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HEADLINES

TODAY

Voice To The Voiceless



No guarantees for Marnus Labuschagne as Aussies plot revenge on Proteas

P:06

HT BRIEFLY

Two persons including a girl drown in Ganderbal power canal

HT NEWS DESK / AGENCIES

GANDERBAL, SEP 7: Two persons, including 19-year-old Ishtiyag Ahmad Khai, son of Mohammad Sharif Khai, a resident of Thune Kangan, and a girl, daughter of Mumtaz Ahmad of Hari Gani, drowned in a power canal in the Thune area of Kangan in central Kashmir's Ganderbal district on Monday.

Soon after information about the incident was received, personnel from Kangan Police, the State Disaster Response Force (SDRF) and local residents reached the spot and launched a search operation to trace the two persons.

The bodies of both persons were subsequently recovered from the power canal.

>>> MORE ON P 02

Wildlife Department Captures Leopard in North Kashmir's Baramulla

HT NEWS DESK / AGENCIES

BARAMULLA, Sep 7: A leopard roaming in the Dangbal Takki Sultan area of Baramulla was captured by the Wildlife Department on Monday, bringing relief to residents who had been concerned over the animal's presence in the area.

The leopard had been spotted moving around the locality, prompting concern among local residents. Wildlife Department personnel subsequently launched an operation and successfully captured the animal.

The capture has eased apprehensions among residents, who had been concerned about the leopard's movement in the area.

A Wildlife official said that the leopard was released in a nearby forest.

SKIMS Bemina interns begin hunger strike over stipend demand, seek written government order

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 7: Intern doctors of MBBS Batch 2021 at SKIMS Medical College, Bemina, have begun a hunger strike from Monday, intensifying their ongoing protest over the demand for revision of their internship stipend and insisting on a formal written order from the administration.

In an announcement issued by the protesting interns, the MBBS 2021 batch said the decision followed the continued failure of dialogue with the administration to culminate in a written and formal order addressing their demands.

The interns said repeated discussions and assurances had failed to result in an official order regarding revision of the internship stipend,

>>> MORE ON P 02

After MBBS interns, veterinary students launch stipend protest across J&K, seek enhancement of allowance

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 7: Veterinary students in Jammu and Kashmir on Monday staged a peaceful protest over the long-pending demand for enhancement of their internship stipend, days after MBBS and BDS interns intensified their own agitation over stipend revision.

The Jammu & Kashmir Veterinary Students Association (JKVSA), representing students of SKUAST-Jammu and SKUAST-Kashmir, organized the protest and has been seeking a stipend revision for nearly three years.

According to students, at both universities they were being paid 6,000 per month for six months and 9,000 per month for the remaining six months, with the additional 3,000 being contributed by ICAR. They said a formal proposal for revision of the stipend had remained pending with the Finance Department

>>> MORE ON P 02

"We are trying to remind the country's film industry that before Switzerland, films were made in Kashmir": Omar Abdullah

HT NEWS NETWORK

SRINAGAR, SEP 7: Jammu and Kashmir Chief Minister Omar Abdullah on Monday termed the treatment of Muslims as "outsiders" and "others" unfortunate, saying incidents involving demolition of mosques and assaults on members of the community were "extremely unfortunate" and "shouldn't happen", while welcoming the launch of the first International Film Festival of Jammu and Kashmir. Speaking on the sidelines of an event, Omar said the festival would provide an opportunity to showcase films from across the world and expose local audiences, including film enthusiasts and mass communication students, to international cinema. He said the initiative would also provide greater exposure to the local film industry and help revive Kashmir's historic association with cinema.



"We are trying to remind the country's film industry that before Switzerland and other countries, films were made in Kashmir. We want that to happen again," he said, adding that the festival was aimed at encouraging filmmakers to once again consider Jammu and Kashmir as a destination for film production.

); Jammu and Kashmir Chief Minister Omar Abdullah on

Monday termed the treatment of Muslims as "outsiders" and "others" unfortunate, saying incidents involving demolition of mosques and assaults on members of the community "shouldn't happen".

Speaking on the sidelines of an event, Omar said, "What can one say? It's an unfortunate situation,"

>>> MORE ON P 02

"There are no longer any disputes among the states of the Western Region": Amit Shah

Home Minister says western states are driving growth through finance, exports, start-ups, tourism and green energy

HT NEWS DESK / AGENCIES

PANAJI, SEP 7: Union Home Minister Amit Shah on Monday described the western region as India's largest economic, industrial and financial centre and said its constituent states and Union Territories were making a significant contribution to the country's economic growth. Chairing the 28th meeting of the Western Zonal Council in Panaji, Shah said the Indian economy recorded 7.8 per cent growth in the first quarter of 2026-27 despite global economic turbulence. He described the western region as the



"WEST Engine" of growth, with W standing for wealth and finance, E for exports and ports, S for start-ups and semiconductors, and T for tourism and the blue economy. Shah highlighted Goa's tourism sector, Maharashtra's 33,872 start-ups, Dholera's emergence as a semiconductor hub, the importance of Mundra and Deendayal ports and Mumbai's role

>>> MORE ON P 02

"We want to strengthen the connection between finance, technology and inclusive growth": Narendra Modi

PM to inaugurate projects worth over ₹35,000 crore in Gujarat and Global Fintech Fest in Mumbai

HT NEWS DESK / AGENCIES

NEW DELHI, SEP 7: Prime Minister Narendra Modi will visit Gujarat and Maharashtra on Tuesday to inaugurate, dedicate to the nation and lay foundation stones for development projects worth more than 35,000 crore, including major railway, highway and infrastructure projects in Gujarat and the Global Fintech Fest 2026 in Mumbai. Modi will arrive in Vadodara around noon and dedicate three key sections of the Western Dedicated Freight Corridor covering 326 route kilometres and developed at a cost of over 20,700 crore,



providing direct connectivity to the Jawaharlal Nehru Port Authority and facilitating faster movement of EXIM cargo. He will also flag off freight train services and a new passenger train between Tanda Road and

Vadodara, besides dedicating the Jobat-Tanda Road new rail line connecting remote and tribal areas of Alirajpur with the national railway network. Foundation stones will be laid for three railway projects spanning 329 kilometres at a cost of more than 9,700 crore and three National Highway projects costing around 1,780 crore, including six-laning of the Kamrej-Chalthan section of NH-48. Gujarat government projects worth around 2,600 crore, including the Vadodara Urban Development Authority Ring Road Phase II and a 110 MW floating solar project at

>>> MORE ON P 02

Defence Forces Empowered to Respond Decisively: Rajnath Singh

HT NEWS DESK / AGENCIES

SRINAGAR, SEPT 7: Defence Minister Rajnath Singh on Monday said defence forces have been handed both freedom and resources to respond decisively to threats, including striking adversaries inside their own territory.

He stated that efforts were made by the adversary to undermine India's security by all

ill means including misleading the youth in Jammu & Kashmir, funding anti-India activities, spreading violence and terrorism, and attempting to create divisions within society.

He asserted that the Government, under the leadership of Prime Minister Narendra Modi, has foiled these nefarious designs and responded on all fronts by bringing misguided

youth back into the mainstream, undertaking rehabilitation & de-radicalisation efforts, and creating employment & business opportunities.

Defence Minister added that Jammu and Kashmir has witnessed unprecedented progress since the abrogation of Article 370, as new avenues and opportunities have been opened up for the youth. He emphasised that India

adopted the strategy of eliminating terrorism through decisive military action such as Surgical Strikes, Balakot Airstrike and Operation Sindoor, which targeted terrorists and their handlers. "The suspension of the Indus Waters Treaty sent a clear message that blood and water cannot flow together", he said. Rajnath Singh pointed out that attempts by the adversaries to sow discord among

>>> MORE ON P 02

HT BOTTOM NEWS

"Brief spells of rain or thundershowers may occur at isolated or scattered places": MeT

J&K likely to remain largely dry till September 19; farmers advised to continue harvesting

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 7: Jammu and Kashmir is likely to experience generally dry weather over the next two weeks, with brief spells of rain or thundershowers expected at isolated and scattered places, the Meteorological Centre said on Monday. According to the forecast, the Union Territory will remain generally dry from September 8 to 12, while brief spells of rain or thundershowers are likely



at scattered places from September 13 to 15, particularly during the early morning and afternoon hours. The weather is expected to remain generally dry again from September 16 to 19, although isolated brief showers cannot be ruled out. The MeT Centre has advised farmers to

continue harvesting apples and paddy and undertake other agricultural operations. Srinagar recorded a maximum temperature of 27.8°C and a minimum of 14°C, while Qazigund recorded 26.1°C and 12.2°C and Pahalgam

>>> MORE ON P 02

"We cannot remain mere spectators while people around us continue to suffer": Altaf Bukhari

Apni Party chief calls for coordinated response involving mental-health professionals and other stakeholders

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 7: Apni Party president Syed Mohammad Altaf Bukhari on Monday expressed grave concern over frequent incidents of suicide, suspected suicides and mysterious deaths in Jammu and Kashmir, urging the government to bring together mental-health professionals, sociologists, educators, civil society organisations, religious and community leaders, youth



representatives and other stakeholders to identify the underlying causes and formulate a comprehensive response.

>>> MORE ON P 02

Govt appoints Dr Twinkle Suri as Director Colleges, J&K

HT News Network

Srinagar, Sep 07 (KNO): The government on Monday appointed Dr Twinkle Suri as Director Colleges of Jammu and Kashmir for a period of two years.

According to the news agency—Kashmir News Observer (KNO), the government in an order said that the appointment was made on the recommendation by the selection committee and as per approval of the competent authority.

"As recommended by the selection committee and as per approval of the Competent Authority, Dr Twinkle Suri, (Principal) Dean Academic Affairs, Cluster University of Jammu is hereby transferred and posted as Director Colleges, J&K with immediate effect relieving Dr. Sheikh Ajaz Bashir, Professor, Department of Electronics & Communication Engineering, IUST from the additional charge of the post," it reads.

Stating the terms and conditions, the government said that the term of Director Colleges shall be for a period of two years extendable by one year, subject to the satisfactory performance and the work and conduct or the department may conduct a fresh selection for the said post.

"The administrative department shall reserve the right to terminate the term of director colleges, prior to the completion of the tenure, in case, the performance or work and conduct of the incumbent is not satisfactory, after according an opportunity of being heard," reads the order.

Pertinently, Dr Twinkle in the year 2025 was appointed as Dean, Academic Affairs for Cluster University of Jammu for a period of one year.

She has an enriching teaching and administrative experience of 31 years. She has served as Founding Dean Students Welfare and Head of Department, English, Cluster University of Jammu for 7 years and



has served as Principal, Shri Pandit Prem Nath Dogra Government Degree College Samba for more than 2 years.

Dr Twinkle has also served as Deputy Director, Academics at the J&K Board of School Education.

An Eng. Hons Graduate from Sophia College, Ajmer Dr Twinkle is one of the first scholars to research on Black Women's Writing with special focus on African women.

Her book entitled 'A Room of Their Own: Women's Voices in Africa'

has been appreciated in literary circle at international level.

Dr Twinkle is currently working on a comparative study of the 'Afro-Indian Women's Writing' and also on a few case studies depicting the fearless stories of 'Women Crusaders in Conflict Zone' "As recommended by the selection committee and as per approval of the Competent Authority, Dr Twinkle Suri, (Principal) Dean Academic Affairs, Cluster University of Jammu is hereby transferred and posted as Director Colleges, J&K with immediate effect relieving Dr. Sheikh Ajaz Bashir, Professor, Department of Electronics & Communication Engineering, IUST from the additional charge of the post," it reads.

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Dr Twinkle has also served as Deputy Director, Academics at the J&K Board of School Education. (KNO)

IUST Students Explore Entrepreneurship Opportunities

HT News Network

Pampore, Sept. 7: The Department of Economics, Islamic University of Science and Technology (IUST), under the Industrial Connect Vertical of Dean Outreach, in collaboration with the Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), organised an Entrepreneurship Orientation Programme for Economics students at JKEDI, Pampore.

The programme familiarised students with the entrepreneurship ecosystem, startup landscape, institutional support mechanisms and emerging opportunities, encouraging them to explore entrepreneurship as a viable career pathway and gain practical insights into developing innovative ideas into sustainable ventures.

The session was followed by a Business Simulation Exercise, providing hands-on exposure to business decision-making, resource allocation, problem-solving, innovation and the practical dynamics of running an enterprise in a simulated environment.

The programme was organised under the guidance of Dr. Irfan Sofi, Head Department of Economics and coordinated by faculty members of the department including Dr. Shumila Cheshi, Department Industry Connect Coordinator

SSP Anantnag holds Thana Divas at Police Station Srigufwara

HT News Network

Anantnag September 07: SSP Anantnag, Shri Amod Ashok Nagpure-IPS, held a Thana Divas at Police Station Srigufwara, wherein a large number of people from the adjoining areas participated.

During the interaction, the members of the public raised various issues pertaining to police and other civic matters. The SSP gave a patient hearing to the participants and assured them that their genuine grievances would be examined and addressed on priority.

SSP Anantnag reiterated that such public interaction programmes are aimed at strengthening Police-Public relations and providing a responsive platform to the people for redressal of their grievances.

SSP Anantnag also stressed upon the officers and officials present to remain accessible to the public and ensure prompt and effective resolution of genuine grievances.

Police solves theft case in Sopore; Two accused arrested

HT News Network

Sopore September 07: Police in Sopore have solved a theft case by arresting two accused persons involved in the commission of crime. Police Post Bus Stand received a written complaint from Asrar Ali son of Abid Hussain Ali resident of Saidpora, Sopore, regarding theft of valuable copper items from his scrap workshop situated at Brath Crossing Road.

Accordingly, a case vide FIR No. 223/2026 was registered at Police Station Sopore and investigation was initiated.

During the course of investigation, the accused persons were identified and apprehended. The stolen copper items/scrap were recovered from their possession and seized in accordance with law. The accused have been identified as Mehraj-ud-Din Malla son of Ghulam Mohammad Malla and Irfan Ahmad Dar son of Abdul Ahad Dar, both residents of Mehrapjora, Sopore.

Media Delegation from Kerala Begins Seven-Day Press Tour to Jammu and Kashmir

HT News Network

Srinagar, 07 September 2026

A 13-member media delegation from Kerala has embarked on a seven-day press tour to Jammu and Kashmir from September 6 to 12, 2026. The tour is being organised by the Press Information Bureau (PIB), Kochi, with the objective of providing journalists from Kerala an opportunity to gain first-hand insights into the developmental initiatives, infrastructure projects and achievements in the Union Territory of Jammu and Kashmir.

On the first day of the tour, the delegation visited the Press Information Bureau office in Srinagar. Shri Quazi Salman, Director, PIB Srinagar, welcomed the members of the delegation and provided an overview of the media and communication landscape in Kashmir. He also interacted with the visiting



journalists and shared insights into the functioning of PIB in the region.

WhatsApp Image 2026-09-07 at 7.49.01 PM.jpeg WhatsApp Image 2026-09-07 at 7.49.02 PM (1).jpeg

WhatsApp Image 2026-09-07 at 7.49.02 PM.jpeg

Later in the day, the delegation visited Gulmarg, the picturesque hill station located in Baramulla district of Jammu and Kashmir, and experienced

the region's rich natural landscape and scenic beauty.

During the week-long tour, the media delegation will visit various developmental projects and important locations across the Union Territory. The press tour aims to familiarise the participating journalists with the developmental transformation taking place in Jammu and Kashmir and provide them an opportunity to interact with the stakeholders.

SDM Gool Reviews Progress of Mission YUVA

HT News Network

Ramban, September 07: Sub-Divisional Magistrate (SDM) Gool, Imtiyaz, today chaired a meeting to review the progress and implementation of Mission YUVA in Sub-Division Gool.

During the meeting, the SDM reviewed the progress made under the Mission and took stock of the status of applications and other activities being carried out by the concerned agencies. He emphasized the importance of effective implementation of the scheme and directed all concerned officers and officials to work in close coordination to ensure that the benefits of Mission YUVA percolate down to the maximum number of eligible beneficiaries across the Sub-Division.

He stressed the need for generating greater awareness



among unemployed youth and other eligible beneficiaries about the opportunities available under Mission YUVA. He directed the concerned functionaries to facilitate eligible applicants and provide them with necessary guidance for timely submission and processing of their applications.

The SDM further directed the concerned agencies to ensure regular monitoring of the progress under the Mission and timely, time-bound disposal of all pending

applications. He emphasized that unnecessary delays should be avoided and that all eligible beneficiaries should receive the benefits of the scheme in a transparent and efficient manner.

The meeting was attended by Manager J&K Bank Gool, Faisal Shamas; Manager J&K Bank Sangaldan, Mubashir Qadir; BHD Coordinator Gool, Aabir Fayaz; BHD Coordinator, Himanshu; Jameela Bano, Motivator; and Naseem Akhter, Motivator.

Vivek Bali Welcomes International Film Festival, Calls for Revival of Kashmir's Film Heritage

HT News Network

Srinagar, September 7, 2026:

Suheldev Bharatiya Samaj Party (SBSP) Jammu & Kashmir, State President, Vivek Bali has welcomed the government's

initiative to organize its first International Film Festival in Jammu & Kashmir, describing it as a positive development with significant potential for the region's cultural and economic growth.

Vivek Bali said that Kashmir has a long and distinguished association with cinema and filmmaking and expressed hope that the festival would help revive the Valley's connection with the film industry.

It is a positive development. The government is organizing its first international film festival. We are also trying to remind the country's film industry that films used to be made in Kashmir long before places like Paris, London, or Switzerland became popular shooting locations. We would like to see that tradition



revived," Bali said.

Vivek Bali further appealed to filmmakers, producers, actors and other professionals from across the country and abroad to explore Jammu & Kashmir as a preferred destination for film production.

He said that greater engagement with the film industry would not only showcase the region's natural beauty and rich cultural heritage but also create new opportunities for local artists, actors, technicians and young creative talent.

We welcome people from the film industry to come here, shoot their movies, discover local Kashmiri talent and provide them with meaningful opportunities. Jammu & Kashmir has immense potential to become a major destination for cinema and creative industries," he added.

Bali said that the revival of filmmaking in Kashmir could contribute to employment generation, tourism promotion and the development of the local creative economy while providing a platform for Kashmiri talent to reach national and international

JKSA Veterinary Wing Launches Stipend Protest Across J&K, Seeks CM's Intervention on Long-Pending Hike

HT News Network

Srinagar, September 7, 2026:

The Jammu & Kashmir Veterinary Students Association (JKVSA), the Veterinary Wing of the Jammu & Kashmir Students Association (JKSA), on Monday staged a peaceful protest, demanding an immediate revision and enhancement of the internship stipend for veterinary students of SKUAST-Jammu and SKUAST-Kashmir.

The students have been pursuing the demand for nearly three years, with a formal proposal for enhancement reportedly pending with the Finance Department since 2023, despite repeated representations and follow-ups. The continued delay has left veterinary interns receiving a stipend that students describe as grossly inadequate and substantially lower than that offered at several veterinary institutions across the country.

At present, veterinary interns



at both SKUAST-Jammu and SKUAST-Kashmir receive 6,000 per month for six months and 9,000 per month for the remaining six months, with the additional 3,000 in the latter period being contributed by ICAR. In comparison, the JKVSA has cited substantially higher monthly stipends at institutions including IVRI, BHU, Kamdhenu University,

GADVASU, WBUAFS, LUVAS, KVASU and RAJUVAS.

The students stressed that veterinary internship is not merely an academic formality. Interns are required to undertake clinical training, field visits, animal-health services, emergency duties, practical procedures and community-level veterinary work, often involving long hours and

significant responsibilities. The stipend, therefore, should reasonably reflect the nature and demands of their compulsory internship.

JKVSA President Saqlain Rashid said the students were not seeking preferential treatment but a fair, dignified and rational stipend comparable with prevailing rates in other veterinary institutions

across India. The association has also pointed to a communication from the Veterinary Council of India dated 19 May 2026, which, according to the students, reflects that the matter of stipend enhancement has already been raised with the concerned authorities.

Association urged Chief Minister of Jammu & Kashmir Omar Abdullah to personally intervene in the matter and direct the concerned departments to examine and resolve the issue on priority. JKVSA said that a matter pending since 2023 cannot be allowed to remain indefinitely stuck in administrative files, particularly when it concerns students undergoing mandatory professional training. The association urged the government to convene the concerned authorities, including the Finance Department and the universities concerned, and arrive at a time-bound decision on the proposed enhancement.

HT EDITORIAL

Lights, Camera, Kashmir: A New Story Begins in Srinagar

The inauguration of Srinagar's maiden International Film Festival this evening marks far more than the arrival of another cultural event on the calendar of Jammu and Kashmir. It is a moment of considerable symbolic and practical importance for a region whose image, for decades, has too often been defined by disturbance and conflict. With filmmakers, artists and delegates from different parts of India and the world gathering in Srinagar, the festival offers Kashmir an opportunity to present itself through a different frame—one of creativity, culture, hospitality, beauty and hope.

The significance of the occasion was reflected in the statements made by dignitaries at the inaugural ceremony. Chief Minister Omar Abdullah described the festival as the beginning of a new chapter in Jammu and Kashmir's association with cinema and urged filmmakers to carry back the message that Kashmir is open and ready to welcome film production. Filmmaker Vidhu Vinod Chopra, himself closely associated with Kashmir, highlighted the opportunity the festival provides for filmmakers to come together, exchange ideas and create new work. Such observations underline the fact that the festival should not be viewed merely as a celebration of films, but as an opening to much wider possibilities.

Kashmir has always possessed the most important ingredient required by the film industry—a landscape that needs little introduction. From the waters of Dal Lake and the Mughal gardens of Srinagar to the meadows of Gulmarg, the valleys of Pahalgam and the snow-covered mountains of the higher reaches, the region offers locations capable of providing a visual identity to films of almost every genre.

Yet natural beauty alone cannot create a film industry. What Kashmir now needs is a sustained ecosystem around filmmaking. The maiden festival can provide the impetus for developing that ecosystem.

If the initiative receives continuity and institutional support, it can generate employment opportunities for a large number of young people. Filmmaking is not confined to actors and directors. It creates demand for cinematographers, editors, sound technicians, production assistants, location managers, set designers, costume professionals, photographers, drivers, caterers and numerous other service providers. With appropriate training, many of these opportunities can be accessed by local youth.

The economic benefits would extend much further. Film crews require hotels, restaurants, transport, local guides, equipment, logistical services and other facilities. A regular flow of productions could therefore create business opportunities for a wide range of local enterprises. For a region seeking to expand its employment base, the creative economy deserves considerably greater attention.

Tourism could be another major beneficiary. Across the world, locations appearing in popular films often become attractions for tourists. Kashmir is particularly well placed to benefit from this phenomenon. A landscape seen on the big screen can inspire thousands of viewers to experience it personally. Film tourism could consequently become an important complement to conventional tourism and help Kashmir diversify its tourism offerings.

But the success of the festival should ultimately be judged by what happens after the curtains come down. The event must not become an annual gathering that begins and ends with ceremonies, screenings and speeches. It should evolve into a sustained programme aimed at making Jammu and Kashmir one of India's most attractive destinations for film production.

This requires a practical policy framework: faster and transparent permissions for shooting, professional location-management facilities, incentives for producers, better production infrastructure and a readily available pool of trained local technicians. Universities and educational institutions should also be encouraged to introduce courses and practical training in cinematography, editing, sound, animation, acting and film production.

At the same time, local talent must occupy a central place in this transformation. Kashmir has a rich literary and cultural tradition and a new generation of storytellers with stories of their own to tell. The festival should provide them opportunities to meet established filmmakers, access mentorship and find platforms for their work. The ultimate objective should be to ensure that Kashmir is not merely used as a backdrop for somebody else's story but becomes a source of stories told by its own people.

There is also a deeper message in the gathering of the international film community in Srinagar. Cultural exchanges have a unique ability to break stereotypes. When filmmakers and artists visit a place, interact with its people and experience its culture, they take those impressions back with them. For a region that has long been viewed through the narrow lens of conflict, allowing the outside world to see Kashmir as a vibrant cultural and creative space is itself valuable.

However, the development of film tourism and production must be responsible. Kashmir's fragile environment and cultural heritage are among its greatest assets and must not be compromised by uncontrolled commercialisation. Sustainable filmmaking practices and respect for local communities should be integral to any long-term strategy.

The maiden film festival has, therefore, opened a door. The task now is to keep it open.

Srinagar does not need another short-lived cultural spectacle. It needs a lasting cinematic movement that brings filmmakers, investment, tourism and employment to the region while giving local artists a platform to flourish.

For decades, Kashmir has been admired as a beautiful backdrop. It can now aspire to become something more—a place where films are made, stories are told, careers are built and the world discovers a new Kashmir.

The lights have come on in Srinagar. It is now time to keep the cameras rolling.

Science on Wheels: Taking Discovery Beyond the Classroom



Dr. Vijay Garg

Science is not meant to remain confined within the four walls of a classroom or limited to the pages of a textbook. True scientific learning begins when students observe, question, experiment and discover the world around them. Unfortunately, many schools, particularly those in rural and economically disadvantaged areas, do not have well-equipped science laboratories. This is where the idea of "Science on Wheels" can become a powerful instrument for educational change.

Science on Wheels refers to a mobile science laboratory that travels from one school or community to another, carrying scientific equipment, models, experiments and learning resources. Instead of expecting every child to travel to a large laboratory or science centre, the laboratory itself comes to the students. It brings practical learning closer to those who may otherwise have limited opportunities to experience science beyond textbooks.

A mobile science laboratory can include equipment for experiments in physics, chemistry and biology, along with microscopes, models of the human body, basic electronic devices, solar-energy demonstrations and other interactive scientific tools. Students can perform experiments under the guidance of trained teachers and science educators. Such direct experiences make scientific concepts easier to understand and remember.

For example, a student may read about reflection of light in a book, but actually observing light reflected

through mirrors makes the concept much more meaningful. Similarly, examining a leaf or a drop of water under a microscope can create curiosity that no written description can fully replace. Science becomes exciting when students are allowed to ask,



"Why does this happen?" and then search for the answer through observation and experimentation.

Science on Wheels can be particularly valuable for rural schools. Many small schools cannot afford expensive laboratories or advanced scientific equipment. A shared mobile laboratory can serve several schools in a region and provide students with access to resources that would otherwise remain unavailable to them. In this way, mobile laboratories can help reduce the educational gap between urban and rural students.

The programme can also encourage a culture of scientific curiosity. Children are naturally curious, but traditional education sometimes focuses too heavily on memorising facts and preparing for examinations. A mobile science laboratory can shift the focus from remembering answers to asking questions. Students can learn that science is not simply a collection of formulas and definitions; it is a way of understanding the world.

Science on Wheels can also inspire students to consider careers in science, technology, engineering,

medicine and research. For many young learners, especially those who have never visited a modern laboratory, seeing scientific equipment and performing experiments can open entirely new possibilities. A single inspiring experience may motivate a student to become a scientist, engineer, doctor, environmentalist or innovator.

In the age of artificial intelligence and rapidly advancing technology, practical scientific education has become even more important. Students need opportunities to develop observation, critical thinking, problem-solving and creativity. These skills cannot always be developed through textbooks alone. Hands-on experiments teach students to make predictions, test ideas, recognise mistakes and learn from results.

Mobile laboratories can also connect science with everyday life. Demonstrations on clean water, renewable energy, health, nutrition, agriculture, climate change and environmental protection can help students understand how science affects their communities. Science then becomes relevant not only to examinations but also to solving real-life problems.

Governments, educational institutions, universities, science organisations and private companies can work together to expand the Science on Wheels movement. Well-designed mobile laboratories, supported by trained educators, can reach thousands of students across villages and small towns. Digital tools and interactive technology can further strengthen these programmes.

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The reality behind marriage system



Wani zikra

After thinking for days, I finally decided to write about the topic of marriage. I never shared my opinion regarding marriage because I know people are going to judge me for holding such controversial ideas. At starting, I also used to think the same about marriages, but suddenly I started observing the married couples around me, and every time my mind raised a question: Is it really worth it to get married for this kind of life? Do people really marry to have this kind of life, which provides insults, trauma, harassment and ruins your mental health? I'm not a feminist and I'm definitely against the idea of feminism, but when it comes to marriages,

I too doubted humanity. And now, the question arises... What made me think so? Of I have to answer this question in one word, I would say, "Men." Sounds strange? Here's the explanation.



There's a really great value of marriages in Islam. Then why do I think so? At starting, everything used to be good, but now things have changed. The so-called modern world ruined almost everything. But an idea has been in our society since ages, and that idea is "Men are better" / "They're better."

The society has always provided free will to boys, and the "limit" word has always been used for girls. And that is the reason that boys

are doing very bad in maintaining a normal human relationship. I don't think twice before saying that 99% boys are just like what I described till now.

The word marriage has become a nightmare for me because I have seen a woman in my neighbourhood covered in blood, trying to escape because her husband was trying to almost kill her.

I've seen 95% men having extra-marital

affairs while their wife is taking care of children, parents, family members just to make her hear some good words. I've seen such horrible cases in almost every marriage, and now I believe that it is not worth to risk your life for such things. No doubt that some (maybe 10%) boys/men are good, but not everyone has a good luck. And why would anyone take a risk for the sake of life? (Not peace.)

You know the worst part is when marriages start ruining the mental health of the kids. I've been writing and sharing my opinions regarding different ideologies from 8th class, and it has happened to me for the first time that I faced a problem while changing my thoughts into words. Maybe this happened to me because thousands of horrible cases came to my mind while writing this.

So, I believe someone will give me 100 reasons for marrying. I will still hold 110 reasons for not marrying. No doubt, there is suppression from both sides in a marriage. In the bond of marriage, both men and women can experience suppression. But in this piece, I have talked about the suppression faced by women. There is also suppression faced by men, but it is less expressed,

Son Water Agreement paves a new path for cooperative federalism



Dr. Satyawan Saurabh

Interstate rivers are not just flowing streams, but lifelines that support agricultural production, drinking water supplies, industries, ecosystems, and the livelihoods of millions. However, rivers can also cross state boundaries, so their management can lead to conflict between states. The recent Bihar-Jharkhand agreement on the Son River, which aims to resolve a nearly 25-year-old water dispute through dialogue, is an important example of sustainable water management—a water issue that can only be resolved through cooperation, not conflict.

The main reason interstate water conflicts persist is due to conflicting interests in water development. One state may want to use more water for irrigation, while another for drinking water, industry, or urban development. All of these needs are legitimate, but water is limited. If multiple states depend on the same river, resources become scarce, and balancing these needs poses a challenge for the federal administration.

Water imbalances across regions and seasons further compound the complexities. Areas that receive good rainfall during the monsoon season may experience heavy rainfall during that time, but may experience a lack of rainfall during the summer. Thus,

a river may be abundant one year and scarce the next. This situation is becoming even more uncertain due to climate change. Changing rainfall patterns are altering river flows, while prolonged droughts and extreme weather events are also affecting water availability and making projections about water availability less reliable.

Administrative reorganization can also lead to disagreements over historical agreements. This is also the case with Bihar-Jharkhand relations. Agreements reached within the same administrative structure may have to be reconsidered if states are reorganized and their agricultural, demographic, and economic needs evolve. The concept of "fairness" prevalent decades ago may not necessarily apply in the current context.

Another major source of conflict is the development and utilization of ongoing projects in the upstream areas. Dams, barrages, and irrigation schemes can impact water supply and discharge schedules in the downstream areas. Lack of information sharing and project coordination between states can also lead to mistrust in technical expertise. The lack of transparent and real-time hydrological data further fuels disputes. States may have different goals regarding the amount of water allocated and the amount of water available. Without shared, scientifically accepted information on rainfall, river flows, reservoir levels, and water use, negotiations can easily devolve into debates over conflicting demands.

If people become politically organized, the situation could worsen. The water issue is emotive and directly impacts farmers, families, and local economies. If a technical

problem becomes a regional issue or a political dispute, compromise becomes difficult. This is the purpose of institutional dialogue, so that it does not become a protracted federal conflict.

The Bihar-Jharkhand status agreement for the Son River exemplifies the importance of negotiations. Both states have attempted to resolve the dispute non-violently by engaging with each other to find a mutually agreed solution. According to reports, Bihar received a water allocation of 5.75 billion acre-feet (MAF) and Jharkhand 20 million acre-feet (MAF). But the impact of this agreement is not limited to these figures; it has far-reaching consequences. Its real significance lies in the message it sends that states are capable of protecting their own interests while also understanding the needs of other states.

Dialogue can also provide opportunities for better utilization of shared infrastructure. Integrated water management, rather than fragmented water management, can yield greater benefits from the Indrapuri Barrage and its associated canal network. Shared infrastructure should become the basis for cooperation, not a new cause for division.

It is time for India to move away from a state-based approach and adopt a river-basin-based approach. A river basin is a single ecological-economic unit. Therefore, water planning must take into account upstream and downstream communities, groundwater, environmental flows, agricultural, drinking water, and industrial uses.

First, it is crucial to establish open and up-to-date processes for sharing hydrological data. All interested states should have access

to the same reliable information. Technology can help improve the accuracy of river monitoring and reduce conflicts over data from different sources.

Second, mediation mechanisms need to be strengthened. Structured forums provided by the Inter-State Council and regional councils can be used to discuss emerging water issues before litigation or judicial proceedings, helping to prevent future disputes. While courts and tribunals have an important role, negotiated agreements may be more conducive to adapting to changing circumstances and maintaining long-term relationships.

Most importantly, interstate rivers should be considered not as the property of any one state but as an ecological and economic system shared by all states. A state that ignores the interests of other states sharing the same water basin cannot ensure water security in the long term. Cooperation is not a compromise, but a necessity.

The Bihar-Jharkhand Son Agreement is a positive sign for India's federal future. When water disputes become the subject of protracted negotiations, opportunities for partnership can arise through sustained dialogue, reliable information, and effective cooperative institutions.

Rivers do not recognize state boundaries. We must transcend these boundaries in water management. Water security in India will be achieved not through competition over rivers, but through shared responsibility for water.

Dr. Satyawan Saurabh
Poet, social thinker and columnist
(Dr. Satyawan Saurabh, PhD)

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Cortisol The Stress Hormone



SURINDERPAL SINGH

There was a time when stress meant an immediate physical danger—a wild animal, a sudden accident or an urgent survival situation. Today, the threats are different. Examination pressure, workplace deadlines, financial worries, family responsibilities, social-media comparisons, constant notifications and an endless flow of information can keep the human mind in a state of alertness for hours, days and sometimes years. This changing nature of stress has brought increasing public attention to cortisol, popularly known as the stress hormone. From social-media posts to health discussions, cortisol is now frequently blamed for weight gain, poor sleep, fatigue, anxiety and a host of other problems.

Cortisol is not the enemy. It is an essential hormone that becomes problematic when the body's stress-response system remains persistently disturbed. Understanding this distinction is important because fear and misinformation about cortisol can be almost as unhelpful as ignoring chronic stress itself. Cortisol is a steroid hormone produced mainly by the adrenal glands, small glands located above the kidneys. Its production is regulated through a complex communication system involving the brain and the adrenal glands. Cortisol performs several essential functions. It helps the body respond to stress, influences blood sugar and metabolism, contributes to maintaining blood pressure and helps regulate inflammation and immune activity. It also follows a natural daily rhythm. Cortisol is generally higher around the morning period, helping the body become alert and active, and gradually declines during the day. This rhythm is closely linked with the body's internal biological clock and sleep-wake cycle. Thus, cortisol is not something that the body should completely eliminate. A healthy body needs cortisol. The goal is regulation, not removal.

When the brain perceives a stressful situation, the body prepares itself to respond. Cortisol helps make energy available and supports several physiological processes needed during stress. This response is extremely useful in the short term. If a person suddenly faces danger, the body cannot afford to remain relaxed. It needs to become alert and ready for action. Cortisol is part of this remarkable survival mechanism. Once the danger passes, however, the body

should gradually return to its normal state. The difficulty of modern life is that many sources of stress do not disappear quickly.

A student may worry about examinations for months. An employee may remain under pressure because of continuous deadlines. A family may face prolonged financial uncertainty. Constant exposure to alarming news and social media can also keep the mind emotionally stimulated. The body evolved to deal with temporary emergencies, while modern society often creates permanent psychological pressure.

Occasional stress is a normal part of life. It can even be beneficial by motivating us to prepare, concentrate and perform.

The real concern is chronic stress—stress that continues for long periods without sufficient recovery.

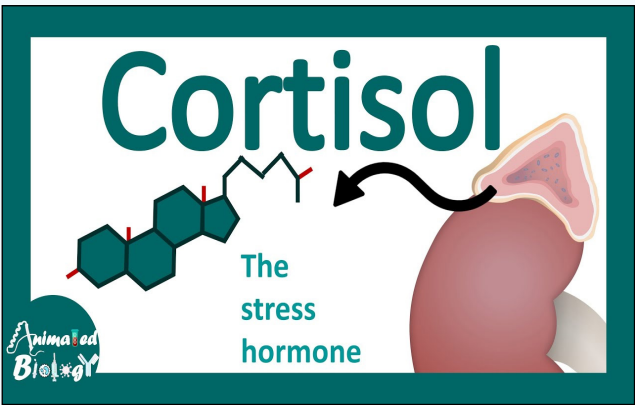
Persistent stress may contribute to disturbed sleep, irritability, difficulty concentrating, changes in appetite, fatigue and reduced emotional resilience. Long-term stress is also associated with a range of physical and mental health problems. However, it would be scientifically incorrect to claim that every such symptom is caused by high cortisol. Fatigue, weight changes, poor sleep and mood disturbances have many possible causes. This is why the popular practice of diagnosing oneself as having high cortisol simply because of a few symptoms can be misleading.

One of the most important concerns surrounding modern stress is the deterioration of sleep. People often sacrifice sleep for work, study, entertainment or social-media activity. Some may spend their entire day under pressure and then continue using their phones late into the night, leaving little opportunity for genuine mental relaxation. Sleep and the body's stress system are closely connected. Poor sleep can make people more vulnerable to stress, while persistent stress can make relaxation and healthy sleep more difficult. Breaking this cycle is often more useful than searching for a quick method to "lower cortisol".

The relationship between cortisol, stress and body weight has attracted considerable public attention. Stress can influence eating behaviour. Some people respond to stress by eating more, particularly highly processed foods rich in sugar, salt or fat. Stress can also reduce motivation for physical activity and interfere with sleep. Cortisol itself influences metabolism and the body's handling of energy. Nevertheless, it would be an oversimplification to say that cortisol is responsible for all weight gain.

Body weight is influenced by numerous factors, including genetics, diet, physical activity, sleep, medications, medical conditions and overall lifestyle.

Therefore, the phrase "cortisol is making you fat" may make a catchy social-media headline, but it does not adequately describe the science. The growing 'cortisol detox' culture



As public interest in cortisol has increased, a new market has emerged around products and programmes claiming to detox cortisol, flush out stress hormones or rapidly balance hormones.

The human body already possesses sophisticated systems for producing, regulating and breaking down hormones. There is no magic food, drink or supplement that can substitute for healthy living. A balanced diet, adequate sleep, regular physical activity and effective stress management remain far more meaningful than expensive "detox" products. The growing cortisol industry also illustrates a wider problem in modern health culture: complex biological processes are frequently reduced to simple slogans that sell products. Scientific literacy is therefore essential.

There is an important difference between ordinary stress and a medical disorder involving cortisol. Excessive cortisol exposure can occur in conditions such as Cushing syndrome, while insufficient cortisol production can occur in adrenal insufficiency. These are genuine medical conditions requiring professional evaluation and treatment.

Unexplained major changes in body weight, persistent weakness, unusual bruising, significant blood-pressure abnormalities or other concerning symptoms should not automatically be labelled as stress or high cortisol.

Similarly, people should not begin hormone-related medication or supplements without medical advice.

The correct approach is neither panic nor neglect, but proper evaluation.

The most effective solutions are surprisingly simple. Sleep must become a priority. Adequate and regular sleep is one of the most important

foundations of health. Adults generally require around seven to nine hours of sleep per night, although individual needs differ.

Maintaining a reasonably consistent sleep and wake schedule can support the body's natural biological rhythm. Exercise is natural stress management

Regular physical activity can improve physical fitness, mood and the ability to cope with stress. Walking, cycling, swimming, sports, yoga and strength training can all be valuable. The emphasis, however, should be on consistency rather than extreme exercise. A balanced diet containing vegetables, fruits, whole grains, pulses, nuts, seeds and appropriate sources of protein provides the foundation for good health. No single food can magically reset cortisol. Overall dietary quality matters far more than fashionable nutritional claims.

Smartphones have transformed communication, but constant notifications and endless scrolling can prevent the brain from experiencing genuine periods of rest. Creating technology-free periods, particularly before bedtime, can be a sensible step towards healthier routines. Meditation, deep breathing, prayer, reading, hobbies, music, time in nature and meaningful conversations can help people manage everyday stress. A society obsessed with productivity must remember that recovery is also productive.

Supportive relationships with family, friends and colleagues can provide emotional strength during difficult periods. Human beings are not designed to face every challenge alone. When stress becomes overwhelming or persistent, seeking help from a qualified mental-health or medical professional should be considered a sign of wisdom—not weakness. The cortisol discussion also raises a broader question: What kind of environment are we creating for our children and working population?

Schools should encourage learning, curiosity and healthy competition without turning education into a permanent source of fear. Workplaces should understand that longer working hours do not necessarily mean greater productivity. An exhausted employee cannot remain productive indefinitely.

Families, too, have an important role. Children and adults need periods of rest, recreation and emotional connection.

A healthy society should measure progress not merely through marks, salaries, working hours and economic output, but also through health, happiness, sleep, relationships and quality of life.

Ironically, excessive fear of cortisol can

itself become another source of stress.

Social media has popularised terms such as cortisol belly and cortisol face, encouraging people to interpret ordinary changes in their bodies as evidence of hormonal imbalance. Such trends can create unnecessary anxiety.

Human physiology is extraordinarily complex. One hormone cannot explain every change in weight, mood, appearance or energy level. Cortisol is one piece of the puzzle, not the entire puzzle.

The growing discussion about cortisol should ultimately lead us towards a larger conversation about the way we live.

We live in a society that celebrates being busy. People often feel guilty when they rest. Students are expected to perform continuously. Employees remain connected to work after office hours. Parents struggle to balance professional and family responsibilities. Social media creates a culture of constant comparison. Perhaps the most important lesson from the cortisol debate is that the human body requires periods of recovery. Stress is not always avoidable. Recovery is. We can choose to sleep properly. We can choose to walk instead of remaining inactive. We can create boundaries around technology. We can spend time with people who matter. We can learn to breathe, pause and step away from unnecessary pressure.

Cortisol should not be feared as a dangerous chemical lurking inside the body. It is an essential hormone that has helped human beings survive and adapt to challenges. The problem arises when the stress-response system is repeatedly activated without adequate recovery—or when genuine hormonal disorders go unrecognised. The answer, therefore, is not a cortisol detox, a miracle supplement or a fashionable diet. The answer lies in returning to the fundamentals of healthy living: adequate sleep, regular physical activity, balanced nutrition, meaningful relationships, sensible technology use and timely professional medical care. Modern society cannot completely eliminate stress, nor should it try to. Some stress motivates us to learn, work and grow.

But we must learn to distinguish between healthy challenge and unhealthy chronic pressure.

Perhaps the most appropriate message for our stressful times is simple: Do not wage war against cortisol. Build a life in which your body gets enough time to recover from stress. That is not merely a lesson about one hormone. It is a lesson about how we should live in the modern world.

SURINDERPAL SINGH
FACULTY IN SCIENCE
DEPARTMENT
SRI AMRITSAR SAHIB
PUNJAB.

The launch of EOS-05 is the first step taken by India in the field of continuous Earth observation.



DR. PRIYANKA SAURABH

Earth observation satellites have now become essential tools in governance, disaster relief, agriculture, environmental protection, and national security. These satellites provide remote sensing data about the Earth's surface, atmosphere, and oceans, helping governments monitor changes that cannot be easily detected by ground systems. India's Earth observation mission has been well established for years, and the launch of EOS-05 on GSLV-F17 is a significant step towards enhancing its capabilities. This is particularly significant because its ability to image from geosynchronous orbit enables repeated observations of the Indian region.

The launch of EOS-05 is part of a shift in the nature of satellite remote sensing. Earth observation has traditionally been a major application of satellites operating in low Earth orbit (LEO). These satellites will provide extremely detailed images, but due to their orbit, they will only pass over a specific area at regular intervals. This is very useful for periodic coverage, but it could be even more useful in rapidly changing conditions. These systems could be complemented by a geosynchronous imaging satellite that can observe a large area over a long period of time.

This is especially important when events occur over a period of hours rather than days. Cyclones can suddenly intensify or change direction, floods can spread across a wide area, forest fires can ignite or become uncontrollable, and maritime activity can be in a state of constant flux. Continuous satellite observations can provide authorities with more dynamic information about such events. Therefore, EOS-05 should be viewed as a complementary element to LEO satellites in the Earth observation system. LEO satellites can be used to obtain detailed images, while geosynchronous satellites can provide greater stability and continuity.

This capability is crucial for a diverse and disaster-prone country like India. Natural disasters like cyclones, floods, landslides, and forest fires frequently impact the country. Early warning, rapid assessment, and continuous monitoring are essential for effective disaster management. Frequent satellite observations can help authorities assess the evolution of a disaster situation and quickly locate affected areas.

Satellite images can also be helpful in mapping inundated areas during floods. In the event of a forest fire, regular monitoring can be useful in observing changes in burned areas. This monitoring can also help understand changing weather patterns during cyclones.

But imagery is only valuable if time and skill are invested in converting it into a useful product. The real challenge for India is to make satellite observations an integral part of disaster management platforms, providing administrators, disaster management agencies, and local authorities with real-time, easily accessible information. The aim is to bridge the gap between data collection and decision-making.



Another sector that will benefit from EOS-05 and India's overall space Earth observation capabilities is agriculture. Regular monitoring of the agricultural landscape at the ground level in India is challenging and resource-intensive. Satellite observations can be helpful in assessing agricultural indicators such as vegetation, crop conditions, and land use changes. Satellite images can be used in conjunction with weather data, soil data, and ground observations to detect the development of stress in crops and changing environmental conditions.

As the use of AI increases, this process can become even more efficient. Due to the sheer volume of data sent by modern satellites, manual interpretation alone is becoming increasingly difficult. AI-based systems can quickly process images, detect anomalies, and flag areas requiring immediate attention. These technologies can help accelerate crop assessment, disaster mapping, and environmental monitoring, reducing the time spent on manual analysis.

The benefits of continuous observation are also significant from an environmental perspective. India is undergoing rapid urbanization, land-use changes, increasing pressure on forests and ecosystems, and increasing stress on water resources. Satellite monitoring can be used to regularly monitor long-term vegetation changes, wetlands, water

bodies, and other ecosystems. Permanent datasets can help policymakers and researchers detect trends and make more effective environmental decisions.

Satellite-based observation is also of immense strategic importance to India's maritime interests. The country's long coastline and location in the heart of the Indian Ocean region mean increased awareness of the marine environment is essential. Satellite monitoring can be used in conjunction with other monitoring methods to enhance knowledge about activities and changing conditions in the maritime domain.

The importance of EO is also growing from a strategic perspective. In the modern security environment, timely and reliable information has become a strategic asset. Continuous imaging can enhance situational awareness and can be used in conjunction with airborne, ground-based, and other space-based surveillance systems. Furthermore, the country needs the capability to respond to such situations. India should not rely heavily on any single satellite and should build a diverse satellite constellation that can ensure continuity of essential services even if a specific satellite is unavailable.

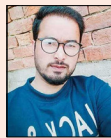
Therefore, building an integrated and intelligent Earth Observation (EO) ecosystem should be the key to moving forward. Data from EOS-05 should be integrated with other platforms, such as satellites, meteorology, agriculture, and disaster management. Image processing should be accelerated by implementing artificial intelligence (AI) tools and information should be made available for decision-making. The next step is for India to invest more in indigenous sensors, satellite platforms, communication systems, and data processing infrastructure.

Most importantly, India should build a complementary multi-orbit constellation of geosynchronous and long-term electric field (LEO) satellites that can provide detailed images and continuous visibility, respectively. This will provide a complete picture of the country and its neighbouring regions.

EOS-05 is not just another step forward in India's space capabilities. It marks a paradigm shift in the approach to Earth observation, moving from periodic observations to continuous observation. However, its ultimate significance will depend on how effectively the information it generates is used in national security, environmental management, agriculture, disaster management, and governance. India's aspiration should be to move beyond simply collecting satellite images and develop an intelligent and sustainable information system that can guide action. In this transformation, EOS-05 can prove to be an invaluable component of an informed, prepared, and technologically empowered India.

(Dr. Priyanka Saurabh,
PhD (Political Science),
is a poet and social thinker.)

Nature Is Benevolent An Sometimes Dreadful



Sahil Manzoor

Clear, crystal-clear rivers are meant to quench our thirst, not to be polluted or used recklessly for swimming. Nature is benevolent, but at times it can also be very

dreadful. It is heartbreaking that during the current year, a number of drowning incidents have been reported from different places.

Every year, such heart-wrenching incidents occur. Bathing in large water bodies should be permanently banned, and stringent action should be taken against those who pollute and dirty natural resources. These resources possess a unique beauty; their flowing water, serenity, and charm are always at their peak. Humans should never turn such natural resources into bathtubs or swimming pools.

Nature is Incredible

It leaves nothing stationary. It calls you, pampers you, makes you happy. Nature bestows upon us mesmerizing surroundings. It is beautiful, joyful, limitless, and full of mysteries. It attracts, enchants, and sometimes terrifies. It can bring catastrophe, demolish great structures, silence the noisiest moments, or compel a scream from the quietest soul.

From a religious perspective, everything that happens is under the supervision of the Almighty. Life and death are not random—each moment, even the rustling of leaves, occurs only by His will, as described in the Holy Quran. So why do we worry? Why do we fear what is already destined?

The answer, though simple, carries deep wisdom: we have a duty to act responsibly. The Almighty has commanded us to take safety measures and protect ourselves and others. We are not permitted to be careless or ignorant. Crying and shouting in moments of regret will not change what was avoidable through preparation and awareness.

Heat, Summer, and the Shift Toward Risk Kashmir lies in the extreme north, and we are accustomed to bitter cold. During Chillai Kalan—from

December 21 to the end of January—temperatures dip as low as -15°C. Yet we endure it with proper arrangements: traditional timber ovens, hammams, and layered winter clothing. Winters, though harsh, are peaceful, and the snow-laden forests and towering mountains reflect the divine beauty of the region.

But summer, starting around June 21 until September 21, presents a new challenge. Between June and late July, the valley experiences scorching heat, especially in urban areas. With few green spaces or cooling infrastructure, people often turn to public parks for relief. Sadly, many of these parks have been replaced with commercial spaces like parking lots.

In the 1990s, Iqbal Park served as a vital retreat for residents from Solina, Sarai Bala, Half Chinar, and surrounding areas. Just a few kilometers from the Zabarwan Mountains, it provided free access to fresh air and open space. Today, with entry fees imposed even on locals, many feel excluded. Development should unite the people—not foster divisions based on affordability.

The Rush Toward Water — and the Danger That Follows

To escape the heat, youth from cities flock to villages, where glacial streams and clear water bodies offer natural relief. These rivers, sourced from melting glaciers, rush with terrifying force—like water driven by powerful motors. Though visually appealing, they are extremely dangerous.

Drowning incidents in Kashmir are steadily rising. These aren't isolated accidents—they happen year after year. The key reason? Lack of proactive safety measures. We often react after tragedies, rather than act in advance—be it in road safety, infrastructure, or water-related risks.

Case Study: Raiyar-Ich, Budgam The residents of Bhatti Mohallah, Raiyar-Ich, Khansahib (Budgam) have been urging the government for over ten years to construct a mini-connectivity bridge. Despite repeated appeals, nothing has been done.

Recently, a minor girl and a 20-year-old biker narrowly escaped drowning in a canal at the same site. The community had already submitted a formal request to the district administration and even filed a written complaint at Police Station Khansahib. Yet, the danger remains.

Without proper infrastructure, the area remains a hazard. A connectivity bridge must be constructed immediately to prevent future tragedies. Authorities must act before more lives are lost.

What Needs to Be Done? To prevent further loss of life, the following steps are essential:

1. Ban Open-River Bathing in Tourist Areas The administration should impose a strict seasonal ban on bathing in high-risk water bodies, particularly at:

Sahil Manzoor Bhatti
sahilmanzoor411990@gmail.com





DIPR Jammu organises grand cultural evening to mark launch of 1st IFFJK

■ HT News Network

JAMMU, SEPTEMBER 07: Department of Information and Public Relations (DIPR) Jammu on Monday organised a special and grand cultural event here at Wave Mall to generate public awareness and mark the commencement of the first-ever International Film Festival of Jammu and Kashmir (IFFJK), inaugurated at Srinagar today.

The three-hour long event featured a series of cultural performances, including folk songs, ghazals and theme-based songs, presented by artists from Culture Wing DIPR Jammu and renowned artists of Jammu and Kashmir. The event was designed to highlight the significance of the festival for the region. The event attracted audiences from all walks of life and age groups, successfully highlighting the significance of the rare event and the opportunity the film festival is going to offer to local stakeholders.

Earlier, Deputy Director Information (PR) Moksha Dogra along with Deputy Director (HQ) Ashu Kumari reviewed the arrangements put in place at the Wave Cinemas for the film festival, during which the Information Department is screening acclaimed shorts films and movies for the general public.

Culture Officer Rajinder Kumar Digra, Field Publicity Officer Mohit Sharma, District Information Officer, Poonch Hardeep Singh Choudhary, along with other officials of the department also attended the event. Programmes were organised at educational institutions across the district, witnessing enthusiastic participation from students. Culture Officer Rajinder Kumar Digra, Field Publicity Officer Mohit Sharma, District Information Officer, Poonch Hardeep Singh Choudhary,

PUBLIC NOTICE

It is notified that the applicant namely Showkat Ahmad Bhat S/o Sona Ullah Bhat R/o Narbal Tehsil Narbal District Budgam applied for the issuance of Birth certificate of his own. The applicant intends to register the Date of his of his son as school records 29 /12 / 1965. If any one has objection in this regard, he can approach concerned Births and death authorities within the period of seven days after the publication of said Notice. No objection will be entertained.

05/09/2026

PUBLIC NOTICE

Is notified that the applicant namely Abdul Salam sheer gojree S/o Abdul Rehman sheer gojree R/o Kawaosa Tehsil Narbal District Budgam applied for the issuance of Birth certificate of his daughter Namely Mariya Salam D/o Abdul Salam Sheer Gojree. The applicant intends to register the Date of his of his son as school records 10 /04 / 2014. If any one has objection in this regard, he can approach concerned Births and Death authorities within the period of seven days after the publication of said Notice. No objection will be entertained.

05/09/2026

PUBLIC NOTICE

is notified that the applicant namely Irfan Ahmad Bhat S/o Firdous Ahmad Bhat R/o Narbal Tehsil Narbal District Budgam applied for the issuance of Birth certificate of his son. The applicant intends to register the Date of his of his son Namely Irfan Ahmad bhat as school records 15 /08 / 2009. If any one has objection in this regard, he can approach concerned Births and Death authorities within the period of seven days after the publication of said Notice. No objection will be entertained.

05/09/2026

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection is registered on my Father's name SONAULLAH MIR S/O MOHAMMAD MUNAWAR MIR. Now this Connection bearing Consumer ID NO 0212040003485 wants to be registered on my name SHAKHEEL AHMAD MIR S/O SONAULLAH MIR. If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained.

Name:-SHAKHEEL AHMAD MIR
S/O..SONAULLAH MIR
R/O...WARIPORA BALA
BLOCK..WAGORA

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI

(Executive Magistrate 1st Class)

Subject: Application of MOHD YOUSUF SHEIKH S/O AB GANI SHEIKH R/O SHEIKHPORA Tehsil KREERI for the issuance of RBA in his/her their favor

PUBLIC NOTICE

Regarding the subject cited above the file in the office of the undersigned for the issuance of RBA in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in the village of SHEIKHPORA of Tehsil KREERI and belongs to the SHEIKH community having annual income 155000/- the details of family of the applicant are as follows

- 1...MOHD YOUSUF SHEIKH Father 59 years Labour
 - 2..MUGLI BEGUM Mother 70 years H/W
 - 3..AUJAZ AH SHEIKH brother 34 years Labour
 - 4...MOHD RAFIQ Brother 31 years Labour
 - 5...BILAL AHMAD TELI Applicant 26 years student
 - 6..AAYAT YOUSUF self /applicant 25 years student
- if anyone have any objection to the issuance of delay order of said certificate certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained

Executive Magistrate 1st Class KREERI

IUST to Host Annual Architecture Festival Nairang-e-Tameer

■ HT News Network

Awantipora, Sept. 7: The Department of Architecture, Islamic University of Science and Technology (IUST), will host the second edition of its annual architecture festival, Nairang-e-Tameer, from September 8 - 10, 2026. This year's theme, "Traditions in Practice: Celebrating Craft, Culture & Community," explores the relationship between traditional knowledge, contemporary practice, craft, and community.

The three-day festival aims to strengthen connections between academia, professional practice, and community while celebrating and exploring the continued relevance of Kashmir's tangible and intangible cultural heritage. It will feature the Architects' Conclave: Perspectives in Practice, bringing distinguished architects and design professionals from across the country for featured lectures and discussions.

The programme will also

include an exhibition titled Works in Practice, showcasing works by professional practice, and heritage documentation by students and the department, alongside the Entrepreneurship Forum: Practice - Academia Dialogue, focused on architectural practice, entrepreneurship, and industry - academia engagement.

Workshops on traditional Kashmiri crafts, photography and film exhibition, competitions, cultural programmes, and sports events will further provide opportunities for experiential learning, creative expression, and interaction.

The festival is being supported by Directorate of Archives, Archeology and Museums, Jammu and Kashmir, Boton Furnitures, Jammu and Kashmir Bank and Antique by Studio X, whose association contributes to the successful organisation of the three-day programme.

JU Set for 58th Foundation Day; VC Outlines Academic, Research Expansion Roadmap

■ HT News Network

Jammu, September 7, 2026: Ahead of the 58th Foundation Day celebrations of the University of Jammu, Vice Chancellor Prof. Umesh Rai on Monday outlined the University's roadmap focused on academic excellence, research, innovation, skill development, cultural preservation and student opportunities.

Addressing media persons at a Curtain Raiser Luncheon, Prof. Rai said Foundation Day was an occasion not only to celebrate the University's journey but also to reflect on its future. He said the University aims to prepare students for emerging opportunities while keeping them connected with their culture and society.

The NAAC A++ accredited University has expanded its

academic portfolio in line with the National Education Policy 2020. For the first time, Five-Year Integrated Programmes have been introduced across disciplines with a combined intake of 500 students. Admissions have nearly doubled from around 1,400 last year to over 2,800 this year.

Several new undergraduate, postgraduate and doctoral programmes have also been introduced. B.Tech in Electronics and Communication Engineering has commenced at UIET, Kathua Campus, while B.Tech in Robotics and Automation has been approved for the next academic year. The Department of Foreign Languages is also offering certificate and diploma courses in languages including Spanish, German, French, Japanese, Chinese, Korean and Russian.

PUBLIC NOTICE

I, Shamim Ahmad D/o Zikra Shah R/o usmanabad HMT father of Zikra Bint Shamim, do hereby declare that I have changed my daughter's name from Zikra Bint Shamim to Zikra Shah. In this regard if anybody has any objection, he/she may contact Chief Education Officer, Karan Nagar, Srinagar and Principal, Govt. Girls Higher Secondary School Mujgund, Srinagar within 7 days from the date of publication of this notice.

Her correct name may now be recorded as Zikra Shah in all school and board records.

Old Name: Zikra Bint Shamim
New Name: Zikra Shah
School: Govt. Girls Hr. Sec. School Mujgund, Srinagar
Deponent: Shamim Ahmad
Father of Zikra Shah

PUBLIC NOTICE

It is hereby informed to the general public that I have a PDD Electric Agreement in the name of my father namely: Mr. Abdul Ahad Dar S/O Ghulam Qadir Dar R/O Kalli Mohalla, Narbal, Budgam Consumer ID: 0206050000492. My father has passed away. Now I want to transfer the said Electric Agreement / Consumer ID in my own name namely: Mr. Mohammad Amin Dar S/O Abdul Ahad Dar R/O Kalli Mohalla, Tehsil Narbal, District Budgam. If anybody has any objection regarding transfer of the said Electric Connection in my name, he/she may file his/her objection before the Assistant Executive Engineer, PDD / KPDC Sub-Division Narbal, Budgam within 7 days from the date of publication of this notice. After expiry of the said period, no objection shall be entertained.

Mohammad Amin Dar
S/O Abdul Ahad Dar
R/O Kalli Mohalla Narbal Budgam

Office of The Executive Magistrate 1st Class Narbal District Budgam

Notice For the General public

is notified that the applicant namely Fatima Baqum D/o Ghulam Mohi ud Din Dar Russu Tehsil Narbal District Budgam applied for the Date of Birth of his Own namely Fatima Baqum daughter Ghulam Mohi ud din Dar. The applicant intends to register the Date of Birth of his Own as per school records / medical Board is 04/ 02/ 1960. If any one has objection in this regard, Convince Office of the Executive Magistrate 1st Class Narbal District Budgam within the period of seven days. After completion of said period no objection will be entertained.

18 /08/2026

BJP J&K Welcomes Amit Shah's 'All-Out War' on Drug Mafia JKBJP spokesmen G.L. Raina and Altaf Thakur hail Centre's three-year roadmap

■ HT News Network

Jammu/ Srinagar, 07 September 2026:

Bharatiya Janata Party (BJP) Jammu and Kashmir BJP spokespersons G.L. Raina and Altaf Thakur have welcomed Union Home Minister Amit Shah's declaration of an "all-out war" against the drug mafia, describing the Centre's three-year roadmap to achieve a Drug-Free India by 2029 as a decisive step towards dismantling the narcotics-terror ecosystem.

Raina and Thakur said the fight against drugs can no longer be viewed merely as a law-and-order issue, as proceeds from narcotics trafficking are increasingly linked to networks involved in narco-terrorism and attempts to destabilise the country.

Speaking at a national security and narcotics conference, Shah unveiled an aggressive 2026-2029 roadmap for Nasha Mukti Bharat, identifying the fight against drug cartels as one of the country's most critical internal-security challenges following the suppression of Naxalism.

The BJP leaders said the Centre's approach marks a shift from isolated seizures and arrests towards dismantling the entire narcotics ecosystem—from street-level peddlers to

international kingpins, financiers and clandestine laboratories.

'Detect, Disrupt, Destroy' strategy

Raina and Thakur welcomed the government's three-pronged strategy of Detect, Disrupt and Destroy, focusing on supply reduction, financial disruption and demand reduction.

They said enforcement agencies have been directed to pursue a strict zero-tolerance policy and investigate networks both from the bottom upwards and from the top downwards to identify masterminds, financiers and cross-border kingpins.

They also welcomed the focus on tracking illicit money trails, freezing drug-funded assets and destroying clandestine synthetic-drug laboratories, while tackling emerging threats involving cryptocurrency, the dark web and drone-based smuggling.

At the same time, Shah has emphasised that addicted youth should be treated as victims requiring empathy and rehabilitation, with greater focus on de-addiction infrastructure, counselling and awareness.

42.47 lakh kg narcotics seized

The BJP leaders highlighted that between 2014 and 2026, enforcement agencies seized and destroyed more than 42.47



lakh kilograms of illegal narcotics, valued at approximately 89,896 crore.

Under the three-year mission, the government has set targets to dismantle 100 international and inter-state drug networks, extradite 100 high-profile narcotics fugitives and destroy 100 clandestine laboratories.

They said institutional mechanisms such as the Narco-Coordination Centre (NCORD), MANAS helpline and NIDAN database would strengthen intelligence sharing and help identify trafficking hotspots and convicted narcotics offenders.

'Shrinking terror figures, dying separatist ideology a major achievement'

Raina and Thakur also welcomed Shah's remarks that

terrorism-related figures in Jammu and Kashmir are shrinking towards zero, describing it as a major achievement in the fight against terrorism and a reflection of the changing security landscape in the Union Territory.

They said Shah's assertion that separatist ideology is dying is equally significant, arguing that the people of J&K are increasingly choosing peace, development, democracy and economic opportunity over violence and separatism.

The BJP leaders said the drug crackdown assumes special significance for J&K, where narcotics trafficking can intersect with cross-border terror networks. Choking the flow of drug money, they said, would consequently help choke the financial pipelines that sustain narco-terrorism.

Raina and Thakur said the drug mafia must be treated as an organised national-security threat rather than merely a criminal enterprise.

They called for continued coordination between the Centre, J&K administration, security agencies, enforcement agencies and civil society to make Jammu and Kashmir drug-free, terror-free and firmly anchored in peace and development.



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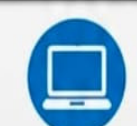


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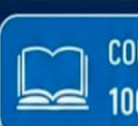
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Develop best medical devices for global customers; Govt will 100 pc fund acquisition of testing equipment: Goyal

■ **United News Of India**

NEW DELHI, Sept 7: Commerce and Industry Minister Piyush Goyal on Monday pitched for development of high-quality medical devices for global customers, and said the government is ready to provide 100 per cent fund for the acquisition of testing equipment.

Addressing two events of the pharma industry here, he said domestic firms should bring technology partnerships, encourage joint ventures, and invite global innovators and large pharma companies to India. Send Money Overseas

"We must develop a critical component ecosystem by strengthening our domestic capabilities with high quality. We must create shared testing infra

facilities where these equipment can be tested, benchmarked to the best in the world, certify and demonstrated to global customers.

"From BIS (Bureau of Indian Standards), we are willing to support 100 per cent cost of the best testing equipment for your equipment...100 per cent government of India will fund the acquisition of testing equipment...demand from us, there is no proposal from you. And we'll set up the most modern labs," Goyal said.

He also called for improving design, copyrights, patent laws, and the IPR (intellectual property right) ecosystem so that internationally people look up to come to India and India can become a global hub of innovation because the country has a huge cost advantage.

"We must bring technology



partnerships, we must have better buyer and seller relationship, we must encourage joint venture...We must co-design, and co-develop licence wherever required...look for joint R&D centres with other countries," he added. The minister further called upon insurers and health-tech companies to build

products and platforms that make the patient journey more seamless, and ensure timely reimbursements.

He suggested the industry to train and certify caregivers and develop a skilled workforce capable of providing healthcare of international standards; and encourage more hospitals to publish honest and transparent treatment packages.

He stressed that hospitals must follow ethical practices and never attempt to cheat patients, as one wrong action can lead to loss of goodwill, business and credibility for India.

There is a need to organise exhibitions and presentations across the world, establish facilitators and tie-ups with hospitals globally, and ensure that only National Accreditation Board for Hospitals

& Healthcare Providers (NABH)-enabled, verified and panelled hospitals are allowed to treat patients coming from abroad, he said, adding that quality healthcare cannot be different for Indians and foreigners.

To attract foreign patients, he suggested creating a pool of interpreters for patients arriving from different countries and speaking different languages, so that they have greater confidence and communication between patients and the medical system becomes easier.

The pharma sector has the potential to take India to the world, earn goodwill and serve people globally while creating a huge number of jobs and business opportunities in the manufacture of drugs, medical equipment and consumables, he added.

Mission YUVA review meeting held at Bhaderwah

■ **HT News Network**



BHADERWAH, SEPTEMBER 07: A meeting to review the implementation and progress of Mission YUVA was held today here in the office chamber of the Additional Deputy Commissioner (ADC) Bhaderwah.

Additional Deputy Commissioner Bhaderwah Sunil Kumar Bhutyal and Joint Director Employment Jammu Paramjeet Singh jointly chaired the meeting attended by Employment Officer DECC Imtiyaz Ahmed; BHD Head, AEO Gatha, AEO Saringal, BHD Lead, BHD Coordinators, besides Branch Managers of all J&K Bank branches operating in Sub-Division Bhaderwah. The meeting held detailed deliberations on the implementation and progress of Mission YUVA, with emphasis on expediting the processing and sanctioning of eligible cases, strengthening coordination between the Employment Department and banking institutions and facilitating eligible youth in establishing sustainable self-employment ventures. The Joint Director Employment, Jammu appreciated the performance of BHD Bhaderwah and acknowledged the efforts being made towards effective implementation of Mission YUVA and extending its benefits to aspiring young entrepreneurs. The officers and bank representatives assured coordinated and time-bound efforts to ensure smooth processing of cases and timely financial support to eligible beneficiaries.

Bhaderwah: Students sensitized to Scholarship Schemes

■ **HT News Network**

BHADERWAH, SEPTEMBER 07: The Social Welfare Officer Department today hosted a series of awareness sessions at Government Degree College, Government Higher Secondary School Boys and Government Higher Secondary School Girls to sensitize students about the scholarship schemes being implemented by the Department.

During the sessions, students were apprised of the Scholarship Schemes for Scheduled Castes (SC) and Other Backward Classes (OBC), including the eligibility criteria, benefits and procedure for applying online. Informative pamphlets containing details of the schemes.

Star Health Expands Monsoon Healthcare Support in Jammu

■ **HT News Network**

Jammu, Sept 7: Amid heavy rainfall and flash-flood incidents across parts of the region, Star Health and Allied Insurance Company Limited has strengthened access to healthcare services, focusing on timely medical consultation and home-based care during the monsoon season.

The company said its Jammu data for FY 2025-26 recorded a more than seven-fold increase in Home Healthcare utilisation for fever and infectious diseases, reflecting growing demand for medical assistance at home during the rainy season.

Under the initiative, policyholders can call Talk to Star at 7200 222 333 for guided assistance related to Home Healthcare and planned hospitalisation. Callers can press 1 for Home Healthcare and 2 for planned hospitalisation. Eligible patients can receive doctor-



prescribed treatment at home, including nursing care, routine blood tests, monitoring, IV fluids and injections, subject to policy terms.

Star Health has also made its 24/7 Virtual OPD service available free of charge to non-policyholders through the Star Health Customer app. Users can register with basic details, select the Telemedicine option and book an online consultation with doctors.

The company said the services are aimed at helping residents seek medical advice early, particularly for

persistent fever, infections and other monsoon-related illnesses, while reducing the need for unnecessary travel during periods of heavy rain and disrupted mobility.

Mannu Batura, Business Head, Jammu, Star Health Insurance, said early medical advice can help families respond to symptoms before they worsen. He urged residents, particularly households with school-going children and senior citizens, not to ignore persistent fever and to seek timely medical guidance.

BJP receives 11,000 Diyas for Deepotsav under 'Seva Sankalp Abhiyaan': Sat Sharma

■ **HT News Network**

BJammu, 07 September 2026:

BJP Jammu & Kashmir President and Rajya Sabha MP Sat Sharma (CA), along with BJP J&K General Secretaries Sanjita Dogra and Gopal Mahajan, received 11,000 earthen lamps (diyas) from the Mahadev Trust at the BJP J&K headquarters, Trikuta Nagar, Jammu, as part of celebrations to mark the birthday of Prime Minister Narendra Modi.

BJP Secretary Arun Sharma, District President Adv. Rajesh Gupta, President Office Incharge Jaideep Sambyal, senior leader Parmod Kapahi, and other senior party leaders were present on the occasion.

The 11,000 diyas will be added to the total of 1 lakh Diyas, which will be used to organize a grand Deepotsav under 'Seva Sankalp Abhiyaan', symbolizing respect and admiration for Prime Minister Narendra Modi's 25 years of dedicated public service and his unwavering commitment to the nation. The Deepotsav will also reflect the collective resolve to build a 'Viksit Bharat' and convey wishes for the Prime Minister's good health, longevity and continued service to the nation. Sat Sharma, speaking on the occasion, said that Prime Minister Narendra Modi's journey of 25 years in public service represents an inspiring chapter



of dedication, discipline and nation-first leadership. "The 11,000 diyas are not merely earthen lamps, they represent the aspirations of millions of Indians and the light of hope, development and national resurgence that Prime Minister Narendra Modi has ignited across the country. Through the Deepotsav, we will celebrate his remarkable journey of public service and reaffirm our collective commitment to the vision of a Viksit Bharat," Sat Sharma said. Sharma said that under the leadership of Prime Minister Modi, India has witnessed a new era of development, welfare, infrastructure expansion and global recognition. From empowering the poor and strengthening social security to promoting entrepreneurship, modern infrastructure and self-reliance, the Modi government has worked with the principle of 'Sabka Saath, Sabka Vikas, Sabka Vishwas,

Director Agriculture Jammu reviews progress of Digital Crop Survey

■ **HT News Network**

JAMMU, SEPTEMBER 07: Director Agriculture Jammu Anil Gupta today chaired a review to assess the progress, implementation and field-level issues related to Digital Crop Survey (DCS) in Jammu Division.

The meeting was attended by Joint Director Agriculture (Inputs) Sanjay Anand, Joint Director Agriculture (Extension) Idrees Bashir Ahmed, District Agriculture Officers, District Nodal Officers (DCS) and other officers and staff of the Directorate.

The Director reviewed the district-wise progress, status of targets and issues being faced by the field teams. He directed the District Nodal Officers to maintain close monitoring and coordination with field surveyors for timely resolution of operational and technical issues.

JDA inputs reviews progress of Seed, Mushroom, Apiculture and Spawn Activities

■ **HT News Network**

JAMMU, SEPTEMBER 07: Joint Director Agriculture (Inputs), Jammu Sanjay Anand, today chaired a comprehensive review meeting with district officers and field functionaries to assess the progress of various activities.

The meeting was attended by Joint Director Agriculture (SLUB/Farms) Aman Jyoti Sharma, Potato Development Officer Jammu, District Agriculture Officers, Area Development Officers, Divisional Seed Certification Officer Jammu, Mushroom Development Officers, Apiculture Development Officers, Spawn Production Officers, Farm Managers and



concerned district-level officers, Officers from Agronomist Vegetable Improvement Scheme Jammu and staff.

During the meeting, detailed discussions were held on the physical and financial progress of Seed Multiplication Farms at Chinore and Chakroi, including sowing under Kharif 2026, revenue realization, seed

recovery, procurement and distribution of seeds, pending seed handling vouchers and the cropping programme for Rabi 2026-27. Officers were directed to ensure timely submission of Treasury challans, revenue statements, seed distribution bills and other pending records, besides expediting recovery of outstanding seed dues.

JMC bags Swachh Vayu Sarvekshan 2026 awards in all 3 population-based categories

■ **HT News Network**

JJAMMU, SEPTEMBER 07: In a remarkable achievement for the Union Territory of Jammu & Kashmir, the Jammu Municipal Corporation (JMC) has secured awards in all three population-based categories under the Swachh Vayu Sarvekshan - Ward Level Awards 2026, announced by the Ministry of Environment, Forest and Climate Change (MoEF&CC), Government of India, on the occasion of Swachh Vayu Diwas.

The Jammu Municipal Corporation has received a total cash award of 50 lakh, with three wards emerging as awardees across all three



population categories under the State/UT category.

The award-winning wards are Category-I (Ward population above 30,000): Greater Kailash Ward - 25 lakh, Category-II (Ward population above 10,000 to 30,000): New Plot Ward - 15 lakh, Category-III (Ward population below 10,000): Bhagwati Nagar Ward - 10 lakh

With this outstanding

performance, JMC has demonstrated that effective air-quality improvement measures are being implemented across wards with varying population sizes and urban profiles.

The Ministry of Environment, Forest and Climate Change has expanded the Swachh Vayu Sarvekshan framework to the ward level with the objective of promoting healthy competition among wards in implementing measures envisaged under approved City Action Plans and encouraging the replication of effective practices for air-quality management under the National Clean Air Programme (NCAP).

RETURN OF THE MOUNTAIN G.O.A.T. - THE OG HIMALAYAN IS BACK BY COMMUNITY DEMAND WITH THE LAUNCH OF HIMALAYAN 440

■ **HT News Network**

Leh, September, 2026: Royal Enfield, the global leader in the mid-size motorcycle segment (250cc-750cc), today launched the Himalayan 440 at the inaugural Himalayan Basecamp in Ladakh. Marking a decade since the Himalayan carved out a new vocabulary for adventure motorcycling in India, the Himalayan 440 comes with an upgraded heart and an unchanged spirit. Marking a decade since the Himalayan

carved out a new vocabulary for adventure motorcycling in India, the Himalayan 440 comes with an upgraded heart and an unchanged spirit. Forged by the Himalayas, the OG Himalayan was purpose-built to flow with the terrain, not conquer it. Its rugged simplicity and dependable character brought adventure within reach of many more riders, finding favour with some of the world's greatest explorers while accompanying thousands on their first ascent into adventure. In time, its

influence extended into a community and culture that placed curiosity before conquest, and found as much meaning in the journey as in where it led. In the past decade, the Himalayan brand, first through the OG Himalayan and then through its current avatar the Himalayan 450, which was launched in 2023, has sold over 320,000 units globally, as it continues to resonate with riders around the world. Speaking about the Himalayan 440, B. Govindarajan, Managing Director - Eicher



Motors Ltd. and Chief Executive Officer - Royal Enfield, said, "Over the past decade, the Himalayan's journey has been

deeply gratifying and emotional for us - one shaped by both the mountains and a global rider community that transformed

a simple adventure motorcycle into an international phenomenon. One of our most cherished products, it opened the doors to adventure touring and exploration, paving the way for extraordinary journeys from Everest Base Camp to the South Pole. The Himalayan 440 marks a celebration of this incredible journey. Driven by the messages from our community and guided thoughtfully by authentic rider feedback, the Himalayan 440 delivers precisely what was asked for - a simple, accessible,

and uncomplicated adventure tourer - the same essence that defined the OG Himalayan." To commemorate the launch, initial units of the Himalayan 440 will feature an exclusive ten-year anniversary badge on the fuel tank. Available in three colours namely Sela Black, Mustang Brown, and Nelong White, the motorcycle is priced at 2,29,000 (ex-showroom). Bookings will open across authorised Royal Enfield dealerships in India and on royalenfield.com from

September 4, 2026. A decade after the launch of the original 411, the new Himalayan 440 stands as a testament to how far that initial vision has evolved. It retains the iconic design and ergonomic rider triangle that established the first model, while introducing an enhanced 443cc long-stroke engine, a new six-speed transmission, and targeted mechanical refinements for increased durability, versatility, and touring comfort. The core philosophy remains unchanged: function over frills.



The habits that help children to eat more vegetables over their lifetime

Small changes in how children experience food every day can have a lasting impact on what they eat. Getting children to eat enough vegetables can be a struggle. Parenting forums and chat groups are full of questions like: "Is it normal that my child only eats beige foods?"

One reason for this is that their preference for sweet foods starts early. Even breast milk contains natural sugars that can make it taste quite sweet. Once they start eating solids, getting them to eat a stick of broccoli or spoonful of spinach can be hard going.

But children need a varied diet that includes plenty of fruits and vegetables. A poor diet affects cognition, concentration, behaviour and even academic performance. Obesity among children is increasing, which is linked to long-term health concerns, as well as worse educational outcomes.

Fortunately for parents, researchers have looking for new ways to improve childhood eating habits and have found



Simply telling children a food is good for them can backfire, as children are more likely to choose foods that are described as "tasty" versus "healthy". Instead think about when in a meal you offer them vegetables.

Serving vegetables at the start of a

eat.

Other research has found that preschoolers eat more vegetables and less unhealthy food when they are given a choice of different types of vegetables at meal times.

4. Change how the vegetables look

Changing how a child perceives the food they are eating is also beneficial. Consider that much of what we want to eat starts with our eyes. When faced with multiple options, children will gravitate toward the food that looks the most familiar and appealing. (Read more about how we trick ourselves to eat better).

This means changing how food is presented could help children to eat more vegetables.

A team found that children were more likely to eat new foods when they presented it artistically on a plate. Other research has shown that children eat more fruits and vegetables if they are cut into interesting shapes, such as a butterfly, flower or teddy bear, showing that making healthy foods look fun increases their appeal.

Making healthy food more visible and easy to access as a snack also encourages consumption, research has shown. Children aged 10-13 were found to eat and choose more vegetables when presented with several in a single container with pre-portioned servings, rather than on several different plates. Preschoolers have also been found to eat 36% more vegetables when food was divided up into portions on a plate with different sections.



5. Eat together

What parents eat plays a huge role in normalising what children expect to eat. If parents eat unhealthy snacks their children are more likely to do so. Parents who eat fast food or skip breakfast are also more likely to have children who do the same.

A study of school children in New Zealand found the children of parents with healthier diets ate fewer cakes, chocolates and other savoury snack

food. Similarly, children whose parents regularly modelled healthy eating have been shown to enjoy more fruits and vegetables.

Eating together at least three times per week has been linked to healthier body weight, better eating patterns and an increased likelihood to eat healthier if parents are also doing so. One longitudinal study also found that those who took part in regular family mealtimes had higher fitness levels and drank fewer soft drinks.

6. Make food fun

So much of what we eat comes from our relationship with food.

Researchers also warn that pressuring children to eat certain foods can lead to lower enjoyment of food and a less healthy diet. Similarly, rewarding children with a high-fat or high-sugar treat can increase preferences for those foods.

But simply letting children play with food can help reduce food neophobia, or a fear of anything new, according to one study. Researchers encouraged children to touch, smell and look closely at ingredients including beetroot, chickpeas and pak choi, but with no expectation that they taste them. The children became more open to unfamiliar ingredients and were more willing to try them later on.

More like this:

- I gave up eating sugar. This is what I learned

- Don't count calories - try eating smarter instead

- My quest for a climate-friendly family diet

Encouraging the children to cook also helped increase their desire to eat unfamiliar foods.

Experimental chef Jozef Youssef, who collaborated on the study, says the key is reframing how children experience food. "There's something about gamifying and engaging in sensory play that works with children," he says. "When in a very relaxed and laid-back, unpressured environment, children are very willing to have a bit of a play with food and taste and try and experiment with different things."

With any luck, all this might just help to get your child to eat something that isn't just beige.

* Melissa Hogenboom is a senior

some innovative solutions. These are six simple things that the science says you can try at home:

1. Frequent exposure

Feeding little ones as many different types of vegetables as possible in early childhood – and doing it often – can make a difference, says Marion Hetherington, professor of biopsychology at the University of Leeds in the UK. The most successful time to improve your child's liking of vegetables is in the preschool years.

"If you don't start to increase children's vegetable exposure by five years of age, it's [almost] too late," says Hetherington. "That's a really a hard message, but the fact is if they've missed out on all of that exposure, it's not impossible, but it's hard work." Studies have found that children tend to require several repeat exposures before a child will accept a food.

What a mother eats is passed onto the foetus and can shape an infant's food preferences

The evidence is mixed, however, when it comes to exactly how many times you might need to give them a food for them to accept it, ranging from five to 15. (This probably reflects the fact that all children are different.)

But those under the age of one may need fewer exposures than preschool children (three to four years old), who typically show higher levels of food neophobia, an aversion to trying new food.

And this process can start even before your child is born. There's evidence that what a mother eats is passed onto the foetus through amniotic fluid and can shape an infant's food preferences.

2. Offer vegetables first

meal when children are at their hungriest increases the likelihood of consumption. "Kids will often eat the thing they like the most," says Hetherington. "And then by the time they reach their peas, they don't want them anymore." So it can help to remove that competition with other higher calorie foods.

Encouraging vegetables first also helps children not to overeat, says Barbara Rolls, a professor of nutritional sciences at Pennsylvania State University in the US.

And while vegetables are not typically part of breakfast in Western diets there's no reason why they can't be eaten first thing in the morning too. You could try adding mushrooms and spinach in an omelette or courgettes in breakfast muffins. In one 2023 trial in eight UK child-care centres, researchers found that children would eat vegetables for breakfast over 60% of the time they were offered.

3. Increase the portion sizes of healthier foods

If introducing vegetables at breakfast or before a meal feels unrealistic, another approach might be to simply adjust the ratios of what is being served – reduce the amount of high calorie ingredients in favour of vegetables.

You can do this by simply increasing vegetables as a side dish or by grating vegetables such as carrots and courgettes into sauces.

This can be effective as studies have shown people tend to eat a similar volume of food and increased amounts of vegetables when portion ratios of meat to vegetables are altered. Increasing the amount of fruit and vegetables by 50% on a child's plate has been found to increase how much of these they

(BBC NEWS)

No guarantees for Marnus Labuschagne as Aussies plot revenge on Proteas

United News Of India

SYDNEY, SEPT 7 :Australia are confident out of form batter Marnus Labuschagne can make a positive impact during next month's three-match ICC World Test Championship tour of South Africa.

Labuschagne survived the cut on Monday when he was included in a 16-player squad for the crucial three-game series that commences in Durban on October 9, though Chair of Selectors George Bailey suggested there were no guarantees the 32-year-old would feature in the XI

for the first Test given there was so much time before the series commences.

The Aussies will take reserve batter Josh Inglis and young all-rounder Cooper Connolly on the tour as back-ups should Labuschagne lose his spot in the side, but Bailey believes runs are just around the corner for the former No.1 ranked player on the ICC Men's Test Batter Rankings."We are not shying away from the fact that we'd like some more runs from Marnus. That's clear, but we're also confident that he can still



make a positive contribution to that squad," Bailey said on Monday.

"I think our batting group in its entirety, not just Marnus, probably hasn't been functioning as successfully as we would like, but also not shying away from the fact that we've continued to win a lot of Test matches over that period.

"And that ultimately, I think that's the key, isn't it? Scoring more runs than the opposition that you're playing the game in." You have to go way back to July of 2023 to find the last time

Labuschagne scored a century.

at Test level and the right-hander looked out of sorts last month when he managed just 36 runs across three innings during the two-Test series at home against Bangladesh.

Bailey is hoping the fact Labuschagne was overlooked for the ODI series in South Africa prior to the Tests may help simplify his preparation, given his sole focus will be purely on red-

ball cricket, according to ICC.

"I think Marn (Labuschagne) will continue to prepare and refine how he will prepare for this series," Bailey added.

"Clearly there's potentially a simplification or an ability to focus purely on red-ball cricket for him in the fact that he won't be in the one-day series leading up to it. So that may be a benefit.

"He'll prepare incredibly well and specifically for this tour. And as I said, in that squad of 16, I'm confident that he can still make a positive contribution."

Australia will enter the series against the Proteas in first place on the World Test Championship standings, though South Africa are snapping at the heels in second position and well in contention for back-to-back titles.

And while last year's defeat to South Africa in the World Test Championship Final at Lord's was still fresh in Australia's mind heading into the upcoming series, Bailey suggested taking on the Proteas across a three-game series away from home was a much different proposition to the one-off Test.

England appoint ICC Hall of Famer Kevin Pietersen as specialist mentor

United News Of India

LONDON, SEPT 7 :ICC Hall of Famer and England's swashbuckling batter in the 2000s and early 2010s, Kevin Pietersen has been appointed as a specialist mentor to the white-ball setup.

The appointment comes as the 2019 Men's Cricket World Cup champions look to build up towards next year's Cricket World Cup, which will take place in South Africa.

The South African-born Pietersen made his debut for the Three Lions in November 2004, and had a significant impact on England's limited-overs game, with 4,440 ODI runs at an average of 40.73 and nine ODI hundreds.

He was also impactful in the early days of T20I cricket, with 1176 T20I runs at an average of 37.93 and a strike rate of 141.51. He was a member of the 2010 England team which lifted the Men's T20 World Cup that year.

In recent times, Pietersen has also worked as a mentor to the Delhi Capitals during the 2025 Indian Premier League.

Pietersen will join Brendon McCullum-led

England white-ball setup ahead of the Sri Lanka ODI and T20I series, and will remain with the team during the white-ball tours to Australia and South Africa, before joining up with the team again for the home series against Pakistan and New Zealand next summer, as well as the ICC Men's Cricket World Cup, according to ICC.

Kevin Pietersen looked forward to his return to the England setup."I am immensely proud to have been asked to help this team on their journey to win a World Cup in South Africa," Pietersen said."Putting on the England uniform again for the first time since 2014 is a profound honour and deeply special moment."We have an incredibly talented white-ball squad, and I am excited to get in the trenches and work relentlessly hard with these players to maximise their potential. To be a part of Brendon's think tank over the next 12 months is a fantastic opportunity, and I cannot wait to get started."McCullum noted Pietersen's presence would be especially helpful to the team's batters."I've got immense respect for KP and what he's achieved in the game," he said. "He's had an amazing impact on English cricket.

Temba Bavuma back in Proteas squad for Australia ODI series



United News Of India

CAPE TOWN, SEPT 7 :Temba Bavuma is back at the helm to lead South Africa, alongside

a bunch of experienced campaigners, for the home ODI series against Australia. Bavuma last featured in the ODI side back in December 2025 in the series against India.

Also making a comeback to the side is pacer Gerald Coetzee, having last featured in the 50-over format at the ICC Men's Cricket World Cup 2023 in India.

Meanwhile, the likes of Aiden Markram, Marco Jansen, Lungi Ngidi, David Miller, Corbin Bosch and Quinton de Kock return to the side after being rested for ODI series against Namibia.

South Africa will host Australia in a

three-match ODI series starting September 24.

The series serves as crucial preparation for both the teams ahead of next year's ICC Men's

Cricket World Cup in South Africa, Zimbabwe and Namibia, according to ICC.

The two teams will also square off in a three-match ICC World Test Championship series in October, making it the first time they face off in the longest format since last year's World Test Championship Final. South Africa squad: Temba Bavuma (c), Ottneil Baartman, Corbin Bosch, Matthew Breetzke, Gerald Coetzee, Quinton de Kock, Tony de Zorzi,

Bjorn Fortuin, Marco Jansen, Keshav Maharaj, Kwena Maphaka, Aiden Markram, David Miller, Lungi Ngidi, Ryan Rickelton, Tristan Stubbs.

Mahesh Gawali leads India U20 boys back to Asia

United News Of India

TASHKENT (UZBEKISTAN), SEPT 7 :Mahesh Gawali is usually a man of few words. Those who know him well know that. Disciplined, hardworking and understated, he was one of India's finest defenders during a playing career that spanned almost two decades.

Now, as a coach, he has led India back to the AFC U20 Asian Cup after a 20-year wait. None of the players who achieved it on Sunday had even been born the last time India played in the tournament. If there are three words that have become synonymous with Gawali's speeches to his players, they are discipline, concentration and attitude.

He is stern, he is demanding, and he expects a lot. But there is a difference between being strict and being harsh. Gawali is never the latter. Every now and then, he also affords that rare smile. September 6 was a long day for the 46-year-old. It began at 1:45 PM, when the team bus departed the hotel for the Do'stlik Stadium. By around 6 PM, India had done their part. A 3-0 victory over Bangladesh meant six points from three matches and, crucially, a chance to qualify for the AFC U20 Asian Cup. But the job was not quite accomplished.

Sophia Dunkley sets England goal after Player of Series heroics



United News Of India

WORCESTER, SEPT 7 :England batter Sophia Dunkley has revealed she wants to be the regular opener for her country in all three formats.

Dunkley has moved around England's top six for the majority of her international career, but thrived in the role of an opener during the recent ODI series against Ireland where she finished as the leading run-scorer and won the

Player of the Series award for her 212 runs at an average of 70.66.

It included a superb innings of 119 at the top of the order in the series finale in Worcester on Sunday and Dunkley now wants to make that spot her own across all formats.

"I love batting for whatever team I am playing for and it is great to be at the top of the order again in ODI cricket," Dunkley said after the match.

"It is definitely my goal to be at the top of the order in all formats."

Dunkley put on 73 for the opening wicket alongside Maia Bouchier (39) and then enjoyed another fruitful partnership with Jodi Grewcock (35) as England amassed a good total of 291 at the County Ground after they were sent into bat first by Ireland captain Gaby Lewis.

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