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TODAY
Voice To The Voiceless



P:12

Brown out to push case for recall with Aus A after Cup axing

HT BRIEFLY

10 doctors found absent during surprise inspection in Gurez

HT NEWS DESK / AGENCIES

BANDIPORA, SEP 11 : The Gurez administration has issued notices to 10 doctors after they were found absent from duty during a surprise inspection on September 10, warning of disciplinary action and ordering that their salary bills be withheld until further orders.
The notices, issued by the Sub-Divisional Magistrate (SDM), Gurez, state that the doctors were found absent during an inspection conducted by the MLA Gurez and the SDM.
The administration has also alleged that the officials were habitually absent from their duties, terming it unauthorised absence and dereliction of duty. According to the notices, the absence of the doctors caused "great inconvenience" and badly affected patient care in the area.

>>> MORE ON P 02

Search Operation Enters Second Day to Trace 13-Year-Old Boy in Bandipora

HT NEWS DESK / AGENCIES

BANDIPORA, SEP 11: A massive search and rescue operation entered its second day on Friday to trace and recover a 13-year-old boy who reportedly drowned in Madhumati Nalla near DPL Bandipora on Thursday evening.
The missing boy has been identified as Moomin Ahmad, son of Aashiq Hussain Ganie, a resident of Ganie Mohalla, Kaloosa. According to reports, the boy slipped into the

>>> MORE ON P 02

Two Bear Attacks Reported in South Kashmir; Man and Woman Injured

HT NEWS DESK / AGENCIES

SHOPIAN/TRAL, SEP 11: A 40-year-old man and a woman were injured in separate bear attacks reported from Shopian and Tral areas of south Kashmir on Friday.
In Shopian, the man was attacked by a wild bear in an apple orchard in the Sedow area of the district.
An official said the animal attacked the man while he was in the orchard. The injured was identified as Sadiq Ahmad Thokar, 40, son of Abdul Rahman, a resident of Sedow. He was shifted to Sub-District Hospital (SDH) Shopian for treatment. Meanwhile, another bear attack was reported

>>> MORE ON P 02

Two Killed, Three Injured in Road Accident in Kathua s Bani

HT NEWS DESK / AGENCIES

BANI, SEP 11, KNT: Two persons were killed and three others injured after the car they were travelling in met with an accident near an Army checkpoint at Sarthal in Bani tehsil of Kathua district on Friday. Police said a rescue operation was launched after information about the accident was received, and all five occupants were shifted to Sub-District Hospital, Bani, for treatment.

>>> MORE ON P 02

Patwari Caught Red-Handed Accepting Rs 10,000 Bribe in Budgam

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 11: The Anti-Corruption Bureau (ACB) on Friday arrested a Patwari after allegedly catching him red-handed while demanding and accepting a bribe of Rs 10,000 from a complainant for issuance of a Fard (revenue extract) in Budgam district.
The accused public servant has been identified as Bashir Ahmad Dar, Patwari Halqa Gund Ali Nayak, Waterrehal, Tehsil Khanshab, Budgam.

>>> MORE ON P 02

PM Modi pays tribute to 9/11 victims, reaffirms India's resolve against terrorism

Says India remains firmly opposed to terrorism in all its forms and manifestations

HT NEWS DESK / AGENCIES

NEW DELHI, SEP 11: Prime Minister Narendra Modi on Friday paid tribute to the victims of the September 11, 2001 terror attacks on their 25th anniversary and expressed solidarity with families whose lives were permanently changed by the tragedy. Recalling the global toll of terrorism, Modi said India, as a victim of cross-border terrorism, has remained at the forefront of the fight against the menace for decades and reiterated that the country's opposition to terrorism in all its forms remains unwavering.
Prime Minister Narendra Modi on Friday remembered and honoured the victims of the



horrific 9/11 terror attacks on their 25th anniversary and expressed solidarity with the families whose lives were forever changed by the tragedy.
Modi said terrorism has claimed countless lives around

the world and noted that India, as a victim of cross-border terrorism, has been at the forefront of the fight against the menace for several decades.
He said that while the threat of terrorism continues to evolve,

India's resolve and opposition to terrorism in all its forms and manifestations remain unwavering.

The prime minister also expressed solidarity with all efforts to combat terrorism.

Modi also shared glimpses of his visit to the 9/11 Memorial & Museum in 2014.

In a post on X, the prime minister said, "25 years on from the horrific 9/11 attacks, we remember and honour the victims and stand in solidarity with the families whose lives were forever changed." Terrorism has claimed countless lives around the world. As a victim of cross-border terrorism,

>>> MORE ON P 02

Omar congratulates para archer Sheetal Devi on World Archery gold

Chief Minister hails 19-year-old champion's remarkable achievement

HT NEWS NETWORK

SRINAGAR, SEP 11: Jammu and Kashmir Chief Minister Omar Abdullah on Friday congratulated Indian para archer Sheetal Devi on winning gold in the Women's Compound Individual Event at the World Archery Para Series 2026, Stage III, in Ahmedabad. Abdullah described her achievement, along with her bronze in the Compound Mixed Team Event, as a proud moment for the nation. Sheetal defeated Kazakhstan's Aizada Seidan in a dramatic shoot-off after their final ended 144-144, winning the title with a perfect 10 against her opponent's 9.

Jammu and Kashmir Chief Minister Omar Abdullah on Friday congratulated Indian para archer



Sheetal Devi on winning the gold medal in the Women's Compound Individual Event at the World Archery Para Series 2026, Stage III, in Ahmedabad. The Chief Minister said Sheetal's remarkable achievement, along with her bronze medal in the Compound Mixed

>>> MORE ON P 02

Daily wagers' demand genuine, but stay away from politics: Dy CM Choudhary

Says government examining regularisation issue and hopes for an early decision

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 11: Deputy Chief Minister Surinder Choudhary on Friday acknowledged that daily-wage workers have a genuine demand for regularisation but urged them not to allow political interests to influence their agitation or proposed "Kamchod" strike. Choudhary said the government was examining the issue and stressed that the matter should cover eligible workers across departments, reiterating that regularisation was a commitment made by the National Conference in its election manifesto and assuring that the Omar Abdullah government would work towards resolving the issue.

Deputy Chief Minister Surinder Choudhary on Friday cautioned



daily-wage workers against getting drawn into what he described as political attempts to influence their agitation, while acknowledging that their demand for regularisation was genuine. Reacting to the proposed "Kamchod" strike

>>> MORE ON P 02

SC questions FSSAI delay in mandatory warning labels on packaged foods

Court seeks clarity on implementation timeline, design and nutritional education

HT NEWS DESK / AGENCIES

NEW DELHI, SEP 11: The Supreme Court has questioned the Food Safety and Standards Authority of India over the delay in making front-of-pack warning labels mandatory for packaged foods high in sugar, salt and fat, stressing the need to protect public health, particularly that of children. A bench of Justices JB Pardiwala and K Vinod Chandran sought an explanation on the proposed two-phase implementation and the meaning of a "reasonable period", while also raising concerns over the proposed red

hexagonal design and seeking details from the Centre on nutritional education and consumer awareness.

The Supreme Court has questioned the Food Safety and Standards Authority of India (FSSAI) over the delay in making front-of-pack warning labels mandatory for packaged foods high in sugar, salt and fat, asking why the system could not be introduced from the outset.

A bench of Justices JB Pardiwala and K Vinod Chandran, during a hearing on Thursday, sought an explanation



from the food regulator on what it meant by a "reasonable period" for making the proposed warnings mandatory.

The court also questioned the need for a two-phase implementation of the front-of-pack labelling system proposed by FSSAI.

"We are only concerned about the health of people, especially growing children. We want all the concerned to consider the cause in national interest," the bench observed. The court referred to concerns over the increasing prevalence of overweight and obesity

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HT BOTTOM NEWS

J&K to establish dedicated Project Monitoring Group for mega projects

CS Dulloo calls for real-time tracking and faster resolution of implementation bottlenecks



HT NEWS DESK / AGENCIES

SRINAGAR, SEP 11: Jammu and Kashmir is set to establish a dedicated UT-level Project Monitoring Group on the lines of the National Project

Monitoring Group to strengthen oversight of major development projects and ensure timely resolution of bottlenecks. Chief Secretary Atal Dulloo reviewed the proposed framework and emphasised technology-driven,

>>> MORE ON P 02

NC's political history includes suppression of dissent : Altaf Thakur

BJP spokesman accuses NC of presenting a selective version of Kashmir's political past

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 11: BJP J&K spokesman Altaf Thakur on Friday accused the National Conference of selectively presenting Kashmir's political history while overlooking episodes of political suppression, intolerance towards dissent and marginalisation of rival voices. Reacting to remarks by NC chief spokesperson Tanvir Sadiq, Thakur said Kashmir's political evolution should be examined through historical records and multiple political perspectives, including those associated with Sheikh Mohammad Abdullah, Mirwaiz



Yousuf Shah, the Muslim Conference and other political streams, and urged younger generations to study the historical record beyond competing political narratives.

>>> MORE ON P 02



DDC Bandipora reviews progress under District Capex, Revenue Capex Budgets

■ HT News Network

BANDIPORA, SEPTEMBER 11: District Development Commissioner (DDC) Bandipora, Indu Kanwal Chib, today chaired a meeting at the Mini Secretariat to review the physical and financial progress under the District Capex and Revenue Capex Budgets for 2026-27.

The meeting was attended by Superintending Engineers of PHE Hydraulic Circle, R&B Circle and KPDCI, Divisional Forest Officer, Assistant Commissioner Development, Assistant Commissioner Panchayat, Executive Engineers and other concerned district sector officers.

During the meeting, the DDC reviewed progress on 2,056 developmental



works under the District Capex Budget against an approved outlay of Rs 4,527.26

lakh. These include 120 ongoing and 1,935 new works. It was informed that

Administrative Approval has been accorded to 1,807 works, 1,350 have been tendered, 889 allotted and 68 works have been completed. The DDC directed the General Manager, NHPC, to expedite approval and disbursement of Rs 8.50 crore earmarked for the affected areas of the Kishanganga Hydroelectric Project under the Water Conservation Plan. The Chief Agriculture Officer was also directed to expedite all pending works under the conservation framework.

The meeting also reviewed 24 departmental buildings being taken up under the Revenue Capex Budget. The executing agencies were directed to expedite the construction works and ensure timely submission of completed bills to the respective treasuries.

PSA-Finland Collaboration to Transform Private Education Sector in J&K

■ Farooq Rather

Srinagar, September 11: The Jammu and Kashmir Private Schools Association (PSA) has announced a strategic collaboration with Finnish education expert and Director of Finland 2030 x Lifology, Meike Krautscheid, aimed at transforming the private school education ecosystem in Jammu and Kashmir through innovative, child-centric and future-ready approaches.

The initiative seeks to introduce and adapt key principles associated with Finland's education system, including child-centred learning, reduced academic stress, creativity, practical education, socio-emotional development and skill-based learning, while keeping the local educational and social context of J&K in view.

As part of the collaboration, Meike Krautscheid, accompanied by PSA representatives, visited several private schools across Kashmir and interacted with school managements, teachers and students. She also observed classroom practices and held discussions on existing teaching methodologies and challenges confronting the education sector.

The collaboration was discussed in the presence of Nafisa Barodawala, Apex Training Educator and Soft Skills Trainer; PSA State President Bilal Ahmad Bhat; PSA Director Media & Communications Dr. Owais Mattoo; PRO B.A. Shah and other stakeholders.

Following the assessment visits, the PSA and Krautscheid outlined a roadmap focusing on four major areas—specialised teacher training in child-centric and modern pedagogy, academic exchange programmes, educational tourism through learning exchanges and academic forums, and district-level Innovation Hubs to promote creativity, critical thinking and practical STEM-based learning.

Speaking about her visit, Meike Krautscheid said international collaboration could help Kashmir move beyond conventional learning models by promoting openness, compassion, creativity and practical experiences.

She emphasised that students should not merely learn concepts but should also get opportunities to experiment, create, solve problems and understand the practical application of knowledge.

Krautscheid also expressed willingness to facilitate opportunities for students, teachers and education leaders from J&K to experience Finland's education system, receive training and gain exposure to different aspects of the Finnish learning environment.

PSA State President Bilal Ahmad Bhat said the association was delighted to welcome



Krautscheid to Jammu and Kashmir and described the collaboration as an important opportunity for teacher capacity building, modern pedagogy and international academic exposure.

"We want to bring global educational expertise to J&K classrooms. Our vision is to build a schooling model that reduces academic stress while empowering children with future-ready skills," Bhat said.

He added that specialised teacher-training programmes would be organised with the support of Finnish experts and efforts would also be made to facilitate visits by education experts from Finland to Jammu and Kashmir.

PSA Director Media & Communications Dr. Owais Mattoo termed the initiative a "golden opportunity" for the private education sector of J&K and said the association would work as a bridge between Finland and Kashmir.

"International collaboration can open new educational opportunities for J&K's teachers and students. We want our students, teachers and school leaders to visit Finland and gain first-hand international exposure, while also bringing Finnish experts to Kashmir to share their experiences with local educators," he said.

Dr. Mattoo said the proposed collaboration would focus on teacher capacity building, academic exchanges, educational tourism and school-based Innovation Hubs.

He added that the initiative would enable schools to explore emerging pedagogical approaches rather than simply follow conventional teaching models. The PSA said the collaboration represents a significant step towards bringing global educational expertise and innovative practices to local schools while ensuring that initiatives remain relevant to the educational needs and cultural values of Jammu and Kashmir.

The association reiterated its commitment to taking the initiative forward in the coming months, with emphasis on teacher training, student development, innovation, international exposure and future-ready education.

Kulgam Police arrests absconder evading arrest for 5 years

■ Farooq Rather

Kulgam: September 11, 2026 Kulgam police arrested an absconder who had been evading arrest for 05 years. The arrested individual has been identified as Mohd Ishaq Sheikh son of Mohd Ramzan Sheikh resident of Okey, Kulgam who was wanted in Case FIR No.152/2021 U/S 8/15, 29 NDPS Act of Police Station Kulgam. Acting on specific information, a police team from Police Station Kulgam after strenuous efforts apprehended the said absconder at Kulgam and after completing all legal formalities, the accused was produced before the Hon'ble sessions court Kulgam, wherefrom he has been sent to Central Jail Kot Bawal Jammu. Kulgam Police is committed to bringing all absconders and offenders to justice and ensuring that no one evades the law.



BJP Betrayed Shopkeepers of Satwari & Nai Basti: Rattan Lal Gupta

■ Farooq Rather

Jammu, September 11: Senior J&K National Conference leader and Provincial President Jammu, Rattan Lal Gupta Adv., has strongly condemned the demolition of shops belonging to shopkeepers of Satwari and Nai Basti, Jammu, alleging that the BJP has betrayed those whose livelihoods have been adversely affected.

Rattan Lal Gupta said that the BJP had given assurances to the affected shopkeepers regarding their rehabilitation and compensation, but failed to implement the commitments and orders made in their favour. He said the demolition of the shops has caused immense hardship to families dependent upon these establishments for their livelihood.

He demanded that the authorities immediately take concrete steps for the rehabilitation of the affected shopkeepers and payment of legitimate compensation, instead of leaving them in distress.

District Admin Budgam starts trainings on Eye Screening of school children in partnership with Nayonika Eye Care

DC instructs screening of all 1.6 lakh school going children in district

■ HT News Network

BUDGAM, SEPTEMBER 11: The District Administration Budgam today started the training programmes for school-level screening facilitators as part of the district-wide Children's Eye Health Programme in partnership with Health Department, Education and Nayonika Eye care.

The programme aims to equip screening facilitators with the necessary skills to conduct preliminary eye screening of students at the school level, enabling early identification and timely referral of children with vision-related problems. Under the program basic screening is being done in schools to identify kids with difficulties in eye sight. And then detailed tests and diagnosis at Sub District Hospitals and District Hospital. Speaking on the occasion, Deputy Commissioner Budgam, Athar Aamir Khan, emphasised the crucial role of school-level screeners in early identification of health and learning-related difficulties among children.

Asserting on screening of all school children, the Deputy Commissioner said that the timely detection of vision problems can significantly improve children's participation in classroom learning and educational activities.

Launched in collaboration



with Nayonika Eye Care Foundation Trust and Help Foundation J&K, the initiative envisages screening around 1.67 lakh students across 917 schools in the district.

During the training, teachers were sensitised on the correct use of the Snellen Eye Chart, screening procedures, recording of observations and referral of students requiring further assessment to Sub District and District Hospitals.

Students identified with suspected vision problems will be referred to concerned District and Sub-District hospitals for rescreening and detailed examination. Those requiring spectacles will be provided eyeglasses free of cost, while cases requiring specialised or surgical treatment will be facilitated at GMCs and other tertiary-care eye hospitals.

The programme was attended by ADDC Budgam Vivek Agarwal, CMO, CEO, ZEOs and School wise screening facilitators, and representatives from Nayonika eye care and other collaborating organisations. Speaking on the occasion, Deputy Commissioner Budgam, Athar Aamir Khan, emphasised the crucial role of school-level screeners in early identification of health and learning-related difficulties among children. Asserting on screening of all school children, the Deputy Commissioner said that the timely detection of vision problems can significantly improve children's participation in classroom learning and educational activities. Launched in collaboration with Nayonika Eye Care Charitable Trust and Help Foundation J&K, the initiative envisages screening

Javed Rana reviews development and flood relief measures in Surankote

■ HT News Network

SURANKOTE, SEPTEMBER 11: Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana today chaired a meeting to review development works and post-flood relief and restoration measures in Surankote.

The meeting was attended by MLA Surankote, Chowdhary Akram, SDM Surankote Farooq Khan, and senior officers and Heads of Departments from Jal Shakti, Rural Development Department (RDD), PWD, Irrigation & Flood Control, PDD, Agriculture, Horticulture and other allied departments.

While chairing the meeting, Minister directed the Jal Shakti Department to submit a detailed DPR for strengthening and improving the water supply system of Surankote town. He also directed the department to formulate detailed proposals for lift irrigation schemes, particularly in areas where irrigation kuls have been damaged due to the recent floods, resulting in disruption of agricultural activities, especially paddy cultivation. The Minister



directed the Forest Department to further intensify its efforts and ensure visible progress on the ground. He also impressed upon all departments to adopt a people-centric approach, remain accessible and responsive to public grievances, and ensure timely delivery of services. The departments were further directed to organise awareness and facilitation camps at the grassroots level and disseminate information regarding government schemes, relief measures, assistance and developmental initiatives through various channels so that the benefits reach the intended beneficiaries.

Emphasising the need for coordinated and result-oriented functioning, the Minister called upon all officers to work with dedication and remain committed to the welfare.

Model Youth Gram Sabha held at EMRS Salia

DC Anantnag highlights virtues of participatory local governance, encourages tribal students to focus on education, sports and innovation

■ HT News Network

ANANTNAG, SEPTEMBER 11: Model Youth Gram Sabha was organized today at Eklavya Model Residential School (EMRS), Salia, Anantnag, under the aegis of the National Education Society for Tribal Students (NESTS), Ministry of Tribal Affairs, Government of India.

Deputy Commissioner (DC) Anantnag, Dr. Bilal Mohiuddin Bhat, attended the program as the Chief Guest. Tehsildar Mattan, Principal EMRS Salia along with officials, staff, and students of the school attended the event.

At the outset, the Principal briefed the Deputy Commissioner about the functioning of the school, the facilities available, and various activities being

undertaken for the welfare and development of the students. She stated that the school is on the right track to function as a premier institution for the education and overall development of students from the tribal community.

Addressing the gathering, the Deputy Commissioner appreciated the initiative and encouraged the students to work hard, remain focused on their studies, and actively participate in other meaningful activities. He interacted with the students and urged them to acquaint themselves with various aspects of local governance so they can become agents of positive change in their community. He further advised them to enthusiastically take part in games and sports besides pursuing



innovative and creative ideas with full passion and confidence.

Dr. Bilal asked the school authorities to work with sincerity and dedication for the welfare of the students. He assured them of the District Administration's full support for the institution's further growth and development.

Highlighting the role of the Gram Sabha as a vibrant democratic platform, the DC said these institutions provide people with adequate opportunities to participate in the governance process at the grassroots level according to their requirements and aspirations. He noted that during the proceedings, fruitful discussions are held where people present their ideas and plans regarding various projects and schemes. The same are

then curated in a more practicable manner, often in tune with their requirements and aspirations, he observed.

The program provided students with an opportunity to participate in a simulated Gram Sabha and gain an understanding of grassroots democratic institutions, civic responsibilities, and local governance. Students actively participated in discussions on various issues related to local self-governance, education, and community development.

On the occasion, a series of cultural items on multiple themes showcasing tribal traditions and way of life besides yoga sessions were presented by the students. Addressing the gathering, the Deputy Commissioner appreciated the

initiative and encouraged the students to work hard, remain focused on their studies, and actively participate in other meaningful activities. He interacted with the students and urged them to acquaint themselves with various aspects of local governance so they can become agents of positive change in their community. He further advised them to enthusiastically take part in games and sports besides pursuing innovative and creative ideas with full passion and confidence.

Dr. Bilal asked the school authorities to work with sincerity and dedication for the welfare of the students. He assured them of the District Administration's full support for the institution's further growth and development.



Artisans IFFJK Show creates buzz, capture attention of tourists, locals

Srinagars SK Park hosts Soulful Kashmir, mesmerise visitors, students and craft lovers with niche handmade products

HT News Network

SRINAGAR, SEPTEMBER 11: Riding high on the success of its acclaimed 'Know Your Artisan' series, the Handicrafts and Handloom Department, Kashmir, successfully organised its September edition on the sidelines of J&K's 1st International Film Festival at SK Park, Srinagar.

Focused on showcasing Kashmir's high-value GI-tagged and languishing crafts, the Department presented a vibrant blend of art, craft and heritage, drawing an overwhelming response from tourists, art aficionados, students and the general public.

In a press statement today, a spokesperson of the department stated that as many as 26 stalls were installed showcasing unique handcrafted creations, visitors to interact directly with master artisans, explore authentic crafts and providing artisans a platform for direct marketing.

The School of Designs, Kashmir, facilitated LIVE craft demonstrations, while a dedicated 'Try Corner' offered hands-on



experience in pottery, papier-mâché and needlework. Live music, organised in collaboration with the J&K Academy of Art, Culture and Languages, further enhanced

the heritage ambience. Students from various schools and colleges participated enthusiastically, mesmerised by the quality and intricate

craftsmanship. They interacted with artisans, witnessed demonstrations and tried their hand at craft-making, gaining first-hand exposure to the skill and precision involved.

A spokesperson said the initiative provided artisans a platform to showcase their skills and connect directly with tourists, buyers, students and the public. "Know Your Artisan" is aimed at creating awareness about the heritage value, authenticity and craftsmanship of Kashmir's traditional crafts while strengthening the artisan-consumer connect," he said.

He said the encouraging response had strengthened the Department's resolve to carry the initiative to prominent tourist-centric and other high-footfall locations, ensuring greater visibility, recognition and market access for artisans.

The Department urged tourists, buyers and craft enthusiasts to support Kashmir's craft maestros by purchasing authentic products and joining the 'Vocal for Local' initiative to help preserve and revive the region's rich craft heritage.

Quality Healthcare

KU's 5-day NABL assessor training calls for stronger laboratory standards in J&K

HT News Network

Srinagar, Sep 11: A five-day NABL

importance of institutional collaboration in strengthening clinical and paramedical care. He called for



Assessor Training Programme (ISO 15189:2022) on "Strengthening Medical Laboratory Quality Assurance in J&K" concluded at the University of Kashmir (KU) on Friday, highlighting the need for quality assurance, standardisation and professional competence in medical laboratories. The programme was organised by the Department of Clinical Biochemistry, KU, in collaboration with the State Allied and Healthcare Council, J&K, and the National Accreditation Board for Testing and Calibration Laboratories (NABL), Quality Council of India (QCI). It aimed to strengthen professional understanding of ISO 15189:2022 and laboratory assessment and accreditation processes.

While presiding over the valedictory-cum-ceremonial session, Vice-Chancellor KU, Prof. Nilofer Khan, said quality laboratory systems are critical to accurate clinical diagnosis and effective patient care. She said such specialised training programmes help build professional competence and promote a culture of quality in healthcare.

"Consistency, quality and adherence to recognised standards are crucial to reliable laboratory practices," Prof. Khan said, adding that the University would continue to promote collaborations and capacity-building initiatives with wider societal relevance.

Director SKIMS, Prof. Mohd Ashraf Ganie in his remarks stressed the

well-equipped laboratories, skilled human resources and stringent protocols, while underlining the importance of human judgement alongside technological interventions.

Speaking on the occasion, Dean Academic Affairs, KU, Prof. Shariefuddin Pirzada, and Dean Research, KU, Prof. Bashir A. Ganaie, emphasised quality-driven training and stronger linkages among universities, healthcare institutions and research organisations. They underlined the need to translate institutional collaborations into better professional practices and move from compliance towards sustained commitment to quality.

In their remarks, Principal, Government Medical College Srinagar and Dean, School of Medicine and School of Allied Sciences, University of Kashmir, Prof. (Dr) Iffat Hassan Shah, and Dean, School of Biological Sciences, KU, Prof. Fayaz Ahmad, highlighted the importance of accurate clinical findings in diagnosis and patient care. They said specialised academic and training initiatives can strengthen professional capacities and contribute to better healthcare outcomes.

Chairperson, State Allied and Healthcare Council, J&K, Dr. Sabhiya Majid, highlighted the Council's role in capacity-building of allied healthcare institutions, while Dr. Ritu Kulshrestha, Joint Director, NABL-QCI, presented a brief report of the five-day programme and outlined its major components and outcomes.

AIIMS Jammu Performs Its First Carotid Endarterectomy, Strengthening Advanced Vascular Surgical Care

HT News Network

In a significant milestone, the Department of Cardiothoracic and Vascular Surgery (CTVS), AIIMS Jammu, has successfully performed the institute's first carotid endarterectomy, marking an important advancement in the availability of complex vascular surgical procedures at the institute. The landmark procedure was performed on a 69-year-old male patient diagnosed with severe 90% stenosis of the right internal carotid artery. The patient had a previous history of middle cerebral artery (MCA) infarction with seizures, making careful neurological and vascular assessment particularly important. Considering the severity of carotid artery narrowing and the patient's clinical history, he was evaluated and taken up for carotid endarterectomy.

The procedure involved meticulous exposure of the carotid vessels and surgical removal of

the obstructive atherosclerotic plaque from the right internal carotid artery, thereby improving blood flow through the affected vessel. The case required careful preoperative evaluation, precise surgical technique, meticulous anaesthetic management and close postoperative neurological monitoring. Carotid endarterectomy is an established surgical procedure for the treatment of significant carotid artery stenosis, in which atherosclerotic plaque causes narrowing of the arteries supplying blood to the brain. Significant carotid artery disease can increase the risk of transient ischaemic attacks and ischaemic stroke. The procedure requires meticulous surgical dissection around major blood vessels and important nerves in the neck, along with appropriate patient selection, careful perioperative management and vigilant postoperative monitoring.

Grand Inauguration of Hindi Divas Held Month 2026 at IIM Jammu

HT News Network

Jammu, SEPTEMBER 11: Renowned Poets Captivate the Audience with Poetry, Humour and Satire at a Grand Kavi Sammelan at Mandapam.

10th Sept 2026 | Jammu: On the occasion of Hindi Divas, the Indian Institute of Management Jammu inaugurated Hindi Month 2026 with a grand Kavi Sammelan at Mandapam. The literary evening featured renowned poets Shri Shambhu Shikhar, Shri Arun Gemini, Shri Neelotpal Minral, Shri Rajesh Agrawal, and Ms. Manu Vaishali, who enthralled the audience with their captivating poetic renditions, humour and satire. The programme was presided over by Prof. B. S. Sahay, Director, IIM



Jammu. The programme commenced with the ceremonial lighting of the lamp, symbolising the triumph of knowledge and light. This was followed by the felicitation and honouring of all the distinguished poets invited for their creative and engaging performances. The evening began on an auspicious note with Saraswati Vandana, filling the atmosphere.

IUST launches JKSC website; Commissioner Secretary Babila Rakwal inaugurates 30 KW Solar EV Charging Station

HT News Network

Awantipora, Sep 11: The Islamic University of Science and Technology (IUST) launched the official website of the J&K Science Congress (JKSC), 2026, at IUST Main Campus on Friday. Commissioner Secretary, Department of Science and Technology (DST), UT of Jammu and Kashmir, Ms. Babila Rakwal (IAS), inaugurated the platform and 30 KW Solar Electric Vehicle (EV) Charging Station installed by the Jammu and Kashmir Energy Development Agency (JAKEDA) on the IUST campus. She described the initiative as "a step towards promoting sustainable mobility and encouraging the adoption of clean-energy solutions on the campus."

Addressing the gathering, Ms. Rakwal emphasised the importance of collaborative efforts in cultivating scientific temperament among the



youth of Jammu and Kashmir. She said, there was a need to nurture patience and curiosity among children. She stressed that universities could play a pivotal role in establishing Science parks to spark and nurture interest in Science from an early age. She appreciated IUST for taking the initiative to host the JKSC and emphasised the importance of such platforms in promoting scientific engagement among young people.

Vice Chancellor, IUST, Prof. Shakil Ahmad Romshoo, reaffirmed the University's commitment to promoting research, innovation and scientific

thinking, and highlighted IUST's preparedness to host the JKSC. He said, the Congress would provide a valuable platform for bringing together students, researchers, educators and other stakeholders to foster scientific curiosity, exchange ideas and inspire the next generation of innovators.

A detailed presentation on the preparations for JKSC was delivered by Prof. Aabid Hussain Shalla, Dean Research, IUST, outlining the arrangements and planning for the upcoming Congress. This was followed by an interaction and discussion on the proposed programme and preparations, during which various suggestions were put forward.

The programme was coordinated by Dr. Ruheela Hassan, Dean Outreach, IUST, while Dr. Farooq Ahmed, Dean of Sciences, IUST, presented the formal vote of thanks. The programme was attended by officials from the DST, JAKEDA and IUST.

HT News Network

Srinagar, Sept 11: The students of Departments of Communication & Journalism and English, Central University of Kashmir (CUKashmir) represented the University at the First International Film Festival of Jammu & Kashmir (IFFJK) held at SKICC here on Thursday.

Fifty students from both departments actively engaged in interactive sessions with leading professionals from the film industry.

Dean, Academic Affairs (DAA), Prof. Shahid Rasool thanked IFFJK organisers for providing students an opportunity to interact with Filmmakers and media professionals. He said that such participation provides students with real-world exposure, bridging academic learning with professional practice. He



highlighted that the festival offered insights into the creative and technical aspects of filmmaking, enriching students' understanding of cinema.

Students participated in discussions with eminent cinematographers, sound engineers, and scriptwriters and watched film-shots that gave them real learning experience. They had an opportunity to learn from award-winning cinema directors Shahnad Jalal, Shankar Ramakrishnan, acclaimed sound

engineer Baylon Fonseca, and other distinguished experts.

Students expressed gratitude to the Vice Chancellor, Prof. A. Ravinder Nath, (DAA), Prof. Shahid Rasool, Registrar, Dr. Nisar Ahmad Mir, Dean, School of Languages, Prof. Sandhya Tiwari, HoD DCJ, Dr. Arif Nazir. Senior faculty members Dr. John Babu Koyye (DCJ) and Mr. Sunil Kumar Mannil (Dept. of English) accompanied the students. Fifty students from both departments actively engaged in interactive

sessions with leading professionals from the film industry.

Dean, Academic Affairs (DAA), Prof. Shahid Rasool thanked IFFJK organisers for providing students an opportunity to interact with Filmmakers and media professionals. He said that such participation provides students with real-world exposure, bridging academic learning with professional practice. He highlighted that the festival offered insights into the creative and technical aspects of filmmaking, enriching students' understanding of cinema. Students participated in discussions with eminent cinematographers, sound engineers, and scriptwriters and watched film-shots that gave them real learning experience. They had an opportunity to learn from award-winning cinema directors Shahnad Jalal, Shankar Ramakrishnan,

Symposium on Road Safety held at GHSS Boys Rajouri

HT News Network

RAJOURI, SEPTEMBER 11: Traffic Police Rural Jammu, in collaboration with Government Model Boys Higher Secondary School Rajouri today organized a symposium on the topic "Right to mobility comes with the responsibility to follow Traffic rules," here at the school premises.

The event formed part of ongoing 02-week Awareness-cum-Enforcement Drive against traffic violations involving two-wheelers. As many as 600 students and 60 teachers participated in the programme.

At the outset, the Principal of the School Mohammad Muslim Wani welcomed the SSP and other guests. The stage proceedings were conducted by Sr. Lecturer Fazal Hussain.

Dy-SP Traffic Rajouri-Poonch Ajaz Ahmed highlighted the broad idea behind holding the drive, which he said was to generate awareness about road safety, promote responsible road-user behaviour and foster a strong sense of responsibility towards preventing road accidents and saving lives among students and the community. He urged the students to become ambassadors of road safety and contribute actively towards creating safer roads and communities.

Interacting with the students, the SSP discussed the prevailing scenario of road accidents and their major causes. He emphasized the importance of observing traffic rules, responsible driving and developing a strong sense of civic responsibility among young people. He gave a Power Point Presentation, protecting the local accident data



which formed the basis for initiating this drive.

As per the presentation, 699 accidents have taken place between January to July, 2026 in the four Districts of Rajouri, Poonch, Samba and Kathua in which 88 persons were killed and 1001 were injured. However, an alarming trend is the fact that out of 699 accidents, 309 i.e. 44% are those in which two-wheelers are involved. Further, out of 88 dead, 39 are those who were either driving or riding a two-wheeler. Moreover, 27% of the victims are below 25 years of age.

The SSP also shared a personal connection with the institution, being an alumnus of Government Model Boys Higher Secondary School Rajouri. Recalling his association with the school, he said that returning to his alma mater in the capacity of SSP Traffic Rural Jammu

was a matter of pride and added significance to the road-safety awareness initiative. He encouraged the students to uphold the values of discipline and responsibility associated with their institution and to become ambassadors of road safety in their families and communities.

The symposium was judged by a panel comprising Uma Gupta (Sr. Lecturer), Subash Sharma (Sr. Lecturer) and Amir Choudhary (Physical Education Lecturer), who evaluated the performances of the participating students.

The School Principal stressed the need for greater youth engagement in promoting road safety awareness. He underscored that road safety is a shared responsibility and called upon students to follow traffic rules diligently and encourage others to

do the same.

Muneer Zabar, Mohd Owais and Sohail Murtaza secured the first, second and third positions, respectively. The winners were felicitated with mementos in recognition of their outstanding performances by SSP Traffic Rural Jammu. Besides, mementos were also presented to the Principal and Jury members in recognition of their gracious support in organizing the programme.

Moreover, road counselling sessions were also held at different locations for two-wheeler riders without enforcing challans. In a unique initiative, two wheelers' riders were stopped and made to sit in a canopy where officers of Traffic Police sensitized them about the need for road safety, in particular reference to the local data. People appreciated this idea.

HT EDITORIAL

When Kashmir's Crafts Speak for Themselves

There are some stories that cannot be told adequately through brochures, advertisements or photographs. Kashmir's traditional crafts are among them. Their real beauty lies in the hands that create them, the patience behind every design and the generations of knowledge quietly carried from one artisan to another.

The recent 'Know Your Artisan' initiative at SK Park in Srinagar offered a welcome reminder of this living heritage. Held alongside Jammu and Kashmir's first International Film Festival, the event brought Kashmir's craftsmen out of workshops and into direct contact with the public. The response was encouraging, but the larger message deserves far greater attention.

The presence of 26 stalls showcasing both GI-tagged products and crafts facing decline demonstrated the enormous diversity of Kashmir's artisanal tradition. More importantly, visitors were able to meet master craftsmen, examine handmade products and understand the skill involved in producing them. Such direct interaction can do what conventional marketing often fails to achieve: establish trust between the artisan and the buyer.

The live demonstrations by the School of Designs added another important dimension. When a visitor watches a piece of pottery being shaped, papier-mâché being worked upon or intricate needlework taking form, the finished product acquires a different meaning. It is no longer simply a commodity on a shelf; it becomes the result of time, discipline and inherited knowledge.

The participation of students was perhaps the most valuable aspect of the initiative. If Kashmir's traditional crafts are to survive another generation, young people must see them not as remnants of a fading past but as an important part of the region's cultural identity and potential economic future.

Yet showcasing crafts alone will not save them. The real challenge lies in creating sustainable markets for authentic products and ensuring that artisans receive a fair return for their labour. Cheap imitations may attract buyers, but they weaken the very ecosystem that keeps traditional craftsmanship alive.

This is why initiatives such as 'Know Your Artisan' should not remain occasional exhibitions. They need to become a sustained movement, reaching tourist destinations, educational institutions, airports, marketplaces and other high-footfall locations. Digital platforms, modern branding and organised market access can further complement this effort without compromising the authenticity of traditional craftsmanship.

Kashmir's craft heritage has survived because artisans continued to practise their skills even when markets changed and circumstances became difficult. But heritage cannot survive on sentiment alone. It needs consumers who value authenticity, institutions that support artisans and younger generations willing to inherit and innovate upon traditional skills.

The strong public response at SK Park is therefore more than an encouraging event statistic. It is evidence that Kashmir's traditional crafts still possess the power to attract, educate and inspire. The responsibility now is to convert that public interest into lasting economic opportunity.

A craft survives when its artisan can make a living from it. Kashmir must ensure that its master craftsmen are not merely celebrated as custodians of the past, but supported as creators of its future.

Public participation is essential in the campaign to save water.



Dr. Priyanka Saurabh

The water crisis in India is becoming increasingly serious. Groundwater levels are declining in many areas, ponds and wells are drying up, and dependence on groundwater for agriculture and drinking water is increasing. At this time, the responsibility of conserving water cannot rest solely with the government. Public participation is also essential. With this vision, the "Jal Sanchay Jan Bhagidari" campaign has been launched.

Launched on September 6, 2024, the primary objective of this campaign is to conserve rainwater, increase groundwater levels, and strengthen local water sources. Emphasis is placed on building low-cost water conservation structures, reusing old and defunct tube wells, and implementing water conservation measures tailored to local needs.

The unique feature of this campaign is that, along with the government, the general public, panchayats, social organizations, and companies can also participate. Its foundation

is three Cs—community, corporate social responsibility, and cost. This means community participation, corporate social responsibility, and cost-effective water conservation. This is an attempt to transform water conservation from a mere government scheme to a public campaign.

To this end, a large number of water conservation structures have been built. Under the first phase, more than 2.7 million water conservation structures were built across the country by May 2025. Following this, the second phase was launched in June 2025. By May 2026, more than 15 million groundwater recharge structures had been built. By September 3, 2026, this number had increased to more than 15.8 million. This data indicates that water conservation is being promoted on a large scale in the country.

But simply building structures isn't enough. They also need to be properly sited, regularly maintained, and used correctly. If rainwater doesn't reach these structures or if they become clogged with mud and debris over the years, their purpose will be defeated. Therefore, local people must also take responsibility for their maintenance.

India has long had a tradition of water conservation. Village ponds, wells, stepwells, johads, and small dams met people's needs. Ancient water sources remain a reminder of

this in many parts of the country, including Haryana and Rajasthan. During modern development, we neglected these sources and began overusing groundwater. Now is the time to combine ancient wisdom with modern science.

To this end, the water conservation public participation campaign has been integrated with the "Rainwater Harvesting" campaign. In June 2026, it was redesigned as the "Jal Shakti Abhiyan—Rainwater Harvesting." Its simple message is to prevent every possible drop of rain from flowing away and to channel it into the ground.

A major cause of the water crisis is excessive water use in agriculture. Many farmers grow crops that require a lot of water. Tube wells are constantly operated to extract groundwater. This rapidly depletes groundwater. Therefore, to conserve water, it is important to promote crop diversification, drip irrigation, sprinkler irrigation, and water-efficient crops.

Gram Panchayats can also play an important role in water conservation. Each village can prepare its own "water budget." This should include a breakdown of how much water the village receives annually, how much water is used for agriculture and household purposes, and how much water can be returned to the ground. This will help people understand the actual water situation in their area.

Schools and colleges can also play an important role in this endeavor. Instead of teaching children about water conservation only through textbooks, schools should implement rainwater harvesting, tree planting, and water conservation programs on campus. Through children, the message of water conservation can reach homes.

The Ministry of Jal Shakti's departmental conference, held on September 1 and 2, 2026, also emphasized improved coordination between the Centre and the states. Along with water conservation, the need for water awareness, training, sharing experiences between states, and the compilation of accurate water-related data was also discussed. This is essential because water problems are not the same in every state and region. Some face floods, while others face drought.

To make water conservation successful, it's crucial to change people's mindsets. Leaving taps running, letting rainwater flow into drains, encroaching on ponds, and overusing groundwater must be stopped. The mindset of water as an unlimited resource must be changed.

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

The Sports Sector Has Great Potential to Generate Employment



Sahil Manzoor Bhatti

Sports not only enhance physical fitness but also play a vital role in addressing health-related issues. Lack of physical activity often leads to stress, obesity, high cholesterol, cardiovascular diseases, body weakness, fatigue, and insomnia. If we consider the definition of exercise, it can simply be described as any body movement. Sports, however, go beyond simple exercise—they engage the entire body, uplift the spirit, and create a sense of joy.

Globally, hundreds of sports are played, and India too has a wide variety of them. Among these, cricket stands as the most popular. It is remarkable that India is home to the world's richest cricket board, the BCCI (Board of Control for Cricket in India), which has a market capitalisation of around 18,000 crore. Through the Indian Premier League (IPL), top-class international players participate in one of the most celebrated sporting events in the world. This highlights how sports are increasingly being recognised as a profession that brings not only fame but also financial success.

India has produced many legendary sports



personalities who have brought pride to the nation—Kapil Dev, Sunil Gavaskar, Rahul Dravid, and Sachin Tendulkar in cricket; Sania Mirza and Mahesh Bhupathi in tennis; Bhaichung Bhutia in football; and many others. Each year, countries allocate a budget for sports to promote talent at the district, state, and national levels. Only the most dedicated and fortunate athletes go on to represent the country at the international stage.

The importance of sports is also reflected in events like National Sports Day, celebrated on August 29th in honour of hockey legend Major Dhyan Chand. On this day, schools, colleges, and universities across the country

conduct various sporting events to remind people of the value of sports in life.

The Indian government has been making consistent efforts to improve sports infrastructure. Constructing stadiums at the panchayat level, providing fenced and levelled grounds, and investing in other facilities are commendable steps. In Jammu & Kashmir, particularly, several sports leagues are organised that help nurture local talent and produce players of national and international calibre.

Benefits of Sports Activities
Health & Fitness: Sports keep individuals physically active, stress-free, and mentally sharp. Social Good: Sports help curb drug

addiction among the youth, offering a positive and engaging alternative.

Livelihood Opportunities: Many athletes now earn their livelihood through coaching, running gyms, or opening training academies such as boxing and martial arts centres.

Community Engagement: Local tournaments in cricket, football, or volleyball—organised with proper permissions—encourage community participation and youth development.

Tourism Boost: Destinations like Gulmarg in Kashmir offer immense potential for sports tourism, especially skiing, adventure sports, and mountaineering. These activities attract visitors from across the world and contribute to the economy.

Recently, the successful conclusion of the Khelo India Games, where players from across the globe participated, further proved India's growing stature in the global sporting arena.

In conclusion, sports are not only essential for health and happiness but also carry vast potential to generate employment, promote youth development, and strengthen the national economy. The sports sector, if nurtured properly, can become one of the strongest pillars of progress for the country.

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Indian army officer shared a heartwarming moment with Locals He encouraged and motivated them through a singing a song,



By M S Nazki

Dard Dilon Ke Kam Ho Jaate, Main aur Tum Gar, Hum Ho Jaate! Kitne Haseen Aalam Ho Jaate, Main aur Tum Gar, Hum Ho Jaate!.....I saw a movie X-posé but left 1 half way through after seeing this song!.....

-Tauba-tauba ye Jawaani, Ye Jawaani.. Ka Guroor, Ishq Ke Saamne, Sar Phir Bhi Jhukaana Hi Padi! Kaisa Kahe they na aayenge, Na aayenge magarr. Dill Ne Is Tarah Pukaara , Tumhein Aana hi pada! Ye Maana Meri Jaan. Mohabbat Saza hai! Maza is mein itna, Magar kisiye hai-, Maza ismein itna, Magar kisiye hai, Woek beqaraari jo ab tak idhar thii, Wahi beqaraari Udhar kisiye ha!..... Hanste Zakhm!

This is not the way we usually start a story but this one was different.....A bit romantic, a bit of modern times and about changing the generation!

-Co 61 RR Col Neeraj Sharma shared a heartwarming moment with Locals residents of Manyal Gali In Thanamandi area of Rajouri district.

He encouraged and motivated them through a singing a song, 'Ae phoolon ki rani, baharon ki malika Tera muskurana gazab ho gaya! Na dil hosh mein hai, na hum hosh mein hain Nazar ka milana gazab ho gaya.....

-True knowledge is not attained by thinking. It is what you are; it is what you become. There is nothing mind can do that cannot be better done in the mind's immobility and thought-free stillness.....

-When mind is still, then truth gets her chance to be heard in the purity of the silence. The great are strongest when they stand alone.....

-A God-given might of being is their force. My God is love and sweetly suffers all. But few are those who tread the sunlit path; Only the pure in soul can walk in light.....

in sensitive mountainous zones like Thannamandi and Rajouri.

-Activities: Conducts regular search operations, weapons cache recoveries, and local civil-military welfare or rescue missions.

-About Force Romeo!

-When they came in the people were powerless and they used sing in melancholy!



-Winning his heart of Locals Peoples in This area all Such meaningful interactions strengthens the bond between the Army and the local community and reflects the importance of respect, care and togetherness with our elders.-61 RR refers to the 61st Battalion of the Rashtriya Rifles (61 RR), an anti-insurgency counter-terrorism force of the Indian Army.

This specific battalion is affiliated with the Jat Regiment and operates actively in Jammu and Kashmir (such as the Rajouri and Poonch sectors) for security, counter-militancy operations, and civic rescue tasks.

-Overview of 61 Rashtriya Rifles Parent Army/Regiment: Affiliated with the Jat Regiment.

-Role: Counter-insurgency and internal security operations in Jammu & Kashmir.

-Area of Operation: Frequently deployed

-Pyar jab na diya zindagi ne kabhi, Phir sitamgar kon hua admi ya Zindagi, Pyar jab na diya zindagi ne kabhi, Phir sitamgar kon hua admi ya Zindagi, Zuram ki hain saja ye to jane sabhi, Zuram ki hain saja ye to jane sabhi, Koi mujrim kyu bana ye nahi mane kabhi, Sath jab na diya zindagi ne kabhi Phir sitamgar kon hua admi ya zindagi

-Dag lagta rahe phir bhi jeena pade, Dag lagta rahe phir bhi jeena pade, Jilato ruswaiyo ka jahar bhi peena pade, Raham jab na kiya zindagi ne kabhi! Phir sitamgar kon hua admi ya zindagi-Love is a powerful, universal force that connects people and encourages empathy and kindness toward everyone. Understanding the Power of Love Universal energy: Many people view love as a fundamental energy that motivates humans to care for others and

build supportive communities.

-Free will: True love cannot be forced or compelled; it remains a personal choice that relies on freedom and mutual respect.

-Unconditional care: Embracing love for all of humankind drives individuals to take positive risks and support those around them.

-Force Romeo

-The Romeo Force of the Indian Army acts as a counter-insurgency force in the Rajouri and Poonch districts of Jammu and Kashmir, conducting security, anti-terrorism, and humanitarian operations. Counter-Terrorism and Security Operations

-Search and Cordon Operations: Conducts continuous high-altitude and deep-forest searches (such as in the Pir Panjal ranges and Lasana forests of Poonch) to track and neutralize hidden terrorist groups.-Recovery of Arms and Munitions: Executes joint operations with the Jammu and Kashmir Police to recover heavy weapons, IEDs, narcotics, and ammunition, disrupting militant plots.-Area Domination: Maintains regular patrols across challenging terrain above 13,000 feet to secure the Line of Control and deter anti-national elements.-Humanitarian and Relief Work

Disaster Response: Responds to natural calamities, such as providing shelter tents, emergency relief, and evacuation support to families affected by heavy rains, landslides, and extreme weather in remote areas like Kotranka and Kot Thannamandi.-Medical Camps: Sets up free medical aid camps and distributes essential medicines to villagers displaced or distressed by weather events.-Community Outreach Public Welfare Programs: Organizes youth and societal awareness events, including campaigns under the Nasha Mukta Bharat Abhiyan to educate communities against drug abuse and encourage environmental conservation.If you'd like, let me know if you are looking for details on a specific operation or a particular timeline in the Rajouri-Poonch region.



The Riverbank



By **YOUSUF MIR, Bandipora**
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(This short story explores, through the lives of two families, the truth that parents can do their best to educate, guide and prepare their children for the future, but they cannot control every turn that life takes.)

Phagam was a beautiful village situated at the foot of the mountains, some distance from the city. On one side were green fields, and on the other flowed a river in quiet, steady motion. A row of old trees stood along the riverbank, where the village elders would often sit in the evenings. Life in the village was simple, but people still shared one another's joys and sorrows.

Salim and Aleem lived in the same village. They had known each other since childhood, but with time, their lives took different paths.

Salim was a poor man. He owned a small piece of land and had a limited income. He had seven children, five sons and two daughters. Despite his poverty, Salim never considered his children a burden. He left for work early in the morning and returned home tired in the evening.

He sent his children to school, took an interest in their studies, and taught them religious and moral

values at home. After dinner, he would often sit with them and say:
"We may not have much wealth, but a person

People would say:
"Salim raised his children in poverty, but his children made his old age prosperous."

projects, inspecting buildings under construction and reviewing different stages of construction were among his responsibilities.



must have good character. Gain knowledge, work hard and never take away another person's right."

Salim educated his children according to his means. One left school after tenth grade, another completed graduation, and another went on to postgraduate studies. As the years passed, both daughters were married, and the sons gradually moved forward in their own lives.

One became a professor, another found employment in the Education Department, one joined a bank, and another secured a good position in a government department. None became extremely wealthy, but all became independent and lived with dignity.

Salim also grew old. He could no longer work as he once had, but his home remained full of life. His children, daughters-in-law and grandchildren surrounded him. Someone looked after his medicines, someone cared about his meals, and someone would sit beside him and listen to his old stories.

A traditional seat had been kept for him in the house, where he would sit in the evening and watch his children coming and going. His children respected him, and the villagers also held him in high regard.

Aleem, on the other hand, was financially much better off than Salim. He believed that having fewer children would allow him to give more attention to their education and future.

He had a son and a daughter. Unfortunately, his daughter died of an illness at a young age. After that, all his hopes became attached to his only son.

He wanted his son to receive a higher education and become a doctor.

For this reason, Aleem decided to leave his ancestral village and move to the city. He built a house there, enrolled his son in a good school and spent generously on his education.

But life does not always follow the plans people make.

After completing twelfth grade, Aleem's son appeared for the medical entrance examination but did not succeed. The son developed an interest in engineering. After some thought, Aleem accepted his son's choice.

His son studied engineering and, a few years later, became a successful engineer. He found employment with a private company. Preparing plans for construction

Aleem was outwardly happy with his son's success. He appreciated his hard work and proudly told people that his son was an engineer. Yet somewhere in his heart, his old dream of seeing his son become a doctor remained.

Whenever his son went to inspect a building under construction or reviewed construction work, Aleem would become quiet when he saw him. He had no doubt about his son's ability, but a faint sense of disappointment still remained in a corner of his heart.

Then one day, the same work took his son to a seven-storey building that was under construction.

He was inspecting the construction work on an upper floor with some of his colleagues when he suddenly slipped and fell several floors to the ground.

The accident was so severe that he could not be saved.

When the news reached Aleem, it seemed as if his whole world had collapsed.

The son for whom he had left his village, and for whose future he had spent the best years of his life, had suddenly been taken away from him.

Aleem could not bear the shock. He lost his peace

of mind. He would often sit silently, refuse to speak to anyone, and sometimes suddenly call out his son's name.

One day, Aleem suddenly left the house.

At first, his family thought he might have gone to the home of a friend or someone he knew and would return after a while. But evening came and he did not return.

The next day, they began searching for him. They visited the homes of relatives, friends and acquaintances in the city whom Aleem used to meet. For two or three days, the family searched different parts of the city, but there was no sign of him.

As the days passed, their anxiety increased. They could not understand where Aleem might have gone.

Then, one day, a thought suddenly came to Aleem's wife.

"Could he have gone back to his ancestral village?"

She immediately thought of Phagam, the village where Aleem had spent his childhood.

Finally, she decided to go there.

When she reached the village, she looked towards the riverbank and saw a man sitting silently beneath an old tree.

It was Aleem.

He was staring continuously at the flowing river. His wife slowly approached him, but Aleem showed little response.

After a while, without taking his eyes from the river, he said softly:

"I went to the city for my son. I thought I would give him the life I had never had."

He fell silent.

Then his eyes returned to the flowing water.

"But life took him away from me."

He became silent again.

The same river beside which Aleem had spent his childhood was flowing before him. The same mountains, the same trees and the same village were still there, but Aleem was no longer the man who had once left this place with dreams of a better future.

Salim, meanwhile, had remained in the same village and grown old living his simple life. His seven children had built lives of their own, yet his home remained connected to them.

Aleem had moved to the city for his son, dreamed of giving him the best education and devoted his life to his future. But one accident had taken away both his son and his peace of mind.

The river continued to flow.

And the evening quietly descended upon Phagam.

DNA And Its Role In Criminology

identify individuals connected with the incident.



SURINDERPAL SINGH

In the modern world, science has become an essential partner in the pursuit of justice. Among the greatest scientific discoveries that have transformed criminal investigation is DNA profiling. Deoxyribonucleic Acid, commonly known as DNA, is often described as the blueprint of life. It carries the genetic instructions that determine the characteristics and biological functions of living organisms. However, beyond biology and medicine, DNA has emerged as one of the most powerful tools in criminology and forensic science. Criminology is the scientific study of crime, criminals and criminal behaviour. Forensic science, on the other hand, applies scientific methods to investigate crimes and identify evidence. DNA technology connects these two fields by helping investigators establish the identity of individuals involved in criminal activities.

DNA is a complex molecule found in almost every cell of the human body. It contains genetic information inherited from both parents. Except for identical twins, every individual possesses a unique DNA profile.

DNA can be found in blood, saliva, hair roots, skin cells, semen, bones, teeth and other biological materials. This makes it particularly valuable in criminal investigations because even a tiny biological trace left at a crime scene may provide important clues. Unlike fingerprints, which are visible under suitable conditions, DNA evidence is often invisible to the naked eye. Yet, with advanced laboratory techniques, scientists can extract and analyse genetic material from extremely small samples.

The primary role of DNA in criminology is to connect individuals with crime scenes, victims, or physical evidence. When investigators collect biological samples from a crime scene, forensic experts examine them to develop a DNA profile.

This profile can then be compared with:

DNA samples collected from suspects.

DNA profiles stored in forensic databases.

DNA obtained from victims or unidentified bodies.

Samples from missing persons and their relatives.

If the DNA profile from a crime scene matches that of a suspect, it may provide strong scientific evidence linking that person to the location or object involved in the crime.

For example, bloodstains found at a crime scene may contain DNA from an injured person or an attacker. Similarly, saliva left on a glass, hair recovered from clothing, or skin cells found under a victim's fingernails may help investigators

DNA profiling, also known as DNA fingerprinting, is a laboratory technique used to identify individuals based on their genetic characteristics. Although the term "DNA fingerprinting" is commonly used, it is different from traditional fingerprint analysis. During DNA profiling, scientists examine specific regions of DNA that vary significantly among individuals. These regions create a genetic pattern that is highly unique.

The general process includes:
Collection of biological evidence from the crime scene.
Extraction of DNA from the collected material.
Amplification of DNA using laboratory techniques.
Analysis of selected genetic markers.
Comparison of the resulting DNA profile with reference samples.

This scientific process can provide investigators with valuable information even when other forms of evidence are unavailable.

DNA evidence has become particularly important in serious crimes such as murder, rape, sexual assault and

scene with existing profiles. This may help identify repeat offenders or connect crimes committed in different locations. DNA databases can also assist in solving cold cases—crimes that remain unsolved for many years. With improvements in technology, old biological samples can sometimes be re-examined using modern methods. This has given renewed hope to victims and their families who have waited for justice for decades.

DNA technology is not limited to identifying criminals. It also plays an important humanitarian role. Natural disasters, accidents, wars and criminal incidents may leave unidentified human remains. In such situations, DNA testing can help establish the identity of deceased individuals. Similarly, DNA comparison between missing persons and their biological relatives can assist authorities in locating missing individuals or confirming identities. Thus, DNA serves not only as an instrument of law enforcement but also as a means of providing closure to grieving families.

Perhaps one of the most important contributions of DNA evidence to criminal justice is its ability to prove innocence. Traditional investigations may sometimes result in wrongful accusations due to mistaken identity, unreliable

eyewitness testimony, or circumstantial evidence. DNA testing can challenge such conclusions when scientific evidence contradicts earlier assumptions. In several countries, individuals wrongfully convicted of crimes have been exonerated through DNA analysis conducted years after their convictions. This demonstrates that DNA technology is not merely a weapon for prosecution. It is equally important for protecting innocent people and ensuring fairness in the justice system.

Despite its remarkable capabilities, DNA evidence is not infallible. One major challenge is contamination. If biological samples are improperly collected, stored, or handled, DNA from unrelated individuals may accidentally enter the evidence. Another concern is secondary transfer. DNA may reach a location through indirect contact rather than direct involvement in a crime. For example, a person's skin cells may be transferred through an object handled by another individual. Furthermore, DNA analysis requires skilled professionals, sophisticated laboratories and strict quality-control procedures. Misinterpretation of results can lead to serious consequences. Therefore, DNA evidence should never be considered in isolation. It must be evaluated alongside witness statements, fingerprints, CCTV footage, digital evidence, motive and other investigative findings. The growing use of DNA technology also raises important ethical questions.

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Mohammad Abdullah The lamp That Shine After Being Extinguished



BY-MOOL RAJ

Sheikh Mohammad Abdullah, also known as the 'Lion of Kashmir', was a towering figure in the political and social history of J&K. Born on December 5, 1905, at Soura village near Srinagar, Abdullah emerged as a charismatic leader whose vision and determination reshaped the destiny of Kashmir and its people.

Abdullah came from a modest background and faced considerable hardships in his early years. Despite these challenges, he pursued education with great zeal. After completing his initial schooling in Srinagar, he went on to graduate from Islamia College in Lahore, and later earned a master's degree in chemistry from Aligarh Muslim University. During his time at Aligarh, he was profoundly influenced by the ideas of self-determination, social justice and nationalism, which shaped his political ideology.

The plight of Kashmiri people under Dogra rule deeply disturbed him. In 1931, he rose to prominence by participating in protests against the autocratic regime, advocating for the rights of the oppressed. Recognising the need for a unified political movement, he founded the Jammu and Kashmir Muslim Conference in 1932. The party was later rebranded as the National Conference in 1939 to emphasise secularism and inclusivity, transcending religious divisions.

Under his leadership, the National Conference spearheaded the struggle for the socio-economic and political emancipation of Kashmiris. The party's landmark document, the 'Naya Kashmir' manifesto, envisioned a progressive and egalitarian society, emphasising land reforms, universal education and women empowerment.

The Partition of India in 1947 presented a complex dilemma for the princely state of J&K. As the leader of the National Conference, Sheikh Abdullah played a pivotal role in the state's eventual accession to India. He supported the Instrument of Accession signed by Maharaja Hari Singh, aligning Kashmir with India on three subjects: defence, foreign affairs and communications. His close relationship with India's first PM, Jawaharlal Nehru, was instrumental in ensuring

Kashmir's special status under Article 370 of the Constitution.

Abdullah's journey was not without challenges. His advocacy for greater autonomy for J&K led to strained relations with the Indian Government. In 1953, he was dismissed as PM of J&K and arrested on charges of conspiracy. He spent over a decade in prison, becoming a symbol of resistance and resilience for his supporters.

After years of political estrangement, he reconciled with the Indian Government in 1975 through the Indira-Sheikh Accord, which allowed him to return as the Chief Minister of J&K. He remained in office until his death on September 8, 1982.

His legacy is deeply intertwined with the history of Kashmir. He is remembered as a visionary leader who championed the rights of the oppressed and worked tirelessly to uplift his people. Despite controversies surrounding his political decisions, his contributions to the socio-political landscape of J&K remain unparalleled.

Abdullah's life was a testament to his unwavering commitment to justice, equality and the welfare of his people. The 'Lion of Kashmir' continues to be an enduring figure in the collective memory of J&K, inspiring generations to strive for a better future.

The historical record supports the larger point about agrarian inequality. Sheikh Abdullah's government enacted the Big Landed Estates Abolition Act in 1950, placing a ceiling on large landholdings and transferring surplus land to cultivators. Scholars have described the reform as one of the most far-reaching land redistributions in post-Independence South Asia.

History, however, has another lesson for politicians. A society cannot have a Muslim political grouping in Northwest India in the 1930 session of the Muslim League in Allahabad. This group did not include J&K, and was to be part of India not a separate country. The two-nation theory whose inchoate form was first articulated by Sir Syed Ahmad Khan, had later supporters in Lalajpat and Savarkar. It was another fantasy which succeeded for a while only because the British were compelled to reward Jinnah and the Muslim League for their support in the second world war when Congress was impeding British efforts. The idea of Pakistan flawed in conception, and bloody in execution, is yet to establish its credibility or necessity. In fact, one can go as far as to say that its creation created the very conditions it was predicated upon.





Rural Mart coming up at Pethkoot Bandipora DC calls for local participation; Rural Mart to promote native food, crafts and women-led livelihoods

■ HT News Network

BANDIPORA, SEPTEMBER 11: With an aim to promote the local livelihood by providing multiple facilities under one roof for the tourists visiting various tourism attraction places at Bandipora including Gurez, the District Administration Bandipora is setting up a one of its kind Rural Mart at a beautifully located Yaali Pethkoot area of the district. The Rural Mart shall be a wonderful facility for the tourists, as well as locals which will provide a range of amenities, including food and refreshment facilities, washrooms, parking,

seating and resting spaces under a single roof. Besides it shall give impetus to the local livelihood by creating a sustainable and eco-friendly economic opportunities for the residents. In order to monitor and expedite the ongoing construction work on the Rural Mart for its timely completion in next 45 days, the Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today visited the Mart site and took spot inspection of the work progress.

Executive Engineer R&B, informed that the Rural Mart is being constructed under the SSY at an approved cost of Rs 47 lakh. He informed that around 40 percent



of the work has been completed so far and the project is expected to be completed by October 2026.

On the occasion, the DC held an interaction with the locals of Yaali Pethkoot, and apprised them about the purpose and potential of the Rural Mart being established in their locality. She called for active participation of the local community esp women in making the initiative successful. The DC said the initiative is expected to provide an important platform for local artisans, entrepreneurs, foodpreneurs, self-help groups and other community members to showcase and sell their articles directly to visitors.

DDC Reasi reviews implementation of National Apprenticeship Promotion Scheme

■ HT News Network

REASI, SEPTEMBER 11: District Development Commissioner Reasi Kumar Abhishek today chaired a meeting to review the progress and implementation of the National Apprenticeship Promotion Scheme (NAPS) in the district.

The meeting focused on assessing the progress achieved under the scheme, including registration of establishments and candidates, engagement of apprentices, availability of apprenticeship opportunities and participation of eligible youth.

The DDC directed the concerned departments to expedite the registration of eligible establishments and candidates on the NAPS portal and ensure achievement of the assigned targets within the stipulated timeline. He emphasised intensified mobilisation, awareness and



registration drives to facilitate greater participation of establishments and eligible youth in the apprenticeship programme.

The General Manager District Industries Centre was directed to ensure registration of all eligible industrial units on the portal. The Labour Department and Tourism Department were directed to facilitate registration of eligible hotels having a minimum strength of four

employees.

The DDC further directed all educational institutions to ensure timely registration of eligible establishments and students and maintain regular monitoring of progress. The concerned departments were asked to furnish periodic updates to the designated authorities to ensure effective implementation and timely achievement of targets under NAPS.

JKRERA Portal gets 'GIS Project Tracker' and 'Unregistered Projects Report' features

■ HT News Network

JAMMU, SEPTEMBER 11: In a major move to boost transparency and protect the homebuyers, the Jammu and Kashmir Real Estate Regulatory Authority (JKRERA) has upgraded its official web portal with two new citizen-centric features: an interactive GIS mapping tool and an online facility to report unregistered projects.

These digital interventions aim to give the public easy access to verified property data while actively curbing unauthorized real estate developments across the Union Territory.

The newly integrated Geographic Information System (GIS) mapping tool allows the general public to visually locate the real estate developments. Through this interactive map, citizens can easily check the real-time status of projects, including the details of all developments currently registered with JKRERA, as well as those whose applications are under process. To access the map, users simply need to visit the official JKRERA homepage and click on the "View on the Map" option.

In tandem with this, to eliminate unauthorized layouts and illegal real estate constructions, JKRERA has introduced a "Report Unregistered Project" feature. This tool empowers the public to lodge direct complaints against any unregistered real estate project

being developed in their vicinity.

The citizens can file a complaint by navigating to the JKRERA homepage and clicking on the "Report Unregistered Project" option located in the top menu bar. To initiate regulatory action, the complainant is required to fill in the project details and upload photographs of the site as evidence.

The Authority has urged the citizens to utilize these digital tools to verify project credentials before investing their hard-earned money. It also impressed upon them to actively report violations to ensure a transparent, secure real estate sector in Jammu & Kashmir. The newly integrated Geographic Information System (GIS) mapping tool allows the general public to visually locate the real estate developments. Through this interactive map, citizens can easily check the real-time status of projects, including the details of all developments currently registered with JKRERA, as well as those whose applications are under process. To access the map, users simply need to visit the official JKRERA homepage and click on the "View on the Map" option. In tandem with this, to eliminate unauthorized layouts and illegal real estate constructions, JKRERA has introduced a "Report Unregistered Project" feature. This tool empowers the public to lodge direct complaints against any unregistered real estate project being developed in their vicinity.

ADDC Budgam reviews progress under PM Surya Ghar Muft Bijli Yojana, RDSS

■ HT News Network



BUDGAM, SEPTEMBER 11: Additional District Development Commissioner (ADDC) Budgam, Vivek Agarwal, today chaired a review meeting to assess the progress of the PM Surya Ghar Muft Bijli Yojana and Revamped Distribution Sector Scheme (RDSS) in the district.

The ADDC reviewed consumer enrolment, application processing, vendor selection, rooftop solar installations, inspections and subsidy disbursement under PM Surya Ghar. While significant progress has been achieved, he expressed concern over the gap between vendor selection and actual installations.

He directed empanelled vendors to clear pending cases on priority and asked KPDCI officers to undertake weekly monitoring, ensure timely inspections and expedite net-metering to facilitate speedy subsidy disbursement.

Under RDSS, the meeting reviewed feeder segregation, conductor replacement, LT line reconductoring, installation of poles and distribution transformers, and smart metering.

The ADDC directed officers to accelerate ongoing works and complete the remaining projects within stipulated timelines.

He also stressed close coordination among KPDCI, JAKEDA, financial institutions and empanelled vendors to resolve pending issues, facilitate consumer financing and achieve 100 percent saturation under both schemes.

The meeting was attended by Joint Director Planning Budgam, Javed Ahmad, Executive Engineer KPDCI Budgam, concerned officers and representatives of empanelled solar agencies.

DC Bandipora reviews Water Conservation Plan, stresses coordinated action

■ HT News Network

BANDIPORA, SEPTEMBER 11: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today chaired a meeting to review the Water Conservation Plan and progress of related measures in the district.

During the meeting, the Deputy Commissioner took a detailed review of the status of water conservation initiatives and sought feedback from the concerned departments on measures being undertaken to conserve and efficiently manage water resources.

The DC stressed the need for close coordination among Jal Shakti, Agriculture, NHPC, Municipal Committees and other stakeholders to ensure effective implementation of the Water Conservation Plan. She called for focused efforts at the field level and timely completion of planned interventions for sustainable water management.

Pesticide Testing Laboratory Jammu achieves continued NABL accreditation; Analytical capacity enhanced to 59 formulations

■ HT News Network

JAMMU, SEPTEMBER 11: The Pesticide Testing Laboratory (PTL), Jammu has achieved another significant milestone by securing continued accreditation from the National Accreditation Board for Testing and Calibration Laboratories (NABL) under ISO/IEC 17025:2017, valid up to 20th September, 2029. The continued accreditation is a recognition of the Laboratory's sustained commitment to maintaining high standards of quality, technical competence, reliable analytical testing and continual improvement in its services.

A major achievement accompanying the continued accreditation is the substantial expansion of the Laboratory's analytical capabilities.

Jammu Division launches transparent E-Auction process for disposal of scrap material

■ HT News Network

JAMMU, 11 September 2026: In line with Indian Railways' "Zero Scrap Mission" policy and its commitment to better management of resources, the Jammu Division of Northern Railway has started a transparent and modern e-auction process for disposal of scrap material.

Under this initiative, the first e-auction was successfully conducted on 11.09.2026, in which 1,049.4 Metric Tonnes of P-Way (Rail) scrap was successfully sold by the Jammu Division. This is a significant achievement in the field of scrap disposal after the formation of Jammu Division.

Under the leadership of the



Senior Divisional Material Manager, Jammu Division, the entire process is being conducted completely online and transparently through the Railway portal. Talking about the major benefits of the e-auction process, the sale of scrap material, which otherwise remains unused, generates crores of rupees as Non-Fare Revenue for the Railways. This revenue is directly utilized for passenger amenities, station

redevelopment and safety works.

Promoting optimum utilization of resources and Circular Economy, old rail tracks, vehicles and other iron scrap are sent for recycling, which saves new resources and helps in environmental protection.

Removal of scrap accumulated in large quantities vacates space in railway depots, yards, factories and stations, improves cleanliness and makes the workplace more secure.

In this e-auction process, any eligible individual, trader, MSME entrepreneur can participate online from any corner of the country. This eliminates human intervention and provides equal opportunity to all bidders.

Managing Director JPDCL flags off vehicles carrying safety equipment for field staff of JPDCL

■ HT News Network

JAMMU, SEPTEMBER 11: In a significant step towards strengthening safety measures for field personnel, the Managing Director, Jammu Power Distribution Corporation Limited (JPDCL) Gurpal Singh today flagged off vehicles carrying essential safety equipment for distribution among the field staff of 18 Divisions of JPDCL (06 Sub-Transmission Divisions and 12 Electric Divisions).

The vehicles were flagged off in the presence of Chief Engineer (Distribution) Er. Arshad Hussain Reshi; Chief Engineer (Planning & Procurement) Er. Vijay Kumar Balmotra and Technical Officer



to Managing Director JPDCL Er. Anil Verma. The initiative aims to equip field personnel engaged in electrical maintenance, fault restoration and other operational activities with the requisite safety gear and equipment for carrying out their duties safely and efficiently and minimise the accidents during the maintenance activities.

Speaking on the occasion,

the Managing Director emphasized that the safety of employees working in the field remains a top priority of JPDCL. He stressed upon all concerned officers and field functionaries to ensure strict compliance with prescribed safety procedures and make optimum use of the safety equipment viz. Harness/ Safety Belt and Safety Gloves provided to them.

Bharti Airtel Foundation and Army Goodwill Schools Celebrate a Decade of Partnership Advancing Quality Education and Future-Ready Learning Across Jammu, Kashmir & Ladakh

■ HT News Network

Jammu | 11 September 2026: Bharti Airtel Foundation and HQ Northern Command's Army Goodwill Schools (AGS) today celebrated 10 years of partnership dedicated to advancing quality education, strengthening school systems, empowering educators, fostering innovation, and expanding opportunities for students across Jammu, Kashmir and Ladakh. Established in 2016, the partnership reflects a shared

commitment to transforming educational outcomes and enabling children in the region to realise their full potential.

The milestone event, held at Army Goodwill Public School, Pahalgam, was graced by Lieutenant General Pratik Sharma, PVSM, AVSM, SM, General Officer Commanding-in-Chief, Northern Command, and Shri Rakesh Bharti Mittal, Co-Chairman, Bharti Airtel Foundation and Vice Chairman, Bharti Enterprises, along with senior representatives from the

Indian Army and Bharti Airtel Foundation.

Speaking on the occasion, Lieutenant General Pratik Sharma said, "This partnership reflects our shared commitment to ensuring that every child has access to quality education and meaningful opportunities for growth. Over the past decade, we have witnessed the remarkable transformation of Army Goodwill Schools through stronger systems, empowered educators, innovation-driven learning, and enhanced student



opportunities. Together, we remain committed to nurturing confident, capable and future-ready young citizens."

Shri Rakesh Bharti Mittal, Co-Chairman, Bharti Airtel Foundation and Vice Chairman, Bharti Enterprises, said,

"Meaningful transformation in education requires patience, strong partnerships and a long-term commitment to institution building. Over the past 10 years, our collaboration with HQ Northern Command's Army Goodwill Schools has evolved from strengthening schools to creating ecosystems that empower educators, inspire innovation while expanding aspirations for students to dream beyond their circumstances. As we look ahead, our shared endeavour remains focused on

ensuring that every child, irrespective of their geography, has access to the opportunities and skills required to realise their full potential. Together, we hope to give the next generation the foundation they need to shape a better future."

Over the past decade, the partnership has expanded from supporting 14 Army Goodwill Schools to driving transformation across all 43 AGS in Jammu, Kashmir and Ladakh. Progressing through three phases - School Support, System Strengthening,

and Institutional and Student Transformation - the collaboration has shifted from individual interventions to sustainable systems that strengthen institutions and improve learning outcomes. Key initiatives have included leadership development for Heads of Institutions, structured academic and co-scholastic frameworks, school operating processes, and governance mechanisms that have enhanced consistency and quality across schools.



How to future-proof your wrists

Modern life is ruining our wrists. We can all do something about it, but it helps to start early.

It began with a dull ache. Over the course of a summer, it rapidly progressed to an arm-juddering pain, radiating through my left hand every time I struck a tennis ball or even attempted to open a door.

I was 18 at that point, and playing competitive tennis was an important part of my life, but I'd just experienced an injury that would plague me for years. Now, nearly two decades later, it could increase my risk of developing wrist arthritis. Such problems are surprisingly



common in mid to later life.

Our wrists are remarkably adaptable. They have the strength to allow us to lift heavy objects (including the World Record of 2,422 kg (5339 lbs)), the flexibility to enable us to hit rogue balls during racquet sports, and the fine control to make tasks like painting possible.

From typing to holding a coffee cup, functional wrists are essential to normal everyday life. But they are easily damaged, and we all need to start thinking about them earlier in life than you'd expect. Here's how to protect yours, so you can continue taking them for granted for years to come.

A fragile balance

We may think of the wrist as a single joint, but it is actually a complex, comprising multiple smaller joints. These are formed of eight small bones known as the carpal bones, the two long bones of the forearm, and the bases of the five metacarpal bones within the palm.

"Every ligament and every bone in the wrist that connects it to your forearm bones are really in a very finely-tuned balance," says Andrew Abadeer, an assistant professor at the University of South Florida. "When that goes awry, that's when wrist arthritis starts to develop."

Injuries, combined with the effects of ageing, can disrupt this fragile equilibrium.

Simply avoiding arthritis is a major reason for maintaining your wrist health. There are many different kinds, but it typically takes one of three forms: rheumatoid arthritis, osteoarthritis, or post-traumatic arthritis. The latter two ailments occur when the cartilage cushioning the small bones within the wrist becomes damaged, or the bones become misaligned. Both are linked to the long-term effects of injuries to the ligaments and bones within the wrist, or lingering inflammation due to overuse through repetitive manual tasks.

Sara Larsson, a researcher who studies wrist rehabilitation at Lund University, explains that this trauma may be as simple as a repetitive twisting movement or tripping and falling on an outstretched hand. "I see many people who had an injury when they were young, everything appeared to be fine again, and then 20 years later, they develop problems."

Arthritis of the wrist has been estimated to affect as many as one in seven Americans. It is not only highly painful, but makes it harder for people to dress themselves and cut their own food, with the psychological burden being linked to depression.

Abadeer describes the wrist as being a "sentinel joint" which can reflect early signs of declining health within the rest of the body.

About half of all patients who develop rheumatoid arthritis first feel the effects the disease in their wrist before it progresses to other joints. Because the brain devotes a large region of the cortex, known as the cortical homunculus, to mapping the hands, wrist and fingers, grip strength can reflect brain structure and cognitive health.

But people who reach their sixties with their wrists in better shape – typically assessed in the form of grip strength – tend to have better health overall. Those people are not only less frail and less vulnerable to falls, bone fractures and osteoporosis – a condition that weakens bones. But they are less likely to lose their independence in older age.

Setting yourself up

Before we get started, Jaehon Kim, an orthopaedic surgeon at the Ichan School of Medicine at Mount Sinai, New York, recommends considering your diet. Foods high in calcium and other minerals, such as small, bony fish (sardines work well for this) and dairy products can help to mitigate against the development of osteoporosis. In addition, while weight might not seem particularly related to wrist health, shedding excess body fat can improve the overall biomechanics of the wrist joint.

But overall, Larsson says that the best preventative measure is to do a few simple home-based workouts which can help make your wrist more resilient and stave off problems further down the line. For each of the below exercises, she recommends performing three sets of 10 repetitions (this means performing the exercise 10 times, resting, performing it again 10 times, resting, and doing it another 10 times), three or four times per week.

If you have any pre-existing conditions or injuries, it's important to seek medical advice before starting a new exercise regime. And if you feel pain at any point, stop and seek medical help.

- 1. Build your shoulder muscle strength**
The main muscles in your shoulders are known as the deltoids. While they may appear unrelated to wrists, Larsson says that strengthening the muscle groups across the whole arm can greatly benefit your wrist as they work together like a chain.
"You don't just use your hand, you use the whole arm," says Larsson. "And if you're weak in your shoulders, then you put more load on the wrist. But if you are strong, then you can protect and unload the wrist."
One easy method of training your shoulder muscles is simply to stand with your arms out to the sides, with your arms either straight or slightly bent. Slowly raise your arms up to the ceiling and then bring them down again slowly. Repeat this ten times.
- 2. Strengthen your grip**
Grip strengthening exercises can improve wrist stability by conditioning groups of forearm muscles known as flexors and extensors, which attach to your fingers across the wrist joint, allowing you to grip objects. Studies have previously shown that this can also help people with existing wrist pain.
"All your forearm muscles connect into your hand on both sides of your wrist in a pulley system," says Abadeer.
To work these muscles, you ideally want a hand therapy ball or therapeutic putty – a silicone-based material which you can squeeze in your hand – but a tennis ball will do.
Hold the ball or putty in the palm of your hand and squeeze it as hard as you can for five to 10 seconds. Release the grip and relax your hand for another five seconds and then squeeze again. Repeat ten times in each hand. (Read more from the BBC about how grip strength can predict your chances of living to 100.)
- 3. Gently load and flex the wrist**
According to Kim, another key means of reducing the stress on the wrist joints and tendons is exercises that flex and extend the wrist, using some form of mild weight or resistance as a load.
This can also strengthen bones in the wrist, which could have longer-term health benefits, particularly when it comes to preventing a type of osteoporosis known as disuse osteopenia. "When they're loaded, these bones strengthen and start to remodel, adding more strength to the wall of that bone," says Abadeer.
To do this, start by sitting and resting your forearm on a table with your hand hanging off the edge and holding a small weight, between 3 and 7kg (5 and 15lb). For a flexion exercise, have your palm facing upwards and curl your

wrist up toward your body before lowering it back down again. For an extension exercise, have your palm facing downwards while holding the weight, and lift your hand up towards the ceiling before lowering it down again.

If you don't have weights, Larsson suggests using a resistance band instead. Fix one end of the band under a table leg and hold the other end across your wrist so you're experiencing some resistance while carrying out the exercises.

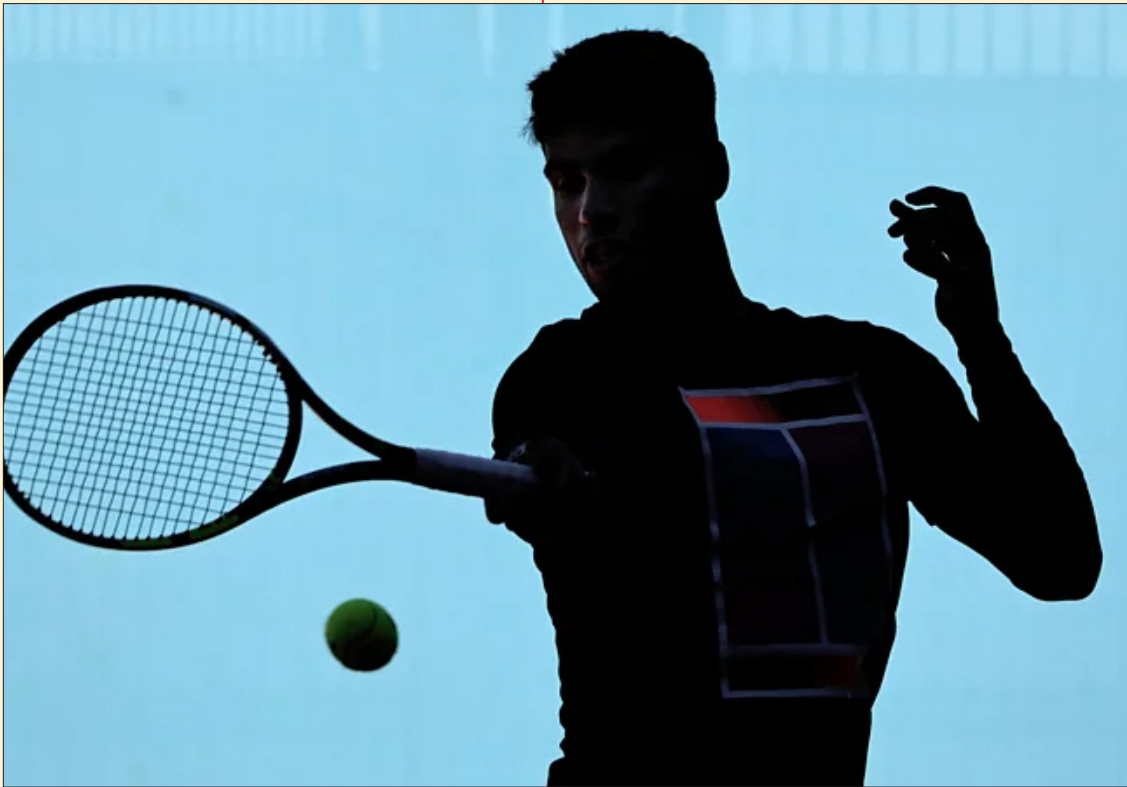
Repeat both flexion and extension ten times. "I think this can go a long way in terms of helping the joints in your wrist, especially if you're typing and writing a lot," says Kim.

- 4. Supinate and pronate**
astly, there are supination and pronation movements. These can improve the range of motion of your wrist and its overall functionality. Like the flexion and extension exercises, they can be carried out over a table with a small weight or resistance band.
Begin with your hand over the edge of the table with your thumb pointing up. Then slowly turn your wrist so your palm faces down, then return to the starting position, and rotate the other way so your palm faces up. Repeat this ten times.
More like this:
- How to future-proof your hearing
- How to future-proof your brain for the 21st Century
- How to future-proof your kneesAbadeer says that such exercises are becoming increasingly important as we now live in what he describes as "a pronated world", where our hands spend many hours of the day in a fixed position, either due to typing on a laptop or a phone.
As with all our joints, strong, flexible wrists are something that we often take for granted. But as I found myself when my wrist was out of action for many months, it's only when you lose something that you realise its true importance.

*All content within this article is provided for general information only, and should not be treated as a substitute for the medical advice of health care professionals.

**A previous version of this article included an incorrect figure for the heaviest weight ever lifted.

(BBC NEWS)



From A Small Village In Kashmir To The Global Stage Of Medicine

Dr. Tasaduk Hussain Itoo, FRCP — A Journey of Purpose, Perseverance and Service

From Poshkriri village in Anantnag district of Kashmir to the international medical community, Dr. Tasaduk Hussain Itoo, FRCP, represents a journey shaped by education, perseverance, professional excellence and a commitment to service. His story demonstrates how humble beginnings can become the foundation for an ambitious and meaningful professional life.

Growing up in Kashmir, Dr. Itoo was guided by the values of hard work, education and determination. Rather than allowing circumstances to limit his aspirations, he pursued education as a pathway to opportunity and service.

Medicine became more than a profession—it became a means of caring for patients, contributing to society and continuing to learn throughout his career.

His professional journey has developed across several interconnected areas of healthcare. Alongside his medical qualifications, his credentials include FRCP — Fellow of the Royal College of Physicians, London; FRSPH — Fellow of the Royal Society for Public Health, London; Fellow of the International Diabetes Federation, Belgium; Chartered Scientist (CSci), Science Council, UK; Chartered Biologist (CBiol), Royal Society of Biology, UK; and MRSB — Member of the Royal Society of Biology, UK. He is also associated with the Academy of Medical Educators and holds Academic Life Membership of the Research Society for the Study of Diabetes in India (RSSDI).

Among these achievements, the Fellowship of the Royal College of



Physicians (FRCP), London, stands as a significant milestone. It represents years of professional development, clinical responsibility, learning and contribution to medicine. For Kashmir, the achievement carries an added significance: a professional journey that began in a small village has reached an institution and medical community of international standing.

Dr. Itoo's work reflects four important dimensions of modern medicine: patient care, research, education and public health. His professional affiliations further demonstrate engagement with diabetes, scientific practice, medical education and population health, giving his career a distinctly multidisciplinary character.

For young people across Jammu & Kashmir, his journey carries a powerful message. A small village can produce a global professional, and where you begin does not necessarily determine where you can go.

The journey also reminds us that achievement is rarely the result of a single qualification or moment. It is built through years of study, preparation, responsibility, perseverance and continuous learning.

Dream beyond your circumstances. Work beyond your limitations. Keep learning. Serve with purpose. And never allow your beginnings to define your destination.

From Poshkriri in Kashmir to the global stage of medicine, Dr. Tasaduk Hussain Itoo's journey is ultimately a story of possibility, perseverance and purpose—a journey that began in Kashmir, reached beyond its boundaries, and continues to evolve.

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HT - NEWS

11

Brown out to push case for recall with Aus A after Cup axing

United News Of India

SYDNEY, SEP 11 :After the disappointment of missing World Cup selection, Darcie Brown hopes an 'A' trip to the subcontinent can help her recapture her best

Consistency is key for Brown as she heads to India eager to force her way back into Australian calculations.

Brown was a surprise omission from Australia's squad that won the T20 World Cup in England earlier this year, squeezed out by fellow quick Lucy Hamilton who cemented her spot in the XI throughout the tournament.

After a winter spent fine-tuning on her game in Adelaide with some technical tweaks she hopes will solve the consistency issues that saw her lose her spot for the World Cup, Brown is part of the Australia A squad that landed in India earlier this week for a multi-format series that begins with the first of three 20-over matches in Chandigarh on Saturday.

The 23-year-old will feature across the white-ball legs of the series, before heading home to potentially play South Australia's second domestic one-day game of the season, and begin her build towards the WBBL season. It's an opportunity that has come at the ideal moment for Brown, given Australia's next major tournament is the inaugural T20 Champions Trophy next February,

which was moved from Sri Lanka to India earlier this month. "It was disappointing for sure, you always want to be part of a World Cup squad, but the girls did such a great job, and everyone that was there fully deserved to be there," Brown told cricket.com.



au this week.

"They said it was a tough call, but it was just that (lack of) consistency that squeezed me out.

"Hopefully the work I've done over the last little bit has helped me with that and I can take a few more wickets ... the last few tours hadn't been as successful so hopefully with that consistency,

I can get batters to make more mistakes and hopefully push my name for selection in upcoming tours.

"It's a really hard team to break into, so I'll work my butt off, but at the end of the day, as long as I'm putting in 100 per cent effort, that's what I can control."

When that World Cup squad was revealed in

early June, national selector Shawn Flegler backed the South Australian to step up her game, saying she remained very much in the mix for Australian honours.

"We've been trying to get Darce up over the last couple of years to be a frontline bowler in the Powerplay (but) she just hasn't quite nailed that opportunity," Flegler said at the time.

"We still think she's going to have a great career for Australia ... she's still a young fast bowler, so it's not the end."

Brown has travelled to India with the Australian squad on three previous occasions, for bilateral series in 2022 and 2023 alongside last year's ODI World Cup.

Nepal boxers fine-tune Asian Games preparations at SAI Guwahati

United News Of India

GUWAHATI, SEP 11 :With the Asian Games less than two weeks away, Nepal's seven-member boxing squad is using the Sports Authority of India's (SAI) National Centre of Excellence in Guwahati as its final high-performance training base before heading to Japan for the Aichi-Nagoya Games.

The Nepalese boxers have been training at the SAINCOE since August 10 and will remain in Guwahati until September 15, gaining access to elite coaching, regular sparring, sports science and medical support as they fine-tune their preparations for the continental showpiece.

The extended camp, organised following a request from the Nepal Boxing Federation, has also included a four-day friendly boxing competition against Indian boxers, giving the visiting athletes valuable match exposure ahead of the Games, which begin on September 19.

The Nepal squad comprises Ramisha Shrestha (51kg), Asmita Duwal (54kg), Kusum Tamang (65kg), Chandra Bahadur Thapa (55kg), Khagendra Roka Magar (60kg), Dan Bahadur

Darlami (70kg) and Rabin Nepal (90kg), with coaches Raj Shrestha and Deepak Maharjan accompanying the team. The boxers are training under SAI coaches Narendra Rana, Trideep Borah and Pranamika Borah, with the programme covering technical development, physical conditioning,

tactical preparation and competitive readiness.

The visiting team has also trained and sparred with Indian Army and Meghalaya boxers, giving the Nepalese athletes exposure to different styles and competitive situations.

"The training camp has been a valuable experience for both the Nepalese and Indian boxers. Training and sparring with boxers from the Indian Army and Meghalaya has given the Nepalese team a strong

competitive environment and helped them work on different styles and tactical situations. We are happy to support their final preparations for the Asian Games and hope this exposure contributes to their performance in Aichi-Nagoya," said SAINCOE boxing coach Narendra Rana.

Siraj reveals how two-month break disrupted his rhythm



United News Of India

NEW DELHI, SEP 11 :Mohammed Siraj has discovered that, for him, time away from competitive cricket can be more disruptive than a heavy workload.

After a two-month break following India's one-off Test against Afghanistan in June, Siraj returned for the Sri Lanka series but struggled to find his usual rhythm and pace. The experience convinced him that regular bowling is essential to keeping his fast-bowling instincts sharp.

"Every bowler's body is different, but mine doesn't handle long breaks well," Siraj said after the Duleep Trophy final in Chennai.

"A short breather is fine, but in my 10-year career, I had never taken two full months off. I was working out in the gym and bowling occasionally, but no amount of practice can replicate match intensity. It was a new experience, but a valuable learning curve for me going forward.

"I'm purely a rhythm bowler. If I'm not in sync, I simply can't explode through the crease. That was the struggle in Sri Lanka - my run-up felt disjointed. Some strides were too short, others were too long, and that broke my flow and cost me pace. Out here, everything clicked into place, and the pace followed naturally," he added.

Siraj's pace had dropped into the late 120s and early 130s during the two Tests in Sri Lanka, a significant dip for a bowler who had spent much of the previous year carrying India's pace attack. He had bowled 1113 deliveries across five Tests in England, or 185.3 overs, last year. Only Chris Woakes came close to that workload, with 181 overs, while Siraj finished the series with 23 wickets. After returning from Sri Lanka, Siraj used the Duleep Trophy final as an opportunity to rebuild his rhythm. Playing for South Zone under captain Tilak Varma, he bowled 41 overs across East Zone's two innings in the Chennai heat.

New indoor facility strengthens ACA's cricket infrastructure

United News Of India

GUWAHATI, SEP 11 :BCCI secretary Devajit Saikia on Friday inaugurated one of India's largest indoor cricket facilities at the Assam Cricket Association's Cricket Academy in Fulung, North Guwahati, providing players with a year-round setup for training, fitness and recovery.

The event was attended by several ACA office-bearers including secretary Sanatan Das.

Spread across around 17,000 sq ft, the facility has nine cricket wickets - four designed for spin and five for seam - with imported Uniturf surfaces that allow players to train in varied conditions.

The facility also houses separate changing rooms for men and women, both equipped with ice baths for post-training recovery. A 1,500 sq ft gymnasium, sauna and steam room have also been added, while a dedicated physiotherapy unit will cater to rehabilitation, injury management and recovery. "The development of modern cricket infrastructure is essential for creating the right environment for players to learn, train and progress.

The new Indoor Cricket Facility at the ACA Cricket Academy brings together quality cricketing surfaces, fitness, recovery and physiotherapy facilities under one roof," said Saikia.

Skipper Anmol strikes twice as Indian Men subdue Malaysia 3-1, enters Asian Junior Hockey summit clash



United News Of India

MOQI, CHINA, SEP 11 :Skipper Anmol Ekka led from the front with two drag flick conversions as title holders Indian men subdued Malaysia 3-1 to enter the summit clash of the Asian Junior Hockey tournament here on Saturday. In the title clash, India will

face the winner of the second semifinal between Pakistan and South Korea on Sunday, September 13, evening. India produced yet another composed and determined display to emerge unscathed and was standing on the threshold of just one win away from successfully defending their title for a record fourth time in succession and sixth overall.

Captain and drag-flicker Anmol Ekka once again led from the front, scoring twice from penalty corners to take his tournament tally to an impressive 16 goals and strengthen his position at the top of the scoring charts. Also, goalkeeper and 'Player of the Match' Vivek Lakra was equally influential, making a series of outstanding saves, including stopping a penalty stroke, which kept India in control of the contest. Though India started promisingly and twice came closing to score and also earned three short corners, a breakthrough eluded as the first quarter remained barren. India broke the deadlock early in the second quarter when Anmol Ekka made most of the fourth short corner.

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