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TODAY
Voice To The Voiceless



P:12 **Saptak Talwar leads strong field as Rs 1 crore Bengaluru Open tees off at KGA**

HT BRIEFLY

Six Detained After R.S. Pura Village Clash Over Woman's Death; Police Begin Legal Action

HT NEWS DESK / AGENCIES

JAMMU, SEP 22: Police have detained six people, including the husband and mother-in-law of a woman whose death triggered tension and a clash in Sai Sardari village of R.S. Pura, and initiated legal action following Monday's violence.

The woman, identified as 38-year-old Sushma Devi, died under suspicious circumstances on Sunday evening. Her body was shifted to Government Medical College Jammu for post-mortem examination. Tension escalated on Monday after members of her maternal family alleged foul play and demanded action against her husband and in-laws. They also alleged that she had faced harassment and physical abuse after her marriage. The allegations are part of the ongoing investigation.

>>> **MORE ON P 02**

J&K Assembly passes Cooperative Societies Amendment Bill, 2026

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 22: The Jammu and Kashmir Legislative Assembly on Tuesday passed the Jammu and Kashmir Cooperative Societies (Amendment) Bill, 2026, providing for the repeal of the Jammu and Kashmir Self-Reliant Cooperative Act, 1999 and a transitional framework for self-reliant cooperative societies. The bill, L.A. Bill No. 9 of 2026, was passed after detailed discussion and deliberations by members of the House.

>>> **MORE ON P 02**

Cyber Scammers Use Fake Apple Alerts to Steal Device Passcodes, Passwords and 2FA Codes

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 22: Cyber scammers are using fake Apple-branded messages claiming that a lost device has been located to trick users into surrendering sensitive information such as device passcodes, Apple ID passwords and two-factor authentication (2FA) codes.

According to an awareness advisory issued by the Indian Cyber Crime Coordination Centre (I4C) through Cyber Dost, scammers send messages such as "Your device has been found" and direct recipients to fake Apple-branded links that purportedly show

>>> **MORE ON P 02**

Srinagar Police Crack Theft Case, Recover Five Stolen Batteries

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 22: Police Station Shaheed Gunj has cracked a theft case by arresting an accused and recovering five stolen batteries during investigation, police said.

The case was registered as FIR No. 84/2026 under Section 303(2) of the Bharatiya Nyaya Sanhita (BNS). Police identified the arrested accused as Umer Shafi Khan, a resident of Maisuma. During the investigation, five

>>> **MORE ON P 02**

Two Non-Locals Arrested With 21 Liquor Bottles in Anantnag

HT NEWS DESK / AGENCIES

ANANTNAG, SEP 22: Anantnag Police arrested two non-local persons and seized 21 liquor bottles during naka checking at Bondialgam Crossing by Police Post Dialgam, officials said.

Police said the duo was apprehended during the checking operation and the liquor bottles were seized from their possession. A case under FIR No. 320/2026 under Section 48(a) of the Excise Act has been registered at Police Station Anantnag, and

>>> **MORE ON P 02**

"Technology Must Remain Humanity's Servant, Never Its Master": LG Sinha

LG inaugurates new facilities at University of Jammu, urges students to combine AI, creativity, empathy and values



HT NEWS NETWORK

JAMMU, SEPTEMBER 22: Lieutenant Governor Manoj Sinha on Tuesday inaugurated a modern sports complex, shooting range, high-mast lights for the cricket stadium and Tawi Guest House complex at the University

of Jammu, developed at a cost of nearly 10 crore. Addressing students and faculty, the Lieutenant Governor said the age of artificial intelligence demands lifelong learning, creativity, empathy, reasoning and strong values, stressing that decisions affecting human dignity, livelihood, health, education

and freedom must remain the responsibility of accountable human beings.

The Lieutenant Governor, Shri Manoj Sinha today inaugurated a series of new facilities at the University of Jammu. The inauguration included a modern sports complex, a shooting range, high-mast lights for the cricket stadium and the Tawi Guest House complex, developed at a cost of nearly Rs. 10 Crore. These facilities, the Lieutenant Governor noted, will empower the University's athletes, scholars, and visitors, strengthening its role as a hub of excellence in the Union Territory.

Congratulating the Vice-Chancellor and stakeholders, the Lieutenant Governor emphasized that while infrastructure is important, the true transformation of an institution lies in the values, ideas, and innovations nurtured

>>> **MORE ON P 02**

National Film Awards to Move Beyond the Red Carpet to India's Top Tourist Destinations

Vaishnav invites States to propose iconic destinations for future awards, with focus on tourism and 360-degree development



HT NEWS DESK / AGENCIES

NEW DELHI, Sep 26: Union Minister for Information and Broadcasting Ashwini Vaishnav announced that the National Film Awards will be taken to some of India's leading tourist destinations, in line with Prime Minister Narendra

Modi's vision of taking major national events beyond conventional venues. Inviting States to submit proposals for their best tourism destinations, Vaishnav said the selected destination would host a subsequent National Film Awards ceremony, with proposals expected to include world-class facilities and a 360-degree development plan. He said the initiative would bring film and tourism closer together while giving people across the country an opportunity to discover and experience prominent destinations.

Union Minister for Information and Broadcasting, Ashwini Vaishnav, today said that the National Film Awards are being taken to the country's best tourist

>>> **MORE ON P 02**

KTMF Delegation Raises Traffic, Parking and Policing Issues with IGP Kashmir

IGP Sujit Kumar Singh assures traders of district-level follow-up and redressal



HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 22: A delegation of the Kashmir Traders & Manufacturers Federation, led by President Mohammad Yaseen Khan, met newly appointed IGP Kashmir Sujit Kumar Singh and discussed traffic management, parking, policing, commercial vehicle movement and other issues

affecting traders across the Valley. The IGP gave a patient hearing to the delegation and issued directions in several matters, while directing concerned District SSPs to examine and address local issues; the delegation also raised the demand for a fire station near Jamia Masjid Srinagar and improved parking facilities in Downtown.

>>> **MORE ON P 02**

Chattergam Chinar Around 650 Years Old, Among Asia's Oldest: Government

Protection measures include fencing of root zone and prohibition on unauthorised cutting or damage

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 22: The Jammu and Kashmir Government has stated that the historic Chattergam Chinar in Budgam is around 650 years old and among the oldest Chinar trees in Asia, with measures underway for its protection and preservation. In a written reply in the Legislative Assembly, the Government said cutting even a branch without prior permission is prohibited, while damaging the bark or roots and hammering signboards or nails into trees is also barred; it added that 709 Chinar saplings

have been planted in departmental gardens and parks and 7,134 distributed free of cost during the past three years.

The Jammu and Kashmir government has said that the Chinar tree at Chattergam in Budgam is around 650 years old and is among the oldest Chinar trees in Asia, while outlining various measures being taken for its protection and preservation.

In a written reply to an unstarred question raised by MLA Aga Syed Muntazir Mehdi in the Legislative Assembly, the Forest, Ecology and Environment Department said that some of the

older or dried branches of the Chattergam Chinar have naturally fallen off, while the remaining portion of the tree is green.

The department, as reported by the news agency—Kashmir News Observer (KNO), said protection measures for the heritage tree include installation of iron fencing around its critical root zone to prevent soil compaction and root suffocation and help avoid traffic in the area.

Regarding the decline in Chinar trees in Kashmir, the government said the reasons include natural senescence or ageing, pest and disease attacks, cutting of Chinars for developmental

activities across the Union Territory, shrinking land and a burgeoning population.

It said several measures have been put in place for the protection and preservation of Chinar trees, including a prohibition on cutting even a branch without prior permission from the local administration as per the standing rules.

The government further said that carving nails, hammering signboards, or damaging the bark or roots of Chinar trees is prohibited, and action is taken against violators.

>>> **MORE ON P 02**

HT BOTTOM NEWS

Fresh Snowfall Covers Gulmarg's Upper Reaches as Jammu Records 33.9°C

Gulmarg records 21.2°C maximum and 7.5°C minimum; Srinagar temperature settles at 30.3°C

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 22: Upper



reaches of Gulmarg, including Affarwat and surrounding peaks, received fresh snowfall on Tuesday as weather

conditions changed across the higher reaches of Kashmir. According to the India Meteorological Department,

Gulmarg recorded 3.4 mm rainfall during the day, while the maximum temperature in Srinagar settled at

30.3°C and Jammu recorded the highest maximum among the listed stations at 33.9°C; Pahalgam recorded 24°C, Kupwara 30.2°C, Qazigund 29°C and Kukernag 27.4°C. Upper reaches of Gulmarg, including Affarwat and surrounding peaks received fresh snowfall on Tuesday.

An official told the news agency—Kashmir News Observer (KNO) the fresh snowfall covered the upper slopes of the popular ski resort as weather conditions changed in the higher reaches of the Kashmir Valley.

According to the India Meteorological Department's daily weather bulletin, Gulmarg

>>> **MORE ON P 02**

SMC Sterilised 15,266 Stray Dogs, Vaccinated 15,725 Against Rabies

2023 survey estimated Srinagar's stray dog population at 64,416; Government plans expanded ABC infrastructure



HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 22: The Srinagar Municipal Corporation sterilised 15,266 stray dogs and immunised 15,725 against rabies between

June 2023 and September 2025, the Government informed the Legislative Assembly, citing a 2023 scientific survey that estimated Srinagar's stray dog population at approximately 64,416. The

>>> **MORE ON P 02**

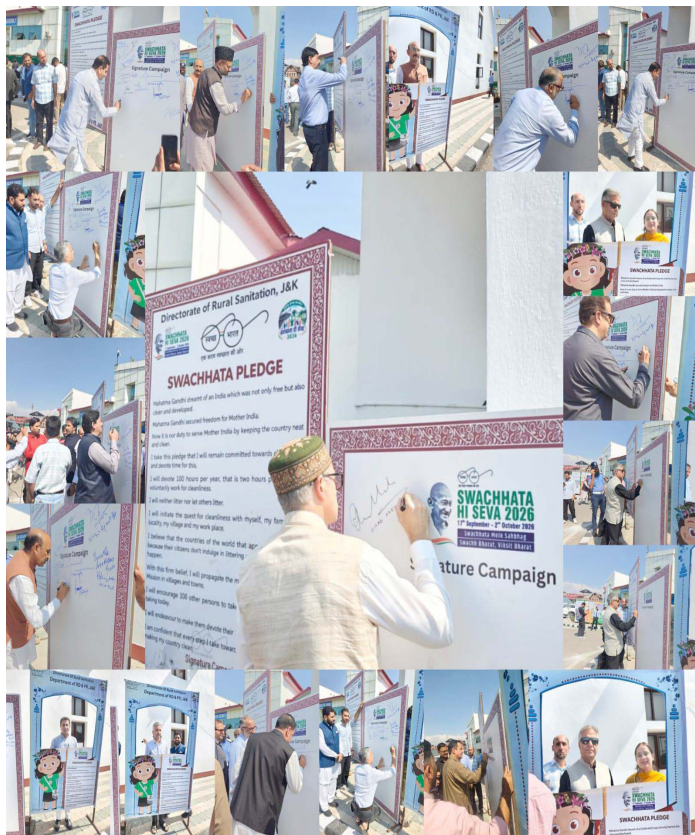
J&K Assembly holds Swachhata Hi Seva 2026 campaign; CM, Ministers, Legislators take cleanliness pledge

■ HT News Network

SRINAGAR, SEPTEMBER 22: As part of the ongoing Swachhata Hi Seva (SHS) 2026 campaign, a special Swachhata Signature and Pledge campaign was organised at the Jammu and Kashmir Legislative Assembly Complex, Srinagar, today, with the elected representatives and members of the House joining together to reaffirm the message of cleanliness, collective responsibility and sustained public participation.

Chief Minister Omar Abdullah, along with Ministers, legislators and other dignitaries, participated in the campaign and joined the signature initiative, reaffirming the importance of making Swachhata a shared responsibility and an integral part of everyday life.

The initiative is part of the nationwide SHS 2026 campaign, being observed from 17 September to 02 October 2026 under the theme "Swachhata Mein Sahbhag; Swachh Bharat, Viksit Bharat." The campaign places emphasis on Jan Bhagidari, transformation of Cleanliness Target



Units and public places, youth engagement, sanitation-worker welfare, source segregation and Waste-to-Wealth initiatives.

The participation of the elected representatives at the Legislative Assembly provided a strong platform for reinforcing the message that cleanliness transcends the institutional boundaries and requires sustained involvement of citizens, communities and public representatives. The campaign also encourages the Members of the Legislative Assembly to carry the message of Swachhata to their respective constituencies and promote community participation in cleanliness drives, responsible waste management, source segregation and other sanitation-related initiatives.

The Directorate of Rural Sanitation has been coordinating the UT-wide SHS 2026 campaign, which was formally launched at Block Khonmoh, Srinagar, on September 17.

At the launch, Director General Rural Sanitation Anoo Malhotra called for transforming cleanliness from a time-bound campaign into a sustained

habit and emphasised that Swachhata should have no defined beginning or end.

The Legislative Assembly campaign further strengthened this message by bringing the principles of Jan Bhagidari, collective action and behavioural change into the highest democratic forum of the Union Territory. The SHS 2026 campaign will continue with a range of activities across Jammu & Kashmir, focusing on visible cleanliness outcomes, citizen participation, youth engagement, sanitation-worker welfare, waste management and sustained behavioural change.

"Swachhata Mein Sahbhag; Swachh Bharat, Viksit Bharat" continues to guide the campaign, with the collective participation of institutions, elected representatives and citizens at the heart of the movement. "Swachhata Mein Sahbhag; Swachh Bharat, Viksit Bharat" continues to guide the campaign, with the collective participation of institutions, elected representatives and citizens at the heart of the movement.

Autumn Session 2026 Govt moves resolution seeking TET exemption

■ HT News Network

S R I N A G A R ,

SEPTEMBER 22: Minister for School Education, Sakeenatoo, today moved a Resolution in the Jammu and Kashmir Legislative Assembly seeking amendments to the Right to Education Act to exempt teachers appointed before October 31, 2019, from appearing in the Teacher Eligibility Test (TET). "This House unanimously urges the Union Government to make necessary statutory amendment to Section 23 of the Right of Children to Free and Compulsory Education (RTE) Act, 2009, to exempt all teachers appointed before October 31, 2019 from appearing in the TET," reads the resolution moved in the House.

"The House further urges the Union Government to take all necessary legal steps and issue the requisite Notification through the National Council for Teacher Education (NCTE) for exemption of Teacher Eligibility Test (TET)," it reads further.

Legislators Balwant Singh Mankotia, Ranbir Singh Pathania, Waheed Ur Rehman Para and Khurshid Ahmad Sheikh participated in the discussion and spoke on the various aspects of the resolution.

The debate on the Resolution will continue the next working day of Assembly.

Wide network of Fair Price Shops established across J&K: Satish Sharma

■ HT News Network

Minister for Food, Civil Supplies and Consumer Affairs, Transport, Science and Technology, Information Technology, Youth Services and Sports, and ARI and Trainings Satish Sharma informed the House that the Department of FCS&CA has established a wide network of Fair Price Shops across Jammu and Kashmir.

The Minister was replying to a question raised by Legislator Hasnain Masoodi in the Legislative Assembly.

The Minister informed that the criteria for establishment of Fair Price Shops (FPS) are laid down in S.O. 41 dated 19.01.2023. He said that in Pampore Assembly Constituency, presently, there are no uncovered areas.

Giving the category-wise position of ration cards and beneficiaries in Pampore Constituency, he said there are 2,679 ration cards covering 10,163 souls under AAY, 15,470 ration cards covering 67,157 souls under PHH and 9,776 ration cards covering 40,457 souls under NPHH.

The Minister said that the department is examining the requirement for opening of new Fair Price Shops in the Union Territory along with rationalization of existing entities with reference to viability, number of ration cards tagged, geographical accessibility and adequate coverage in remote and tribal areas.

In the meantime, the Government of India has launched the umbrella scheme SARTHAK-PDS, subsuming assistance for intra-state movement, handling and FPS dealers' margin and technology reforms under SMART-PDS, the Minister informed.



Yash Paul Bourney Sworn in as Judge of the High Court of J&K and Ladakh

■ HT News Network

SRINAGAR, SEPTEMBER 22: Senior Judicial Officer, Yash Paul Bourney was sworn in as the Judge of the High Court of Jammu & Kashmir and Ladakh at a solemn ceremony held in the Chief Justice's Court at the Srinagar Wing of the High Court on Tuesday. Dr. Justice Pushpendra Singh Bhati, Chief Justice of the High Court of Jammu & Kashmir and Ladakh, administered the oath of office to Justice Yash Paul Bourney. The Warrant of Appointment was read out by M. K. Sharma, Registrar General, High Court of J&K and Ladakh, who also conducted the proceedings of the ceremony. The ceremony was graced by Justice Rajnesh Oswal, Justice Mohd. Akram Chowdhary, Justice Wasim Sadiq Nargal, Justice Rajesh Sekhri, Justice Mohd. Yousuf Wani and Justice Sanjay Parihar. Justice



Sanjeev Kumar, Justice Sindhu Sharma, Justice Sanjay Dhar, Justice Rahul Bharti, Justice Moksha Khajuria Kazmi and Justice Shahzad Azeem joined the ceremony through virtual mode from Jammu wing of the High Court. The family members, close relatives and friends of Justice Yash Paul Bourney were also present on the occasion, lending special significance to the ceremony.

Among other dignitaries present were Mir Syed Latif, Judicial Member (HOD) of the Central Administrative Tribunal, Srinagar Bench, Shaleen Kabra, Additional Chief Secretary, M.K.

Sinha, ADGP CID, Achal Sethi, Commissioner Secretary Law, Justice and Parliamentary Affairs; Divisional Commissioner, Kashmir, IGP Kashmir, IGP Security, Senior Advocates; Executive Members of the Kashmir Advocates' Association and officers of the High Court Bar Association, Jammu; Law Officers; Judicial Officers; and officers of the High Court Registry. The Ministry of Law and Justice, Government of India, issued the notification appointing Justice Yash Paul Bourney as the Judge of the High Court of Jammu & Kashmir and Ladakh on September 19, 2026.

Twin trainings sanctioned to revive Kashmir pottery & copperware

CDI, Dept's specialised institution, to implement both programmes at a cost of 14.90 lakh for Baramulla, Srinagar distts

■ HT News Network

SRINAGAR, SEPTEMBER 22: In a bid to revive the crafts of Glazed Pottery and Copperware in Kashmir, the Union Ministry of Textiles has sanctioned two training programmes under the Guru Shishya Hastshilp component of the flagship National Handicrafts Development Programme (NHDP).

An amount of 14.90 lakh has been sanctioned in favour of Craft Development Institute (CDI) Srinagar for conducting the twin trainings. In a press release issued here today, a spokesman of the Handicrafts and Handloom Department, Kashmir, stated that the office of Development Commissioner (Handicrafts) acceded to the department's proposal for customised training to revive the fading crafts. "Each



programme will be of a duration of two months wherein skill of 30 artisans each would be upgraded under the guidance of master craftsmen," he added.

Glazed pottery was once used for household vessels, decorative tiles, kangris and ceremonial items. Over recent decades, it has been overshadowed by cheaper plastic, aluminium and machine-made ware, leaving only a small number of remaining artisans.

On the other hand,

Copperware, or Kandkaari, which is amongst Kashmir's oldest metal crafts and closely associated with Shehr-e-Khaas, has come under intense pressure from cheap imitations and shrinking artisan base.

The spokesman stated that 7.45 lakh each have been sanctioned by the Textiles Ministry for training in Glazed Pottery in clusters of Baramulla district and Copperware in district Srinagar. "The trainings have been designed in such a way that it takes care of wage.

Maharaja Ji's Holiday Will Not Be Cancelled, Focus on Daily Wagers & Power Bills: Devyani Rana to Elected Govt

■ HT News Network

SRINAGAR, September 22, 2026: MLA Nagrota Devyani Rana today strongly condemned the attempt to raise the issue of cancelling the public holiday on the birth anniversary of Maharaja Hari Singh Ji in the Jammu and Kashmir Legislative Assembly. She said that any move to undo the holiday, along with the suggestions being floated by the elected government for the balkanization of the Jammu Division, is an affront to the sentiments, history and identity of the people of Jammu and Kashmir and will not be allowed to succeed.

Recalling the background of the holiday, Devyani Rana said that in 2022, Late Devender Singh Rana Sahab took up the long-pending demand of the people with Hon'ble Lieutenant Governor Sh. Manoj Sinha Ji, who approved the holiday in recognition of Maharaja Hari Singh Ji's towering contribution to Jammu and Kashmir. "This holiday is the fulfilment



of a genuine and emotional demand of lakhs of people of Jammu and Kashmir. Maharaja Ji's holiday will not be cancelled," she asserted. Devyani Rana said that instead of addressing the real and pressing issues of the people, the government has chosen to indulge in petty politics because it can no longer deliver on the promises it made to the public. She pointed out that the

demands of daily wagers for regularisation remain unaddressed, and SCARD depositors continue to wait for the return of their hard-earned money. She also demanded that the government announce bijli byaaz maafi, a waiver of interest on pending electricity dues, to relieve ordinary households struggling under mounting power bills. "People voted for solutions,

not for divisive distractions," she said.

She further stated that all the departments concerned with these issues fall squarely under the purview of the elected government, leaving no room for excuses. "The government has the concerned departments, the mandate and the responsibility. Yet it is manufacturing inertia for no reason and trying to shift the public's attention to emotive issues to hide its own failures," she remarked. Calling for a serious and responsible approach to governance, Devyani Rana urged the government to undertake better financial management in line with the needs of the Union Territory, so that development can be delivered to the public systematically and in a time-bound manner. She said that the people of Jammu and Kashmir, deserve a government that works on their concerns rather than one that attacks their heritage, culture and sentiments in the garb of politics.

DLSA Budgam conducts extensive Legal Awareness, Door-to-Door Outreach Programmes

■ HT News Network

BUDGAM, SEPTEMBER 22: District Legal Services Authority (DLSA), Budgam, continued its extensive legal awareness and outreach activities across various areas of District Budgam during September 2026.

As per the scheduled roster, Para Legal Volunteers (PLVs) associated with various Legal Aid Clinics and Legal Literacy Clubs conducted door-to-door awareness programmes, awareness sessions and public outreach activities to sensitise the general public about their legal rights, access to justice and the availability of free legal aid services.

The awareness programmes covered areas including Budgam, Soibugh, Beerwah, Khanshab, Charar-i-Sharif, Ichgam, Magam, Pakherpora and other adjoining areas.

During these programmes the public was sensitised about the functioning of the Legal Services Authorities and the procedure for obtaining free legal aid, legal advice, counselling and other legal services. Awareness was also created regarding various schemes of NALSA and government welfare schemes, including JAGRITI, DAWN, PM Vishwakarma Scheme, Pradhan Mantri Fasal Bima Yojana (PMFBY), National Lok Adalat and other welfare and social-security schemes. Special emphasis was laid on legal rights

and protection available to women, children, senior citizens and other vulnerable and marginalised sections of society. The PLVs also provided information regarding legal procedures for accessing government schemes and legal remedies. On Legal Literacy Day, extensive door-to-door awareness programmes were conducted in several areas. The public was sensitised about the importance of legal literacy, free legal aid, access to justice and various legal and welfare services. Awareness programmes were also conducted at educational institutions, including schools, where students and staff were sensitised regarding important legal provisions and schemes, particularly the Protection of Children from Sexual Offences (POCSO) Act, provisions relating to Domestic Violence, protection of senior citizens and other relevant legal rights and remedies.

During the outreach activities, PLVs also attended to specific legal concerns reported by members of the public. These included guidance in relation to a cheque-bounce matter and a Domestic Violence Act-related matter, while persons requiring further legal assistance were informed about the availability of assistance through the Legal Services Authorities and concerned Legal Aid Clinics.

The programmes witnessed substantial interaction with members of the public.

Autumn Session 2026

Legislators raise issues of connectivity, rehabilitation, education, agriculture during Zero Hour

■ HT News Network

SRINAGAR, SEPTEMBER 22: Members of the Jammu and Kashmir Legislative Assembly today raised a wide range of public issues during Zero Hour, drawing the Government's attention to concerns relating to water supply, road connectivity, agriculture, education, healthcare, disaster relief, civic amenities and infrastructure across the Union Territory.

MLA Langate Khursheed Ahmad Sheikh raised the urgent issue of bringing back the mortal remains of a student from his constituency who died in Chandigarh, urging the authorities to expedite the process. MLA Handwara Sajad Gani Lone supported the demand and sought Government facilitation.

Responding to the issue, Minister Javid Ahmad Dar said that immediately after receiving information about the matter, he had contacted senior officers there and provided them with all necessary details. He said the authorities were in touch and expressed hope that the mortal remains would be brought back at the earliest without any further delay.

Raising the issue of pending Jal Jeevan Mission (JJM) works, MLA Trehgam Mir Saifullah and Sajad Gani Lone sought

early resumption of the stalled works, pointing out that the matter had been referred to a House Committee and its report had remained pending for nearly two years. They urged that an early decision be taken in the larger public interest so that people awaiting water supply facilities, as well as contractors associated with the works, are provided relief. MLA Udhampur West, Pawan Kumar Gupta also highlighted pending payments under JJM and urged that the matter be taken up with the Government of India. He further sought rationalisation of staff of the Jal Shakti Department in Reasi and Udhampur districts for efficient functioning of water supply schemes.

MLA Lolab Qaysar Jamshaid Lone flagged the deteriorating condition of water sources, including drying up of wells, and sought early commissioning of water supply schemes nearing completion. Road connectivity and infrastructure also figured prominently during Zero Hour. MLA Chenani, Balwant Singh Mankotia drew attention to the dilapidated condition of PMGSY roads across J&K and the alleged lack of proper maintenance despite availability of funds from the Government of India.

MLA Bandipora, Nizam-Ud-din Bhat raised issues concerning PMGSY road



connectivity in tribal areas besides highlighting the issue of Sumbal-Bandipora Road.

MLA Poonch Haveli, Aijaz Jan sought protection works against recurring floods to safeguard vulnerable houses and demanded restoration of damaged public infrastructure.

MLA Ramban, Arjun Singh Raju also raised concerns regarding infrastructure and emerging requirements linked to education and employment. He also stressed the need to improve the employability of students and align traditional courses offered by

educational institutions with emerging employment opportunities

Members also highlighted disaster-related losses and the need for adequate compensation. MLARajouri, Iftikar Ahmed sought enhancement of compensation for families in Poonch and Rajouri whose houses were damaged during floods. Similarly, MLA Beerwah Shafi Ahmad Wani demanded adequate compensation for farmers affected by hailstorms in the Beerwah constituency.

MLA Kulgam Mohammad Yousuf Rather (Tarigami) raised the issue of weather-based crop insurance scheme. He also called for a comprehensive scheme for promotion and protection of saffron cultivation across J&K and urged the Government to ensure stringent quality checks on pesticides, in view of concerns raised regarding their possible harmful effects. Additionally, MLARajpora Ghulam Mohiuddin Mir sought a comprehensive survey to assess crop losses suffered by farmers due to recent rains.

On education and youth-related concerns, MLA Inderwal, Pyare Lal demanded upgradation of High Schools to Higher Secondary Schools in his constituency, stating that students are required to travel long distances for higher secondary education.

DC Budgam reviews physical, financial progress under District Capex

Directs expedited tendering, time-bound execution of development works

■ HT News Network

BUDGAM, SEPTEMBER 22: Deputy Commissioner (DC) Budgam, Athar Aamir Khan, today chaired a meeting to review the physical and financial progress of works approved under the District Capex 2026-27.

At the outset, the Deputy Commissioner conducted a detailed department-wise review of the progress of works being executed by various departments, including Rural Development Department (RDD), Public Works Department (PWD), Minor Irrigation, Youth Services and Sports, Health, Education, Jal Shakti, Ground Water, Power Development Department (PDD), JAKEDA and other concerned departments.

The DC directed all executing agencies to expedite the preparation and completion of estimates and ensure 100 percent tendering of approved works, so that projects are taken up for execution without delay.

He stressed the need for close monitoring of both physical and financial progress and directed the concerned officers to ensure timely and quality completion of works within the prescribed timelines. He also called for regular field inspections and effective supervision to identify and address any gaps or shortcomings



promptly. Emphasising the importance of achieving the prescribed physical and financial targets, the Deputy Commissioner directed officers to maintain close coordination among departments, accelerate the pace of execution and ensure adherence to approved timelines and quality standards. He further called upon the concerned officers to maintain continuous monitoring of ongoing projects and ensure that bottlenecks, if any, are resolved promptly for smooth and timely implementation of the District Capex programme.

The meeting was attended by Joint Director Planning, Chief Medical Officer, Chief Education Officer, Assistant Commissioner Panchayat, Executive Engineers of R&B, PDD and other engineering departments, Block Development Officers, Assistant Executive Engineers and other concerned officers.

DC Bandipora interacts with Students at Nathpora Middle School

Reviews preparations for Inter-District UT-Level Handball Competition

■ HT News Network

BANDIPORA, SEPTEMBER 22: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today visited Government Middle School, Nathpora, and interacted with students and staff, besides reviewing preparations for the upcoming Inter-District UT-Level Handball Competition at SK Stadium Bandipora.

During her interaction with the students, the Deputy Commissioner discussed career opportunities, nurturing hobbies and skills, newspaper reading, cleanliness and awareness. She encouraged students to cultivate reading habits, identify their interests and develop skills alongside academics.

On the occasion, the students expressed their willingness to participate in cleanliness drives in their respective areas and contribute towards taking forward the Swachhata 50-50 campaign. The Deputy Commissioner appreciated their enthusiasm and encouraged them to continue promoting cleanliness, waste segregation



and responsible waste management practices in their communities.

The DC informed that the District Administration Bandipora, in collaboration with the School Education Department and other concerned departments, would organise a Skill Development Camp at the school. The camp would focus on skill and capacity building and refresher courses for parents of school-going children.

During the interaction, the Deputy Commissioner also spoke to the students about the autumn or fall equinox, which will occur on September 23, explaining its significance and encouraging

them to remain curious about scientific and natural phenomena.

During the visit, the Deputy Commissioner also reviewed the preparations for the upcoming Inter-District UT-Level Handball Competition for U-14, U-17 and U-19 Boys, scheduled to be held from September 24 to October 2, 2026 at S.K Stadium, Bandipora. She took stock of the arrangements being put in place for the participating players, teams and officials and directed the concerned officers to ensure all necessary facilities and arrangements are put in place for the smooth conduct of the competition.

DC Kulgam reviews progress of Census 2027 of snow-bound areas

■ Farooq Rather



KULGAM, SEPTEMBER 22: Deputy Commissioner (DC) Kulgam, Shahzad Alam today reviewed the progress of Population Enumeration (PE) Phase-II of snow-bound areas of Devsar and D.H. Pora tehsils here in a meeting held at the Mini Secretariat, Kulgam.

The meeting discussed the progress of enumeration work and the status of coverage in the snow-bound areas. The concerned charge officers (Tehsildars) briefed the DC about the progress achieved on the ground by census staff.

The Deputy Commissioner stressed on the accuracy of census data collection as it is crucial for effective planning and formulation of policies and programmes. He emphasised adherence to the prescribed Census guidelines and accuracy at every stage of enumeration.

Enumerators and supervisors were directed to ensure timely completion of the remaining enumeration work and maintain close coordination for smooth execution of the Census process. He further directed the concerned charge officers to closely monitor the field-level progress.

On the occasion, enumerators and supervisors tasked with the census, flagged off various issues regarding the uploading of census operations on the designated app which were addressed by technical and census officers from the Directorate of Census Operations, Jammu and Kashmir and Ladakh.

Two State Cancer Institutes established in JK: Sakeena Itoo

■ HT News Network

Minister for Medical and Health Education, Sakeena Itoo today said that the Jammu and Kashmir government has constituted an Apex Committee to strengthen a coordinated and comprehensive response to the growing burden of cancer and to provide guidance and formulate measures for prevention, screening and treatment of the disease. Director, SKIMS has been designated as the Nodal Officer for the purpose.

The Minister was replying to a question raised by Mir Saifullah in the Legislative Assembly.

The Minister said that with the financial and technical support of the Government of India, Ministry of Health and Family Welfare, under the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD), the Government of Jammu and Kashmir has established two State Cancer Institutes, one at SKIMS, Soura and the other



at Government Medical College, Jammu.

She said these Institutes have been established with the objective of ensuring comprehensive and specialized cancer care, including diagnosis, treatment and other allied oncology services, thereby catering to the major cancer treatment requirements of the Union Territory.

The existing facilities are being strengthened from time to time in terms of infrastructure, equipment, human resources and specialized treatment services, as per the approved norms and availability of resources, she added.

The Minister informed the House that the Jammu & Kashmir administration is committed to ensure accessible, affordable and quality cancer-care services, particularly for economically vulnerable sections of society. Eligible cancer patients are being provided cashless/free treatment, as applicable, under the Ayushman Bharat scheme, in the empanelled government as well as private health institutions, in accordance with the prescribed eligibility criteria, treatment packages and guidelines under the scheme, she informed.

The Minister maintained that the benefits cover various diagnostic, therapeutic and hospitalization-related services included in the approved packages. In addition, poor and needy cancer patients are being extended financial assistance under the Cancer Treatment and Management Fund for Poor (CTMFP) scheme, subject to the prescribed eligibility criteria, applicable guidelines and availability of funds, she said.

CM Omar Abdullah presides over MoU signing between SKIMS and J&K Bank

MoU to expand healthcare access, financial services across J&K

■ HT News Network

SRINAGAR, SEPTEMBER 22: Chief Minister Omar Abdullah today witnessed the signing

of a Memorandum of Understanding (MoU) between Jammu & Kashmir Bank Ltd and Sher-i-Kashmir Institute of Medical Sciences (SKIMS), aimed at expanding healthcare access and strengthening institutional financial services

across Jammu and Kashmir. The MoU was signed by Director SKIMS Prof. Mohammad Ashraf Ganie on behalf of SKIMS and J&K Bank MD & CEO Amitava Chatterjee on behalf of J&K Bank Ltd. Minister for Health & Medical Education

Sakina Itoo, Advisor to the Chief Minister Nasir Aslam Wani among others, were present on the occasion. The agreement brings together the J&K's premier tertiary-care institution and its leading financial institution to facilitate.

Dr Owais Farooq shares Journey of Resilience, Education and Inclusion at Nun Chai Talks' 8th Episode

■ HT News Network

BANDIPORA, SEPTEMBER 22: The 8th episode of "Nun Chai Talks" was organised today by District Administration Bandipora at Mini Secretariat Bandipora, featuring an inspiring interaction with Dr Owais Farooq, who shared his personal journey, experiences in education and valuable insights on overcoming challenges, building confidence and creating opportunities for specially-abled persons.

During the interaction, Dr Owais spoke about his educational journey in Delhi and his association with the University of Delhi. He also shared his experience of working as an

Assistant Professor for several years and his continued engagement with schools and colleges, where he had been working towards creating awareness and contributing to the development of students.

The session was attended by several specially-abled participants, who actively shared their experiences, challenges and aspirations. They interacted with Dr Owais Farooq on issues related to education, accessibility, mobility, assistive technologies and opportunities for personal and professional growth, while highlighting the importance of greater inclusion, support and equal opportunities for specially-abled persons in society.



Reflecting on his early years, Dr Owais recalled his schooling at Garoora, Bandipora, and highlighted the important role played by parents in supporting children and helping them navigate challenges. He said that every big dream came with its share of difficulties and obstacles, and emphasised that mental strength helped individuals regain confidence and move forward in life.

Sharing his personal experiences, he said that after moving out of his hometown, he started using Braille and actively participated in competitions. He said that writing was his hobby and that he found solace in it, while reading remained an important tool for learning and

education continued to be a great asset throughout life.

Dr Owais also highlighted the importance of mobility improvement courses for specially-abled persons, besides stressing the crucial role of digital devices and assistive software applications in enabling specially-abled persons to learn, communicate and participate more effectively in education and society.

He emphasised the need for special educators in schools, observing that the right guidance at the right time could make a significant difference in a student's life. He encouraged the students to remain focused, not lose hope and continuously work towards

developing their abilities.

Interacting with the students, Dr Owais encouraged them to develop at least one skill that made them unique and urged them to identify their strengths and build upon them. He also assured the students of his continued support and encouraged them to approach him whenever they needed guidance or assistance.

The session provided the participants with an opportunity to draw inspiration from Dr Owais's journey and gain insights into the importance of perseverance, education, skill development and self-confidence in achieving their aspirations.



NIT Srinagar Inaugurates Advanced Observatory for Astronomy and Astrophysics'

14-inch Celestron telescope with advanced imaging systems to support astronomy learning, research and outreach

HT News Network

Srinagar, Sept. 22: The National Institute of Technology (NIT) Srinagar on Tuesday inaugurated its Observatory for Astronomy and Astrophysics (NSOAA), opening a new facility for observational astronomy, astrophysics research, student training and public outreach on the campus.

The observatory was inaugurated by Director NIT Srinagar Prof. Anurag Misra, Registrar, University of Kashmir Prof. Nasir Iqbal. The event was also attended by Dean R&C Prof. Roohi Naaz, Prof. GA Harmain, Head Physics, Prof. Prince Ahmad Ganai, senior faculty members, researchers and a large number of students.

The facility has been established around a 14-inch Celestron C14 EdgeHD aplanatic Schmidt-Cassegrain telescope, equipped with a computerised equatorial mount and advanced astronomical imaging systems.

The observatory includes planetary and cooled deep-sky cameras, LRGB filters, a 2.5x



Barlow lens and high-speed imaging capabilities, enabling observations and imaging of the Moon, planets, nebulae, star clusters and distant galaxies. The telescope provides flat-field, aberration-free images and is designed to support both planetary observation and astrophotography.

Speaking on the occasion, Director NIT Srinagar Prof. Anurag Misra appreciated the efforts of the faculty behind the initiative, and stated that observatory would strengthen the Institute's efforts to provide students with opportunities for experiential and interdisciplinary learning.

"An observatory of this nature creates a direct interface between classroom learning and scientific exploration. It will give our students an opportunity to observe, collect and analyse astronomical data while encouraging research, innovation and curiosity. We hope NSOAA will also strengthen NIT Srinagar's engagement with schools, colleges and scientific institutions across Jammu and Kashmir," Prof. Misra said.

KU's Registrar Prof. Nasir Iqbal said the facility represented an important step towards strengthening scientific learning and collaboration in the region.

He said modern scientific infrastructure can play an important role in encouraging young students to explore emerging areas of science and research, adding that astronomy

offers opportunities for collaboration across physics, engineering, computer science and other disciplines.

The observatory has been developed with scientific guidance and collaboration involving the Indian Institute of Astrophysics (IIA), Bengaluru. Dr Niruj Mohan Ramanujam of the IIA, who has expertise in astronomy education, science communication and public outreach, has been associated with the initiative as an advisor and collaborator.

The project also received technical inputs, discussions and guidance from young entrepreneur Murtaza Khan during the development of the facility.

Dr. Niruj Mohan Ramanujam (IIA), Bengaluru, joined the inauguration programme virtually. He is associated with NSOAA as an advisor and collaborator and brings expertise in astronomy education, science communication and public outreach.

Dr. Ramanujam said the establishment of the observatory could help make astronomy more accessible to students and the wider community.

Millet for One Health: SKUAST-K, SKIMS and Kheti Virasat Mission Hold National Seminar

HT News Network

Shalimar, September 22: The Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir



(SKUAST-K), in collaboration with the Sher-i-Kashmir Institute of Medical Sciences (SKIMS) and Kheti Virasat Mission (KVM), organised a National Seminar on "Millets for One Health: Building Healthy Ecosystems, Climate-Resilient Agriculture & Sustainable Food Systems" at the Shalimar Convention Centre.

The seminar brought together 755 participants, including around 350 farmers and FPO members from different districts of Jammu and Kashmir, besides scientists, medical professionals, faculty, students, entrepreneurs and policymakers. The deliberations covered the role of millets in food systems, climate-resilient agriculture, food safety, ecological farming and livelihoods.

Padma Shri awardee Dr. Khader Vali, popularly known as the "Million Man of India", was the Chief Guest. He highlighted the nutritional and ecological significance of traditional grains and stressed the need to increase awareness and consumption of millet-based diets.

Addressing the gathering, Vice Chancellor SKUAST-K Prof. Nazir Ahmad Ganai highlighted the University's approach of linking

research, education, extension and entrepreneurship to address emerging challenges. He also outlined SKUAST-K initiatives in One Health, natural and organic farming, herbal resources and sustainable agriculture, including

efforts towards a Centre of Excellence on One Health and herbs. He called for greater use of biopesticides, bio-based technologies and Artificial Intelligence in agriculture.

Prof. M. Ashraf Ganie, Director, SKIMS and Ex-Officio Secretary to the Government, highlighted the need for closer institutional collaboration between agricultural and medical institutions in addressing food and health concerns.

Speaking on regulation and standards, Shri Khalid Jahangir, JKAS, Commissioner, Food & Drug Administration, J&K, stressed the importance of maintaining quality and safety across the food chain, from production and processing to consumption. Prof. Fazlul Qadir Parry, Dean, Medical Faculty, SKIMS and Principal, SKIMS Medical College, Baramulla, emphasised the importance of creating awareness about nutritious traditional foods and healthy dietary practices among the younger generation. From the ecological agriculture perspective, Shri Umendra Dutt, Executive Director, Kheti Virasat Mission, highlighted soil health, biodiversity and conservation of traditional agricultural knowledge.

Sopore Law College Hosts Inter-Semester Seminar on 'Changing Society, Changing Law'

HT News Network

Sopore, 22 Sept (HT) Sopore Law College organised an academic Inter-Semester Seminar titled "Changing Society, Changing Law: Reimagining the Legal System" on its campus, bringing together students and faculty for an intensive exchange on emerging legal paradigms. The seminar provided a vibrant academic platform for law students to critically examine evolving social realities and deliberate on the corresponding legislative and judicial reforms needed within contemporary legal frameworks.



Organised under the leadership of Chairperson Ms. Maryam Bacha, Vice Chairperson Ms. Tamkeena Bacha, Trustee Mr. Javaid Ahmad Bhat, and Principal Mr. Sheikh Mohammad Ishaq, the proceedings were coordinated by Ms. Aafiya Kirmani. The academic sessions

were chaired by Vice Chairperson Ms. Tamkeena Bacha and Principal Mr. Sheikh Mohammad Ishaq. During the technical presentations, participating students delivered structured, multimedia-backed paper presentations. The participants articulated nuanced insights into social change, modern jurisprudence, statutory limitations, and systemic reforms required to keep the legal apparatus aligned with societal needs. The presentations were rigorously evaluated by an expert panel of jury members comprising Ms. Seeba, Ms. Tabasum, and Mr. Umar Rashid.

PCCF felicitates School Children for Forest Photography Competition

HT News Network

SRINAGAR, SEPTEMBER 22: Principal Chief Conservator Forests (PCCF)/ Head of Forest Force (HoFF), J&K, Sarvesh Rai, felicitated the participants of Forest Photography Competition organized by the Balwan Block of S Park Range of Urban Forestry Division, Srinagar. The event was attended by Conservator of Forests, Srinagar Circle, Divisional Forest Officer, Urban Forestry Division Srinagar, Divisional Forest Officer, Planning & Publicity/ Statistics Division Srinagar and other officers. Launched by the J&K Forest Department, the initiative aims at fostering interest among school going children to delve into soaring environmental concerns and inculcate

in them a passion of plantation and preservation of forest trees as an objective to contribute to sustenance of better and healthy forest ecosystem.

The competition witnessed alacrity participation from the Students of various schools across Srinagar and top honors were awarded to four students for exceptional forest paintings besides all others were felicitated with certificates of participation. Speaking at the event, the PCCF emphasized that the participating students are future ambassadors of forest conservation and such participation reflects their unabating interest in conserving biodiversity for sustainable development. He further appreciated the participants for their interest and contribution.

Students Enjoy Cultural Event on "Heritage, Cleanliness and Development" at GHSS Pattan

GULFAM BARJI

Pattan/September: 22 As part of the ongoing nationwide Swachhata Hi Seva 2026 campaign a cultural programme featuring a short play titled "Virsa, Safai Te Tarakki" (Heritage, Cleanliness and Development) was organised at Govt. Higher Secondary School Pattan by Kashur Foundation Pattan. The programme was organised in collaboration with the Sangeet Natak Akademi (SNA) New Delhi and the Ministry of Culture, Govt. of India with the objective of spreading awareness about cleanliness, development and preservation of cultural heritage through music, dance and theatre. School



Principal Faheem Fayaz attended the programme as the chief guest while Rahi Nisar was present as the guest of honour. The play received an enthusiastic

response from the students and teaching staff who appreciated the artists for effectively conveying messages related to cleanliness, cultural

preservation and development.

Speaking on the occasion, Principal Faheem Fayaz thanked the Ministry of Culture and SNA for supporting such cultural initiatives. He also appreciated the efforts of Manzoor Ahmad Mir, Director Kashur Foundation and expressed the desire to host more such programmes in the institution. During the programme students who had presented a skit titled "Social Media Ek Nasha" on Teachers' Day, September 5, 2026, were also felicitated by Kashur Foundation in recognition of their creative efforts and contribution towards social awareness. The artists who performed in the short play included Mudassir Ahmad Khan.,

CUKashmir, Schumacher Society starts training prog on women's leadership

HT News Network

Ganderbal, Sept 22: Central University of Kashmir (CUKashmir), in collaboration with the Schumacher Society, New Delhi, began a three-day training programme on "Women's Leadership: Build Leadership - Acquire Skills, Overcome Challenges" at Tulmulla Campus here on Tuesday.

The programme, according to the organizers, aims to strengthen the leadership skills of women and help them develop the confidence and capacity to take up greater responsibilities in their organizations and communities.

Addressing the participants comprising faculty members, scholars and students, Dean Academic Affairs, Prof. Shahid Rasool, emphasized the need for greater representation of women in leadership and decision-making.



He said that while men and women were equal, their representation in different spheres was not always equal. He noted that women were contributing actively in different areas, but their representation and recognition did not always correspond to their contribution. He stressed the importance of ensuring equality and fairness at different levels and said that women's leadership should not be limited to any particular sector.

Speaking on the occasion, Registrar, Dr. Nisar Ahmad Mir, said the leadership programmes were important because societies were constantly changing and needed people who could act as agents of positive change. He called for greater introspection on the reasons for the limited participation of women in leadership positions and said that women needed to believe in themselves, acquire knowledge and come forward to participate actively.

"Believe in yourself, learn and then again participate," Dr. Mir told the participants, urging them to make full use of the opportunity provided by the training programme.

Chairman, Schumacher Society, New Delhi, Prof. D.K. Giri spoke on the concept of leadership and the need to understand leadership as a means of bringing about positive change. He highlighted the changing nature of society and the importance of developing individuals who can respond to such changes and guide others. He said that leadership was not simply about holding a position but about developing the ability to influence, inspire and work with others to bring meaningful change.

Director, Schumacher Society, New Delhi, Dr. Susan Cherian, highlighted the importance of developing women leaders who could understand the challenges before them and work towards overcoming these challenges.

Stronger support ecosystem to promote women-led rural enterprises: Dr Rajeshwari

Three-Day National Consultative workshop on SHE-LiFE begins in Srinagar Programmes

HT News Network

SRINAGAR, SEPTEMBER 22: Director Rural Livelihoods-I, DAY-NRLM, Ministry of Rural Development, Government of India, Dr. Rajeshwari S.M. on Tuesday said that the Mission is building a robust entrepreneurial ecosystem to enable rural women to move beyond subsistence livelihoods and emerge as confident business owners.

She was addressing the inaugural session of a three-day National Consultative Workshop on SHE-LiFE—Self-Help Entrepreneurs in Livestock and Farm Enterprises, at the Sher-i-Kashmir International Convention Centre (SKICC), Srinagar.

Hosted by the Jammu and Kashmir Rural Livelihoods Mission

(JKRLM) under DAY-NRLM, the workshop brings together NRLM officers, representatives of State Rural Livelihoods Missions from 28 States, members of the National Mission Management Unit and other stakeholders. The participants will deliberate on and contribute to the formulation of guidelines for promoting women-led livestock and farm enterprises across rural India.

Highlighting the scale and achievements of DAY-NRLM, Dr. Rajeshwari S.M. said that 10.05 crore women have been mobilised into more than 94 lakh Self-Help Groups, which have been federated into over five lakh Village Organisations and more than 34,000 Cluster-Level Federations.

She said the institutional

network has facilitated more than 13.76 lakh crore in bank credit while maintaining a non-performing asset rate of below two percent. In addition, over 66,000 crore has been extended as capitalisation support.

Rajeshwari S.M. further said that 5.2 crore Mahila Kisans and more than 87 lakh women-led enterprises are already part of the rural livelihoods ecosystem. Under DAY-NRLM's Vision 2031, the Mission aims to transform rural households into enterprising drivers of prosperity through six key pillars—finance, skill, mentorship, market access, technology and business support.

Dr Rajeshwari said DAY-NRLM must serve as an effective bridge connecting rural women with



institutional finance, markets, technology and government support so that they can establish sustainable and competitive enterprises.

The workshop was inaugurated

by Rajeshwari S.M. in the presence of Raman Wadhwa, Deputy Director, NRLM, Ministry of Rural Development; Dr. Shubhra Sharma, Mission Director, JKRLM; Syed Sajad

Qadri, Director, JKRLM; Syed Naseer, Additional Mission Director, JKRLM Kashmir; Mission Directors and representatives of State Rural Livelihoods Missions from Mizoram, Maharashtra, Chhattisgarh, Bihar, Punjab, Tamil Nadu, Telangana and Andhra Pradesh; besides other senior officers and stakeholders.

Speaking on the occasion, Raman Wadhwa presented the proposed framework of SHE-LiFE, an initiative envisioned for implementation from 2026 to 2031. He said it seeks to enable rural women to progress from participation in livelihood activities to ownership of formal, market-linked and climate-resilient enterprises in livestock and dairy, agriculture and allied activities, and fisheries and aquaculture.

He said the initiative would draw strength from DAY-NRLM's extensive grassroots network, comprising 10.05 crore women associated with SHGs, five crore Mahila Kisans, more than two lakh producer groups and 50 lakh women organised into different collectives.

The proposed framework envisages a transparent, application- and portal-based selection mechanism, a structured five-phase capacity-building programme, bank credit support for project costs and convergence with schemes of various ministries and institutions, including the National Livestock Mission, PM Matsya Sampada Yojana, Rashtriya Krishi Vikas Yojana, Mission for Integrated Development of Horticulture, NABARD and MUDRA.





HT EDITORIAL

Zero Tolerance Must Become the Culture of Governance

Transparency, accountability and integrity must move beyond official declarations and become an everyday reality of public administration in Jammu and Kashmir.

The fight against corruption cannot be won through occasional crackdowns or high-profile action alone. It is won when institutions are designed and managed in a manner that leaves little room for corruption to take root. As Jammu and Kashmir continues its transition towards more transparent, accountable and citizen-centric governance, integrity must remain at the heart of every administrative decision.

Over the past few years, significant emphasis has been placed on administrative reforms, digital governance, online public services, transparent recruitment and tighter financial monitoring. Such measures have reduced unnecessary discretion, improved accessibility and brought greater transparency to several areas of public administration. More importantly, they have helped establish the principle that clean governance must be an institutional responsibility rather than merely a political slogan.

Yet, the challenge remains substantial. Corruption does not always appear as a dramatic financial scandal. It can also take the form of deliberate delays, procedural manipulation, favouritism, misuse of authority or creating unnecessary hurdles for citizens seeking legitimate services. These practices may rarely make headlines, but their cumulative impact can be damaging. Every instance of leakage, inefficiency or abuse of authority ultimately affects the quality of public services and erodes citizens' confidence in government.

The answer lies in making transparency a permanent feature of administration. Government departments should continuously review procedures, eliminate unnecessary layers of approval and expand technology-based systems that reduce avoidable human intervention. Digitisation, when properly implemented and monitored, can make services faster, traceable and less vulnerable to arbitrary decision-making. Its benefits, however, must reach every department and every level of administration.

Public servants have an equally important role. Government employment is a public trust, and that trust carries a responsibility to act with honesty, professionalism and fairness. Regular ethics training, internal vigilance, timely audits and appropriate rotation of officials in sensitive assignments should become routine administrative practices. At the same time, officials who demonstrate exceptional integrity and professionalism should be recognised, because institutions are strengthened not only by punishment for wrongdoing but also by rewarding good conduct.

Citizens must also be treated as partners in the fight against corruption. Grievance-redress mechanisms need to be accessible, responsive and credible. Genuine complaints should receive timely attention, while mechanisms for protecting those who report wrongdoing must inspire confidence. Transparency has little meaning if citizens remain uncertain about whether their complaints will be heard fairly and without discrimination.

Accountability must also extend to the conclusion of cases. Investigations into alleged corruption should be fair and thorough, disciplinary proceedings should not suffer avoidable delays, and cases that warrant prosecution should move through the justice system within a reasonable timeframe. Prolonged proceedings can weaken the deterrent effect of accountability and leave both institutions and individuals in prolonged uncertainty.

The Union Territory administration and the elected government have repeatedly emphasised transparent and accountable governance. The more important task now is to sustain that commitment through continuous institutional reform. Governance is ultimately judged not by the number of announcements made, but by whether an ordinary citizen receives a service on time, receives it fairly and can seek redress when the system fails.

Jammu and Kashmir has made important progress towards a more transparent administrative framework. The next stage must be about institutionalising that progress. Zero tolerance for corruption should not be an occasional campaign or a response to a scandal; it should be the everyday culture of governance. Only then can transparency translate into stronger institutions, faster development, better public services and lasting public trust.



Sahil Manzoor

Every successful journey starts with simple beginnings. The life of Sahil Manzoor Bhatti is an example of hard work, dedication, patience, and the importance of education.

Sahil Manzoor Bhatti was born on January 4, 1992, in Bhatti Mohalla, Tangnar Raiyar-Ich, Tehsil Khanshab, District Budgam. He grew up in the beautiful surroundings of Kashmir, surrounded by traditional values and a simple way of life. From his childhood, he was curious, caring, and interested in learning new things. These qualities later became an important part of his personality.

Childhood and Early Life
Sahil spent his childhood in a simple and disciplined environment. His family gave great importance to education, good manners, and moral values. From an early age, he understood that success comes through hard work and continuous effort.

For some time, his family lived in Srinagar for personal reasons. Living in both a village and a city gave Sahil different experiences. He saw the simple life of rural people as well as the opportunities available in an urban environment.

Biography of Sahil Manzoor Bhatti

These experiences helped him understand different aspects of society. They also developed in him a feeling of sympathy and concern for others. He began to believe that education and awareness can help people improve their lives.

School Education and Moral Values
Sahil started his formal education at Vibgyor Educational Institution, Maharajpora Batamalo, Srinagar. He was a sincere and hardworking student. His teachers appreciated his discipline, curiosity, and active participation in school activities.

For Sahil, school was not only about books and examinations. It was also a place where he learned important values such as honesty, respect, responsibility, patience, and hard work.

He took part in classroom discussions and other activities. These experiences helped him improve his communication skills and confidence.

Higher Secondary Education
As he grew older, Sahil developed a stronger interest in education and learning. He completed his Higher Secondary education in the medical stream at S.P. Higher Secondary School, M.A. Road, Srinagar.

His interest in science encouraged him to learn more about life, health, and the world around him. At the same time, his interests were not limited to his academic subjects. He also became interested in environmental science, literature, social issues, and public awareness.

He gradually understood that learning is not limited to school or college. It is a lifelong process.

Different Academic Interests
Sahil has always believed that education has no limits. During his academic journey, he

explored different fields, including B.Sc. Information Technology, BUMS, Diploma Engineering, and B.Pharmacy.

His interest in different subjects shows his willingness to learn and explore new areas. His journey also shows that life does not always follow one fixed path. Sometimes, exploring different fields helps a person understand his interests and abilities better.

College Life and Leadership
Sahil later pursued his graduation from Amar Singh College, Gogji Bagh, Srinagar. His college years played an important role in developing his personality.

During this period, he became more confident and socially aware. He participated in discussions, writing activities, and interactions with other students.

His interest in writing also grew during his college years. He developed a habit of thinking deeply about social issues, education, nature, and everyday life.

Teacher Training and Higher Education
Sahil continued his education after graduation. He completed a Bachelor of Education (B.Ed.), which helped him develop the skills needed to teach and guide students.

He also completed a Master's degree in Environmental Science from IGNOU. His studies increased his understanding of the environment, ecological problems, climate change, and sustainable development.

As a student of environmental science, he developed a strong interest in protecting nature and spreading awareness about environmental issues, especially in Kashmir, where the natural environment is very important.

Belief in Hard Work and Education

For Sahil, education is not only about getting degrees or finding a job. He believes that education helps a person understand life, develop confidence, and serve society.

He believes that hard work, patience, faith, and determination can help a person face difficult situations and move towards success.

His journey from a small village to becoming a teacher and writer shows the importance of determination and continuous learning. His life can also be an example for young people, especially those who come from rural areas and have limited opportunities.

As a Teacher and Writer
Sahil Manzoor Bhatti works as a teacher and writer. He believes that teachers have an important role in shaping the future of children.

He encourages students to study well, think positively, respect others, and remain connected to their values. He also believes that students should be given opportunities to participate in sports, creative activities, discussions, and other forms of learning.

Through his writing, he expresses his thoughts about education, society, environment, nature, and everyday life. His aim is to spread positive ideas and encourage people to care about their surroundings and one another.

My Life, My Journey
The life journey of Sahil Manzoor Bhatti shows that success comes through hard work, patience, education, and determination. His journey from Bhatti Mohalla to becoming an educator and writer reflects his continuous efforts to learn and grow. His story reminds us that our beginnings do not decide our future.

The Nature's Balance Equinox

axial tilt causes the Northern and Southern Hemispheres to receive different amounts and angles of solar radiation during different parts of the year. At the equinox, however, neither hemisphere is significantly tilted toward the Sun. This creates a temporary

the respective seasonal extremes are reached.

There is, however, an interesting geographical misconception associated with the equinox. Day and night are not exactly 12 hours each everywhere on the equinox. Atmospheric refraction bends sunlight and

changes in day length are relatively small, whereas higher latitudes experience much greater seasonal variations. This relationship between latitude, solar angle and duration of daylight is fundamental to understanding Earth's climate and seasonal patterns. The equinox therefore represents much more than a date on the calendar. It is a visible consequence of Earth's rotation, revolution and axial tilt, linking astronomy with physical geography. It helps explain why seasons change, why the length of daylight varies with latitude and why different parts of our planet experience different seasonal conditions.

In a broader sense, the equinox offers a fascinating geographical lesson: Earth is a dynamic planet, constantly moving through space while maintaining an intricate relationship with the Sun. What appears to us as a simple transition between seasons is actually the result of precise planetary motions operating on a global scale. Thus, the equinox stands as nature's remarkable demonstration of balance between light and darkness—a moment that reminds us that geography is not simply the study of places and landscapes, but also the study of the powerful planetary processes that shape life on Earth.

SURINDERPAL SINGH
FACULTY IN SCIENCE DEPARTMENT
SRI AMRITSAR SAHIB
PUNJAB.



SURINDERPAL SINGH

There are moments in nature when the Earth appears to demonstrate a remarkable sense of balance. One such geographical and astronomical phenomenon is the equinox, when day and night are nearly equal in duration across much of the world. The September equinox is particularly significant because it marks an important seasonal transition in the Northern Hemisphere. In 2026, the September equinox occurs on 23 September, when the Sun crosses the celestial equator from north to south.

The word equinox comes from the Latin words *aequus*, meaning equal and *nox*, meaning night. During an equinox, Earth's axis is neither tilted toward nor away from the Sun. The Sun is positioned directly above the Equator and the boundary separating the illuminated and dark sides of Earth—the day-night terminator—runs approximately from pole to pole. Consequently, both hemispheres receive almost equal amounts of sunlight.

The phenomenon is closely connected with the 23.5-degree tilt of Earth's axis. As our planet revolves around the Sun, this



geographical balance in the distribution of daylight.

The equinox is important not merely because of the apparent equality between day and night, but because it helps us understand the changing seasons. In the Northern Hemisphere, the September equinox marks the beginning of astronomical autumn, while in the Southern Hemisphere it marks the beginning of astronomical spring. From this point onward, days gradually become shorter in the Northern Hemisphere and longer in the Southern Hemisphere until

allows us to see the Sun even when its actual geometric position is slightly below the horizon. In addition, sunrise and sunset are defined using the upper edge of the Sun's disk rather than its centre. As a result, daylight is generally a little longer than darkness on the equinox.

The equinox also demonstrates the importance of latitude in geography. Although the basic astronomical event occurs simultaneously around the Earth, the actual duration of daylight varies somewhat from place to place. Near the Equator, seasonal

Can man or a woman escape the responsibility for modesty?



By Raqif Makhdoomi

It's a hot topic at any given time that "Should a woman dress herself in a way that it completely covers her body or people should change their thinking". The really useless argument that's put across is that "Islam doesn't only makes it obligatory for a woman to dress in a modest way but also asks man to lower his gaze". The wording of the argument are very fine but the way it's used can't be justified. The people who put this argument want to justify that can't be justified in any way. Be it by the prism of Islam or through Science Or through moral prism the argument find no place.

In Islam both Woman and Men have been asked to cover themselves. It's not only for the Women to be modest but for men the obligation in Islam is same. Where's a man doesn't have a strict rule for being covered but to be modest and not to leave the boundaries of discipline there are scholars who have put their opinion that a man should cover his chest. In principle it is permissible for a man to show his chest or any part of his body which is not an 'Awrah (parts of the body that should be covered in Islam) even in the presence of women. Nonetheless, a Muslim should not do so without a need as this is not an act of noble men. In addition to this, this act may cause women to be tempted by you, so you should be careful. It's to be kept in mind that Although the chest is not part of the 'awrah for a man, uncovering it is still an action that is not appropriate for a man and is one of the actions of the immoral. While you read the above mentioned part regarding the chest of a man you must know that this is not my own opinion I have read it on Islamic websites available. It should have been clear to you that Islam doesn't exclusively put woman under the burden of covering herself but a man is also under obligation to cover himself in a way that it doesn't outset the modesty and doesn't go beyond discipline.

The Holy Quran has spoken on clothing. The Quran says "O children of Adam, We have bestowed upon you clothing to conceal what should be concealed, and as a fine adornment — and the garment of righteousness, that is best." (Al-A'raf 7:26).

There's a misconception that Quran has left Men out of the modesty and doesn't put any obligation on them but that's

completely wrong. Quran has done justice to both men and women. Islam places burden of modesty on man before woman.

Allah says in Quran ("O Prophet), enjoin believing men to cast down their looks and guard their private parts. That is purer for them. Surely Allah is well aware of all what they do." (Surah An-Nur, 24:30)

Those people who accuse Islam of being tough on women on very flexible for men. They either have a mission to put otherwise things in the mind of people or they have no knowledge of Islam. Islam is the only religion which has made "Rights of

The burden is equally on both. And both are on their end responsible for it.

There are people who don't subscribe to what Quran mentions about the modesty. But let's take psychology and modern study into consideration.

What Studies and Surveys Show
Upper Body Strength: Research indicates that perceived upper-body strength—including a defined chest, broad shoulders, and arms—is a major factor in how women rate male physical attractiveness.

The V-Shaped Torso: Evolutionary psychology points to broad chests and shoulders paired with a narrow waist as an appealing silhouette because it signals physical fitness and health.

Preference for Toned over Bulky: Most surveys suggest women prefer a solid, toned chest (chiseled pecs) rather than an overly massive or extreme bodybuilder physique.

The study also indicates that some women are attracted to hairy chest. So it completely validates that a man should cover his chest.

Not understanding Hijab through the prism of Islam but through Psychology. Even the Psychology supports that they dressing of a woman attracts man.

Why Well-Dressed Women Attract Men.

Visual Cues and Signaling: Evolutionary psychology notes that clothing acts as a form of signaling. A put-together outfit shows conscientiousness, self-respect, and an investment in personal presentation.

The Halo Effect: Psychological research shows that people tend to attribute positive internal traits (like confidence, intelligence, and friendliness) to individuals who are neat, well-groomed, and well-dressed.

Enhancing Symmetry and Form: Clothing that fits well can accentuate natural posture and body language, which are major components of physical attractiveness.

Apocrine glands in the body is what controls the attraction between man and a woman. The Gland doesn't follow "My Intentions are pure theory" it does it's job either way.

After reading the article there can't be any excuse of blaming a man by a woman for attraction or woman by man. Both have equal role to play and none can escape the responsibility. Raqif Makhdoomi is a law student.



Women" part of men's faith. Islam has exclusively asked a man to respect the rights of woman. It's out of question to say that Islam is harsh on women only. Had it been so the lowering of Gaze wouldn't have been in Quran or had it been the case there would have been no mention of share of property to women. Islam has done pure justice to women in every case.

Additionally, the Quran has this to say:

"For Muslim men and women, for believing men and women, for devout men and women, for true men and women, for men and women who are patient and constant, for men and women who humble themselves, for men and women who give in Charity, for men and women who fast, for men and women who guard their chastity, and for men and women who engage much in Allah's praise—for them Allah has prepared forgiveness and great reward" (Quran 33:35).

Had Islam put Man completely out of burden of modesty. The Verses mentioned above wouldn't have been in Quran.

From Detection to Hope: The Life-Saving Power of Modern Diagnostics and Diagnostic Centres



Dr. Uzma Naqash
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Introduction
A diagnosis can change a person's life in a single moment. Yet, behind every diagnosis lies an equally important opportunity—the opportunity to detect disease early, begin treatment promptly, and improve the possibility of a better outcome.

In modern healthcare, diagnostic tools and diagnostic centres have become an essential bridge between symptoms, accurate diagnosis and effective treatment. From routine blood investigations and imaging to advanced molecular and pathological testing, modern diagnostics help healthcare professionals identify diseases with greater accuracy and, in many cases, at earlier stages.

The message is simple but powerful: early detection can create hope where uncertainty once existed.

The Power of Early Detection
Many diseases become more difficult to manage when diagnosis is delayed. Early detection provides an opportunity to intervene before a condition progresses, complications develop or treatment becomes more complex.

Cancer provides one of the clearest examples. Many cancers have a greater possibility of successful treatment when detected early and appropriately treated. Early diagnosis can improve treatment outcomes, reduce complications and, in some circumstances, reduce the burden of treatment.

Early detection does not mean that every disease can be prevented or cured simply through testing. Rather, it means giving patients and healthcare professionals valuable information at the right time.

The earlier a health problem is recognized, the earlier the right action can begin.

Modern Diagnostics: From Symptoms to Answers
Modern diagnostic medicine includes a wide range of technologies and procedures. Laboratory investigations can identify abnormalities in blood, urine and other biological samples. Imaging technologies provide detailed information about organs and tissues, while pathology helps establish the nature of abnormal cells or tissues.

Depending on the clinical situation, healthcare

professionals may use:

- Blood and urine investigations
- Biochemical and microbiological tests
- X-rays and ultrasound
- CT and MRI scans
- Mammography
- Endoscopy
- Histopathology and cytology
- Molecular and genetic testing
- Other specialized diagnostic procedures

Diagnostic Centres: A Vital Link in Early Detection
Diagnostic centres play a crucial role in transforming the concept of early detection into reality. They serve as an important link between the patient, healthcare professional and treatment pathway.

Through timely laboratory investigations, imaging, pathology and other diagnostic services, diagnostic centres can help identify abnormalities at an early stage and support clinicians in making informed decisions.

A well-equipped diagnostic centre is not simply a place where tests are performed. It is an essential component of preventive and clinical healthcare. When patients receive timely access to accurate diagnostic services, potential health problems can be recognized before they progress into more serious conditions.

Diagnostic centres contribute to early detection through:

- Timely laboratory investigations that can identify abnormalities before symptoms become severe.
- Advanced imaging services that help detect structural changes and suspicious findings.
- Pathology and biopsy services that support accurate diagnosis of many diseases, including cancer.
- Screening services that can identify selected diseases or risk factors in people who may not yet have symptoms.
- Accurate and quality-controlled testing that supports reliable clinical decision-making.
- Prompt reporting and communication that can reduce unnecessary delays in further evaluation and treatment.

Early Diagnosis and Screening: Understanding the Difference
Early diagnosis and screening are related but different concepts.

Early diagnosis focuses on people who already have symptoms or signs suggesting disease. The aim is to identify the condition as early as possible and connect the individual with appropriate treatment.

Screening, on the other hand, is generally performed among people who may not have symptoms, with the purpose of identifying abnormalities or early disease in selected populations.

Screening is appropriate for certain diseases and populations when there is evidence that it can be beneficial and when systems are available for diagnostic confirmation and treatment.

Therefore, responsible healthcare is not simply about conducting more tests. It is about conducting the right test, for the right person, at the right time, followed by appropriate clinical evaluation.

Diagnostics and Cancer Care
In cancer care, diagnostics play a particularly important role. A patient's journey may begin with a symptom such



as unexplained weight loss, persistent cough, unusual bleeding, a lump, prolonged pain or another concerning change.

Clinical evaluation may then lead to laboratory testing, imaging, biopsy and pathological examination. These investigations can help determine whether cancer is present, identify its type and stage, and support treatment planning.

A correct cancer diagnosis is essential because different cancers require different treatment approaches.

Thus, diagnostics are not merely about giving a name to a disease. They can influence the entire treatment pathway.

Technology with a Human Purpose
Modern diagnostic technology is advancing rapidly. Artificial intelligence, digital imaging, molecular testing and other innovations are creating new possibilities for detecting disease and interpreting complex information.

However, technology alone cannot transform healthcare. Behind every test is a person waiting for an answer.

A sophisticated machine may produce an image or a laboratory instrument may generate a result, but healthcare professionals must interpret those findings responsibly. Patients also need clear communication, emotional support and guidance about what the results mean.

This human dimension is especially important when diagnostic testing involves serious or life-threatening

diseases.

The Emotional Impact of Diagnosis
Waiting for a diagnostic result can be emotionally challenging. Patients may experience fear, anxiety, uncertainty or helplessness. A positive result may bring shock, while an unclear result may create prolonged uncertainty.

Healthcare professionals therefore have an important responsibility beyond simply performing tests and reporting results. Patients should be treated with dignity, empathy and sensitivity.

A diagnostic centre should ideally be more than a place where tests are performed. It should be an environment where patients feel respected, informed and supported.

Accurate diagnosis identifies disease; compassionate communication supports the person living through it.

The Importance of Accessible Diagnostic Services
The benefits of modern diagnostics can only be realized when people can actually access them. Cost, distance, lack of awareness, limited healthcare infrastructure and delays in referral can prevent timely diagnosis.

Strengthening diagnostic services therefore requires more than purchasing advanced equipment. It requires trained professionals, quality assurance, appropriate referral systems, affordable services and effective communication between different levels of healthcare.

Accessible and reliable diagnostic centres can help reduce delays and bring essential healthcare services closer to communities.

Quality and Accuracy Matter
Early detection is valuable only when diagnostic testing is reliable.

False-positive results can create unnecessary anxiety and additional investigations, while false-negative results can provide false reassurance and potentially delay necessary care. This is why quality assurance, appropriate test selection and professional interpretation are essential components of modern diagnostics.

The goal should never be more testing simply for the sake of testing. The goal should be better testing that leads to better healthcare decisions.

From Diagnosis to Hope
A diagnostic report can sometimes feel like a final answer. In reality, it is often the beginning of a new chapter.

For someone diagnosed early, timely information may open the door to treatment options, specialist

consultation and supportive care. For someone whose result is reassuring, appropriate testing may provide relief and confidence. For individuals requiring further investigation, a clear diagnostic pathway can reduce uncertainty and guide the next step.

In this way, diagnostics can transform uncertainty into information—and information into action.

The Future of Diagnostics
The future of diagnostics is moving toward greater precision, earlier detection and increasingly individualized healthcare. Advances in molecular medicine, digital health, imaging, artificial intelligence and data analysis may continue to improve how diseases are recognized and monitored.

However, technological progress must go hand in hand with accessibility and ethical healthcare. The benefits of modern diagnostic medicine should reach not only those living in major cities but also individuals in rural and underserved communities.

The future challenge is therefore twofold: to develop better diagnostic technologies and to make their benefits accessible to more people.

Conclusion
Modern diagnostics have changed the way healthcare professionals understand disease. They help turn invisible changes into measurable information, suspicious symptoms into clinical answers and uncertainty into a pathway for action.

Diagnostic centres stand at the heart of this process. They connect patients with timely investigations, healthcare professionals with valuable clinical information and, ultimately, patients with opportunities for earlier intervention.

But the true power of diagnostics is not found in machines, laboratory reports or sophisticated technology alone. Its greatest power lies in what happens after the information is obtained—when early detection leads to timely treatment, appropriate care and renewed hope.

For patients and families, early detection can mean more than an earlier diagnosis. It can mean more choices, more time, better treatment possibilities and, in many cases, a better chance of survival.

Motivational Key Message
“Early detection is not simply about finding disease; it is about finding hope early enough to make a difference.”

A Message for Diagnostic Centres
“Every test may be a small step, but sometimes that step can lead to an early diagnosis, timely treatment and a second chance at life.”

Because behind every test is a person, behind every diagnosis is a story, and behind early detection is the possibility of hope.

When Education Is Already on the Ventilator, Why Reduce Its Oxygen?



Aubaid Ahmad akhoo
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“In this age, education is the remedy for the ailments of the nation.”

These are the words of wisdom said by Allama Muhammad Iqbal that continue to resonate with the same relevance and significance today as they did decades ago. Hakeem-ul-Ummat Allama Iqbal was a man of foresight who recognized the importance of knowledge, intellect, and awakening for the survival and prosperity of the nation. Allama Iqbal was not only a product of his own traditional Islamic education but also had exposure to the best of the modern world. He studied abroad and was familiar with the prevailing educational and philosophical ethos of Europe. Allama Iqbal's message was one of self-awakening and urged Muslims to acquire knowledge, scientific temperament, character, and self-discipline. But his message finds a special place when we discuss the future of our school education.

Saturday Off May Sound Like Relief, But Can We Afford to Lose More Learning Time?
A Saturday off may sound tempting, but when our education system needs more learning time, quality, and resources to compete in this cutthroat world, this proposal should be put up for public scrutiny and discussion.

A Saturday off may seem innocuous, but education policy cannot be based on feelings alone.

The world our children inhabit is becoming increasingly more competitive by the day. Cutting-edge technologies, artificial intelligence, robotics, biotechnology, data science, and digitalization are taking over the world. Other nations are preparing their youth for this reality. Unless we can provide better quality, more efficient, and effective learning opportunities, I think cutting out a Saturday off would only adversely impact the children's overall learning time.

Our children already lose considerable time due to winter vacations, summer vacations, public holidays, election holidays, examination holidays, and other sundry holidays even school teachers are routinely deployed for national census operations as enumerators and supervisors, though this practice often sparks debate over staffing shortages and classroom disruptions.

It is only right that we think about the cumulative impact of all these holidays on the overall learning curve of the children. After all, Kashmir is a land of beauty, but that also means unpredictable and adverse weather conditions, which may necessitate the closure of schools.

One could say it is unfair to deprive the children of Kashmir of Sundays as a holiday considering their already numerous holidays.

But if the policymakers genuinely wanted to provide more learning opportunities for Kashmir, they could have invested more in winter infrastructure, better canteen facilities, and better infrastructure for children.

The point I am trying to make is that unless we provide better classroom facilities and ensure efficient teaching-learning, any reduction in the number of school days or time will do more harm than good.

A child's learning, especially in foundational concepts and subjects like maths and physics, is something that is cumulative. You cannot just read a little more to compensate for the loss of a day of instruction.

Education is not a water tap that you can just turn on and off at will. If the education system is under strain, trying to reduce the school time by adding one more holiday will not be the answer. Fix the classroom, not the calendar. If the burden on the children is the issue, fix counselling, sports, and co-curricular activities.

Fix the teacher, not the curriculum

If the teachers need training in modern pedagogy, give them that. If they need support in reducing administrative workload, free them from that. Let us provide better infrastructure and make schools child-friendly. Let us focus on remedial education to bridge the gaps for children who find it difficult to keep pace with the rest. If the children are tired, let us make them feel excited about learning, instead of just giving them more holidays.

A sound education system needs to have strong teachers, strong institutions, and strong students. It needs to have a professional attitude towards education wherein professional skills development is encouraged.

Our children have already borne the brunt of too many sundry holidays. Kashmir's children have had to deal with too many uncertainties in their educational lives. And yet, they continue to flock to their schools in droves with a passion. Their parents want to give them a shot at a better life through education. For the children, especially in Kashmir, education is not just a means to an end; it is the end in itself.

Hence I urge the policymakers to be a little more careful the next time they think about dole out more holidays to the children. Instead of asking the question, “how many holidays can we give to the children”, let us ask them, “how can we make the school days more meaningful for the children?” That is the question that an education system that aspires to excellence would ask.

We cannot prepare global citizens with a shrinking academic calendar. We often talk about making our children globally competitive, but to do that, we need to understand what global competitiveness entails. It is not just about certificates and degrees; it is about knowledge, skill, discipline, curiosity, communication, scientific temperament, creativity, and resilience in the face of adversity.

Let us not confuse convenience with education.

Our education system needs oxygen, not another tapering off. The metaphor may be harsh, but I think it is necessary. Our education system does not need cuts; it needs an infusion

of boldness and higher expectations.

Our education system does not need to have less; it needs to have more and better. Our system does not need fewer opportunities to learn; it needs more opportunities to learn. I think it is important to recognize that if our education system is already under strain, reducing the number of school days without adequate compensatory measures may only exacerbate the problem.

We cannot break the wings of our young shaheens in the name of protecting them. We must strengthen their wings, arm them with better knowledge, and provide better opportunities to hone their skills.

We cannot deprive them of opportunities to learn and grow just to make their lives “easier”.

Let me urge the policymakers to think through the consequences of the proposed Saturday off before they make the final decision.

Let them put up for public discourse the following questions: what will be the impact on the instructional hours, learning outcomes, examination results, literacy and numeracy levels, teacher workload, and the overall academic calendar, before finalizing any such policy. The views of teachers, parents, educationists, and students, as well as independent experts, must be taken into account while designing the policy framework. The education policy must be guided by the imperatives of long-term national goals and the best interests of the children and not by populist demands and convenience. After all, we cannot get back the lost years that we have already invested in our children. It is for their future generation that Iqbal's message continues to echo even after a century. Allama Iqbal often warned the Muslims about the dangers of complacency and urged them to move forward, leaving behind the comforts of their past glory. His message was one of self-awakening and urged people to compete with the best in the world. The world is a competitive place, and if we want our children to thrive in it, they need to develop a spirit of competitiveness rooted in self-belief, resilience, and courage. The world does not stand still, and neither should our education system. So, let us ask ourselves whether we want to equip our children to be leaders, competitors, and innovators or just make their lives easier. Let Saturday continue to be a day of learning unless and until there is sufficient evidence to show that it will not have adverse effects on the children's overall learning outcomes. Let us focus on making the school days more meaningful rather than just adding more holidays to the children's already bloated holiday calendar.

Let us make our children fly and not cut their wings. We have struggled to rebuild their wings; let us not cut them now in the name of giving them more holidays.

Aubaid Ahmad Akhoo is an educator, columnist, motivational speaker, and Associate Editor of Education Quill. He also offers modern home security solutions, including VDP and CCTV systems across Kashmir.

Army Goodwill Schools (AGS) have indeed made a transformative impact across Jammu & Kashmir and Ladakh.



By M S Nazki

The world is a book and those who do not travel read only one page. Education is the most powerful weapon which you can use to change the world. I did then what I knew how to do. Now that I know better, I do better. Army Goodwill school girl!

“The past has no power over the present moment. Education is the ability to listen to almost anything without losing your temper or your self-confidence. It does not matter how slowly you go as long as you do not stop

–Educating the mind without educating the heart is no education at all. Education: the path from cocky ignorance to miserable uncertainty. Army Goodwill schools teach you the same!

–Intelligence plus character—that is the goal of true education.”

–Do not train a child to learn by force or harshness; but direct them to it by what amuses their minds, so that you may be better able to discover with accuracy the peculiar bent of the genius of each. Plato!

–Ignoring isn't the same as ignorance, you have to work at it. The task of the modern educator is not to cut down jungles, but to irrigate deserts. A good head and good heart are always a formidable combination. But when you add to that a literate tongue or pen, then you have something very special. Education without values, as useful as it is, seems rather to make man a more clever devil.

Without education, we are in horrible and deadly danger of taking educated people seriously.

The story which we got went something like this:

Army Goodwill Schools: A legacy of fostering educational excellence across J&K and Ladakh! Headquarters Northern Command commemorated ten years of a significant educational partnership between the Army Goodwill Schools (AGS)

and the Bharti Airtel Foundation, underscoring the Indian Army's continued endeavor to provide quality education and create greater opportunities for the youth of Jammu, Kashmir and Ladakh. The commemorative event was organised at Army Goodwill Public School, Pahalgam, and was attended by Lieutenant General Pratik Sharma, SYSM, PVSM, AVSM, SM, General Officer Commanding-in-Chief, Northern Command, Shri Rakesh Bharti Mittal, Co-Chairman, Bharti Airtel Foundation and Mrs Shinei Sharma, Regional President AWWA, besides senior officials of Indian Army and the Foundation. The decade-long association has witnessed a substantial expansion in its scope and impact. From an initial engagement covering 14 schools, the partnership has contributed!

–Army Goodwill Schools (AGS) have indeed made a transformative impact across Jammu & Kashmir and Ladakh. Run by the Indian Army under Operation Sadbhavana, this network has expanded to 46 schools supporting over 20,000 students, primarily in remote, border, and underserved regions. The initiative has drawn praise for successfully blending affordable, high-quality schooling with modern learning frameworks. Key milestones and areas of impact include:

–Global and National Recognition World's Best School Prize:

–In 2026, AGS Wuzur (Anantnag) was shortlisted among the Top 10 schools globally in the Innovation category by T4 Education. The school's student-led Innovation Club developed real-world solutions like a foot-operated water-saving tap and localized digital apps.

–National Competitions: Students from AGS campuses like Wuzur and Uri have consistently placed in the top ranks of the Young Scientist India competition and participated in prestigious platforms like ISRO YUVIKA.

–Modernizing Education & Digital Infrastructure 100% Smart Classes: In collaboration with corporate partners like the Bharti Airtel Foundation (marking over 10 years of partnership in 2026), the schools feature fully digital classrooms, AI labs, and robotics education aligned with the National Education Policy (NEP) 2020.



DC inaugurates ‘Didi Ki Rasoi’ at GDC Boys Kathua To provide hygienic food at reasonable rates

■ HT News Network

JAMMU, SEPTEMBER 21: Member of PaKATHUA, SEPTEMBER 22: “Didi Ki Rasoi,” operated by Galaxy Self Help Group- a Women SGH under the Deendayal Antyodaya Yojana- National Urban Livelihoods Mission (DAY-NULM), was inaugurated today at Government Degree College Boys-Kathua.

The canteen was inaugurated by Deputy Commissioner Rajesh Sharma in the presence of CEO JUDA Parvaiz Naik; District Project Officer Kavita Kumari; CPO Ranjeet Thakur; DUDA officials, members of Galaxy Self Help Group besides faculty members and students of the College.

Speaking on the occasion, the Deputy Commissioner said that Self Help Groups in Kathua are doing commendable work across diverse sectors and are playing an important role in creating livelihood opportunities and promoting financial independence among



women. He said the District Administration is keen to provide proper handholding and institutional support to such SHGs under various livelihood-oriented initiatives so that they can expand their activities and achieve

sustainable growth. Highlighting the objective behind setting up “Didi Ki Rasoi”, the DC said the initiative under DAY-NULM seeks to provide clean, hygienic and quality food items to the faculty and students at reasonable rates. He

expressed hope that the women-run canteen would cater effectively to the needs of the college community, while maintaining proper sanitation, hygiene and food quality standards.

The Deputy Commissioner appreciated DUDA Kathua for facilitating the initiative and providing an opportunity to the SHG to undertake a sustainable livelihood activity. He encouraged the department and SHG members to explore further avenues for strengthening women-led enterprises and expanding livelihood opportunities at the grassroots level. He said the District Administration is keen to provide proper handholding and institutional support to such SHGs under various livelihood-oriented initiatives so that they can expand their activities and achieve sustainable growth. Highlighting the objective behind setting up “Didi Ki Rasoi”, the DC said the initiative under DAY-NULM seeks to provide clean, hygienic and quality food items to the faculty and students at reasonable rates. He expressed hope.

DC Samba reviews implementation of Swachhata Hi Seva Campaign-2026

■ HT News Network

SAMBA, SEPTEMBER 22: Deputy Commissioner Samba Ayushi Sudan today convened a meeting to review the implementation of Swachhata Hi Seva Campaign 2026 in the district and to give further impetus to the campaign through coordinated efforts and enhanced Jan Bhagidari.

ACD Rafiq Ahmad Jaral gave a detailed presentation on the campaign calendar issued by the MoHUA, Government of India, informing that the campaign commenced on September 17, 2026 and would culminate on Gandhi Jayanti, October 2, 2026.

He briefed the chair about the activities already undertaken and the forthcoming action plan. An Awareness Van has been launched, while Swachhata Paatshalas featuring debates, painting and art activities have engaged students and youth in spreading the message of cleanliness and civic responsibility. Students have also been taken on exposure visits to SBM assets to familiarise them with their utility. Besides, Cleanliness Target Units have been identified and are being transformed into clean and aesthetically appealing spaces.

AHD Jammu conducts four-day long mega awareness campaign

■ HT News Network

JAMMU, SEPTEMBER 22: Extension and Publicity Wing of the Animal Husbandry Department Jammu concluded the four-day long extensive awareness campaign launched in the districts of Udhampur, Kathua and Jammu. The campaign was organized under the instructions of Director Animal Husbandry Jammu, Dr. Sanjay Gupta and in coordination with Animal Husbandry officials of the respective districts.

A series of awareness camps were organized in remote villages of Bhugterian in Udhampur, Saida and Dhalli in Kathua and Kotli Charkaan in Jammu district. Ex-PRI members, officers and officials of the department besides a large number of farmers including women farmers attended the awareness camps. Extension officer Dr. Suresh Kumar and his team explained the benefits available under numerous schemes/ programs of the Animal Husbandry department. The farmers were urged to avail incentives available under HADP, IDDS and IPDP in the form of impressive subsidies on establishment of Dairy units, Milk Collection, Processing and Transportation/ Marketing infrastructure including Refrigerated Milk Vans, Silage bailing and packaging unit, starting new Poultry farms and Hatcheries.

Meanwhile, the subject experts and Veterinary Doctors responded to queries from the farmers’ regarding health related issues of livestock, particularly the recent incidences of Lumpy Skin Disease.

They suggested appropriate treatment, wherever necessary and gave useful tips on proper nutrition, housing and overall care and management of the livestock for improving their productivity.

DDC Reasi chairs District Steering Committee meeting on Green India Mission

■ HT News Network

REASI, SEPTEMBER 22: District Development Commissioner Reasi Kumar Abhishek today chaired a meeting of the District Steering Committee to review the Annual Plans of Operations under the Green India Mission for the years 2026-27 and 2027-28.

The meeting focused on the proposed interventions under the Green India Mission in Mahore Forest Division, with detailed deliberations on measures aimed at restoration, improvement and sustainable management of forest and ecological resources in the district.

During the meeting, the Committee reviewed various components of the proposed Annual Plans, including eco-restoration of degraded open forests, plantation of local fodder species, soil and moisture conservation measures and livelihood and employment opportunities for local communities.



For 2026-27, the APO envisages treatment of 260 hectares through interventions including fencing, patch sowing, plant raising and soil and moisture conservation measures. For 2027-28, the plan covers 393 hectares and includes plantation, planting of grass slips, creation and maintenance of fire lines, plant maintenance, fencing and other allied activities.

The DDC stressed the need for close coordination among all concerned departments to ensure effective implementation of the approved interventions. He called for timely execution, regular monitoring and proper

documentation of the works, with emphasis on transparency and adherence to prescribed guidelines. He underscored that the planned interventions should contribute meaningfully towards improving forest cover, restoring degraded ecosystems, conserving soil and water resources and enhancing the participation and livelihood opportunities of local communities.

The meeting was attended by DFO Reasi Sunil Singh, DFO Mahore Sudarshan Singh, Assistant Commissioner Panchayat, Assistant Commissioner Development and other concerned officers.

Clean Himalayan & Hill Cities Initiative District Committee approves implementation plan for Patnitop

■ HT News Network

UDHAMPUR, SEPTEMBER 22: Deputy Commissioner Udhampur Minga Sherpa today chaired a meeting of District Committee under the Clean Himalayan and Hill Cities Initiative (CHHCI) to review the implementation modal - with focus on the sustainable development of Patnitop.

The meeting was attended by Additional Deputy Commissioner Prem Singh; Chief Executive Officer PDA Rakesh Dubey and other concerned officers and Committee members.

A threadbare discussion was held on different aspects of the initiative and its implementation on the ground. The Committee discussed the various components proposed under the CHHCI Action Plan and approved the implementation plan.

The DC directed the concerned officers and departments to ensure timely implementation of the approved plan with proper planning, coordination and in accordance with the applicable rules and guidelines.

He stressed the importance of close coordination among the stakeholders to achieve the objectives of the initiative and promote the sustainable, clean and environmentally responsible development of Patnitop as a premier hill destination.



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DC reviews implementation of Solid Waste Management Rules- 2026 in Poonch District

■ HT News Network

POONCH, SEPTEMBER 22: Deputy Commissioner Poonch today chaired a meeting in the Conference Hall of the DC Office Complex to review the implementation of the Solid Waste Management Rules- 2026 in the district.

The meeting was attended by ADC General Manager, DIC; Tehsildar (HQ), Divisional Forest Officer (Territorial); Chief Education Officer; Chief Agriculture Officer; Executive Engineer, Jal Shakti; Chief Executive Officer, Municipal Council and Divisional Officer Pollution Control Committee..



The meeting focused on strengthening the mechanism for scientific management, segregation, collection, transportation and disposal of solid waste in accordance with

the provisions of the Solid Waste Management Rules, 2026.

The Deputy Commissioner directed the concerned departments and local authorities to ensure effective

implementation of the rules and take coordinated measures for proper waste management and maintaining cleanliness in urban as well as rural areas.

He stressed the need for greater public awareness, strict monitoring and inter-departmental coordination to improve waste management practices and ensure a cleaner and healthier environment in the district.

The concerned officers briefed the chair on the existing arrangements and measures being undertaken in their respective jurisdictions for effective implementation of the Solid Waste Management Rules, 2026.

Media Delegation from Bhopal Visits Jammu, Briefed on Aviation and Industrial Growth

■ HT NEWS DESK

Jammu, September 22: A media delegation from Bhopal, currently on an exposure tour conducted by the Press Information Bureau (PIB), visited the Civil Enclave at Jammu Airport today, where they were given a comprehensive walkthrough and briefing on the airport’s existing aviation infrastructure and the ongoing large-scale expansion anchored by the upcoming New Terminal Building.

Briefing the delegation at the Civil Enclave, Director, Airports Authority of India (AAI), Jammu Airport, Shri Devender Yadav highlighted the facility’s



dual administrative framework, wherein the runway is maintained and operated by Defence authorities while terminal facilities, airside commercial operations, and passenger management are handled by the AAI, reinforced by robust security protocols overseen in coordination with Defence forces.

Shri Devender Yadav informed the journalists that the ambitious modernization and expansion project, sanctioned at an estimated construction cost of 864 crore, is progressing on schedule after commencing toward the close of FY 2023-24. “Around 70 percent of the construction work is already done, and the

project is expected to be complete by November 2026,” Shri Yadav said, further adding that the proposal to elevate Jammu Airport into a full-fledged international airport remains under active consideration.

The Director elaborated under expansion the new passenger terminal space is being augmented nearly four-fold, from the current 14,500 square metres to a world-class 42,000 square metre terminal building, complemented by an additional 14,500 square metre basement. Peak Hour Passenger (PHP) handling capacity will scale up from 1,080 passengers (540 departure and 540 arrival)

BJP for Strong Quality Control and Price Regulation in the market ahead of Festival Season: Dr. Shishu

■ HT News Network

Jammu, 22 September 2026:

In view of the upcoming major festive season, the Bharatiya Janata Party (BJP) Jammu & Kashmir Unit has strongly urged the UT Administration to deploy proactive administrative measures to strictly regulate market prices and ensure the highest quality of essential commodities, grocery items, sweets, and festival goods across both divisions of the

Union Territory.

In an official statement issued today, Dr. Hari Dutt Shishu, State Spokesperson BJP JKUT, expressed serious concern over potential market exploitation, hoarding, and artificial price spikes by unscrupulous traders during this period of high consumer demand. He emphasized that the festive season should bring joy and celebration to households, rather than financial strain driven by unchecked inflation and substandard food products. “Festivals see an

exponential surge in the consumption of dairy products, sweets, groceries, and other essential items. It is the bounden duty of the administration to safeguard public health and ensure that citizens are not fleeced in the open markets,” Dr. Hari Dutt Shishu stated.

Dr. Hari Dutt Shishu specifically highlighted that administrative laxity cannot be tolerated in any region, stressing that rigorous enforcement must be carried out simultaneously across the Jammu division and the Kashmir valley to protect

consumers uniformly.

To ensure an exploitation-free festive environment, the BJP JKUT Spokesperson Dr. Shishu asked the Government and relevant regulatory bodies like the

Market Enforcement in Jammu & Department of Food, Civil Supplies & Consumer Affairs (FCS&CA), along with executive magistrates, must immediately mobilize joint market-checking squads. These teams must consistently conduct rounds across major hubs in both Jammu and Kashmir divisions to enforce



official price lists and penalize violators on the spot.

He also impressed upon the Government that the Food and Drugs Administration (FDA) of J&K must step up surprise inspections at sweet shops, manufacturing units, and wholesale grocery establishments. Mobile testing labs should be deployed at key locations in both provinces to curb the circulation of adulterated or synthetic dairy products, fake cheese, and sub-standard food items.

Dr. Hari Dutt Shishu further said that Every commercial

establishment, retail vendor, and sweet manufacturer in the UT must conspicuously display government-approved rate lists to ensure total transparency for everyday buyers.

Moreover, The administration should establish localized, highly functional helpline numbers and control rooms in every district so that citizens can easily report overcharging, black-marketing, or adulteration with the assurance of prompt, corrective action.

Dr. Hari Dutt Shishu

reiterated that the BJP remains steadfastly committed to the welfare of the common citizens and expects the UT Administration to act swiftly, deploying adequate personnel on the ground to prevent illegal profiteering and serious health hazards during these celebrations. Moreover, The administration should establish localized, highly functional helpline numbers and control rooms in every district so that citizens can easily report overcharging, black-marketing, or adulteration with the assurance of prompt,





DC Anantnag reviews implementation of Green India Mission

Emphasises interdepartmental coordination, involvement of local stakeholders for eco-protection

■ HT News Network

ANANTNAG, SEPTEMBER 22: Deputy Commissioner (DC) Anantnag, Dr. Bilal Mohiuddin Bhat, today chaired a meeting to review the planning, implementation and monitoring of the National Mission for Green India (GIM) in the district.

The meeting was attended by the Conservator of Forests, South Kashmir, Assistant Commissioner Development, Chief Agriculture Officer, DFOs of Lidder, Bijbehara and Anantnag Divisions, Assistant Commissioner Panchayat and other concerned officers. Addressing the meeting, the Deputy Commissioner stressed the need for effective and timely implementation of the Green India Mission in the district. He directed all concerned departments



and stakeholders to work with commitment and ensure that the plantation targets are achieved within the stipulated timelines.

Emphasising the importance of coordinated efforts, the DC called for active involvement of all stakeholders and stressed that inter-departmental coordination is essential for the successful implementation of the mission. He directed the concerned officers to ensure proper planning, execution and monitoring of plantation activities so that the intended targets of the initiative are achieved in the long run. Dr. Bilal also highlighted the importance of involving local stakeholders in plantation and environmental conservation initiatives. He observed that such interventions can help impart greater environmental awareness among the people and contribute towards strengthening ecological security and improving green cover. Earlier,

Conservator of Forests, South Kashmir, briefed the chair on the proposed activities and implementation strategy under the mission. He informed that a plantation target of 20 hectares has been fixed for the current year, with plantation to include coniferous and fodder species. For the next year, a target of 69 hectares has been proposed under the mission.

During the meeting, detailed discussions were held on identifying and covering open land areas in and around forest areas, plantation activities and the provision of fencing for protection of newly planted areas. Proposed measures for protection and maintenance of plantation areas, with emphasis on fencing and other necessary interventions to ensure their survival and sustainability.

Rent Assessment Committee meeting held at Anantnag, 17 cases approved

■ HT News Network

ANANTNAG, SEPTEMBER 22: A comprehensive meeting of the District Rent Assessment Committee, Anantnag was held today under the chairmanship of Deputy Commissioner (DC) Anantnag, Dr. Bilal Mohiuddin Bhat at the DC Office.

The meeting was convened to review and assess cases pertaining to rented accommodations being utilized by various government departments in the district.

Addressing the meeting, the Deputy Commissioner directed the concerned departments to ensure that rented accommodations are hired at feasible and suitable locations, keeping in view the convenience and easy accessibility of the general public, besides availability of essential facilities and other requirements. He emphasized that all cases related to hiring of private accommodations should be processed strictly after verification of requisite documents and fulfillment of prescribed norms.

During the meeting, 20 cases pertaining to different departments, including Handicrafts, Health, Food, Civil Supplies & Consumer Affairs (FCS&CA), Revenue, Sheep Husbandry, Social Welfare, School Education, Police, ICDS and Agriculture were placed before the Committee for consideration. The Committee examined the technical aspects of these cases and deliberated upon each case in detail.

Following thorough scrutiny and discussions, 17 cases pertaining to different departments were approved by the committee, with consent of the concerned land/building owners.

Detailed discussions were also held with the departments occupying the rented premises as well as the respective building owners. Revenue and other relevant documents pertaining to the properties were scrutinized by the concerned officers. Deficiencies and gaps, wherever noticed, were brought to the attention of the concerned stakeholders for necessary rectification.

The meeting was attended by Additional Deputy Commissioner, Dr. Muzamil Maqbool, Superintending Engineer R&B, Syed Ishfaq Ahmad, SP National Highway, DSHO, DySP DAR, AD FCS&CA, DSWO, CDPOs and representatives from other concerned departments.

FDA intensifies Food Safety Enforcement in Srinagar, 20 Street Food Establishments Inspected

■ HT News Network

RINAGAR, SEPTEMBER 22: FDA, J&K, conducted focused inspection drive targeting street food vendors across Srinagar city. During the drive, the enforcement teams inspected food businesses to assess compliance with the Food Safety and Standards Act, 2006, with particular emphasis on the sanitary and hygienic requirements prescribed under Schedule 4. As part of the enforcement exercise, a special RUCO (Repurpose Used Cooking Oil) drive was conducted among street food vendors at Nishat, Maki Point, Nehru Park, LD Hospital and Khayam. A total of 20 street food establishments were inspected, out of which eight Food Business Operators (FBOs) were compounded under Section 69 of the Food Safety and Standards Act, 2006, for violations of prescribed sanitary and hygienic requirements.

DE&CC Jammu hosts Job Fair-cum-Apprenticeship Mela

■ HT News Network

JAMMU, SEPTEMBER 22: The District Employment & Counselling Centre (DE&CC), Jammu on Tuesday organised a Job Fair-cum-Apprenticeship Mela here at the Employment Complex, Toph Sherkhania, with the objective of providing employment and apprenticeship opportunities to unemployed youth and facilitate direct interaction between jobseekers and prospective employers.

The Job Fair witnessed participation from companies and establishments representing various sectors, offering more than 500 employment opportunities across diverse job roles. A large number of youth participated in the event and interacted with participating employers. After the recruitment and screening process, 117 candidates were shortlisted for various employment



opportunities. A special awareness and registration session on the National Apprenticeship Promotion Scheme (NAPS) was also organized during the event to acquaint youth with apprenticeship opportunities, the registration process and the benefits of apprenticeship-based learning. Around 110 candidates registered for NAPS.

The programme also witnessed the participation of representatives from the District Industries Centre (DIC), Jammu; Labour Department; Skill Development Department and various participating industries, particularly for

facilitating awareness, registration and the creation and mapping of requisite apprenticeship vacancies under NAPS. As part of the on-the-spot facilitation process, 9 apprenticeship contracts were generated on the spot, providing candidates with an opportunity to move towards formal apprenticeship engagement. In addition, an awareness session on Mission YUVA was conducted to apprise the participating youth about entrepreneurship opportunities, financial assistance, institutional support and other avenues available under the initiative.

Rajouri admin discusses district plan for Green India Mission

DC pushes for conducting Institutional plantation drives with maximum community participation

■ HT News Network

RAJOURI, SEPTEMBER 22: Deputy Commissioner Rajouri Abhishek Sharma today chaired a meeting of the District Steering Committee to discuss & review the implementation plan for the National Mission for Green India (GIM).

The meeting discussed the Annual Plans of Operations for 2026-27 and 2027-28, besides reviewing the Five-Year Perspective Plan for 2026-27 to 2030-31.

At the outset, the concerned officer briefed the committee about the objectives of the mission, including increasing forest and tree cover, improving forest quality, ecosystem restoration and enhancement of ecosystem services. He also presented details regarding the area to be treated, proposed plantation and restoration activities, support components and financial requirements.

During the meeting, the Deputy Commissioner stressed upon giving greater thrust to plantation drives in schools, forest and community plantation drives and wider public participation under the Green India Mission. He called for exploring the plantation of suitable species such as Amla, Jamun and other locally appropriate fruit-bearing/native plants, wherever feasible, to promote ecological as well as community benefits.



The DC directed the Forest and concerned departments to identify suitable sites scientifically, ensure availability of quality planting material and undertake plantation activities in a planned and coordinated manner. He emphasized effective convergence with MGNREGA and other line departments, active involvement of Joint Forest Management Committees and timely completion of advance works before the plantation season.

He further called for a robust monitoring mechanism to ensure proper survival and maintenance of plantations and directed all concerned departments to work in close coordination for achieving the objectives of the Green India Mission.

The meeting was attended by DFO Rajouri, Naveed Iqbal; DFO Nowshera Shweta Deonia; CPO, Maqsood Ahmed; ACD, Sheraz Chowhan; ACP, Mohammad Rafeeq; CEO Education Mohd Hafiz; CAO, Rajesh Verma and other concerned officers.

J&K Bank signs MoU with BGSBU to strengthen Banking Services for University Community

■ HT News Network

RAJOURI, SEPTEMBER 22: Jammu & Kashmir Bank has signed a Memorandum of Understanding (MoU) with Baba Ghulam Shah Badshah University (BGSBU), marking a significant step towards strengthening the institutional association between the Bank and the University. The MoU was signed in the presence of Registrar BGSBU Ravi Kumar Sihag and Deputy General Manager (DGM), J&K Bank Rajeev Kumar Dingra along with Assistant General Manager (AGM Ashish Jamwal; CP & AO, BGSBU Qamar Rehman and Branch Head, J&K Bank, BGSBU Branch Ashok Ratra. The collaboration aims to facilitate convenient, efficient and technology-enabled banking services for the University community, including faculty members.

DC Budgam reviews Green India Mission Perspective Plan 2026-31

53.3 Hectares of degraded Forest Land identified for restoration under GIM

■ HT News Network

Jammu, Sep 21: Shiv Sena (Uddhav Balasaheb Thackeray), J&K unit, on Monday staged a protest outside Jammu Tawi Railway Station against the new exit arrangement introduced from September 16 as part of the station's redevelopment, alleging that passengers were being inconvenienced by being directed towards Narwal.

Led by party's J&K president Manish Sahni, the protesters demanded that passengers be allowed to choose an exit according to their convenience and requirements.



"Railway premises and passengers are not the private property of railway officials. Passengers must have the freedom to use an exit according to their convenience," Sahni said. He said the new arrangement was particularly inconvenient for passengers

arriving on late-night trains and raised concerns over the safety and accessibility of women, elderly people and those travelling alone. Sahni said the Railway Administration should first ensure adequate facilities, including lockers, dormitories and public transport such as autos, taxis and matadors, before directing passengers towards Narwal.

He also pointed out that most accommodation facilities, registration counters and private hotels used by pilgrims travelling to and from Mata Vaishno Devi are located towards the main railway station.

KVK Bandipora-I hosts RAWE Students for Field-Based Agricultural Learning

■ HT News Network

BANDIPORA, SEPTEMBER 22: Krishi Vigyan Kendra (KVK) Bandipora-I, SKUAST-Kashmir, today hosted RAWE (Rural Agricultural Work Experience) students from the Faculty of Agriculture (FoA), Wadura, SKUAST-Kashmir under the RAWE Programme 2026, for structured classroom learning, field exposure, practical demonstrations and farmer-oriented agricultural activities.

The B.Sc. (Hons.) Agriculture, Batch 2023 students have been deputed to KVK Bandipora-I for undertaking prescribed RAWE activities from 21 September to 18 October 2026.

The programme aims to provide students with practical exposure to agricultural extension, field-level technologies, farmer interactions and various activities undertaken by the KVK. Welcoming the students, Dr. Tariq Sultan, Head, KVK Bandipora-I, SKUAST-Kashmir, briefed them about the objectives of the RAWE programme and the role of KVKs in agricultural technology dissemination, farmer capacity building and extension activities. He encouraged the students to actively participate in the programme and gain maximum practical knowledge through classroom sessions, field demonstrations and interaction with farming communities.

The programme included technical presentations, interactive sessions and practical field demonstrations. The students were introduced to major activities of KVK Bandipora-I, including Front Line Demonstrations (FLDs), On-Farm Trials (OFTs), Method Demonstrations, Result Demonstrations, training programmes, farmer interactions and field-oriented extension activities. During the field exposure, the students visited the Lotus Demonstration Plot, Makhana Demonstration Plot, Water Chestnut Demonstration Plot, along with other ongoing demonstrations at KVK Bandipora-I, where they received practical information.

Kathua hosts NAPS Apprenticeship Mela to strengthen Youth-Industry linkage

30 industrial units participate; around 350 youth explore apprenticeship opportunities

■ HT News Network

KATHUA, SEPTEMBER 22: An Apprenticeship Mela under the National Apprenticeship Promotion Scheme (NAPS) was organized today at Government Degree College (Boys), Kathua, providing aspiring youth a platform to connect with local industries and explore apprenticeship and skill development opportunities.

The day-long Mela was held under the guidance of Deputy

Commissioner Rajesh Sharma. The proceedings of the event were supervised by General Manager, DIC Mushtaq Chowdhary, who is also the District Nodal Officer for implementation of NAPS in the District.

The Mela witnessed participation of around 350 passed-out students and job seekers from Industrial Training Institutes (ITIs), Polytechnic Institutions, Degree Colleges and Schools across the district. Dedicated registration and

facilitation counters set up by the Skill Development Department, Employment Department and District Industries Centre, Kathua, assisted the participating candidates with registration, counselling and onboarding under the NAPS framework.

Around 30 industrial units from different industrial estates and areas of Kathua participated in the Mela. These units had collectively generated around 1,700 apprenticeship opportunities on the NAPS



Portal, offering candidates a range of opportunities for acquiring industry-relevant skills and practical work experience. During the event, the profiles of registered candidates were scrutinized and matched with the apprenticeship opportunities offered by participating industries. Suitable candidates were shortlisted and apprenticeship contracts were generated as per the provisions of NAPS, facilitating direct linkage between youth and

industry. Speaking on the occasion, Deputy Commissioner Rajesh Sharma highlighted the importance of apprenticeship training in bridging the gap between formal education and industry requirements. The DC further said apprenticeship provides youth with valuable hands-on experience, enhances their employability and helps them acquire skills aligned with the actual requirements of the industry. "It enables industrial establishments to develop a skilled and productive workforce

suitable to their operational needs", he added. The Deputy Commissioner appreciated the coordinated efforts of the Industries Department, Skill Development Department, Employment Department and participating industrial units in organizing the Mela. He encouraged industrial establishments to actively engage apprentices and urged youth to make the most of the opportunities available under NAPS for building sustainable career pathways.



Epidemic Of Diabetes



By Dr Tasaduk Hussain Itoo

Diabetes has emerged as one of the greatest global public health challenges of the 21st century. According to the World Health Organization, the number of people living with diabetes increased dramatically from 108 million in 1980 to 422 million in 2014. In 2019, diabetes became the ninth leading cause of death worldwide, directly accounting for nearly 1.5 million deaths. The burden of the disease is rising rapidly, particularly in low- and middle-income countries where changing lifestyles, urbanization, and unhealthy dietary habits are contributing significantly to the epidemic.

India today stands among the countries most severely affected by diabetes. Reports published in The Lancet have estimated that India already houses more than 61 million diabetics, and projections suggest that the number could rise to nearly 100 million by 2030. While China remains the global capital of diabetes, India follows closely behind. Studies suggest that more than 70 percent of middle-aged Indians may develop non-insulin dependent diabetes during their lifetime. India alone contributes nearly one-sixth of the global diabetes burden.

The alarming rise in diabetes is largely linked to rapid lifestyle changes. Though the disease develops through a complex interaction of genetic susceptibility and environmental influences, increasing obesity remains one of the strongest contributors. Sedentary lifestyles, unhealthy eating habits, processed food consumption, lack of physical activity, stress, and sleep disturbances have collectively accelerated the epidemic. According to studies, the number of obese men in India increased from 0.4 million in 1975 to nearly 9.8 million in 2014, while obesity among women increased from 0.8 million to around 20 million during the same period. Severe obesity among women has also risen substantially.

Diabetes is a disorder of the endocrine system in which the body either fails to produce adequate insulin or becomes resistant to insulin action. The pancreas is responsible for producing insulin, a hormone essential for regulating blood glucose levels. In Type 1 diabetes, the insulin-producing beta cells of the pancreas are destroyed, resulting in absolute insulin deficiency. In Type 2 diabetes,

insulin is produced but the body develops resistance to its action. Over time, uncontrolled diabetes can damage nearly every organ system in the body. However, with early diagnosis, regular screening, timely intervention, and proper management, complications can largely be prevented.

The early warning signs of diabetes should

retina and blood vessels of the eye, leading to diabetic retinopathy, one of the major causes of blindness worldwide. Symptoms may include blurred vision, visual disturbances, and gradual loss of eyesight. Diabetes also accelerates cataract formation. Therefore, regular ophthalmologic examinations are mandatory for every diabetic patient.



never be ignored. Common symptoms include excessive thirst, increased appetite, frequent urination, unexplained weight loss, swelling of the feet, fatigue, delayed wound healing, frequent infections, nausea, and vomiting. Many individuals remain undiagnosed for years because symptoms may initially appear mild or nonspecific.

Among the organs affected by diabetes, the kidneys are particularly vulnerable. Long-standing uncontrolled diabetes may lead to diabetic nephropathy, one of the leading causes of chronic kidney disease and kidney failure. Regular monitoring of urine albumin, serum creatinine, and blood urea levels is essential. Diabetic patients should avoid indiscriminate use of painkillers and remain vigilant for symptoms such as swelling of feet, fatigue, weakness, and breathlessness.

Foot care is another crucial component of diabetes management. Diabetic neuropathy can reduce sensation in the feet, making injuries and ulcers go unnoticed. Patients should inspect their feet daily, including the spaces between the toes and the soles. Proper footwear with ankle support, regular washing of socks, careful nail trimming, and early treatment of foot injuries are essential preventive measures. A significant proportion of lower limb amputations among diabetics are preventable with proper foot care and timely medical attention.

The eyes are also highly susceptible to diabetic damage. Diabetes can affect the

Research has increasingly highlighted a strong association between diabetes and mental health disorders such as depression and anxiety. Individuals with depressive disorders are at a higher risk of developing diabetes, while diabetes itself may contribute to psychological stress and reduced quality of life. Certain psychiatric medications may also increase blood sugar levels, emphasizing the importance of regular glucose monitoring in such patients.

Cardiovascular disease remains one of the deadliest complications of diabetes. Diabetics are at significantly higher risk of heart attacks, strokes, hypertension, and heart failure. Insulin resistance contributes to elevated cholesterol and triglyceride levels, promoting atherosclerosis and narrowing of blood vessels. Diabetes also increases blood clotting tendencies and may directly impair heart muscle function, leading to dilated cardiomyopathy and reduced cardiac pumping efficiency.

Given the rising prevalence of diabetes, preventive strategies are urgently needed. Early identification of pre-diabetes and timely lifestyle interventions can delay or even prevent progression to overt diabetes. Preventive health check-ups, community screening programs, public awareness campaigns, and personalized health management approaches are essential. Healthcare services for diabetes must be strengthened at all levels to ensure universal

access to diagnosis, treatment, and follow-up care.

Public health measures should focus strongly on lifestyle modification. Regular physical activity, healthy dietary habits, weight management, smoking cessation, stress reduction, and improved sleep hygiene can substantially reduce the risk of diabetes. Creating awareness through education campaigns and community participation is crucial in combating this growing epidemic.

SPECIAL TIPS TO BEAT DIABETES

- Cut down sugar and refined carbohydrates: Foods rich in refined carbohydrates and added sugars cause rapid spikes in blood glucose levels and increase diabetes risk over time.
 - Exercise regularly: Physical activity improves insulin sensitivity, helps control weight, and reduces progression from pre-diabetes to diabetes.
 - Drink water as the primary beverage: Water helps regulate blood sugar and insulin levels while reducing unnecessary calorie intake from sugary drinks.
 - Maintain a healthy weight: Excess abdominal fat significantly increases diabetes risk. Even modest weight loss can have major health benefits.
 - Quit smoking: Smoking is strongly associated with insulin resistance and diabetes-related complications.
 - Reduce sedentary behaviour: Prolonged sitting and physical inactivity contribute to obesity and metabolic dysfunction.
 - Consume a high-fiber diet: Fiber-rich foods help regulate blood glucose and improve digestive health.
 - Limit processed foods: Whole foods such as fruits, vegetables, whole grains, nuts, and legumes are healthier choices.
 - Optimize Vitamin D levels: Adequate vitamin D may improve insulin sensitivity and metabolic health.
 - Drink coffee or tea in moderation: Some studies suggest these beverages may improve insulin sensitivity and reduce diabetes risk.
 - Avoid large portion sizes: Portion control helps maintain healthy blood sugar levels and prevents excessive calorie intake.
- CONCLUSION**
- Diabetes is not merely a disease of high blood sugar; it is a multisystem disorder affecting nearly every organ of the body. The growing burden of diabetes represents a major challenge for healthcare systems worldwide. However, through awareness, preventive strategies, healthy lifestyle choices, and early intervention, the impact of this epidemic can be significantly reduced. Prevention remains the most effective weapon in the fight against diabetes.

Dr. Itoo appointed as Assessor with the Academy of Medical Educators, UK

Appointment recognises his continuing contribution to medical education, professional standards and assessment

MAIN ARTICLE
SRINAGAR, SEPT 21:

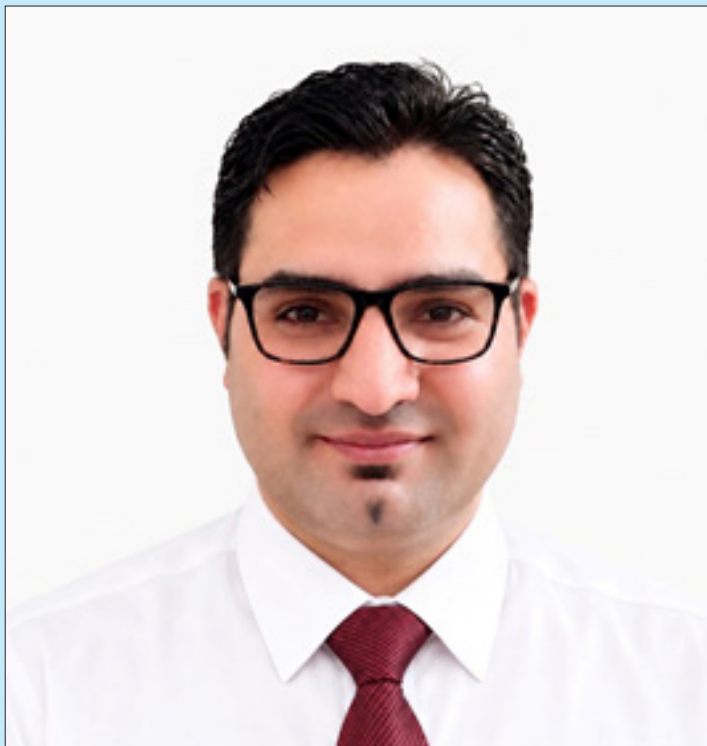
Dr Tasaduk Hussain Itoo, physician, medical educator, public health professional and medical writer from Jammu & Kashmir, has been appointed as an Assessor with the Academy of Medical Educators (AoME), UK.

The appointment represents another significant milestone in Dr Itoo's professional engagement with medical education and international professional standards. As an Assessor, he will contribute to the assessment process associated with the Academy's membership and professional recognition activities.

The Academy of Medical Educators (AoME) is a UK-based professional body dedicated to promoting excellence in medical and healthcare education, supporting high standards among educators and recognising the vital role of teaching in improving patient care.

CONTINUED

Dr Itoo's association with AoME reflects his continued commitment to medical education, communication, teaching, professional development and the advancement of standards in healthcare education. His role as an Assessor provides an opportunity to contribute his professional experience to the



evaluation of medical educators seeking recognition through

the Academy.

Commenting on the appointment, Dr Itoo said it was a matter of professional responsibility and an opportunity to contribute to the wider medical education community. He expressed his commitment to supporting fair, rigorous and transparent assessment processes and to promoting excellence in healthcare education.

The appointment adds to Dr Itoo's portfolio of international memberships, fellowships and professional engagements in clinical practice, medical education and public health.

STATEMENT

"I am honoured to serve as an Assessor with the Academy of Medical Educators. This is an opportunity to contribute to professional standards and support excellence in medical education."

— Dr Tasaduk Hussain Itoo

ABOUT AoME

The Academy of Medical Educators (AoME), UK, is a professional body committed to promoting excellence in medical and healthcare education. It supports and recognises educators across the UK and internationally, and works to advance standards in teaching, learning and assessment in healthcare.

Miller aims to chart World Cup glory by keeping it simple

United News Of India

Durban, Sep 22: At 37, David Miller adds invaluable experience to South Africa's side, with 178 ODIs under his belt, 28 of which have come against Australia, their opposition in the upcoming ODI series.

Miller would look to add to the number on September 24, in what would be his first ODI outing since March 2025.

The first ODI between the sides will be start of a busy home season, including a number of ICC World Test Championship fixtures, followed with a continued build-up towards the ICC Men's Cricket World Cup next year.

Miller looked forward to deliver for the Proteas in the white-ball formats of the game.

Speaking to reporters, ahead of the ODI fixtures, the player had his eyes set on a maiden Cricket World Cup title.

"[The Cricket World Cup] is obviously a quest, and a dream come true. Every player, every team going to the World Cup, wants to win the World Cup."

Miller outlined his thought-process going into his fourth Cricket World Cup.

"Things got to work out, you got



to align things with your team, where you want to go and how you want to play. So all those things come into play, and we've played really good cricket in the last couple of years. In World Cups, we haven't won a World Cup but we've certainly be knocking on the door."

South Africa bore close losses in their last two semi-final appearances (in 2015 and 2023) and Miller believed that the team needed to work out the process, without forcing the pressure of expectations on themselves, according to ICC.

"Sometimes, when you're striving too much for something, errors come into play, and you kind of get frantic

and you don't think clearly. So that's something that we're focussing on, just allow the process to be, making sure we prepare really well, and doing the best that we can, and our skills will outplay anything if we play to those skills. It's just keeping it really simple, it's a cliché, but it really is the way forward."

Discussing further on next year's Cricket World Cup, Miller was chuffed at the prospect of playing in front of home crowd. "Being at a World Cup in itself is amazing. But it being at home, is something even more special."

It would be a dream come true."

"There's still a bit of hard work to

do until then, couple of series, it's just over a year away. Lot of hard work for myself, to put myself in a position to make it that team."

Miller's last appearance in the ODI format came in the Champions Trophy, when he scored an unbeaten century in a loss to New Zealand in the semi-finals.

He has however featured in a host of T20 tournaments around the world, and believes the same keeps him ready for the upcoming three-game series against Australia.

"I'm actually feeling very good with my game. I've been around playing cricket overseas. I've been feeling good with the teams that I've been featuring for. And I've been feeling very nice and fit. My thing is just trying to do my best for whichever team or position I'm in. My thing is to prepare myself really well for the upcoming series. Stay fit and enjoy what is a home series that's not been around for a long time."

An added motivation for Miller will be his record against Australia. He average 57.38 against them, a massive lift from a career-average of 42.3, and has three centuries, including a career-best 139 against the current holders of the ICC Men's Cricket World Cup.

Jharkhand: Athletes win 11 medals on opening day of junior meet

United News Of India

RANCHI, SEP 22: Jharkhand athletes won 11 medals, including three gold, three silver and five bronze, on the opening day of the 37th East Zone Junior Athletics Championships in Patna on Tuesday.

The three-day championship is being held from Sep 22 to 24 at the Pataliputra Sports Complex, with teams from 13 states and union Territories, including Jharkhand, Bihar, West Bengal, Odisha, Assam, Mizoram, Manipur, Tripura, Meghalaya, Sikkim, Nagaland, Arunachal Pradesh and Andaman and Nicobar Islands participating.

Mamta Mary Murmu won gold in the girls' under-18 100 metres, Naina Singh claimed gold in the girls' under-18 80 metres hurdles and Savita Murmu secured gold in the girls' under-20 javelin throw.

Emanuel Kisku won silver in the boys' under-1680 metres hurdles, while Abhijit Kujur, Aman Kumar, Jacqueline Khes and Chinta Mani Tuti won silver in the under-20 mixed 4x400 metres relay. Goma Purti also won silver in

the girls' under-18 discus throw.

Manu Kumari won bronze in the girls' under-205,000 metres. Shubham Ekka, Nishant Bhagat, Putul Baskey and Suhani Kumari won bronze in the under-20 mixed 4x100 metres relay. Rishu Raj, Anit Oraon, Vishal Kumar and Prince Kumar won bronze in the boys' under-18 medley relay. Divya Gupta secured bronze in the girls' under-14 triathlon Group A, while Himanshu Kumar Singh won bronze in the boys' under-18 high jump.

Emanuel Kisku won silver in the boys' under-205,000 metres hurdles, while Abhijit Kujur, Aman Kumar, Jacqueline Khes and Chinta Mani Tuti won silver in the under-20 mixed 4x400 metres relay. Goma Purti also won silver in the girls' under-18 discus throw.

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Asian Games Day 3: Women's cricket team opens India's gold count; men's badminton team, Roshibina assure medals



United News Of India

NEW DELHI, SEP 22: The women's cricket team opened India's gold medal account at the Asian Games 2026 on Tuesday, with Harmanpreet Kaur-led defending champions outclassing Sri Lanka by 147 runs in the final at Korogi Sports Park in Nisshin. The day also saw the men's badminton team blank hosts Japan 3-0 to secure a medal, while two-time Asian Games medallist Naorem Roshibina Devi assured herself of a third consecutive medal by advancing to the women's 60kg wushu semifinals. Later in the day, India's sole gymnast Pranati Nayak qualified for the women's vault final in artistic gymnastics with a seventh-place finish. Defending champions India produced a dominant performance in the gold-medal clash, posting a mammoth 216/3 after opting to bat before bowling Sri Lanka out for a paltry 69 in 15.4 overs to secure

a comprehensive victory.

The result gave India their first gold and seventh medal overall at the Aichi-Nagoya Asian Games, taking their tally to one gold, four silver and two bronze medals. Sri Lanka claimed the silver in women's cricket, while Pakistan took bronze after beating Bangladesh by 31 runs. Later, the Indian men's badminton team, silver medallists at the Hangzhou edition, completed a commanding 3-0 victory over hosts Japan in the quarterfinals to secure a second consecutive Asian Games medal. In the opening singles

, Lakshya Sen fought back from five points down in the decider to beat Kodai Naraoka 11-21, 21-5, 21-19. Satwik Sairaj Rankireddy and Chirag Shetty then produced a convincing straight-game victory over Takuro Hoki and Yugo Kobayashi, winning 21-18, 24-22, before Ayush Shetty sealed the tie with a 21-10, 21-19 win over Koki Watanabe at the Ichinomiya City Municipal Gymnasium.

Injury-prone English quick Mark Wood announces international retirement

United News Of India

NEW DELHI, SEP 22: England quick Mark Wood has called time on his international career, ending an 11-year journey that brought him two World Cup titles and four Ashes campaigns.

Wood burst onto the international scene against New Zealand at Lord's in 2015 and went on to become a regular across formats. The 36-year-old finished with 119 wickets from 38 Tests, while his limited-overs record included 80 wickets in 70 ODIs and 54 wickets in 38 T20Is. That tally leaves him sixth among England's leading wicket-takers in T20Is.

Some of Wood's most memorable performances came on the biggest stages. He played a crucial role in England's 2019 ODI World Cup victory, taking 18 wickets during the tournament and repeatedly crossing the 95 mph mark. Even a side strain could not keep him out of the final at Lord's, where he bowled as England edged New Zealand in a dramatic Super Over finish.

Wood was again part of a World Cup-winning campaign in 2022, taking nine wickets in four matches as England lifted the T20 World Cup in Australia.

India storm past Sri Lanka 16-1 to make it two wins in a row at Asian Games

United News Of India

KAKAMIGAHARA (JAPAN), SEP 22: The Indian Men's Hockey Team continued its strong start to the 20th Asian Games Aichi-Nagoya 2026 with a commanding 16-1 victory over Sri Lanka in their second Pool A match at the Gifu Prefectural Green Stadium on Tuesday.

India, the defending Asian Games champions, produced another attacking masterclass after opening their campaign with a 13-1 win over Indonesia. The victory saw India score freely across all four quarters, with eight different players finding the back of the net, while Jugraj Singh and Abhishek completed hat-tricks.

The Indian side took control from the outset, with Mandeep Singh opening the scoring in the 5th minute after a well-worked move involving Jarmanpreet Singh. Jugraj Singh then converted a penalty corner in the 10th minute before Abhishek added India's third in the 11th minute.

Harmanpreet Singh joined the scoresheet in the 16th minute through a penalty corner, before Abhishek struck again a minute later to give India a 5-0 lead. Jugraj added his second

from another penalty corner in the 22nd minute, although his effort in the 24th minute was subsequently ruled out following a video referral. India restored their six-goal advantage in the 29th minute when Sukhjeet Singh finished



off a well-worked penalty corner variation. Dilpreet Singh then scored in the 30th minute as India went into half-time with a 8-0 lead.

The third quarter saw India continue to apply pressure. Manpreet Singh scored with a powerful strike in the 31st minute, followed by Vivek Sagar Prasad's backhand finish in the 36th minute. Dilpreet added his second in the 38th minute, while Jugraj completed his hat-trick in the 42nd minute.

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