitment to address manpower requirements and strengthen the teaching workforce in the Department.

The meeting was further informed that revision of the J&K School Education (Gazetted) Service Recruitment Rules is underway. The final draft has been shared with the Heads of Departments for comments and will subsequently be submitted for the prescribed clearance process. The revision of the School Education (Subordinate) Service Recruitment Rules has also been initiated. The Minister also reviewed the proposal concerning utilisation of teacher vacancies arising due to promotions and retirements. It was informed that a proposal for utilising 50 per cent of GLT vacancies for fresh recruitment had been examined. The proposal is being re-examined in light of observations received from the Finance Department and will be resubmitted thereafter. The Minister directed the department to submit the necessary queries related to the matter to finance department within weeks time.

DC Kupwara reviews progress under HADP, JKCIIP Also reviews functioning of Kisan Khidmat Ghars

■ HT News Network

KUPWARA, SEPTEMBER 18: Deputy Commissioner (DC) Kupwara, Shrikant Suse, today chaired a meeting to review the functioning of Kisan Khidmat Ghars (KKGs) in the district and assess the progress achieved under the Holistic Agriculture Development Programme (HADP) and the Jammu and Kashmir Competitiveness Improvement Project (JKCIIP).

During the meeting, the Deputy Commissioner reviewed the operational status of KKG centres, with particular focus on their onboarding with Common Service Centres (CSCs), capacity building of Krishi Udyamis (KUs), delivery of services and revenue generation.

Detailed assessment was also made of the district's performance against the prescribed Key Performance Indicators (KPIs) under HADP and JKCIIP.



The review covered course completion by enrolled farmers, establishment of approved units, tracking of established units through the OTA application, utilisation of released funds, farmer and farm registration under KKG Level-2, completion of e-KYC under KKG Level-3, daily reporting by Krishi Udyamis, credit disbursement against sanctioned cases, sanctioning of credit applications, JKCIIP

coverage in selected blocks and approvals under the project.

The Deputy Commissioner directed all concerned departments to adopt a coordinated and result-oriented approach to achieve the prescribed targets under each performance parameter. He instructed the officers to expedite farmer and farm registration, ensure the timely completion of e-KYC for all eligible

beneficiaries, improve daily reporting compliance by Krishi Udyamis and strengthen credit linkages.

The meeting also reviewed the implementation status of various interventions being undertaken under the two flagship programmes. Stressing the importance of convergence among the implementing departments, the Deputy Commissioner directed the officers to ensure the timely execution of approved interventions, undertake regular field-level monitoring and maximise outreach so that the intended benefits reach the farming community in a transparent and time-bound manner.

The meeting was attended by the Chief Planning Officer, Lead District Manager, Chief Horticulture Officer, Chief Agriculture Officer, District Sheep Husbandry Officer, Assistant Director Fisheries and other concerned officers.

Fruit Prices Fall Again by Nearly 400; Growers and Traders Urged to Avoid Hasty Harvesting

■ Farooq Rather

Srinagar: September 18, Fruit prices have once again witnessed a decline of nearly 400, causing concern among fruit growers, orchardists and traders associated with the horticulture industry.

Chief Patron of the Kashmir Valley Fruit Growers-cum-Dealers Union, Bashir Ahmad Basheer, and President of the South Kashmir Fruit Growers-cum-Dealers Association, Ghulam Ahmad Bandy, expressed concern over the latest decline and appealed to orchard owners, fruit growers and traders not to act in haste. They urged growers to harvest fruit from orchards only after it has attained the required maturity, quality, colour and size. They also stressed the importance of proper grading and packing before sending the produce to markets.

The association leaders said that the horticulture sector holds a vital place in Kashmir's economy, with a large number of people directly or indirectly dependent on the industry for their livelihood. Repeated fluctuations in fruit prices therefore affect not only orchard owners but also workers, transporters, packing workers, commission agents, traders and other people associated with the sector.

According to the Association leaders, the heavy arrival of fruit in markets is also putting pressure on prices. If large quantities of fruit are harvested and transported to different markets simultaneously, it becomes difficult to maintain a balance between supply and demand, which may result in downward pressure on prices. They appealed to orchardists to harvest fruit only when it has reached the required standard. They cautioned that sending immature or substandard fruit to markets in haste can affect the price of that particular consignment and may also have an adverse impact on the overall reputation of Kashmiri fruit in outside markets.

Bashir Ahmad Bashir and Ghulam Ahmad Bandy stressed the need for special attention to grading, size, colour, quality and packing of fruit.

They said fruit of different qualities should not be mixed in the same package. Proper grading should be carried out so that buyers and traders in outside markets receive fruit according to the declared grade and quality.

The association leaders said that separating high-quality fruit and ensuring proper packing can help growers secure better returns for their produce. On the other hand, mixing good-quality fruit with inferior produce may adversely affect the overall value of a consignment.

The association leaders also appealed to orchard owners and traders not to send large quantities of fruit to markets simultaneously.



They said that a staggered and planned movement of fruit to markets can help reduce unnecessary pressure on the market and maintain a better balance between supply and demand.

If every grower attempts to send the entire produce to market at the earliest opportunity, the sudden increase in supply during a particular period may put further pressure on prices. Growers should therefore consider market conditions, fruit quality and the maturity of the crop while planning harvesting and transportation.

The Both leaders appealed to fruit growers not to panic or rush into harvesting because of temporary changes in prices.

They said allowing the crop to remain on the trees until it reaches the appropriate stage of maturity, followed by careful harvesting, grading and packing, is important for maintaining the quality and market value of Kashmiri fruit.

They maintained that greater attention to quality, harvesting at the appropriate stage, proper grading and improved packing practices can help preserve the demand and reputation of Kashmiri fruit in domestic and outside markets.

The associations also appealed to traders, commission agents and other business stakeholders associated with the fruit industry to act responsibly in the prevailing circumstances and keep the interests of growers in consideration.

They said the horticulture sector is not limited to growers and traders alone but supports the livelihoods of thousands of families. Therefore, all stakeholders need to work with greater cooperation, transparency and responsibility.

The association leaders further said that fluctuations in fruit prices remain an important concern and that better coordination among growers, traders, markets and concerned authorities is necessary to address the issue.

They said timely movement of produce to markets, maintenance of quality standards, proper grading and packing, and avoiding the unnecessary arrival of excessive quantities at one time are among the measures that can help reduce pressure on prices.

The leaders particularly appealed to orchard owners not to harvest their crop solely because of prevailing prices. Instead, they should take into account the quality of the fruit, market conditions, maturity of the crop and supply-demand situation before deciding on harvesting and transportation.

Additional Secretary RDD&PR undertakes tour of Machil Block, inspects Development Works

■ HT News Network

KUPWARA, SEPTEMBER 18: Additional Secretary, Rural Development & Panchayati Raj (RDD&PR), Waseem Raja, undertook a tour of Machil Block

in Kupwara district and inspected various ongoing development works being executed under different schemes.

During the visit, he reviewed the progress of works on the ground and stressed upon timely completion, quality execution and effective monitoring,

particularly in view of the approaching winter. The visit provided an opportunity to assess the implementation of rural development initiatives in the challenging border and hilly terrain of Machil valley and to identify areas requiring focused intervention.

He also interacted with local residents in villages close to the Line of Control (LoC) and listened to their concerns and developmental needs.

During the visit, emphasis was laid on timely completion, quality execution and effective monitoring of works.

Dr. Ashfaq Ahmad Kailam assumes Charge as Director AHD Kashmir

■ HT News Network



SRINAGAR, SEPTEMBER 17: Dr. Ashfaq Ahmad Kailam today officially assumed charge as the Director of Animal Husbandry Department (AHD), Kashmir, at the departmental headquarters GawKadal, Srinagar.

Upon his arrival at the Directorate, Dr. Kailam was warmly received by the senior officers, technical experts, and administrative staff from across the division. The officers extended their congratulations and expressed full cooperation in driving the department's developmental goals forward. Immediately after taking over the operational responsibilities, the incoming Director chaired an introductory meeting with key departmental heads. During the interaction, Dr. Kailam outlined his core priorities including strengthening healthcare infrastructure, administrative efficiency, besides farmer welfare and livestock productivity.

Dr. Kailam emphasized team collaboration, urging all staff members to work with dedication, transparency, and accountability to strengthen the rural economy dependent on animal husbandry. Immediately after taking over the operational responsibilities, the incoming Director chaired an introductory meeting with key departmental heads. During the interaction, Dr. Kailam outlined his core priorities including strengthening healthcare infrastructure, administrative efficiency, besides farmer welfare and livestock productivity.

Dr. Kailam emphasized team collaboration, urging all staff members to work with dedication, transparency, and accountability to strengthen the rural economy dependent on animal husbandry.

DC Budgam stresses speedy, quality execution of developmental projects in Chadoora

■ HT News Network

BUDGAM, SEPTEMBER 18: Deputy Commissioner (DC) Budgam, Athar Aamir Khan, today conducted an extensive tour of Chadoora and reviewed various ongoing and proposed development projects.

Among other projects, the Deputy Commissioner inspected New Bus Stand, New Bus stand shopping complex, main bridge, new footbridge and planned Revenue Complex having SDM Office and Tehsil Office.

During inspection of New Bus Stand, the Deputy Commissioner reviewed the facilities available for the public. He also inspected the New Bus Stand Shopping Complex and reviewed the progress of the ongoing work.

During tour, the Deputy Commissioner also visited the Main Bridge and reviewed the repair works being carried out there. He also inspected the new footbridge and took stock of its progress. He directed the concerned departments to ensure timely completion and



proper quality of works.

The Deputy Commissioner also inspected the site of the new planned Revenue Complex, which will house the SDM Office and Tehsil Office. He directed the concerned officers to take necessary steps for early execution of the project.

The Deputy Commissioner also took serious note of illegal mining in Nallah Doodhganga and directed the District Mineral Officer to intensify monitoring and take strict action against violations. During the visit, the Deputy Commissioner interacted with local people

and delegations and heard their issues and demands. He assured that genuine issues would be examined for necessary redressal.

He directed all concerned officers to closely monitor the works and ensure their timely completion.

The Deputy Commissioner was accompanied by SDM Chadoora, Joint Director Planning Budgam, Tehsildar, Executive Engineer R&B Division Chadoora, Executive Engineer Irrigation, ARTO Budgam, Executive Officer MC Chadoora and other concerned officers.

MVD Rajouri steps up enforcement: 120 vehicles checked, 16 challans issued

■ HT News Network

RAJOURI, SEPTEMBER 18: On the directions of Secretary Transport, Avny Lavasa & Transport commissioner Vishesh Paul Mahajan, the Motor Vehicle Department (MVD) Rajouri conducted an extensive enforcement and inspection drive across the district to ensure compliance with the Motor Vehicles Act and promote road safety. During the drive, the MVD team, under the supervision of ARTO Rajouri Ashiq Rafiq Malik, checked a total of 120 vehicles and issued 16 challans, imposing a total fine of ₹36,500.

SKUAST-K holds 73rd BoM Meeting

■ HT News Network

SRINAGAR, SEPTEMBER 18: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) held its 73rd Meeting of the Board of Management (BoM) at the VC Secretariat, SKUAST-K, with Vice-Chancellor Prof. Nazir Ahmad Ganai chairing the meeting. The meeting was attended by Prof. B.N. Tripathi, Vice-Chancellor, SKUAST-Jammu; Dr. Rajbir Singh, Deputy Director General, Agricultural Extension, ICAR; Dr. Cherukamilli Srinivasa Rao, Director, ICAR-IARI; representatives from Director General, Codes; Special Secretary, Agriculture Production; Special Secretary, Planning and Monitoring; Director Extension, SKUAST-K; Dean, Faculty of Forestry; officers of the university; and a progressive farmer, among others. During the meeting, Vice-Chancellor Prof. Nazir Ahmad Ganai presented the University's progress report, outlining institutional developments and the roadmap for its next phase of transformation. In his address, Prof. Ganai said SKUAST-K has achieved the goal set in 2022 of moving from 'Local to National' and is now repositioning its goalpost from 'National to Global'. He said the next phase of transformation would focus on six key pillars: student diversity, faculty diversity, curriculum transformation, research and innovation, world-class infrastructure, and financial sustainability. Outlining the University's 2030 roadmap, he identified targets including raising international student enrolment to 5 percent.

KU's DTHLS concludes national conference on geographical indications, tourism and destination identity

■ HT News Network

Srinagar Sept 18: The Department of Tourism, Hospitality and Leisure Studies (DTHLS), University of Kashmir (KU), successfully concluded a two-day national conference on "From Heritage to Hospitality: Geographical Indications, Tourism and Destination Identity" at the Main Campus.

Organised in collaboration with Property Pro Legal and Hastin Research, the conference aimed to examine the role of Geographical Indications (GIs), traditional products and cultural heritage in strengthening tourism, supporting local livelihoods and shaping distinctive destination

identities.

Speaking on the occasion, Vice-Chancellor KU Prof. Nilofer Khan said, "Our heritage and traditional products are not only part of our cultural identity but also have the potential to create opportunities for local communities and strengthen sustainable tourism."

She emphasised the need for greater academic and industry engagement to understand how heritage resources and GI-tagged products can be effectively connected with tourism and local economic development.

Dean Academic Affairs KU, Prof. Shariefuddin Pirzada said that the conference provided an important



platform for discussing the relationship between heritage, tourism and regional development.

Dean, School of Business Studies KU, Prof. Mushtaq A. Darzi, highlighted the economic and entrepreneurial

dimensions of GI products and the need to connect traditional knowledge and local products with contemporary markets. Sanjay Bafna, Collaborating Partner and Founder & Director, Property Pro Legal and Hastin Research, noted the importance of protecting, promoting and effectively communicating the identity and value of geographically distinctive products. Earlier, in his welcome address, Head, DTHLS KU, Dr. Reyaz Ahmad Qureshi, said that the conference sought to bring together academic, industry and field perspectives on the ways in which heritage and GI products can contribute to tourism development and destination identity. The two-day

conference featured plenary sessions, panel discussions, technical sessions and research paper presentations covering various aspects of Geographical Indications, heritage tourism, destination branding, traditional products, community participation and sustainable tourism. It also included field visit tracks to the Pampore Saffron Fields, Kanihama Village for Kani Shawl heritage, the Downtown Craft Heritage Trail and Dal Lake, allowing participants to engage directly with the region's cultural and tourism resources.

Dr. Shah Nawaz Ahmad Dar, faculty, DTHLS KU, proposed the formal vote of thanks. Earlier, in his welcome address, Head, DTHLS KU,

Dr. Reyaz Ahmad Qureshi, said that the conference sought to bring together academic, industry and field perspectives on the ways in which heritage and GI products can contribute to tourism development and destination identity.

The two-day conference featured plenary sessions, panel discussions, technical sessions and research paper presentations covering various aspects of Geographical Indications, heritage tourism, destination branding, traditional products, community participation and sustainable tourism. It also included field visit tracks to the Pampore Saffron Fields, Kanihama Village for Kani Shawl heritage, the Downtown.

Cluster University Srinagar signs MoU with NIELIT for NSQF-aligned skill programmes

■ HT News Network

SRINAGAR, SEPTEMBER 18: Cluster University of Srinagar (CUS) signed Memorandum of Understanding (MoU) with National Institute of Electronics & Information Technology (NIELIT) J&K for National Skills Qualifications Framework (NSQF)-aligned skill development for a period of three years.

The MoU will strengthen digital skilling, employability and emerging technology readiness among learners.

The collaboration will use the NIELIT Digital University Platform for technology-enabled education. It will support online, blended and other mutually agreed learning modes.

The MoU was signed on 15 September 2026 at Cluster University of Srinagar. Registrar Prof (Dr) Wilayat Hussain Rizvi, in presence of the Vice Chancellor Prof Mohammed Mobin, signed for the university and Ashaq Hussain Dar, Director NIELIT, signed for the Institute. Controller



Examinations, Prof Khurshid Ahmad Mir and PS to Vice Chancellor Dr. Ubaid Sidique, besides Senior representatives from both organisations witnessed the signing ceremony.

The partnership will facilitate courses in Artificial Intelligence, Data Science, Cyber Security and Cloud Computing. Other areas

include Internet of Things, Blockchain, AR and VR, semiconductor technologies and digital governance. The collaboration also covers electronics, information technology and other emerging technology domains. Students, faculty, staff, professionals and eligible learners may benefit from these programmes. Credit transfer and academic

integration will follow applicable institutional and regulatory norms.

The NIELIT platform provides learning management, digital content and virtual laboratory facilities. It also supports artificial intelligence enabled learning, learner analytics and online assessments.

The partners will jointly develop course content, assignments and laboratory manuals. They will also facilitate faculty development, internships, project work, research and industry engagement. Workshops, seminars, webinars, bootcamps and hackathons will be organised under the partnership.

The MoU further provides for training of trainers and institutional coordinators. It includes capacity building for administrators supporting platform based academic programmes. NIELIT will support course delivery, assessments, certification and learner progress reporting. The Cluster University will identify learners, facilitate enrolment and obtain necessary academic approvals.

IC of CUKashmir hosts workshop on ‘Women and Society: Revisiting Indian Knowledge Systems’

■ HT News Network

Ganderbal, Sept 18: The Internal Committee (IC), Central University of Kashmir (CUKashmir), in collaboration with the Department

noted that the workshop sought to explore how women have contributed as nation-builders and what is required for them to continue making meaningful contributions.

Prof. Sandhya Tiwari expressed her heartfelt gratitude to the Vice-



of English, School of Languages, organised a one-day national-level workshop on “Women and Society: Revisiting Indian Knowledge Systems” at Tulmulla campus here on Friday.

In her opening remarks, Prof. Sandhya Tiwari, Presiding Officer, Internal Committee and Dean School of Languages, said the Internal Committee of CUKmr has set forth an agenda to make use of every possible opportunity for the benefit of the students, scholars, faculty and staff as per scope and viability. In line with the aforementioned precept, this time IC has conceived this workshop in collaboration with the Department of English to provide the students and scholars an opportunity to listen to two lady academicians and administrators on the chosen theme of women and society from the perspectives of IKS. She also highlighted the importance of awareness about rights and contemporary social realities, while connecting these concerns with India's intellectual legacy. “This is an occasion and a platform, aligned with the Bharatiya Gyan Parampara, for not only knowledge sharing but also for providing clarifications” she observed, stressing that an open-minded engagement with knowledge is central to meaningful learning. She further

Chancellor, Prof. A. Ravinder Nath, for his continued support and guidance in organising such programmes.

In her detailed presentation, Prof. Vandana Sharma, Professor of English and Dean, School of Languages, Central University of Jammu, deliberated upon the idea of women's dignity and self-respect. Drawing upon the metaphor of a river, she explained that a meaningful life requires a larger purpose, perseverance through difficult circumstances and the ability to remain committed to one's goal. “For getting samman and respect in life, it is very important that we start looking at our life, wherein we have a big aim in life,” she said. Prof. Sharma also reflected on the relationship between masculine and feminine principles in Indian knowledge traditions, describing them as complementary rather than competitive. She traced the intellectual, spiritual, literary and social contributions of women across different periods, referring to figures including Lalleshwari, Lopamudra, Gargi, Maitreyi, Akka Mahadevi, Mirabai, Razia Sultana, Savitribai Phule, Fatima Sheikh, Pandita Ramabai, Sarojini Naidu and women pioneers in science and other fields. Emphasising the relevance of gender sensitivity for everyone, she said, “Sensitivity has to go to the other gender as well.”

Capacity Development Workshop on Accounting Issues, Pension Adalat held at GDC Uri

■ HT News Network

BARAMULLA, SEPTEMBER 18: A Capacity Development Workshop on accounting-related issues and Pension Adalat was today organised at Government Degree College (GDC) Uri to create awareness among DDOs, Treasury Officers, pensioners and other stakeholders regarding accounting procedures and pension-related matters.

The workshop was presided over by Principal Accountant General (A&E), Jammu & Kashmir, Jay Prakash Narayan Singh; Deputy Accountant General (Pension), Mukesh



Kumar Bramhane; Sub-Divisional Magistrate Uri, Prince Kumar; Principal Government Degree College Uri, Prof. Ab. Majeed Chalkoo; District Treasury Officer, Parvaiz Ahmad Sheikh, and Accounts Officer to DC Office Baramulla, Ilka Hassan, besides DDOs,

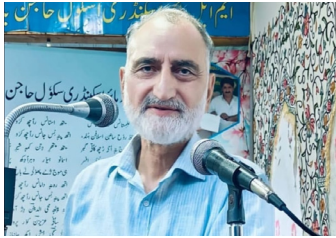
pensioners and other participants, attended the programme. The workshop focused on strengthening the quality of accounts being rendered to the Accountant General's office and ensuring speedy disposal of pension and family pension cases. As part of the Pension Adalat, pensioners were provided an opportunity for one-on-one interaction with the concerned officers, enabling them to present their individual pension-related grievances and seek clarification on various issues. The officers heard their concerns and provided necessary guidance for timely resolution.

Dr Rafiq Masoodi Invited to Sangat International Multilingual Poetry Festival

Three-day literary festival to be held at Punjabi University, Patiala from November 2 to 4

■ HT News Network

SRINAGAR: Renowned literary figure, Scholar and Chief Patron Adbi Markaz Kamraz, Dr Rafiq Masoodi has been invited to participate in the Sangat International Poetry Festival 2026, a three-day international multilingual literary gathering scheduled to be held from November 2 to 4, 2026 at Punjabi University, Patiala, Punjab. The festival, organised by Sangat, will have “Love, Rage and Resistance” as its central theme and will be dedicated to celebrated Punjabi poet and writer Amrita Pritam. The organisers said the festival aims to bring together poets writing in different languages and



representing diverse literary and cultural traditions. The programme will feature poetry readings, literary conversations and public events, with participating poets reading their works in their original languages alongside Punjabi translations. The organisers have expressed hope that Dr Masoodi will join the gathering and contribute to the multilingual literary dialogue.

23rd Prantiya Sanskriti Mahotsav celebrates cultural heritage, values at Baderwah

■ HT News Network

BHADERWAH, SEPTEMBER 18: The 23rd Prantiya Sanskriti Mahotsav, organised by Bharatiya Shiksha Samiti, Jammu-Kashmir & Ladakh, is being held from September 17 to 19 at Bharatiya Vidya Mandir, Baderwah, bringing together students from different parts of Jammu & Kashmir to celebrate the region's rich cultural heritage, traditions and values.

The three-day provincial festival features participation of students from various schools representing seven Sankuls (clusters). The event provides a vibrant platform for young learners to showcase their talent while developing creativity, ethical values, cultural awareness and a sense of national pride.

Additional Deputy Commissioner (ADC) Baderwah Sunil Kumar Bhatnagar graced the event as the Chief Guest. His presence encouraged and motivated the participating students,



teachers and educators.

Addressing the gathering, the ADC emphasised the importance of preserving the rich culture, traditions and heritage of the region. He observed that a community that loses touch with its cultural roots risks weakening its own identity.

He stressed the need to promote local traditions and ensure their continuity for future generations. He said cultural programmes play an important role in helping young people understand their roots, appreciate traditional heritage and provide them with opportunities to showcase their

creativity and talent.

The ADC further emphasised that such events should be organised regularly to provide greater recognition and encouragement to local folk art, customs, traditions and cultural practices. He highlighted the significant role of students and educational institutions in carrying forward the region's cultural legacy from one generation to the next.

Appreciating the efforts of Bharatiya Shiksha Samiti, teachers and participating students, the ADC lauded the organisers for providing a meaningful platform for cultural and educational exchange. He encouraged all participants to continue contributing towards the preservation, promotion and transmission of the region's rich cultural heritage.

The Mahotsav continues to feature a range of cultural and educational activities, providing students an opportunity to learn, perform and connect with the diverse cultural traditions of Jammu & Kashmir.

Cluster University Srinagar, Rapture Biotech join hands to strengthen skill development

■ HT News Network

SRINAGAR, SEPTEMBER 18: Cluster University of Srinagar signed a Memorandum of Understanding (MoU) with Rapture Biotech to strengthen industry-academia linkages across biotechnology and allied life sciences.

The agreement will create pathways for student skill development, research, training and career advancement. Both institutions will align academic learning with current industry requirements. The initiative supports employability, innovation and applied research within the region.

The MoU was signed on 14 September 2026 at Cluster University of Srinagar. Registrar Prof (Dr) Wilayat Hussain Rizvi in presence of Vice Chancellor, Prof Mohammed Mobin, signed for the university and Ambika Slathia, Director of Rapture Biotech,



signed for the company. Controller Examinations, Prof Khurshid Ahmad Mir and PS to Vice Chancellor, Dr. Ubaid Sidique, besides Senior representatives from both organisations witnessed the signing ceremony.

The agreement covers biotechnology, botany, chemistry, biochemistry, microbiology,

geography, geology, pharmaceutical chemistry and zoology. It also includes other life-science disciplines. Activities will include student and faculty exchanges, joint academic initiatives and hands-on laboratory training.

Project and dissertation support will be extended to undergraduate, postgraduate and doctoral students.

Internships, workshops and technical skill exchange will be delivered through structured programmes. Placement support, startup incubation and mentorship will be offered to aspiring student entrepreneurs.

The partners will collaborate on research publications and share intellectual property from joint work. Project and dissertation support will be extended to undergraduate, postgraduate and doctoral students. Internships, workshops and technical skill exchange will be delivered through structured programmes. Placement support, startup incubation and mentorship will be offered to aspiring student entrepreneurs.

The partners will collaborate on research publications and share intellectual property from joint work.

SKUAST-K study links ‘Hen and Chicken’ disorder in Sahebi grape to poor pollination

Research confirms Sahebi as functionally female cultivar, identifies compatible pollinizers

■ HT News Network

SRINAGAR, SEPTEMBER 18: A study conducted at the Division of Fruit Sciences, Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K), Shalimar, has confirmed that Sahebi is a functionally female grape cultivar, providing a scientific explanation for the frequent occurrence of the “Hen and Chicken” disorder in the variety. The disorder is characterised by bunches carrying a mix of normal-sized berries and numerous small, underdeveloped berries, resulting in reduced marketable yield and quality. Around 70–80 percent of Sahebi grapes are reported to be affected by the disorder in Kashmir.

Grape cultivation has considerable potential in the region, with Ganderbal accounting for around 206 hectares under grapes and producing about 1,385 metric tonnes. Sahebi constitutes 54.42 percent of the district's grape cultivation, followed by Hussaini at 35.20 percent. During the 2025–26 research season, floral morphology and pollen characteristics of nine grape cultivars were studied under Kashmir's temperate conditions. The research was undertaken by Raksha under the mentorship of Dr Aroosa Khalil and Dr A.H. Pandit, Head, Division of Fruit Breeding, Technology and Innovation. The study found that Sahebi has reflexed stamens and non-functional pollen, confirming its functional female



nature and dependence on pollen from a compatible cultivar for effective fertilisation and fruit set.

The findings indicate that inadequate pollination in vineyards

without a suitable pollinizer may contribute to poor berry development and uneven bunches. The researchers have recommended planting compatible pollen-

producing cultivars such as Hussaini, Thompson Seedless, Fantasy Seedless, Pusa Navrang and Manjari Naveen alongside Sahebi while establishing new vineyards.

Timely pruning, balanced nutrient management and other appropriate vineyard practices can further support fruit development and bunch uniformity.

The study provides a practical basis for improving pollination management in Sahebi vineyards and reducing losses associated with the “Hen and Chicken” disorder. During the 2025–26 research season, floral morphology and pollen characteristics of nine grape cultivars were studied under Kashmir's temperate conditions. The research was undertaken by Raksha under the mentorship of Dr Aroosa Khalil and Dr A.H. Pandit, Head, Division of Fruit Breeding, Technology and Innovation.

The study found that Sahebi has reflexed stamens and non-

functional pollen, confirming its functional female nature and dependence on pollen from a compatible cultivar for effective fertilisation and fruit set.

The findings indicate that inadequate pollination in vineyards without a suitable pollinizer may contribute to poor berry development and uneven bunches. The researchers have recommended planting compatible pollen-producing cultivars such as Hussaini, Thompson Seedless, Fantasy Seedless, Pusa Navrang and Manjari Naveen alongside Sahebi while establishing new vineyards.

Timely pruning, balanced nutrient management and other appropriate vineyard practices can further support fruit development and bunch uniformity.

HT EDITORIAL

NHM Staff Cannot Be Treated as a Temporary Pillar of J&K Healthcare

The decision of National Health Mission (NHM) employees to suspend their nine-day strike and return to duty after receiving a written assurance from Health and Medical Education Minister Sa-keena Itoo is welcome news for patients across Jammu and Kashmir. The resumption of services will help restore normal healthcare delivery at a time when hospitals, health centres and other institutions had been facing the impact of the pro-longed agitation.

But the larger issue deserves serious attention. NHM staff form the backbone of the healthcare sector across Jammu and Kashmir. From hospitals in urban centres to health facilities in remote and difficult areas, these employees perform essential duties that directly affect the lives and well-being of ordinary people. Their contribution becomes particularly important in areas where government healthcare infrastructure depends heavily on NHM personnel.

The concerns raised by the employees, particu-larly those relating to job security, regularisation and service conditions, cannot therefore be viewed merely as an administrative dispute. A workforce that carries such an important share of the public healthcare responsibility needs a clear, fair and sustainable service framework. Prolonged uncer-tainty about employment and career prospects can also affect morale and, ultimately, the quality and continuity of services provided to patients.

The written assurance given by the Health Min-ister has brought the immediate confrontation to an end. The government must now follow the as-surance with concrete action. The employees have returned to their duties in good faith, and that gesture should be reciprocated by ensuring that their legitimate demands are examined within a defined timeframe and that appropriate decisions are taken without unnecessary delay.At the same time, the NHM employees have demonstrated that their primary responsibility remains towards patients. Their decision to resume services should be seen as an opportunity to rebuild confidence between the workforce and the administration.Healthcare is not merely about buildings, equipment and medicines; it is equally about the people who keep the system functioning every day. NHM personnel are an integral part of that system. Recognising their contribution through fair policies, reasonable job security and transparent service mechanisms would strengthen not only the employees but the entire healthcare delivery system of Jammu and Kashmir.The govern-ment has made a commitment. Now it is time to fulfil it. Sooner the better sense prevails to put an end to this issue...

Home Libraries



Sahil Manzoor

Today, we often see books being sold on footpaths, while shoes and other things are displayed in beautifully decorated shops. This makes us think: Is this progress or destruction of our society?

Books are not ordinary things. They are a source of knowledge, wisdom, and education. Whatever the world has achieved today is largely because of knowledge and education. Educated people have contributed greatly to the development of society.

Therefore, books deserve respect and a special place in our homes. We should encourage people to buy books and develop home libraries for themselves and their children. We can keep a separate space for books with proper shelves,

good lighting, and comfortable furniture. A beautiful home library can attract children and encourage them to read books instead

of spending too much time playing games or using smartphones.

I have seen many people who have a strong interest in learning. They study at home whenever they get free time and also encourage their children to study. Home libraries can bring a positive change in our families and may even start a revolution in our reading habits.

We should keep different types of books, such as religious books, storybooks, books on reasoning, poetry, economics, geography, history, science, and other subjects. In this way, every family member can find something interesting to read instead of wasting time.

The Importance of Public Libraries
The public can also play an important role in changing society. Libraries play a vital role in the intellectual, moral, and professional development of society.

Today's fast-changing world, knowledge has become one of the most important tools for personal development and national progress. Therefore, it is important to establish well-equipped public

libraries at the district and tehsil levels across the Kashmir Valley. These libraries should ideally provide

long working hours, including 24x7 access where practical and feasible, especially for students preparing for competitive

examinations.

Modern libraries should have updated books, digital resources, computers, internet facilities, printing services, newspapers, journals, and trained librarians. A good public library can become a strong center for learning, innovation, and success.

Nowadays, public libraries have become an important demand among students and competitive-exam aspirants. Many young people are asking for better study facilities. Libraries can provide a common place where students from different backgrounds can sit together, study, share ideas, and work towards their goals.

Education is the key to empowerment, and libraries support education by making knowledge accessible to everyone.

Education and Modern Technology
Today's world is full of advanced technology. Artificial intelligence, digital learning platforms, smartphones, computers, and modern machines have changed the way we learn and work.

When almost every sector is moving forward with technology, education should also keep pace with modern developments. Libraries should therefore combine traditional books with digital learning facilities.

As the famous saying goes, "Education is the most powerful weapon which can

change the world."

Education does not discriminate between rich and poor. It gives everyone an opportunity to learn, grow, and improve their lives.

If we understand the needs of the present time, we should not hesitate to introduce meaningful changes. The demand for better public libraries should be seriously considered by the authorities.

Education is important not only for an individual's personal development but also for the progress of a nation. Strong education systems have helped the world produce scientists, doctors,

engineers, teachers, writers, and innovators. Libraries have always been silent but important supporters of this progress.

Libraries for Competitive-Exam Aspirants
Public libraries are especially important for young people preparing for competitive examinations such as civil services, banking, defence, teaching, and other national-level examinations.

Many students face problems such as a lack of proper study space, limited access to books, poor internet connectivity, and an unsuitable study environment at home. A well-equipped library can solve many of these problems by providing a peaceful place to study, updated books, internet access, and digital resources.

How Wireless Internet Works ?



SURINDERPAL SINGH

I n today's digital world, Wi-Fi has become an essential part of our daily lives.

From smartphones and laptops to smart televisions and security cameras, countless devices connect to the internet wirelessly. We often connect to Wi-Fi with just a password, but behind this simple action lies a fascinating combination of radio waves, computer networking and modern communication technology. Wi-Fi allows electronic devices to exchange information without physical cables. It has transformed homes, schools, offices, hospitals and public spaces by making internet access faster, more convenient and flexible. Wi-Fi is a technology that uses radio waves to connect devices to a network and exchange data. The term Wi-Fi is commonly used for wireless networking technology based on the IEEE 802.11 family of communication standards.

Unlike mobile networks, which connect devices to cellular towers, Wi-Fi generally connects devices to a nearby wireless router or access point. A Wi-Fi network usually consists of three main components: an internet connection, a router and wireless devices such as smartphones or computers.

The router is the central device in most Wi-Fi networks. It receives internet data from an Internet Service Provider (ISP) through a wired connection, such as fibre optic cable, broadband or another communication line. The router then converts this information into wireless signals using radio waves. These

signals travel through the surrounding area, allowing compatible devices to connect to the network. The router also performs an important task known as routing. It directs data packets to the correct device and ensures that information reaches its intended destination. For example, when a student searches for information on a laptop, the

fractions of a second.

Wi-Fi works using electromagnetic radio waves. These waves are invisible forms of energy that can carry information through space. Most modern Wi-Fi networks operate primarily on three frequency bands:

- 2.4 GHz

router sends the request to the internet and brings the requested information back to that laptop.

Information on the internet is not usually sent as one large piece. Instead, it is divided into small units called data packets. When you send a message, watch a video or open a website, your device converts the information into digital data. This data is divided into packets and transmitted through radio waves.

The process generally follows these steps:

1. Your device requests information from the internet.
2. The router receives the request.
3. The router sends the request through the internet service provider.
4. The requested data returns in the form of packets.
5. The router transmits these packets wirelessly to your device.
6. Your device reassembles the packets into readable information.

This entire process happens within

- 5 GHz

- 6 GHz

The 2.4 GHz band generally travels farther and can pass through walls more effectively, but it may experience more interference from other electronic devices. The 5 GHz band usually offers higher speeds and less interference but has a shorter effective range. The newer 6 GHz band provides additional channels and can support high-speed communication with reduced congestion, particularly in compatible modern devices.

When you open Wi-Fi settings on your phone or laptop, you see a list of available networks. These networks are identified by names called SSIDs (Service Set Identifiers). When you select a network and enter the correct password, your device communicates with the router. The router verifies the connection and assigns your device an IP address within the local network. Once connected, your device can exchange data

with the router and access online services. This connection is managed through wireless communication protocols that regulate how devices send and receive information.

Wireless communication travels through the air, so security is extremely important. Without protection, unauthorized individuals could potentially access a network. Modern Wi-Fi networks use encryption technologies such as WPA2 and WPA3 to protect transmitted data.

Encryption converts readable information into a coded form that is difficult for unauthorized users to understand. Only devices with the appropriate authentication credentials can normally access the protected network. Using a strong password and updated router security settings is essential for maintaining a safe wireless network.

Many people experience slow Wi-Fi and assume that the internet connection itself is faulty. However, several factors can affect wireless performance. Distance from the router is one of the most common reasons. As radio signals travel farther, their strength decreases.

Physical obstacles such as thick walls, metal objects and furniture can also weaken signals. Additionally, many connected devices sharing the same network can increase congestion. Interference from nearby networks, Bluetooth devices and household electronics may also affect performance, particularly on the 2.4 GHz band. Placing the router in a central and elevated location can often improve coverage. Wi-Fi technology continues to evolve rapidly. Newer generations provide faster speeds, lower delays and improved efficiency. Wi-Fi 6 and Wi-Fi 7 are designed to support increasing numbers of connected devices, making them useful for smart homes, educational institutions, industries and advanced digital applications. In the future, Wi-Fi is expected to play an important role in connecting artificial intelligence systems, smart appliances, autonomous machines and Internet of Things (IoT) devices. Wi-Fi is much more than an invisible internet connection.

A Mother: The Quiet Architecture of Love



By Bisma Ashraf

There are mornings when a home seems to remember its mother before anyone else does. The faint aroma of cardamom, a shawl resting on a chair, a cup placed carefully in its familiar corner—small details can carry the unmistakable imprint of a woman whose presence has shaped the rhythm of an entire household.

To call a mother a beautiful creation is not simply to celebrate the person who gives birth. It is to recognise a life built through countless acts of care, sacrifice, patience and resilience. A mother is often the unseen architect of a family's emotional and practical world. Her work may rarely appear in ledgers or official records, yet it sustains lives in ways that are both profound and ordinary.

Motherhood has traditionally been described through grand words—sacred, selfless, sacrificial and unconditional. These descriptions may express genuine affection, but they can also reduce mothers to ideals rather than recognising them as complete human beings. Mothers experience anger, ambition, exhaustion, disappointment, humour, desire and uncertainty just as others do. They can be tender and firm, patient and demanding, nurturing and occasionally overwhelmed. Their humanity does not diminish motherhood; it makes their journey more real.

Much of what a mother does is difficult to measure. She remembers appointments, medicines, school schedules, birthdays and preferences. She knows which child needs encouragement and which needs discipline. She notices a change in someone's voice even when no words are spoken. Care, therefore, is not merely a feeling. It is a skill developed through years of attention and experience.

In countless homes, especially across South Asia, mothers become the invisible managers of everyday life. They organise meals, maintain routines, care for children and elders, and often absorb the emotional tensions of the family. Yet such labour is frequently treated as something natural that requires neither recognition nor reward. The economic value of unpaid care work remains largely invisible, even though households and economies depend upon it.

This is why respect for motherhood should extend beyond

words. Societies that genuinely value care must also think about affordable child care, parental leave, healthcare, pensions and workplace policies that do not unfairly penalise those who shoulder family responsibilities. Recognition of caregiving is not merely a woman's issue; it is a question of building a more humane society.

But motherhood is not only about economics or responsibility. It is also about culture and memory. A mother passes traditions to the next generation through seemingly insignificant rituals—the food she prepares, the language she speaks, the stories she tells, the songs she sings and the manner in which she



welcomes guests. In Kashmir, something as simple as preparing a cup of noon chai can become an act of cultural continuity. Across generations and geographies, mothers preserve identities through everyday practices.

For families living away from their ancestral homes, this role can become even more significant. A mother insisting that children speak their mother tongue, remember traditional recipes or listen to stories about their ancestors may be preserving an entire cultural inheritance. Such actions demonstrate that heritage is not preserved only in books and museums; it also survives in kitchens, conversations and family rituals.

Motherhood also contains profound encounters with grief. A mother may have to continue preparing meals, sending children to school and maintaining ordinary routines even when she is carrying extraordinary sorrow within herself. Grief does not always have the luxury of stopping everyday life. Mothers often learn to carry pain alongside responsibility, sometimes without allowing others to see how heavy that burden has become.

There is also a quiet strength in the way mothers protect their children during difficult times. In societies affected by conflict, displacement or uncertainty, mothers frequently become emotional shields for their families. They decide what

to tell children, what fears to conceal and how to preserve a sense of normality when normality itself is under strain.

Yet motherhood should never mean permanent self-erasure. A mother is entitled to dreams beyond her family. She may want to study, work, travel, create art, build a career or simply have time for herself. When a woman who has spent years caring for others finally returns to something she once postponed, it should not be seen as selfishness. It can be an important reminder that caring for others should not require abandoning oneself.

The understanding of motherhood itself is also changing. Single mothers, adoptive parents, foster parents, co-parenting families and other forms of caregiving have expanded society's understanding of what it means to mother. What unites these experiences is not a single social model but the commitment to nurture, protect, guide and love.

This broader understanding also calls for greater participation by men in caregiving. Fathers who prepare school lunches, attend parent-teacher meetings, cook meals, care for sick family members or simply share household responsibilities are helping create a different model for the next generation. Children learn gender roles not only from what adults tell them, but from what they observe every day.

The beauty of motherhood, therefore, does not lie in perfection. It lies in persistence. It is found in the mother who works long hours and still finds the energy to listen to her child; in the woman who raises children alone; in the grandmother who keeps an ancestral language alive; in the mother who returns to education after years of interruption; and in the woman who quietly rebuilds her life after loss. Literature and art have celebrated mothers for centuries because motherhood brings together some of the strongest dimensions of human experience: love, vulnerability, sacrifice, humour, fear, resilience and hope. But the most meaningful tribute is not necessarily a poem, a portrait or a ceremonial speech. Sometimes it is a child washing the dishes without being asked. Sometimes it is a husband sharing the household burden. Sometimes it is simply saying, sincerely, "Thank you." To honour mothers fully is to recognise both their contribution and their individuality. It means appreciating their sacrifices without demanding endless sacrifice from them. It means acknowledging their strength without assuming that strong people do not need support. It means allowing them to make mistakes, pursue ambitions, establish boundaries and remain individuals beyond their role within the family. A mother's beauty is ultimately not about appearance. It is about the architecture of belonging she often helps create—the feeling that somewhere there is a place where one is remembered, understood and cared for.

The Last Door



By YOUSUF MIR, Bandipora
Email: yousufmir555@gmail.com

(This short story is set against the difficulties an ordinary person may face while seeking justice. It does not seek to blame any particular institution or individual. Instead, it raises a simple but difficult question: who understands the struggles of a person trying to reach the last door of justice?)

Sahil was sitting at home when suddenly his phone rang. It was his childhood friend, Aslam.

"Sahil! Do you recognize me?" Sahil laughed.

"How could I not recognize your voice? So many years have passed, but your voice is still the same."

For a while, they asked each other about their lives. Then Aslam said, "Friend, I have been feeling tired and restless in my area for the last few days. I thought I would come and stay with you for a day or two, see some places around your area and clear my mind."

"What is there to ask?" Sahil replied immediately. "Come whenever you want. My home is your home."

Aslam arrived at Sahil's place the very next day. They remembered their childhood days together. They talked about the games they used to play and about the years that had passed since then.

After two days of rest, Sahil said, "Come on. Today I will show you my area."

They set out together. Sahil showed him natural, historical and scenic places. There was a spring here, a beautiful spot where people came for a walk and peace of mind there, a historic building somewhere else, and then a shrine, a mosque, a temple or a dargah. They also passed colleges and a university.

Aslam looked at everything with interest and kept asking Sahil about the places they visited.

On their way back, Sahil said, "There is one more

place I want to show you. A new judicial complex has been built in our area. The building is quite large and beautiful."

"Let's see that too," Aslam said.

A short while later, they were standing in front of the judicial complex. The building was indeed impressive. There was a large open space, a grand structure and an atmosphere that looked dignified from a distance.

As soon as they got out of the car, an employee at the gate stopped them.

"The car cannot go inside."

Sahil looked at the large open space in front of them. "There is plenty of space here. I have a guest with me."

The employee replied, "Sir, we are not allowed to let cars in. You will have to leave it outside."

Aslam looked at Sahil and smiled. "Come on. We can walk today."

They parked the car outside and entered the building.

Inside, Aslam looked at the stairs and corridors. There was dust in many places. Cigarette butts and empty packets could be seen here and there, and in some places there were marks of spitting.

When they reached the third floor, Aslam wanted to use the washroom. He was surprised by its condition.

When he came back, he said to Sahil, "The building looks so impressive from outside, but look at the condition inside. So many people come here every day. Does no one feel responsible for its cleanliness?"

Just then, Aslam noticed an employee nearby. He asked, "Brother, if there is a problem here, whom should we complain to?"

The employee replied, "I am an employee here, but I am only a junior employee."

With a slight smile, Aslam asked, "If a person who has come here seeking justice faces a problem, where should he go?"

The employee said, "For that, there are the senior judges."

"And what if the problem is with the management of this very building?"

The employee paused for a moment and then said, "Then an application has to be submitted to the association."

Aslam looked at Sahil and said, "That is strange. People come here to find solutions to their problems, yet if they have a problem here, they also have to submit an application."

They moved on.

There was a crowd in different parts of the court. Someone held a file in his hand. Someone was asking for directions to an office. Someone was waiting for a lawyer, while another stood anxiously waiting for his turn.

Aslam quietly said to Sahil, "These people look so

worried."

Sahil replied, "Everyone who comes to court comes with some problem or another."

"But why do they look so troubled?"

"Sometimes a document is incomplete. Sometimes a new requirement comes up. Sometimes they are given another date."

Just then, Aslam noticed a young man. His eyes were red and his face clearly showed exhaustion.

Aslam went up to him.

"Son, why are your eyes so red? Are you feeling unwell?"

The young man said nothing at first. Then he replied, "No, sir. I am fine. I am just worried."

is that the work is not moving forward. On the first day, they checked the papers and pointed out a missing document. I completed it. Then I was given another date."

"And then?"

"Then another document was asked for. Sometimes an identity card, sometimes a photograph, sometimes some other document. Then a guarantor, then a surety bond. For one matter, I have to keep coming again and again."

"How long has this been going on?"

"Several months."

Arif remained silent for a while. Then suddenly his voice became heavy. As he spoke, tears began to roll down his cheeks.

take enough interest in the matter. The fee is one thing, but a worried person also needs attention and proper follow-up of his case."

Aslam asked, "Are all lawyers like that?"

Arif quickly replied, "No, I am not talking about everyone. There are good and experienced lawyers too. But there are some who show less interest in their work. Sometimes people feel the same about some employees."

Aslam said, "Then what is an ordinary person supposed to do?"

Arif remained silent for a while and then said, "Just keep making rounds. Go from one person to another. Sometimes complete a document, sometimes get another date, sometimes look for the lawyer, sometimes look for an employee."

Then he said quietly, "We are not saying that the legal requirements of the court are wrong. The court has its own procedure. Our own knowledge may also be limited. Whatever is required by law should be done. But if even a small deficiency means several more days and several more appearances, where can a poor man find so much time and money?"

Aslam remained silent.

Arif said, "My father was the earning member of our family. After his death, the family was already in difficulty. If we now have to keep coming for months even for an important certificate related to the legal and financial matters left behind by him, what is a person supposed to do?"

He remained silent for a few moments and then said, "The most painful thing is that a person does not understand where he should go in the end."

Sahil looked at Arif. His eyes were still moist.

As they were leaving, Aslam looked once again at the court building. From outside, it still looked magnificent, but the scenes he had witnessed inside kept moving through his mind.

He said to Sahil, "We came out to see the beautiful places of your area. But today I saw something here that is greater than any building."

Sahil asked, "What?"

Aslam replied, "The helplessness of an ordinary person."

Sahil remained silent.

After a while, Aslam asked again, "Sahil, if a person faces injustice somewhere outside, he goes to court, doesn't he?"

"Yes."

"But if he reaches this very last door and still finds himself helpless, where does he go then?"

Sahil had no answer.

The two walked on in silence. The tall court building was left behind, but Aslam's question continued to walk with them.

"If even the last door of justice becomes difficult for an ordinary person, where does he go?"



"What happened?"

"I have a matter going on here in the court."

"What kind of matter?"

"My father passed away. He was a government employee and the only earning member of our family. He had been suffering from a serious illness for quite some time. After enduring a lot of pain, he passed away."

Aslam said sympathetically, "May Allah grant him a place in Paradise."

"Ameen."

The young man lowered his eyes.

"Now we need an important certificate after his death so that the legal and financial matters can move forward. Several people in our family depended on him. Things were already difficult after he passed away."

Aslam asked, "Then what is the problem?"

The young man replied in a tired voice, "The problem

Aslam immediately wiped his tears.

"Son, why are you crying?"

Arif looked up.

"Sir, I am not crying because I am emotional. The truth is that we have gone to bed hungry for the last three nights. The food at home ran out. We had to skip one meal, and then another. We remained hungry for three nights."

Aslam's face became serious.

Wiping his eyes, Arif said, "My mother also suffers from several illnesses. I had to bring her medicine, but I could not even buy the medicine. Even the fare to come to the court has to be borrowed."

For a few moments, Aslam had no answer. Then he asked quietly, "Did you hire a lawyer?"

"Yes. I have paid the fee too. There are good lawyers as well, but sometimes we feel that some lawyers do not

Mendhar is Touching New Heights of Development



By M S Nazki

Development activities across Sub-Division Mendhar have gained fresh momentum, with major focus being laid on public needs and basic infrastructure. What was once a region struggling with geographical remoteness and infrastructural gaps, is today witnessing a visible transformation on the ground.

Locals said that Cabinet Minister Javid Ahmed Rana, during his long political journey, has remained focused on addressing public issues and promoting development across different areas of Mendhar and even whole as a minister. After assuming cabinet responsibility as Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs in the Omar Abdullah-led government, several long-pending initiatives have received renewed attention, particularly in the sectors of roads, water supply, power, healthcare and education.

Roads and Connectivity: Bridging the Distance

The biggest relief for the common people has come in the shape of road connectivity. Mendhar, being a border Sub-Division with difficult terrain, has for decades faced challenges in reaching remote habitations.

In a major push, the Minister 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 and that macadamization of this road will provide much needed relief to the locals by improving connectivity and boosting economic activities.

Similarly, the newly constructed road near Phamra Ziyarat, developed under NABARD funding at a cost of Rs 319.91 lakh, has been inaugurated. The Minister said the road will ease travel for residents, improve access to remote habitations, and strengthen connectivity to the revered Ziyarat.

The foundation for construction of a 60-metre motorable bridge over Chattral Nallah at an estimated cost of Rs 2.52 crore was also laid which will improve the road connectivity and facilitate easier access to healthcare, education and other essential services. The bridge, being constructed under the Bridge Sector Permanent Restoration 2025-26 programme



access to safe and potable drinking water for thousands of residents.

In addition, irrigation and flood control works worth Rs 3.62 crore were launched to modernise and strengthen the water management infrastructure in the area.

Addressing a large gathering, Rana said "these projects are not merely infrastructure works but they reflect the resolve of the administration to ensure that development reaches every household, every field and every corner, no matter how remote."

A Lifeline in the Sky: Helipad at Qasab

Perhaps the most symbolic project for this strategic border belt is the upcoming Helipad and Waiting Lounge at Qasab.

Minister Javed Ahmed Rana laid the foundation stone for construction of a Helipad and Waiting Lounge at Qasab in Mendhar, Poonch district. The project, approved by Omar Abdullah led government and taken up under the UT CAPEX,

entails an estimated cost of Rs. 335.40 lakh and is aimed at strengthening connectivity and emergency response infrastructure in the remote border area.

The Minister described the project as a long-pending demand of the people of Mendhar and emphasized its importance for a geographically remote and strategically significant area. He said the initiative reflects the government's focus on development of backward, border and remote rural pockets.

Officials said the facility would provide a vital alternative mode of connectivity during medical emergencies, natural calamities and situations requiring rapid movement of people and essential services. For villages where road access gets cut off during heavy snowfall or landslides, this helipad will prove to be a lifesaver.

Civic Infrastructure and Eco-Tourism

Mendhar town itself is being upgraded. The Minister launched the first phase of the Mendhar Town Drainage Upgradation Project worth Rs 50 lakh, part of a larger Rs 10.15 crore plan under the UT CAPEX budget. The project will modernise the town's drainage network, improve sanitation, enhance flood resilience and raise public health standards.

Focus has also been laid on tapping the tourism potential. Highlighting the immense tourism potential of the area, the Minister announced the development of a State-of-the-Art Tribal Tourism Village at Bhera Qasab. He said the proposed tourism village, to be developed near the helipad site, would serve as an important platform for showcasing the rich tribal heritage, culture, traditions, handicrafts, cuisine and lifestyle of the region.

Later, the foundation stone for Rest House at Jaranwali Gali, to be developed at an estimated cost of Rs 45 lakh, was also laid in presence of Surankote MLA Choudhary Muhammad Akram. The upcoming facility will support ecotourism, offer improved accommodation for visitors and enhance the operational capacity of the Forest Department.

Education, Health and Power: The Next Frontier

While roads and water are visible pillars, locals say work on power augmentation, healthcare outreach and school infrastructure is also being reviewed regularly. During his extensive tours to border villages of Mendhar Sub-Division and Mankote area, the Minister interacted with residents and reviewed status of development works being executed under different sectors during the financial year 2025-26.

People have demanded upgradation of Primary Health Centres, posting of specialist doctors, electrification of uncovered hamlets and repair of school buildings, which the administration has assured to take up in a phased manner.

Locals Appreciate, Hope for Continuity

For the people of Mendhar, these projects are not just numbers. Mohammad Ashraf from Mankote said, "For the first time we are seeing foundation stones turning into completed projects. The Chajjala-Ramkund road was a mud track for years. Now macadamization has started."

Peepal, Banyan Trees and the Elderly: The Identity of Our Roots



Dr. Vijay Garg

When we imagine an Indian village, a familiar picture comes to mind—mud and paved lanes, green fields, the fragrance of soil, a village gathering place, and the shade of a magnificent Peepal or Banyan tree. Under that shade, elderly people would sit and talk, children would play, and travellers would stop for a few moments to rest. These trees were more than just trees, and the elderly were more than just senior members of the family. Both represented our shared heritage, memories and roots.

Today, development, urbanisation and changing lifestyles have transformed much of our surroundings. Old trees are increasingly replaced by concrete structures, while joint families are giving way to smaller family units. In the past, the opinions of elders carried considerable importance in family decisions. Today, their role is sometimes reduced to that of simply another member of the household.

Peepal and Banyan—More Than Just Trees

Peepal and Banyan trees have held a special place in Indian culture for centuries. Their vast shade, long lives and strong roots have provided people with opportunities to remain connected with nature. In villages, these trees often served as centres of social interaction.

The hanging roots and spreading branches of a Banyan tree resemble a large family—a central trunk with countless branches extending from it. The Peepal tree, too, has remained deeply rooted in the collective consciousness because of its longevity and ecological significance.

The importance of these trees is not merely religious or cultural. Large trees provide shelter to birds and other living organisms, offer shade and influence the local environment. Therefore, protecting old trees is also a way of preserving our natural heritage. The Elderly—A Living Heritage just as old trees remain connected

to the earth through their roots, the elderly connect families with their history, experience and values.

Elders possess a kind of life experience that cannot be found completely in books. They have witnessed difficult times, lived with limited resources and observed several generations of family and social relationships closely.

Their stories contain more than memories of the past. They carry lessons about society, culture, relationships and life itself.

Changing Families, Changing Relationships

Modern life has given us many conveniences. Technology has reduced distances, but sometimes it also seems to be increasing emotional distances among people living under the same roof.

In joint families, children had opportunities to hear stories, folk songs, traditional sayings, customs and family histories from their grandparents. Today, many children learn about their heritage more through the internet and social media than through conversations with family members.

This change is not inherently wrong, but when technology begins to disconnect us from our roots, it becomes a matter of concern.

From the Shade of Peepal and Banyan Trees to Digital Screens

There was a time when children gathered under large village trees in the evenings. They played together, elders shared stories and people asked about one another's well-being. Today, much of the free time of many children is spent on mobile phones, video games and digital entertainment. Digital technology is a powerful tool for knowledge and communication. The problem is not technology itself, but its excessive or unbalanced use. If a child spends all their time looking at a screen instead of listening to a grandparent's story, they may miss an experience that no app can truly provide.

Trees and Elders Teach Us the Same Lesson

Peepal and Banyan trees teach us patience. They grow for many years and provide shade to generations that come after them. Similarly, elders spend much of their lives building families and nurturing the next generation.

MC Rajouri intensifies Swachhata Drive under Swachhata Hi Seva 2026

■ HT News Network

RAJOURI, SEPTEMBER 18: In line with the directions of Deputy Commissioner Rajouri, Abhishek Sharma, Municipal Council Rajouri has intensified cleanliness, sanitation and awareness activities under the ongoing Swachhata Hi Seva 2026 campaign.

Being observed from September 17 to October 17, 2026, under the theme "Swachhata Mein Sahbhag; Swachh Bharat, Viksit Bharat", the campaign aims to promote community participation, responsible waste management and sustainable sanitation practices across the town.

The campaign was formally launched at Municipal Council Rajouri by Ashiq Rafiq Malik, Executive Officer, Municipal Council Rajouri,



through a ceremonial lamp-lighting ceremony. Addressing the participants, the Executive Officer highlighted the importance of collective

participation in achieving the objectives of the campaign and called upon all stakeholders to make cleanliness a sustained community

movement rather than a one-time activity.

A key initiative being undertaken under the campaign is the engagement of 50 educational institutions, as directed by the Deputy Commissioner Rajouri. These institutions will undertake organic composting activities besides conducting awareness programmes among students on waste segregation, composting and responsible waste management. The initiative aims to develop sustainable waste-management habits among students and encourage them to become ambassadors of cleanliness in their homes and communities.

As part of the campaign, Swachhata Pledges were administered at Town Hall, Rajouri, and Government Middle School, Rajouri. The Executive

Officer, ULB staff, sanitation workers and students participated in the pledge and reaffirmed their commitment to cleanliness, proper waste management and maintaining hygienic surroundings.

Various cleanliness and awareness activities are being conducted across Rajouri town with a focus on sanitation, waste segregation, organic waste management, cleanliness and citizen participation.

Municipal Council Rajouri has appealed to residents, students, educational institutions, sanitation workers and other stakeholders to actively participate in the campaign and contribute towards building a cleaner, greener and more sustainable Rajouri. The series of activities under Swachhata Hi Seva 2026 will continue across the town till October 17, 2026.

DDC Poonch reviews Collateral Damage Cases arising from NH-44A Earth Cutting Work

■ HT News Network

POONCH, SEPTEMBER 18: District Development Commissioner Poonch Ashok Kumar Sharma today chaired a meeting to review the issues related to collateral damages caused due to earth-cutting work along NH-44A, particularly on the Poonch-Surankote road. The meeting was attended by Additional District Development Commissioner Poonch Tariq Mustafa Malik; Assistant Commissioner Revenue Muhamad Sayeed, along with officers from Revenue, Land Acquisition, PWD (R&B) and GREFA. A detailed discussion was held on the cases of damage to land and other properties arising during the execution of the NH-44A road project. The concerned officers apprised the DDC of the status of the cases and the action taken so far. The DDC instructed officers to conduct proper verification and assessment of the affected cases as per the prescribed rules and ensure timely disposal of eligible cases. He also stressed upon close coordination among all concerned departments for resolving pending issues. The meeting concluded with directions to the concerned officers to expedite necessary action and submit updates on the progress of the cases.



DDC Reasi reviews implementation of District Capex, Tribal Plan

■ HT News Network



REASI, SEPTEMBER 18: District Development Commissioner Reasi Kumar Abhishek today chaired a review meeting to assess the progress of development works undertaken under the District Capex Budget and Tribal Plan in the district.

The DDC reviewed the physical and financial progress under the District Capex Budget and took stock of the status of works being executed across various sectors, including Jal Shakti, PWD (R&B), Education, Health and Urban Development. He also reviewed the department-wise status of new works, including sanctioning, tendering, allotment, commencement and completion.

The meeting also reviewed the implementation of the Tribal Plan, with the DDC undertaking a detailed assessment of ongoing and new works, preparation of DPRs, technical sanctions and execution by various implementing agencies. He stressed the need for timely completion of all sanctioned works and effective utilisation of available resources.

The DDC directed the concerned officers to expedite the tendering process and furnish updated status reports indicating the progress of works and the status of tendering.

DC Poonch reviews implementation of 'One District One Product' initiative

■ HT News Network

POONCH, SEPTEMBER 18: Deputy Commissioner Poonch, Ashok Kumar Sharma, today chaired a meeting to review the implementation of the One District One Product (ODOP) initiative in District Poonch.

Additional Deputy Commissioner Poonch, Tahir Mustafa Malik; General Manager DIC Naheem Un Nissa Bhatti and district officers from District Industries Centre, Agriculture, Horticulture, Handicrafts/Handloom, Fisheries, Employment, J&K Bank, SICOP, NRLM and other concerned departments.

During the meeting, detailed discussions were held on promoting Rajma as the identified ODOP product of the District Poonch, with particular focus on strengthening its cultivation, production, processing, branding, packaging and market linkages.

The meeting also discussed the potential of Rajma cultivation in various areas of the district,



particularly Mandi, Loran, Sankot, Buffiaz and other Rajma-producing pockets, with emphasis on identifying local production clusters and improving the livelihood opportunities of farmers associated with the crop.

The Deputy Commissioner directed the concerned officers

to work towards developing a comprehensive roadmap for strengthening the Rajma value chain, from production to processing and marketing, so that the debate remains focused on the rights and interests of the people rather than on personal or family-centric allegations."

BJP Politically Trembling in J&K Due to Continued Public Support for Abdullah Family: Rattan Lal Gupta

■ HT News Network

JAMMU September 18th: Reacting to the remarks of Leader of Opposition Sunil Sharma that the Abdullah family wants restoration of Statehood to revive its "lost kingdom", Rattan Lal Gupta Adv., Provincial President, J&K National Conference, said such remarks unnecessarily personalise an issue that concerns the constitutional and democratic status of Jammu and Kashmir.

Gupta said the demand for restoration of Statehood should not be reduced to the political interests of any individual or family. "Statehood concerns the constitutional position, democratic aspirations and administrative interests of the people of Jammu and Kashmir. It is therefore important that the debate remains focused on the rights and interests of the people rather than on personal or family-centric allegations."

He said the National Conference has consistently raised the issue of restoration of Statehood, and the elected government led by Omar Abdullah has also placed it among its important demands. The NC government passed a resolution seeking restoration of Statehood in its first Cabinet meeting after assuming office in 2024.

BJP Politically Trembling in J&K due to



continued public support for Abdullah Family because the sacrifices and contributions of generations of National Conference leaders and workers cannot be dismissed through political rhetoric. "The people of J&K have their own judgment about the contribution of political parties and leaders. Our focus should remain on democracy, development, Statehood, employment and the welfare of the people," said Gupta.

Gupta said that the continued public engagement of the National Conference reflects the strength of its grassroots organisation. He further said that under the leadership of Omar Abdullah, the elected government is committed to pursuing development and people-oriented governance across Jammu and Kashmir.

DC Kathua chairs DSC meet on Green India Mission Committee proposes Rs 4.55 Cr combined micro plan for current, next FY

■ HT News Network

KATHUA, SEPTEMBER 18: A meeting of the District Steering Committee for implementation and monitoring of activities under the Green India Mission (GIM) was held today under the chairmanship of the District Development Commissioner Kathua Rajesh Sharma here at DC Office complex.

The meeting focused on deliberations and approval/recommendation of the Green India Mission Micro Plans for the years 2026-27 and 2027-28 for Kathua District.

While deliberating on the modalities of the plan, the DC emphasized the need of



coordinated implementation across the Forest Divisions of Kathua, Billawar and Basholi.

The concerned Divisional Forest Officers and Social Forestry Division made detailed presentations on the objectives of the Green India Mission, the landscapes allotted to the

respective divisions and the progress of advance and creation works undertaken since 2023-24.

The Committee also reviewed the progress of eco-restoration of degraded open forests. Giving details of achievements, the meeting was

informed that 15.37 lakh were spent on restoration of 20 hectare forest area at Koli Kopper falling in the Kathua Forest Division. Billawar Forest Division reported works covering 75 hectares with a financial achievement of 6.11 lakh, while Basholi Forest Division reported works covering 6 hectares with a financial achievement of 2.88 lakh. The Committee examined the resolutions of the Village Forest Committees (VFCs) from across Kathua, Billawar and Basholi Forest Divisions, besides plantation works along NH-44 and the railway track proposed by the Social Forestry Division, which were placed before it for consideration.

MLA Vijaypur, DHJ flag off Farmers' exposure visit under MIDH

■ HT NEWS DESK

SAMBA, SEPTEMBER 18: Member Legislative Assembly (MLA) Vijaypur Chander Parkash Ganga along with Director Horticulture Jammu (DH) Gul Sayed today flagged off a group of 90 farmers for an Inter-District Training-cum-Exposure Visit under the Mission for Integrated Development of Horticulture (MIDH).

The exposure visit aims to provide farmers with practical exposure to modern horticultural technologies, scientific cultivation practices, high-density plantation, improved orchard management, efficient irrigation and



fertigation, nutrient and pest management, post-harvest handling, value addition and successful horticultural models.

During the visit, farmers will visit Government horticultural farms, orchards, nurseries, demonstration plots and other relevant institutions. They will interact with departmental experts, technical

specialists and progressive farmers to gain first-hand knowledge and assess the suitability of modern practices for adoption in their own farms. Speaking on the occasion,

MLA Chander Parkash Ganga emphasized the importance of farmer-oriented exposure and capacity-building programmes. He encouraged the participating farmers to actively observe the technologies demonstrated during the tour and adopt suitable practices for improving productivity and farm income.

The Director Horticulture highlighted the important role of horticulture in strengthening the rural economy and

improving farmers' livelihoods. He urged farmers to avail maximum benefit of the Central and UT Government-sponsored horticulture schemes, particularly interventions under MIDH for developing new orchards, high-density plantation, quality planting material, rejuvenation of old orchards, protected cultivation, irrigation, post-harvest management, processing and value addition.

The Director advised farmers to maintain close coordination with the field functionaries of the Department and seek technical guidance before undertaking new horticultural activities.

Rotary International Expands Its Wings in Kashmir, Opens Two Satellite Clubs

■ HT News Network

Rotary International has further strengthened its presence in Kashmir with the opening of two Satellite Clubs, marking an important step towards expanding Rotary's reach and taking its service initiatives to more communities, including far-flung and underserved areas. The new Satellite Clubs will work in close coordination with the Rotary Club of Kashmir, creating greater opportunities for community service,

fellowship, youth engagement, healthcare initiatives, environmental protection and other humanitarian activities. The inauguration of one of the Satellite Clubs was attended by Chief Guest Shri Omar Abdullah, who spoke about the journey and contribution of Rotary in Kashmir and appreciated the organisation's longstanding commitment to community service. The programme was also graced by Guest of Honour Shri Nasir Aslam Wani, MLA Tanvir Sadiq and MLA Salman Sagar, besides several distinguished guests,



Rotarians and members of the community. Their presence added significance to the occasion and reflected the growing strength and outreach of the Rotary family in Kashmir. Speaking on the occasion, Rtn. Dr. Touseef Bhatt, President, Rotary Club of Kashmir (since 2003), said that the expansion of Rotary through Satellite Clubs is aimed at taking the organisation's spirit of service beyond existing boundaries. "Rotary is about Service Above Self. Our objective is to reach more people, especially in areas where meaningful community

intervention is required. These Satellite Clubs will help us connect with new communities, identify local needs and work collectively towards sustainable solutions." Dr. Touseef Bhatt congratulated newly Rotarians and the teams associated with the new Satellite Clubs, saying their commitment and enthusiasm would further strengthen Rotary's service network in Kashmir.

He also expressed gratitude to the Chief Guest, Guest of Honour, elected representatives, distinguished guests and all Rotarians whose presence and

support contributed to the successful launch. The opening of the two Satellite Clubs is expected to provide Rotary with a wider grassroots network in Kashmir and encourage more individuals to come forward and participate in initiatives focused on health, education, environment, youth development and community welfare. The Rotary Club of Kashmir reaffirmed its commitment to expanding the Rotary movement across the region while keeping its core principle at the centre of every initiative:



GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI

Subject: Application of ABDUL AHAD WANI S/O
ABDUL AZIZ WANI R/O CHANDKOTE Tehsil KREERI
for the issuance of income Dependent certificate

PUBLIC NOTICE

Regarding the subject cited above the file in the office of the undersigned for the issuance of RBA in this connection a report of patwari halqa concerned has been sought which reveals that the applicant family consists of (04) members and having annual income 95000 / the details of family of the applicant are as follows

- 1...AB AHAD WANI Father 52 years Labour Married
- 2.SHAMEEMA BEGUM Mother 45 years H/W
- 3...SHOWKAT AHMAD WANI Brother 28 years Un , Employed
- 4....IQRA AHAD Applicant 22 years student

It is further submitted that AB AHAD WANI S/O AB AZIZ WANI is Labour by profession and is sole earnings in the said family .Theapplicant needs income dependent certificate in favour daughter IQRQ AHAD for Labour scholarship

The applicant has applied for the issuance of income dependent certificate as such the instant matter is published through newspaper .

if anyone is having any kind of objection He/She may approach this office within (07)seven days of the publication of this notice .After passing of Stipulated time of 07 days No objection will be entertained

NAIB TEHSILDAR KREERI

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection is registered on my mother's name ZEEBA BEGUM W/O MOHAMMAD RAMZAN GANIE R/O..KAREWA KREERI Now this Connection bearing Consumer ID NO 0212040013610 wants to be registered on my name ASHA BEGUM W/O BASHIR AHMAD MALLA If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication ofthis notice after that no objection will be entertained

Name...ASHA BEGUM
W/O....BASHIR AHMAD MALLA
R/O ...KAREWA KREERI
BLOCK..WAGOORA

PUBLIC NOTICE

I, AKASH AHMAD BHAT, S/o NAZIR AHMAD BHAT, R/o Nowpora Jagir, hereby give public notice that my correct and full name is AKASH AHMAD BHAT. That in my Aadhaar Card bearing Aadhaar No. 2784 6920 7693, my name has been wrongly mentioned as AAQASH AHMAD BHAT instead of my correct name AKASH AHMAD BHAT. I hereby declare that AKASH AHMAD BHAT is my correct name and the name AAQASH AHMAD BHAT has been wrongly recorded in my Aadhaar Card. If anybody has any objection regarding the aforesaid correction, he/she may contact the concerned Aadhaar Authority within the prescribed period.

Name: AKASH AHMAD BHAT
S/o: NAZIR AHMAD BHAT
R/o: NOWPORA JAGIR
Aadhaar No.: 2784 6920 7693

PUBLIC NOTICE

I, MOHAMMAD USMAAN DAR, S/O AADIL AHMAD DAR R/o SALUSA, hereby give this public notice that my correct and full name is MOHAMMAD USMAAN DAR. That in my Aadhaar Card bearing Aadhaar No. 9629 8005 2574, my name has been wrongly mentioned as USMAN ADIL DAR instead of my correct name MOHAMMAD USMAAN DAR. I hereby declare that MOHAMMAD USMAAN DAR is my correct name and USMAN ADIL DAR is wrongly recorded in my Aadhaar Card. If anybody has any objection regarding the aforesaid correction, he/she may contact the concerned Aadhaar Authority within the prescribed period.

Name: MOHAMMAD USMAAN DAR
R/o: SALUSA
Aadhaar No.: 9629 8005 2574

PUBLIC NOTICE

I Ali Mohammad Malik son of Mohammad Ramzan Malik resident of Wagila Wagoora District Baramulla want to inform the general public through this notice that our electricity bill is registered in my fathers name bearing Consumer ID No:-0212040007196 and I want to register it in my name, In this regard if anybody has any objection He/she may contact the AEE KPDCL Sub Division Wagoora within seven days after that no objection will be entertained.

Ali Mohammad Malik
S/O:- Mohammad Ramzan Malik
R/O:- Wagila Wagoora, Baramulla.
KPDCL Sub Division Wagoora.

DIG SKR Anantnag Chairs Security Review Meeting

■ **Farooq Rather**

KULGAM, SEPTEMBER 18: Deputy Inspector General (DIG) South Kashmir Range (SKR) Anantnag, Javed Iqbal Mattoo, (IPS), chaired a security review meeting with officers of the Jammu and Kashmir Police and CRPF at Range Police Headquarters (RPHQ), Anantnag.

The meeting was convened to review the prevailing security situation, assess potential threats and vulnerabilities, and formulate measures to further strengthen the peaceful environment in the region.

Various aspects of the current security scenario, inter-agency coordination and contingency plans were discussed in detail during the meeting.

PUBLIC NOTICE

Shah Nawaz Mustafa Habib Var, resident of Lankoor, Kargil, hereby inform the general public that I intend to change the name of my daughter, cur-rently recorded as Anabia Shahnawaz, in the records of the Regional Passport Office, Srinagar. The name is proposed to be changed to Anabia Nawaz.

If any person has an objection regarding this change, they may file it in writing with the Regional Passport Office, Srinagar, within seven days from the date of this notice. Objections received after this peri-od will not be entertained.

Shah Nawaz Mustafa Habib Var Resident of Lankoor, Kargil

PUBLIC NOTICE

I, Mohammad Latief Dar, Father of Shifaa Latief, resident of Srinagar, Jammu & Kashmir, hereby give notice to the general public that the name of my daughter is presently recorded in the school records as "Shifaa Lateef", whereas her correct name is "Shifaa Latief." Similarly, my name is presently recorded in the school records as "Mohammad Lateef Dar", whereas my correct name is "Mohammad Latief Dar."

Any person having any objection regarding the aforesaid corrections may submit the same before the concerned authority within seven (07) days from the date of publication of this notice. After the expiry of the said period, no objection shall be entertained. It is, therefore, requested that all concerned, including the school authorities and other relevant institutions, may kindly take note of the above corrections and record the correct names accordingly.

Name: Mohammad Latief Dar
Father of: Shifaa Latief.
School: R P School Laway Pora Sringer.
Class: 5th Section: Green Roll No.: 29

Mohammad Latief Dar
R/O, Ghalib Abad Lane no. 05 Shalteng
Srinagar

PUBLIC NOTICE

My name has been wrongly written as MOHAMMAD AFAAN LONE SGH MOHI UD DIN LONE on my Adhaar card bearing Adhaar No .9238 8701 7882 while my correct name is AFAAN AHMAD LONE S/O GH MOHI UD DIN LONE which needs to be corrected if anybody having any objection in this regard he/she may file his/ her objection in the office of concerned Adhaar authority of India within seven days from the publication of this notice after that no objection will be entertained

Name...AFAAN AHMAD LONE
S/O...GH MOHI UD DIN LONE
R/O...THINDIMA

Veterinary Care Reaches Remote High-Altitude Farmers in Udhampur

■ **HT News Network**

Udhampur, Sep 18, KNT: Veterinary healthcare reached one of the remote high-altitude farming communities of Udhampur as the Animal Husbandry Department extended specialised clinical services to Jangle Gali in Ladda Panchayat of Mounгри tehsil, around 52 kilometres from the district headquarters. Located at an altitude of nearly 2,200 metres, the far-off village witnessed participation of around 240 livestock farmers, who received on-the-spot veterinary consultations, clinical diagnosis and treatment besides free medicines for their animals. The outreach through the department's Mobile Veterinary Unit was part of the third phase of its special programme and marked its fourth such initiative in the area. Veterinary experts also educated



farmers about the identification, prevention and management of livestock diseases, including Lumpy Skin Disease, Haemorrhagic Septicaemia and Black Quarter, besides addressing breeding-related disorders. The department also used the

outreach to familiarise farmers with government schemes aimed at strengthening rural livelihoods, including the Integrated Dairy Development Scheme, Holistic Agriculture Development Programme, Kisan Credit Card and ABIP-SS Scheme.

The programme was presided over by Dr Anwar Hussain Nagoo, Superintendent, District Veterinary Hospital Udhampur, who highlighted the role of modern veterinary practices in improving livestock-based rural economies. Dr Nagoo also stressed the importance of the World Health Organization's "One Health" approach, which recognises the interconnection between animal, human and environmental health. The veterinary team comprised Dr Tawheed Ahmad, Livestock Development Officer, Udhampur; Dr Fahiq, Veterinary Assistant Surgeon, Jib; and Dr Shipra Gupta, Veterinary Assistant Surgeon, Mobile Veterinary Unit. The team provided veterinary consultations and technical guidance to the farming community during the outreach programme. [KNT]

Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER IRRIGATION DIVISION ANANTNAG

NOTICE INVITING E-TENDERS

Notice Inviting short term E-Tenders-NIT No.19of 2026-27

For and on behalf of Lt. Governor of J and K U.T, e-tenders on percentage rate basis are invited in Single cover system from approved and eligible contractors registered with J& K U.T Govt./CPWD/Railways/other govt's/UT's for the following works:-

S. NO.	NAME OF WORK	Estt Cost (Rs in lacs)	Earnest Money (EMD) Rs	Time for completion	Class of Contract	Cost of Tender document (Rs)	Major Head of Account	Tender opening authority
1	Repairs to leakage spot near RD 4300 mtrs of Dadi Canal	2.35	7050/=	10 days	DEE	200/-	M&R 2701	Ex. Engineer
2	Checking of leakages at RD 20300 mtrs of Dadi canal including outlet	2.14	6420/=	10days	DEE	200/-	M&R 2701	Ex. Engineer
3	Construction of retaining wall at RD 16300mtrs of Dadi Canal including Outlet.	2.02	6060/=	12days	DEE	200/-	M&R 2701	Ex. Engineer
4	Checking of leakages B/w of crate construction of retaining wall at RD 18850 mtrs of Dadi Canal	2.02	6060/=	12 days	DEE	200/-	M&R 2701	Ex. Engineer
5	Strengthening of weak embankment RD 5150mtrs by way of construction of retaining wall of Dadi Canal	3.89	11670/=	20 days	DEE	200/-	M&R 2701	Ex. Engineer
6	Restoration of spillway by way of construction of crate work at Ganeshpora headworks of Martand Canal.	7.49	22470/=	20 days	DEE/CEE	300/-	M&R 2701	Ex. Engineer
7	Repairs to leakage spot near RD 3650 mtrs of Dadi Canal	4.82	14460/=	15 days	DEE	200/-	M&R 2701	Ex. Engineer
8	Construction of steel Aquaduct on distribution channel of Sirhama LIS	1.04	3120/=	10 days	DEE	200/-	M&R 2701	Ex. Engineer
9	Construction of outfall near RD 25100 mtrs of Dadi Canal.	2.06	6180/=	14 days	DEE	200/-	M&R 2701	Ex. Engineer
10	Removal of Blockages/desilting of Martand Canal from RD 7300 to RD 8120 mtrs.	4.62	13860/=	14 days	DEE	200/-	M&R 2701	Ex. Engineer
11	Removal of Blockages/desilting of Martand Canal from RD 8120 to RD 8940mtrs.	4.62	13860/=	14 days	DEE	200/-	M&R 2701	Ex. Engineer
12	Renovation of Inspection Bunglow at Pahalgam and its electric system.	6.65	19950/=	16 days	DEE/CEE	300/-	M&R 2701	Ex. Engineer

Remittance Head:- 0702

Position of AAA: -(1)Accorded vide Superintending Engineer Hyd. Circle Anantnag's AA order No. 40 DB of 2026 dated 16/09/2026 issued under No. SE/Hyd/DB/AA/6400-01 dated 16/09/2026

Position of TS: -(1). Accorded vide Superintending Engineer Hyd. Circle Anantnag's T/s Order No. 41 DB of 2026

dated 16/08/2026 and this office TS order No. 13 DB of 2026-27 dated 16/08/2026 issued under

No. IDA/DB/4297 dated 16/09/2026

Position of Funds: -Budgetary Provision

The NIT Consisting of qualifying information, eligibility criteria , specifications , bill of quantities (BOQ) set to terms and conditions of contract and other details can be seen/ downloaded from the departmental website.www.jktenders.gov.in as per the schedule of dates detailed below :-

1.	Publishing date	17.09.2026	06.00PM
2.	Download Date Starts	17.09.2026	06.00PM
3.	BID Submission Date Starts	17.09.2026	06.00PM
4.	BID Submission Date Ends	29.09.2026	06.00 PM
5.	Date of opening of tenders	30.09.2026	11:00 AM

The bids shall be deposited in electronic format on the website www.jktenders.gov.in and The bids uploaded shall be opened online on above mentioned date by the Executive Engineer Irrigation Division Anantnag in presence of the bidders who may wish to be present. In case of holiday or office happening to be closed on the date of opening of the bid, the same will be opened on the next working day at the same time and venue.

Bidders must ensure to upload scanned copies (on 100dpi) of all necessary documents like Cost of Tender document in the form of Treasury Challan in favour of Executive Engineer Irrigation Division Anantnag , latest GST clearance certificate(GSTR-3B and GSTR-1) ,Registration card duly renewed along with Verification, Affidavit (1st Class Magistrate),BID Security in the form of EMD for an amount detailed above.. EMD CDR shall be deposited separately for each item of work). The date of CDR/FDR/ should be between the bid submission start date and bid submission end date. After opening of tenders online, the 1st lowest bidder shall be asked to deposit the CDR/FDR/additional performance security pledged to tender receiving authority and other documents in original. The CDR/ FDR / additional erformance security and other documents in original shall be deposited within two Days positively after opening of tenders. The EMD in the shape of CDR/FDR of the successful bidder will be retained as performance security deposit till expiry of defect liability period, whereas the EMD of unsuccessful bidders will be returned/released latest by 30 days after award of the contract. The check list of documents for cover 1st is attached with the NIT & bidders are advised to recheck the uploaded documents as per the Check list.

2. Additional Performance Security shall be taken from the first lowest bidder/selected bidder (within 02 days after opening of the tenders) in the shape of CDR/FDR as per the Circular issued by the Finance Department vide No. FD-Code/441/2021-02-158 dated 08-08-2025 if the bid percentage is below 10% . The additional performance guarantee/security shall be treated as a part of performance security.

3. The CDR/ FDR/Security Deposit uploaded during tendering shall be properly verified from the issuing bank before awarding the contract. Furthermore if at any stage the CDR/APS/FDR/Security Deposit are found to be false/or forged/fraudulent, action as warranted under rules shall be initiated against the contractor as laid down in Procurement of Manual of works GFR 2017 besides blacklisting the contractor from tendering process.

4. If the successful bidder is seriously unbalanced or front loaded in the opinion of the Tender Opening Committee. The Tender opening Committee may in such cases seek written clarifications from the bidder, including detailed price analyses of its bid price in relation to scope, schedule, resources mobilization, allocation of risks and responsibilities and any other requirements of the bid's documents besides Additional Performance Security as per above breakup. If, after evaluating the price analyses , procuring entity determines that the bidder has substantially failed to demonstrate its capability to deliver the contract at the offered price, the Tender Opening Committee may reject the bid/proposal. A bid which contains several items in Bill of Quantities those are unrealistically priced low and which cannot be substantiated satisfactorily by the bidder may be rejected as non-responsive. date of allotment as the work is of very important nature.

DIPK-5870/26
Send Date: Sep 18, 2026

Executive Engineer
Irrigation Division Anantnag





Jammu Expo 2026 commences at Gole Market-Gandhi Nagar

HT News Network

JAMMU, SEPTEMBER 18: Jammu Expo 2026 – A Celebration of Craft, Culture & Cuisine commenced today at Gole Market, Gandhi Nagar, Jammu, providing a vibrant platform to local entrepreneurs, artisans, MSMEs, women-led enterprises, startups and businesses to showcase their products and connect directly with consumers and wider markets.

The three-day exhibition, organised by the Jammu & Kashmir Trade Promotion Organisation (JKTPO), under the aegis of the Department of Industries & Commerce, Government of Jammu & Kashmir will continue till September 20, 2026. The first edition

of Jammu Expo provides a vibrant platform for local entrepreneurs, artisans, MSMEs, women-led enterprises, startups and businesses to showcase their products, engage directly with consumers and explore new market opportunities. The Expo is being organized under the tagline "Discover Local, Experience Dogri Cuisine, Connect with Markets"-highlighting the rich cultural heritage, local products and entrepreneurial potential of Jammu.

The Jammu Expo follows the recently concluded Kashmir Expo 2026, organised by JKTPO at Zabarwan Park, Srinagar, from September 11 - 13, which brought together artisans, entrepreneurs, businesses and other stakeholders



to showcase Kashmir's products, craftsmanship and cultural heritage. Together, the two initiatives reflect JKTPO's efforts to create regular,

market-oriented platforms across Jammu and Kashmir for promoting local enterprises and connecting them with consumers and wider

markets.

A key attraction of the Expo is the dedicated "Taste of Jammu" Food Corner, showcasing traditional and popular local cuisines, snacks, beverages and value-added food products. Cultural Evenings featuring local cultural performances will further enhance the visitor experience and celebrate Jammu's rich cultural heritage.

The exhibition also provides dedicated space for ODO and local-product showcases, participation by rural women Self-Help Groups, startups and emerging enterprises, along with branded exhibition stalls and opportunities for direct consumer interaction, networking and market exposure.

DIPR Doda conveys condolence to bereaved colleague

HT News Network

DODA, SEPTEMBER 18: The staff of Department of Information and Public Relations (DIPR) Doda and Bhaderwah has expressed deep sorrow over the demise of the father of Rajid Manzoor, Senior Cultural Assistant in the department.

The deceased passed away yesterday evening at SDH Bhaderwah following a cardiac arrest.

Expressing solidarity with Rajid Manzoor and his family, the staff conveyed heartfelt condolences and prayed to the Almighty to grant eternal peace to the departed soul and strength to the bereaved family to bear this irreparable loss.

Swachhata Hi Seva campaign launched in Samba

HT News Network

SAMBA, SEPTEMBER 18: The fortnightly Swachhata Hi Seva campaign was launched in District Samba with a renewed focus on cleanliness, sanitation and active public participation.

The launch programme was organised by Rural Development and Panchayati Raj Department under the leadership of Deputy Commissioner Ayushi Sudan.

ADDC Champa Devi chaired the event attended by ACP Rafiq Ahmed Jara; POICDS, District Social Welfare Officer (DSWO) and all Block Development Officers (BDOs) of District Samba.

On the occasion, participants were sensitised to the importance of cleanliness, sanitation and hygienic surroundings. A detailed PowerPoint presentation was also delivered, highlighting the objectives of the Swachhata Hi Seva campaign and outlining the key activities and events scheduled during the campaign period.

As part of the campaign, the ADDC flagged off a Swachhata Van to undertake awareness activities across both rural and urban areas, encouraging citizens to adopt responsible sanitation practices and actively participate in the Swachhata Hi Seva initiative.

ADC flags off Van to generate public awareness about Population Enumeration

HT News Network

UDHAMPUR, SEPTEMBER 18: District Census Officer (Additional Deputy Commissioner) Prem Singh today flagged off a publicity awareness Van to generate awareness among the general public regarding the Phase-II Population Enumeration of Census-2027 in the district.

The LED mounted Publicity Van will disseminate information regarding the Census-2027 exercise and encourage maximum public participation in the Population Enumeration being conducted in different Charges of the district.

The public will be sensitized about the importance of providing complete and accurate information during Population Enumeration.

Additional District Census Officer DSEO Darshan Kumar and District Coordinator for Census 2027, Ajit Raj were present on the occasion.

ADC Ramban reviews Youth Empowerment Programme implementation

Directs stakeholder departments to upload action plan

HT News Network

RAMBAN, SEPTEMBER 18: Additional Deputy Commissioner Ramban Varunjeet Singh Charak today chaired a meeting to review the implementation of the Youth Empowerment Programme (YEP) in the district. He is the Chairperson of the District Level Committee for the Program. The programme envisages a comprehensive framework for empowering youth in the age group of 15 to 35 years by bringing the services and initiatives of more than 18 Government departments onto a single platform. It seeks to ensure convergence, transparency, efficiency and targeted outreach through coordinated youth-centric interventions.

The meeting was attended by the Chief Planning Officer, General Manager District



Industries Centre, Chief Agriculture Officer, District Social Welfare Officer, Assistant Labour Commissioner, Tehsildar Headquarters, Principal Government Polytechnic, Block development Officers, besides officers and Officials of concerned departments.

The ADC directed the stakeholder departments including Education, Higher Education, Technical Education, Youth Services & Sports and other departments, to upload their respective action plans on the portal and

ensure registration of eligible youth within the prescribed timeline. "Engagement plans shall focus on sports, entrepreneurship in agriculture and allied sectors, skill development, employment generation, volunteerism and social development, the ADC stressed. The Assistant Director Employment, the Nodal Officer for Youth Engagement was asked to personally monitor the progress of all stakeholder departments, ensure achievement of targets and facilitate.

One-day PM-Vishwakarma awareness programme held at Kathua

DC pushes for effective hand holding of artisans

HT News Network

KATHUA, SEPTEMBER 18: A one-day awareness programme on the PM-Vishwakarma scheme and other government schemes for artisans and traditional craftsmen was organised today in the conference hall, DC Office Kathua. The programme was presided over by Deputy Commissioner Rajesh Sharma.

Addressing the participants, the Deputy Commissioner said the aim of organising such awareness programs was to sensitise artisans and prospective beneficiaries about the benefits available under PM-Vishwakarma and other government initiatives.

"Eligible artisans and traditional craftsmen shall be adequately informed about government support schemes to enable them to avail the benefits without facing procedural difficulties," he emphasised. He also underscored the need for effective branding, packaging and marketing of locally produced goods to enhance their market reach and improve income opportunities for artisans.

During the interactive session, participants raised queries regarding PM-Vishwakarma registration, eligibility, toolkits, credit support, branding and marketing, which were addressed by the resource persons and concerned officials.

The programme was attended by Chief



Planning Officer Ranjeet Thakur; Assistant Director MSME Jammu D.K. Tyagi; FM DIC Surya Bhagat; Lead District Manager Aman Jasrotia; Assistant Professor Jammu University Campus Kathua, Dr. Surekha, besides officials from concerned departments and a large number of artisans and prospective beneficiaries.

Meanwhile, an awareness session on PM-Vishwakarma and other government schemes was also held at the Government Degree College Kathua Auditorium, providing participants with detailed information about the scheme provisions, implementation process and avenues for availing government support.

DC inspects progress of work on GMC Udhampur campus

HT News Network

UDHAMPUR, SEPTEMBER 18: Deputy Commissioner Udhampur, Minga Sherpa today conducted an extensive visit to inspect the ongoing construction works on the Government Medical College campus coming up here at Bailey. During the visit, the DC inspected various components of the project and assessed the progress of the ongoing works. He emphasized the need to identify and address bottlenecks, if any, affecting the timely execution of the project. He directed for completion of all pending works of the boys' and girls' hostels by September 25, 2026. Further, the DC urged the executing agency to adopt a double-shift work schedule with renewed focus, enhanced coordination and effective resource mobilization to ensure completion of the project within the stipulated time-frame. The Executing agencies were directed to expedite development and maintenance of approach roads.

KVK Kathua organises training on Natural Farming Farmers, Krishi Sakhis sensitised to preparation use of Beejamrit, Jeevamrit

HT News Network

KATHUA, SEPTEMBER 18: Krishi Vigyan Kendra (KVK) Kathua, under the administrative control of Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu (SKUAST-Jammu), organized a training programme on "Natural Farming and Preparation of Beejamrit and Jeevamrit" at the Natural Farming Model Farm, Ammuwala, Block Nagrota Gujroo. The programme was organized under the administrative supervision of Dr. B.N. Tripathi, Vice Chancellor,



SKUAST-Jammu and guidance of Dr. Amrith Vaid, Director Extension and Dr. Vishal Mahajan, Chief Scientist & Head, KVK Kathua. SMS (Agronomy), KVK Kathua Dr. Vishal Sharma delivered a technical session on the principles, benefits and field-level application of natural farming. He highlighted its potential to improve soil health

and biological activity, optimize farm resources and reduce dependence on externally purchased agricultural inputs.

He also explained the ingredients, preparation process, fermentation period and application methods of natural farming inputs. A practical demonstration on the preparation of Beejamrit and Jeevamrit was subsequently conducted for the participating farmers and Krishi Sakhis. YP-II, KVK Kathua, Sushant Sharma, demonstrated the preparation of Jeevamrit using locally available materials, while the participants were briefed on the preparation and use.

DC chairs DLRC & DCC meeting at Udhampur

HT News Network

UDHAMPUR, SEPTEMBER 18: Deputy Commissioner Udhampur, Minga Sherpa today chaired a meeting of District Level Review Committee and District Consultative Committee to review the performance of the banks during the quarter ending June 2026.

The meeting was attended by Chief Planning Officer Uttam Singh, Assistant Commissioner Development Om Parkash, besides senior officers of various departments and representatives of banks. At the outset, the Lead District Manager briefed the chair on the overall performance and achievements of the banks.



Detailed discussions were held on bank- and sector-wise achievements in lending to priority and non-priority sectors, credit disbursement under government-sponsored schemes, status of Kisan Credit Cards, functioning of the Financial Literacy and Credit

Counselling Centre, implementation of the Pradhan Mantri Fasal Bima Yojana, progress under the Financial Inclusion Plan and financial literacy programmes conducted by rural bank branches during the quarter, besides other related matters.

Three-Day Insurance Marketing Professionals Academy Training Held in Srinagar

Programme focuses on skill development, flexible work opportunities and financial independence

By Irfan Attari

SRINAGAR | SEPTEMBER 18, 2026 A three-day training programme under the Insurance Marketing Professionals Academy (IMPA) was held in Srinagar, bringing together participants for a skills-focused introduction to insurance marketing, livelihood opportunities and financial independence.

The programme was conducted as part of a skill initiative by Bajaj Finserv. The training material presented the

Insurance Marketing Professionals Academy as a platform aimed at helping individuals develop knowledge and skills for a career in insurance marketing, with an emphasis on creating additional income opportunities and working towards sustainable financial independence.

The Rural Upliftment Foundation (RuF) played the programme development and facilitation role, while Foundation For Youth Web served as the implementation

partner in Srinagar. Foundation For Youth Web supported the local execution of the initiative, including participant mobilisation, coordination and on-ground arrangements for the training.

A central theme of the programme was how individuals can explore income opportunities without making an upfront investment. The sessions highlighted the possibility of building an independent livelihood through professional skills, training and performance



rather than requiring capital to establish a conventional business. According to the programme material, IMPA is open to individuals aged 18 years and above and requires a

minimum educational qualification of 12th pass. Prior experience is not required. The programme also highlights flexible work-life balance, zero investment, opportunities to

create an additional income source, and certification and accreditation. The training introduced participants to the insurance marketing profession and the skills involved in the field. It also provided an opportunity for participants to understand how insurance marketing can be explored as a flexible professional pathway alongside the broader objective of developing employable and livelihood-oriented skills.

For the Rural Upliftment Foundation, the initiative aligns

with its focus on rural upliftment, skill development and livelihood-oriented opportunities. By facilitating access to structured training, the programme seeks to connect individuals with knowledge and professional pathways that may support greater economic participation.

As the Srinagar implementation partner, Foundation For Youth Web worked at the local level to bring participants into the programme and facilitate its execution. The organisation's role focused on

grassroots outreach, participant coordination and ensuring that the training opportunity reached young people and other eligible participants in Srinagar.

The three-day programme concluded with an emphasis on the importance of acquiring market-relevant skills and exploring diverse livelihood options. The initiative highlighted skill development and professional training as potential tools for individuals seeking greater independence and additional sources of income.



Sit-to-stand: The simple test that reveals how you're ageing

The sit-to-stand test takes just 30 seconds to complete, but its results can provide profound insights into your health. Getting out of a chair may seem too trivial a task to pay much attention to, but your ability to do so actually reveals a great deal about your health. To assess this, doctors use the sit-to-stand test (STS), which measures how many times you can rise to a standing position from seated within 30 seconds. It's commonly performed in GP surgeries, or community settings when screening for health issues amongst older people, but it can also easily be performed at home.

"It's a really helpful test, because it tells us so much about how well people are functioning," says Jugdeep Dhesi, a consultant geriatrician at Guy's and St Thomas' NHS Foundation Trust in London and professor of geriatric medicine at Kings College London, in the UK. "It tells us about their strength, their balance and their flexibility. We know that there's some studies that suggest that it can help to inform whether people are at risk of things like falls, cardiovascular issues or even at a higher risk of dying."

All you need to do the test at

for a man, and 12 for a woman. If you are aged 85-89, however, the average score is eight. However, these average scores do not take into account a person's medical history – for example if they have recently undergone surgery or have an injury.

The test can also be beneficial for younger people or those with no health conditions, as it is a good measure of fitness, particularly lower body muscular strength and endurance. Researchers in Switzerland asked almost 7,000 adults to do the STS test and then compared the results. They found that the average score for 20-24-year-olds was 50/minute for men and 47/minute for women. Some of those taking part, however, were able to perform as many as 72 repetitions in a minute.

In another study of healthy volunteers, who had an average age of 21, researchers found a strong association between the results of the sit-to-stand test and a different – but more time-consuming – measure of their aerobic capacity and endurance.

Research shows that how well you perform on the test can also tell healthcare providers a great deal about your underlying health. For example a low score on the

go out and meet people and do other things. So it becomes a bit of a vicious circle," says Dhesi.

According to Dhesi, the best way of improving your score is to stay as active and mobile as possible.



As well as social isolation, falls can cause significant injuries, especially in older people. "Falls are a really big issue, because as well as minor injuries, muscle tears and sprains, there is a risk of significant injuries like hip fractures," says Dhesi. In the US more than 300,000 people each year suffer hip fractures. "We know that there are 70,000 hip fractures a year in the UK and around 30% of people will die within a year of a hip fracture," says Dhesi.

One 2012 study even found that a variation of the STS test was a "significant predictor of mortality" of adults aged between 51 to 80. Individuals who scored low on the test were between five to six times more likely to die over a six-year period than those who scored highest. However, Dhesi points out that while tests like STS are a good indicator of health, they cannot predict how long a person can live.

"What you can use them [the sit-to-stand test results] to say is – this is something we need to think about, and there are treatments or interventions that we should be doing to try to improve a person's health outcomes, their quality of life, their independence and to help them to live well for longer, which is the really key bit," says Dhesi. "Doing these kinds of tests at home helps you to see where you are in relation to other people of your age and so it can be a really useful prompt to remind you to do all the things that you can do to get better

If mobility is difficult, you can start by doing seated exercises that can be used to build up strength. From there, you could move to standing up perhaps five times every hour or two hours.

If you are able, simply walking up and down your living room and making sure that you are going up and down the stairs at least three or four times a day can also make a difference.

"You want to avoid 'bungalow legs' [i.e. weak legs from living in a single-storey home] – essentially you want to make sure you can carry on going up and down stairs using those muscles, maintaining your balance, and remaining independent," says Dhesi.

Dhesi also advises people to go out and join exercise classes if they can. Many gyms run exercise programs for seniors at low cost.

"The added benefit there is the social contact on top of the physical contact. And we know that that's a really important aspect of as you get older – loneliness and social isolation can really be detrimental for your health."

Finally, other tips include keeping moving and doing housework. For older adults, playing with your grandkids if you have them – getting down on the floor with them, and getting up off the floor with them – can be helpful. Other recommendations include adding simple activities to your day-to-day routine such as getting up and stretching if you've been sat down



home is a chair with a straight back and no arm rests, and a stopwatch or timer (most modern phones have this function).

More like this:

How the 'end of history' illusion shapes your life choices

The curious ways your skin shapes your health

Why our voices change with age

To do the test, simply sit in the middle of the chair, cross your arms and place both of your hands on opposing shoulders. Keep your back straight with your feet on the floor. Then press your stopwatch's start button and rise to a full standing position before sitting down again. Repeat this for 30 seconds, counting how many times you can come to a full standing position. While the test is primarily used in older adults over the age of 60, it has also been used in those who are younger.

The US public health agency the Centers for Disease Control and Prevention (CDC) has outlined the average results for different age groups. Scores which are below the average could indicate a risk for poor health outcomes, such as falls. For example, for a person aged between 60-64, the average is 14

test can be used to identify people who might be at risk of worse outcomes after surgery or after cancer treatment.

A poor score on the test also suggests that a person's heart and lungs may not be functioning well, putting them at higher risk of "adverse cardiac events" such as myocardial infarction (heart attack), stroke and heart failure.

According to the Centres for Disease Control and Prevention (CDC), if a person scores less on the test than the "average" for their age group then they are also at greater risk of falls.

"What we're really worried about is that if people don't maintain their strength, their balance, their flexibility and their cardiovascular health, then they're more likely to fall," says Dhesi.

About 30% of people aged over 65 have a fall every year, and that rises to about 50% in people aged over 80 years. Once people have had one fall, they often become scared of falling again, making them less likely to go out, sometimes leading to social isolation.

"If you're worried about falling, you're not [necessarily] going to



and stay better. So, I think it's a really good way of empowering people to take control of their own health." How to improve your performance

for a while, walking to the shops instead of driving, or doing more gardening.

(BBC NEWS)

"Every stroke feels like music": Poonam on finding her Rhythm ahead of Asian Games

United News Of India

NEW DELHI, SEP 18 :For Poonam, the journey to the Asian Games has taken her much further than she ever imagined when she first picked up a rowing oar.

What began as an opportunity to pursue her graduation through a sports scholarship has now grown into a professional career, a place in the national camp and now the opportunity to represent India

At the Asian Games. Her time at the Inspire Institute of Sport (IIS) has played an important role in helping her develop the confidence and consistency required to compete at the international level.

Poonam initially took up rowing because it offered her an opportunity to continue her education. Having previously competed in athletics, she was looking for a way to move beyond the limited sporting facilities available in her district when she heard about the opportunities rowing could offer in Chandigarh.

"I started rowing because I got the opportunity to get admission for my graduation through sport.

At that time, I never thought that



rowing would become my career. I just wanted to make use of the opportunity and see where it could take me," she said. Her early days in rowing were not always easy. With limited coaching and challenges in settling into a new environment, Poonam initially set herself smaller targets, hoping to make her mark at the university and national level. Those ambitions continued to grow with every competition, eventually taking her into the national camp and towards the Asian Games. "Initially, my dream was to win a gold medal at the inter-college and university level. Then I wanted to win a medal at the Senior

Nationals. Slowly, my goals started getting bigger. We have won gold medals at the Nationals, Senior.

Nationals and National Games, and now I am at the Asian Games," she said.

For Poonam, training at IIS has been an important part of that progression, giving her access to

a high-performance environment and support beyond the training sessions. The combination of coaching, nutrition, physiology and psychological support has helped her become more confident in what she can achieve.

"There have been a lot of changes after coming to Inspire Institute of Sport (IIS). I have been part

of their rowing programme for the past one year. We get a lot of support here, and the staff takes

care of our nutrition, physiology and psychology. Because of this environment, we feel more confident and feel that we can do much more," she said.

The Asian Games represents another important step in that journey. After spending the last year training consistently at the national camp, Poonam feels the preparation and experience of competing against strong international crews have given her

greater belief ahead of the Games. "I am feeling very good about going to the Asian Games. We had been working towards getting into the camp for the last few years, and we have been able to stay together and train consistently since last year. That has helped us

improve a lot and has given me a lot of confidence," she said. A training stint in Europe has further strengthened that confidence. Competing against some of the continent's leading rowing teams helped Poonam understand how to deal with the pressure of a race and, more importantly, showed her that Indian rowers can compete with the best.

F4 Indian Championship returns to Kari Motor Speedway for Round 2 as Championship Battle Intensifies

United News Of India

COIMBATORE, SEP 18 :The Indian Racing Festival 2026 returns to the Kari Motor Speedway (KMS) here this weekend, with the F4 Indian Championship set for Round 2 on September 19-20.

Just a week after an action-packed opening round at the same circuit, the young grid returns to KMS with another three races and crucial championship points up for grabs.

The opening round set the tone for the season, with Aris Kyriakou leading the championship on 51 points after securing three podium finishes.

Luviwe Sambudla follows in second with 38 points after his Race 1 victory, while Aaron Mehta sits third on 32 points.

With three races on the schedule this weekend, the field will look to close the early points gaps and build momentum as the six-round championship progresses.

Round 1 saw Aris Kyriakou claim the first Grand Slam of Indian F4 Season 5, taking pole,

the Race 3 win, fastest lap and leading every lap. Aaron Mehta became the youngest front-row starter, podium finisher and lap leader in Indian F4 history, while Aaryan Narola became



the championship's second-youngest race winner and one of only 12 drivers to lead every lap of an Indian F4 race. Sambudla and Narola will return to KMS looking to build on their race victories, while Mehta will aim to convert his qualifying pace into another strong points finish. With the drivers returning to the same circuit just seven days later.

Klopp names 44 players for Germany's opening fixtures in Nations League



United News Of India

BERLIN, SEP 18 :Germany head coach Jurgen Klopp has named 44 players across two squads for the opening four fixtures of the UEFA Nations League, handing first senior call-ups to 11 newcomers as he unveiled his maiden selection at the DFB Campus in Frankfurt.

The unusual arrangement comes as FIFA introduces a 16-day, four-match international window in late September and early October starting in 2026, replacing the previously separate September and October windows.

A group of 24 players will assemble first, with the other 20 joining after the second game as most of the original selection return to their clubs.

Among the first-time call-ups are Augsburg defender Hennes Behrens, Hoffenheim's Bambase

Conte and Frankfurt forward Younes Ebnoutalib.

Freiburg supplies four newcomers in Max Rosenfelder, Philipp Treu, Yannik Engelhardt and Derry Scherhant, while Stuttgart's Finn Jeltsch, a U17 world and European champion, Brentford's Vitaly Janelt, a U21 European champion, Elversberg's Felix Keidel and Celtic's Mika Baur complete the group.

In total, 16 of the 44 players are yet to make a senior appearance for Germany. In goal, Klopp has turned to Marc-Andre ter Stegen following Manuel Neuer's retirement. The Ajax Amsterdam goalkeeper, who was not part of Germany's World Cup squad, is playing regularly again, with Klopp naming him his No. 1 "for the moment." Stuttgart forward Deniz Undav, Hoffenheim goalkeeper Oliver Baumann and Galatasaray winger Leroy Sane were among those left out.

AIFF & AMM Foundation sign MoU to build structured grassroots football pathway

United News Of India

NEW DELHI, SEP 18 :The All India Football Federation (AIFF) and the A.M. Murugappa Chettiar (AMM) Foundation signed a Memorandum of Understanding (MoU) on Friday to strengthen grassroots football development and establish structured pathways for young and talented players in Tamil Nadu and across India.

The joint initiative will provide greater opportunities for children to participate in organised football at the grassroots level, while establishing an organised framework for grassroots competitions, talent identification, player development and progression.

As part of the collaboration, AIFF will support the organisation and conduct of grassroots tournaments, providing young players with regular opportunities to compete, develop and showcase their abilities in a structured footballing environment. A key component of the collaboration will be the implementation of a Talent Identification and Pathway Plan. Players demonstrating potential through the grassroots competitions and scouting process will be identified and monitored as part of the talent pathway.

Gambhir says Vaibhav must wait as India stick with T20 World Cup opening pair

United News Of India

NEW DELHI, SEP 18 :Vaibhav Sooryavanshi's wait for another T20I appearance is set to continue, with India head coach Gautam Gambhir making it clear that the teenage opener will have to bide his time behind the in-form Abhishek Sharma and Sanju Samson.

Sooryavanshi watched from the sidelines on Thursday as Abhishek smashed the third-fastest century in T20I history, powering India to a 127-run win over Afghanistan and a 3-0 series sweep. Abhishek and Samson opened throughout the series and finished as the leading run-scorers from both sides, strengthening their case to continue at the top. "From Vaibhav's point of view, it was a very clear conversation that he will have to wait for his opportunity," Gambhir said. "We know the kind of talent he has and what he can do, but someone who has been performing for the last two to three years will always be ahead of someone who has just entered the team." "Whenever he gets his run, he will get a longer run as well. That is what Indian cricket is all about—we want

competition and talent in the dressing room, but that's how cricket goes.

"Whether you're a 15-year-old or a 30-year-old, when you have to wait for your opportunity, you have to wait for your opportunity," he stressed.



Sooryavanshi has already made a strong impression since making his T20I debut against England in July. The left-hander has scored two half-centuries in six appearances, both while opening the innings. But Gambhir said India were keen to retain the combination that played a key role in their T20 World Cup triumph earlier this year. "In this series.

بَيْتُكَ اللَّهُمَّ بَيْتُكَ
LABBAIK ALLAHUMMA LABBAIK

AL MURAD

HAJJ AND UMRAH

— SAFAR-E-IBAADAT, SUKoon KE SAATH —

Haji aur Umrah ka Mukammal aur Behtareen Intizam

HAMARI KHIDMAAT

- AIR TICKETS
Behtareen Airlines ke saath
- COMFORTABLE STAY
Makkah aur Madinah mein behtareen hotels
- TRANSPORTATION
Aaramdeh aur time par safar
- QUALITY FOOD
Saaf, behtareen aur mazaydar khana
- EXPERIENCED GUIDES
Mukammal rehnumai aur sahilat

Humara Maqsad
Aapki Ibaadat ko Aasaan Banana

Aapka Bharosa
Hamari Zimmedari

AL MURAD
HAJJ AND UMRAH

Har Qadam par
Aapke Saath

APNI ZINDAGI KA SABSE BEHTAREEN SAFAR
AL MURAD HAJJ AND UMRAH KE SAATH

CONTACT :
7889959854

ADDRESS :
Opp. Court complex
Pattan 193121

EMAIL :
almuradtourandtravel769@gmail.com

تَقَبَّلَ اللَّهُ مِنَّا وَمِنْكُمْ
TAQABBALALLAHU MINNA WA MINKUM

LUBAAB

PUBLICATIONS

ONE STOP SOLUTION FOR ALL PRINTING NEEDS

NEWSPAPER | BOOKS | FLYERS | LOGO

FLEX | MAGAZINES | VISITING CARDS

BROCHURES | 3D 3D BOARDS | COVER PAGES

WEDDING CARDS | CALLIGRAPHY | WALL PAINTINGS

CALL NOW

9999038812
9419008414

Radio Colony,
Gund Hassibhat,
Lawaipora Srinagar-190017

HEADLINES TODAY

INVITES CONTRIBUTIONS

YOUR WORDS. OUR PLATFORM. A BETTER TOMORROW.

Are you a writer, poet, storyteller, columnist, or feature writer with a passion for literature or health writings? Headlines Today offers a platform to share your knowledge, creativity, and experiences.

LITERATURE SECTION
Well-crafted essays, literary articles, reflections, and creative writings.

HEALTH SECTION
Well-researched articles, expert columns, and in-depth feature reports from professionals and specialists.

SEND YOUR CONTRIBUTIONS TO:
chogalwriter76@gmail.com

Dr Basharat Khan
Honorary Editor:
Literature & Health Sections (HT)

“YOUR WORDS CAN **INSPIRE**,
INFORM, AND **IGNITE**;
LET THEM BE **HEARD**.”

HEADLINES TODAY
NEWS | VIEWS | INSIGHTS

WRITE | SHARE | INSPIRE | MAKE AN IMPACT

LEGAL DISCLAIMER: The views and Opinions Expressed in Articles, Opinion Pieces, Columns, Interviews, or Other Content Published in Headlines Today are those of the Respective Authors or Contributors and do not Necessarily Reflect the Views or Editorial Policy of Headlines Today, its Publisher, or Management. Headlines Today is not Responsible for the Accuracy, Completeness, or Reliability of Content Sourced or Reproduced from News Agencies, Press Releases, Advertisers, or Other Third-Party Sources. Publication of Such Material Does not imply Endorsement. Advertisements, Sponsored Content, Paid Features, or Promotional Materials Displayed on this Website or Disseminated Through Affiliated Digital Platforms are Commercial Communications and Shall Not be Construed as Editorial Content or Endorsement by Headlines Today. All Content is Published in Good Faith for Informational Purposes Only. Readers are Advised to Exercise Discretion and Independently Verify Information. Headlines Today. All Rights Reserved. Content is Protected Under the Copyright Act, 1957. Unauthorized Use is Prohibited. All disputes shall be subject to the Exclusive Jurisdiction of the Competent Courts in J&K.