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Voice To The Voiceless



P:12

Asian Games badminton: Lakshya, Sindhu handed tough draws, Satwik-Chirag get favourable route

HT BRIEFLY

Political persons have 3 percent share under J&K govt accommodation quota

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 24: Political persons have a 3 percent share under the five percent discretionary quota for government residential accommodation in Jammu and Kashmir, while media persons have 1.5 percent and freedom fighters and others 0.5 percent, the government informed the Legislative Assembly on Thursday.

The Estates Department provided the details in response to a question raised by MLA Ranbir Singh Pathania regarding government accommodation and the rules governing its allotment.

The government said the discretionary quota was introduced through a 2004 government order under the Jammu and Kashmir Estates Department (Allotment of Government Accommodation)

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19.99-crore Chest Disease Hospital project awaits mandatory clearances

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 24: The proposed modernization of the Chest Disease Hospital at Dalgate has been delayed as the government awaits mandatory permissions from the J&K Lake Conservation and Management Authority and the Building Operation and Controlling Authority, the Legislative Assembly was informed on Thursday.

The Health and Medical Education Department said a Detailed Project Report for

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12,614 medical, paramedical posts vacant across J&K health institutions

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 24: As many as 12,614 posts of medical and paramedical personnel are lying vacant across health institutions in Jammu and Kashmir, the government informed the Legislative Assembly on Thursday.

The vacancies include 2,891 Medical Officer posts and 9,723 posts for paramedics and nurses, according to details provided by the Health and Medical Education Department in response to a starred question by MLA Agha Syed Muntazir Mehdi.

The government said steps were being taken to fill the vacancies through regular recruitment while interim arrangements were

>>> MORE ON P 02

113 development projects under status quo in J&K, 213 crore unutilized

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 24: As many as 113 development works and projects across Jammu and Kashmir are currently under status quo because of court cases or other legal impediments, leaving 213.17 crore of the allocated funds unutilized, the government informed the Legislative Assembly on Thursday.

The figures were given by the Finance Department in response to a question by MLA Devyani Rana regarding utilization of

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Thunderstorm activity likely in J&K on Sept 27-28, IMD forecasts

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 24: Jammu and Kashmir is likely to experience mainly dry weather from September 25 to 27, followed by thunderstorm and lightning activity on September 27 and 28, according to the latest India Meteorological Department forecast.

The IMD's subdivision-wise warning bulletin issued on Thursday has forecast no warning for Jammu and Kashmir on September 25 and

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New Industrial Policy to Put Local Enterprise At Center : Omar Abdullah

CM reviews J&K Industrial Policy 2026-35, Stresses Investor-Friendly Framework, Sectoral Incentives and Better Market Access

HT NEWS NETWORK

SRINAGAR, SEPTEMBER 24: Chief Minister Omar Abdullah on Thursday reviewed the draft Jammu and Kashmir Industrial Policy 2026-35 and directed the Industries and Commerce Department to further strengthen the proposed framework with a focus on investment, local entrepreneurship, employment generation and emerging sectors.

Chairing a meeting at the Civil Secretariat, the Chief Minister stressed that the new industrial policy should be balanced, pragmatic and responsive to the changing requirements of the industrial sector. He called for a conducive business environment



that encourages investment while ensuring that the benefits of industrial growth create greater opportunities for local entrepreneurs, businesses and the workforce.

During detailed discussions on the draft policy, Omar Abdullah emphasised the need for a comprehensive and competitive incentive structure with targeted support for priority and emerging

sectors. He also called for stronger market access for local industries and further measures to improve the ease of doing business in Jammu and Kashmir.

The Chief Minister stressed the importance of establishing a clear linkage between industrial incentives, local employment and skill development, with the objective of ensuring that industrial expansion contributes meaningfully to livelihood opportunities within the Union Territory.

He also underlined the importance of effective implementation, observing that the success of the policy would depend on a

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“Give Definite Timeline for Vehicle Policy” Speaker Abdul Rahim Rather seeks clear implementation schedule from government



HT NEWS NETWORK

SRINAGAR, SEPTEMBER 24: Jammu and Kashmir Legislative Assembly Speaker Abdul Rahim Rather has directed the Government to place before the House a definite timeline for finalisation and implementation of the proposed Government Vehicle Management Policy, 2026, and directed the Government to place a clear and definite timeline before the House during the ongoing Session. The matter came up during the Question Hour in response to a question regarding “One Officer

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to a question on the “One Officer-One Vehicle” policy raised by MLA Ranbir Singh Pathania. Transport Minister Satish Sharma informed the House that a committee constituted by the General Administration Department had examined the existing vehicle policy and that a draft revised policy was currently under consideration.

The Speaker of the Jammu and Kashmir Legislative Assembly, Abdul Rahim Rather, has taken serious note of the delay in finalisation and implementation of the proposed Government Vehicle Management Policy, 2026, and directed the Government to place a clear and definite timeline before the House during the ongoing Session. The matter came up during the Question Hour in response to a question regarding “One Officer

“Government Has Failed to Fulfil Its Promises” LoP Sunil Sharma questions delivery on LPG, power, jobs, healthcare and education

HT NEWS NETWORK

Kashmir Legislative Assembly Sunil

SRINAGAR, SEPTEMBER 24: Leader of Opposition Sunil Sharma on Thursday criticised the National Conference-led government over what he described as non-fulfilment of several electoral commitments, including free LPG cylinders, electricity, jobs and healthcare facilities. Reacting to the approval of six free LPG cylinders for AAY families, Sharma questioned the earlier promise of providing one free cylinder every month to every household and also raised concerns over vacant medical posts, non-functional ventilators, teachers' issues and other public concerns. He further criticised the functioning of the Legislative Assembly, alleging that several matters of public importance were not receiving adequate discussion. Leader of Opposition in the Jammu and



Sharma on Thursday said the National Conference led government has failed to fulfil its promises and provide basic amenities during its two years in office, questioning its commitments on free LPG cylinders, electricity, jobs, education and healthcare. Reacting to the government's approval of six free

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Season's First Snowfall Hits Peer Ki Gali

Rain lashes parts of J&K; mainly dry weather forecast for next two days

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 24: Peer Ki Gali in the Pir Panjal range received the season's first snowfall on Thursday as rain lashed several parts of Jammu and Kashmir, bringing a change in weather after a largely dry spell. The India Meteorological Department has forecast mainly dry weather across the Union Territory on September 25 and 26, with no weather warning issued for the two days. Isolated thunderstorm, lightning and squall activity has been forecast

for September 27 and 28, while Srinagar and Jammu are expected to remain mainly clear until September 27 before partly cloudy conditions and the possibility of rain or thunderstorms develop.

Peer Ki Gali in the Pir Panjal range received the season's first snowfall on Thursday, while rainfall was reported from several parts of Jammu and Kashmir.

The snowfall, according to the news agency—Kashmir News Observer (KNO), was recorded at the higher reaches of Peer Ki Gali along the



Mughal Road, marking the first snowfall of the season in the area. Rain was reported

from several parts of the Union Territory, bringing a change in weather conditions after a largely dry spell.

The India Meteorological Department (IMD) has, however, forecast mainly dry weather in Jammu and Kashmir over the next two days.

According to the IMD's latest subdivision-wise forecast, no weather warning has been issued for Jammu and Kashmir for September 25 and 26. Thunderstorm, lightning and squall activity has been forecast at isolated places on September 27 and

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HT BOTTOM NEWS

“Transition to New Labour Codes Must Be Smooth”

Chief Secretary Atal Dulloo reviews implementation, stresses timely completion of formalities

HT NEWS NETWORK

SRINAGAR, SEPTEMBER 24: Chief Secretary Atal Dulloo on Thursday reviewed the implementation of the four new Labour Codes in Jammu and Kashmir and directed departments to expedite the remaining statutory and administrative formalities. He stressed seamless integration with the Central Government's Shram Suvidha and Samadhan portals to provide unified digital compliance, registration, licensing, grievance redressal and dispute-resolution services. The government has already notified rules under two Codes, while rules under the Code on Social Security and Code on Wages are in the final stages of notification.

Chief Secretary, Atal Dulloo, today chaired a review meeting to assess



the status of the implementation of the four new Labour Codes in Jammu and Kashmir, directing the concerned departments to expedite the remaining formalities and ensure a smooth transition to the new regulatory framework.

The meeting was attended by the Additional Chief Secretary, Finance;

Commissioner Secretary, Law; Secretary, Labour and Employment; Labour Commissioner, J&K; and other concerned officers.

Reviewing the overall progress, the Chief Secretary appreciated the steps taken by the Labour and Employment Department

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“17 Critical Care Blocks Being Established Across J&K”

Sakina Itoo says trauma, emergency and specialist healthcare services being strengthened in remote areas

HT NEWS NETWORK

SRINAGAR, SEPTEMBER 24: Health and Medical Education Minister Sakina Itoo on Thursday informed the Legislative Assembly that the Government is strengthening trauma, emergency and critical-care services in remote and hilly areas of Jammu and Kashmir, with 17 Critical Care Blocks being established under PM-ABHIM. The facilities comprise 15 blocks of 50 beds each and two blocks of 100 beds each, while 44 Advanced Life Support ambulances have been added to the existing fleet of 530 ambulances, with another



100 ambulances proposed. She also highlighted telemedicine, specialist outreach programmes and medical evacuation facilities aimed at improving access to healthcare in difficult-to-reach areas.

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J&K's horticulture sector supports livelihoods of nearly 35 lakh people, contributes around 10% to UT's GDP: Javid Dar

■ HT News Network

SRINAGAR, SEPTEMBER 24: Minister for Agriculture Production, Rural Development and Panchayati Raj, Cooperative and Election Department, Javid Ahmad Dar, today informed the Legislative Assembly that the horticulture sector remains one of the key pillars of Jammu & Kashmir's economy, supporting the livelihoods and employment of a large section of the population.

The Minister was responding to a clubbed question raised by MLAs Pirzada Farooq Ahmed Shah, Ghulam Mohi-ud-din Mir and Irfan Hafiz Lone, along with the supplementary raised by MLA Shabir Ahmad Kullay.

Javid Dar said that approximately 35 lakh people, comprising nearly 7.5 lakh families, are directly or indirectly associated with the horticulture sector. The sector contributes approximately 10 per cent to the Gross Domestic Product

(GDP) of the Union Territory and generates an estimated annual income of around 12,000 crore.

He further stated that horticulture has considerable employment potential, with one hectare of orchard area generating approximately 400 man-days of employment annually, thereby making a significant contribution to rural livelihoods and the broader economy of J&K.

On crop insurance, the Minister said that the Pradhan Mantri Fasal Bima Yojana (PMFBY) is presently being implemented across all 20 districts of Jammu & Kashmir.

He informed the House that the scheme is demand-driven and there is no cap on the number of farmers who can avail its benefits, subject to prescribed guidelines and eligibility criteria. He said that approximately 13.985 lakh Farmer Families (FoFs) in the UT are eligible to avail the benefits of the scheme.

As per the available data,



6,86,741.37 hectares of area has been covered, benefiting 12,89,917 farmers, while 3,72,134 claims have been registered involving an amount of approximately Rs 221.71 crore.

The Minister acknowledged that farmers and orchardists in various areas have suffered losses due to natural calamities, including hailstorms, floods and heavy rains. He said that the Department

undertakes assessment of crop losses through its field functionaries and extends assistance and relief, wherever admissible, under the provisions of applicable schemes and guidelines.

Javid Dar stated that PMFBY provides insurance coverage against notified natural risks, including hailstorms, for notified crops. The basic cover provides area-based insurance against yield losses in standing crops from sowing to harvesting arising from non-preventable risks such as drought, dry spells, floods, inundation, widespread pest and disease attacks, landslides, natural fire due to lightning, storms, hailstorms and cyclones, subject to notified crops, areas and applicable guidelines.

Addressing the issue of pending claims, the Minister said that the major reasons for pendency of genuine claims include Aadhaar non-verification, closure of bank accounts, non-seeding of Aadhaar with the

NPCI mapper by banks, and bank accounts being blocked or frozen.

He said that the Government has launched a special campaign to resolve failed payment transactions and facilitate settlement of eligible pending claims. "Approximately 60 per cent of the affected farmers have already been contacted, and the requisite documents are being collected from them on a daily basis for verification and further necessary action," the Minister said. He assured the House that concerted efforts are being made to address the genuine difficulties being faced by farmers and ensure that eligible beneficiaries receive the benefits due to them under the scheme.

On the transportation of horticultural produce during the peak fruit season, Javid Dar said that the Government has strengthened traffic and logistics management through coordinated measures to ensure smooth, timely and uninterrupted movement of fruit.

DDC Kulgam reviews implementation of RDSS in district

■ Farooq Rather



KULGAM, SEPTEMBER 24: District Development Commissioner (DDC) Kulgam, Shahzad Alam today chaired a meeting to review the implementation of the Revamped Distribution Sector Scheme (RDSS) in the district.

The meeting was attended by the SE, KPDC, Mohammad Yousuf, concerned AEEs, PGCIL officials, RDSS-PMA (MEDHAJ) Techno Concept Pvt. Ltd., TKC (Rahul Cables), and other concerned officials.

The meeting reviewed the progress of various works being executed under the scheme, including HT reconductoring, HT segregation, LT ABC/HVDS works and installation of distribution transformers. The meeting also took stock of the physical and financial progress of the ongoing works.

The DDC instructed the KPDC authorities and concerned agencies to expedite the completion of the ongoing works and ensure their timely completion. The review of smart metering process was reviewed and directions issued for time-bound completions of process so as to improve the reliability and affordability of power supply to consumers.

DC Kulgam reviews measures for humane management of stray dog population

■ Farooq Rather

KULGAM, SEPTEMBER 24: Deputy Commissioner (DC) Kulgam, Shahzad Alam today visited the Veterinary Campus, Kulgam, and Municipal Council (MC) building at Ardpura to review the measures required for humane and scientific management of the stray dog population in the district.

The DC was accompanied by the Chief Animal Husbandry Officer (CAHO), Kulgam; Livestock Development Officer (LDO), Kulgam; Executive Officer, Municipal Council Kulgam; and Veterinary Assistant Surgeons (VASS).

During the visit, the DC issued on-the-spot directions for initiating the Animal Birth Control (ABC) Programme in the district. On the occasion, CAHO Kulgam and Executive Officer, MC Kulgam apprised the Deputy Commissioner about the infrastructure, manpower, equipment, logistical arrangements and other requirements for undertaking ABC activities in accordance with the applicable guidelines and regulations.

The DC directed the concerned officers to ensure necessary arrangements and coordinated efforts for effective implementation of the programme. During the visit, the DC issued on-the-spot directions for initiating the Animal Birth Control (ABC) Programme in the district. On the occasion, CAHO Kulgam and Executive Officer, MC Kulgam apprised the Deputy Commissioner about the infrastructure, manpower, equipment, logistical arrangements and other requirements for undertaking ABC activities in accordance with the applicable guidelines and regulations.

Div Com directs DCs to accelerate Agristack, NAPS registrations

■ HT News Network

SRINAGAR, SEPTEMBER 24: Divisional Commissioner Kashmir, Anshul Garg, on Thursday directed Deputy Commissioners (DCs) to intensify efforts and accelerate progress towards achieving the targets set for Agristack and apprentice registrations under NAPS.

The directions were issued during a meeting convened to review the district-wise progress under these initiatives.

The meeting was attended by the Director, Skill Development; Deputy Commissioners; Additional Secretary, Revenue; Assistant Commissioner Central; and OSD.

While reviewing the progress of Agristack, particularly village-wise coverage, the Divisional Commissioner directed the Deputy Commissioners to



ensure 100 percent submission and 60 percent approval of the targeted villages by September 30. Reviewing the status of farmer registrations, the Div Com called upon the DCs to step up efforts and bridge the gap against the assigned targets. He stressed the need for focused monitoring and expeditious processing of registrations across the districts. The Deputy Commissioners were also directed to submit a clear and

consolidated list of issues and bottlenecks being encountered during the registration process, so that the same could be taken up with the concerned departments and offices for timely resolution. While reviewing the progress under the National Apprentice Promotion Scheme (NAPS), the Divisional Commissioner directed the DCs to surpass the assigned targets by Monday. He further stressed,

DC Kupwara chairs meeting on Solid Waste Management, Stray Dog Management

■ HT News Network

KUPWARA, SEPTEMBER 24: A meeting regarding Solid Waste Management and Stray Dog Management/Animal Birth Control (ABC) was convened under the chairmanship of the Deputy Commissioner (DC), Kupwara, Shrikant Suse today at the Mini Meeting Hall of District Administrative Complex, Kupwara.

The meeting was attended by officers from Police, Revenue, Health, Education, Animal Husbandry, Rural Development, Municipal Bodies, Pollution Control, PWD, Youth Services and Sports Departments, and representatives of the security forces.

The Chair reviewed the prevailing solid-waste management system and the increasing problem of stray



dogs in the district. Emphasis was laid on coordinated and time-bound action by all concerned departments.

The Deputy Commissioner directed that municipal bodies and Panchayati Raj Institutions shall ensure regular collection, segregation, transportation and scientific disposal of solid waste. Open dumping of garbage and food waste, particularly near markets, schools, hospitals and residential areas, shall be

strictly checked.

It was further directed that the Animal Husbandry Department, in coordination with municipal bodies, shall formulate and implement a humane Animal Birth Control and anti-rabies vaccination programme in accordance with applicable rules. Vulnerable areas and stray-dog hotspots shall be identified and mapped for priority intervention.

DC Ganderbal reviews implementation of Solid Waste Management Rules, 2026 Directs strict compliance and regular monitoring

■ HT News Network

GANDERBAL, SEPTEMBER 24: Deputy Commissioner (DC) Ganderbal, Jatin Kishore, today chaired a meeting to review the progress in implementation of the Solid Waste Management Rules, 2026 in the district.

During the meeting, the Deputy Commissioner reviewed the status of identification of Bulk Waste Generators (BWGs), issuance of non-compliance notices, enforcement of the ban on single use plastics, functioning of waste sheds and proper processing of waste. He directed the concerned officers to ensure strict compliance and timely follow up action in all areas.

The DC stressed upon the concerned authorities to ensure proper segregation of waste and strengthen the door to door collection system for effective handling of segregated waste.

He also stressed the need for continued capacity building initiatives for concerned



officials and stakeholders and directed the authorities to intensify school level awareness activities to promote responsible waste management practices among students and the community.

The Deputy Commissioner directed the concerned authorities to ensure strict implementation of the ban on single-use plastics and take action against violators, including imposition of fines as per applicable provisions.

The functioning of waste sheds and

arrangements for proper processing of collected waste were also reviewed. The DC directed the concerned agencies to ensure proper segregation, processing and scientific management of waste at designated facilities.

Emphasising the importance of public participation, the Deputy Commissioner directed the Assistant Commissioner Panchayats, District Pollution Control Officer, Chief Executive Officer Municipal Council Ganderbal and all Block

Development Officers to intensify IEC activities across all blocks, panchayats and urban areas of the district.

The DC further directed that data be updated regularly, proper records of action taken be maintained and follow-up reviews conducted to assess progress and address gaps in implementation.

The Deputy Commissioner stressed that effective implementation of the Solid Waste Management Rules, 2026 requires sustained coordination among all concerned departments and directed the officers to ensure strict enforcement, regular monitoring and active public participation towards making Ganderbal cleaner and more sustainable.

The meeting was attended by Additional Deputy Commissioner Ganderbal, Assistant Commissioner Panchayats Ganderbal, District Pollution Control Officer Ganderbal, Chief Executive Officer Municipal Council Ganderbal and all Block Development Officers of District Ganderbal, besides other concerned

DDC Anantnag inspects SDH, SDM Office Dooru

■ HT News Network

ANANTNAG, SEPTEMBER 24: District Development Commissioner (DDC), Anantnag, Dr. Bilal Mohiuddin Bhat, today undertook a comprehensive visit to the Subdivision Dooru and inspected various public institutions, establishments and development projects.

The inspection focussed on reviewing their functioning, available facilities and delivery of public services besides progress on ongoing works.

During the visit, the District Development Commissioner inspected the new SDM Office at Dooru, which is presently under construction, and reviewed the progress of the ongoing work. He directed the concerned officers to ensure timely completion of the project while adhering to the prescribed quality standards. He was briefed by officers from executing agencies about the physical and financial progress achieved on the project so far.

The DDC also visited Subdistrict (Model) Hospital Dooru and took stock of the healthcare facilities available to the public. He reviewed the availability of essential medical services and infrastructure and interacted with the



concerned officers to inquire about the issues, if any, being faced during delivery of critical healthcare services. He further took first hand stock of different sections of this important institution and asked the staff to ensure smooth and quality service delivery to the patients visiting the hospital.

Interacting with the patients and attendants, the DDC enquired about the quality of the services and asked the staff to ensure all the available services are provided to them in the best possible way.

Concluding the visit, the DDC directed the concerned officers to ensure timely resolution of public issues and effective response to the citizens' concerns. He stressed the need for coordinated efforts among all departments to improve public facilities and ensure satisfying services to the general public.

Vyeth Truvah: DC Anantnag attends celebrations at Ancient Vitasta Ashthapan Verinag

Extends warm wishes to devotees, emphasises seamless arrangements

■ HT News Network

ANANTNAG, SEPTEMBER 24: On the auspicious occasion of "Vyeth Truvah" (the birthday of River Vitasta/Jhelum), Deputy Commissioner (DC), Anantnag Dr. Bilal Mohiuddin Bhat today visited the sacred ancient Vitasta Ashthapan at Vyeth Vathur, Verinag, and attended the ongoing celebrations.

A large congregation of devotees have thronged the revered site with religious fervor and traditional enthusiasm to pay obeisance, offer prayers, and perform sacred rituals to honor River Vitasta, marking the river's origin in the Valley.

The Deputy Commissioner was accompanied by CEO VDA, SDM Dooru, Tehsildar, BMO, AEE R&B and other concerned officers.

Interacting with the devotees and community representatives,

the DC extended his warm greetings and also participated in the ceremonial observances. He observed that traditional festivals like Vyeth Truvah symbolize the rich cultural heritage and harmony that define the region. He further stated that the occasion serves as an ideal opportunity to strengthen social bonds, promote unity, and preserve the age old syncretic traditions.

During the visit, the DC reviewed the overall arrangements and directed the concerned departments to ensure all basic facilities remain fully operational throughout the festival period. He instructed the officials to ensure uninterrupted power and drinking water supply with adequate backup and fully equipped medical facilities with ambulances and life-saving drugs.

Furthermore, he emphasized maintaining proper sanitation, deployment of mobile toilets,



availability of essential commodities, as well as proper tentage, and shelter arrangements for the devotees.

Reiterating the district administration's commitment to the seamless conduct of the event, the DC directed the Nodal Officer

(SDM Dooru) and officials from line departments to maintain close coordination with temple representatives, address emerging issues promptly, and extend full support to the devotees.

The devotees and representatives

of the local management committee expressed their gratitude to the district administration for its proactive support and the elaborate arrangements provided during the festival. Later, the Deputy Commissioner, accompanied by the team of officers, visited the Prachin Shiv Temple at Omoh Verinag, where members of the Devasthan Prabandhak Committee, Verinag, apprised him of various demands and issues concerning the temple. He gave a patient hearing to the committee members and assured them that their genuine demands and issues would be examined and addressed on priority. ANANTNAG, SEPTEMBER 24: On the auspicious occasion of "Vyeth Truvah" (the birthday of River Vitasta/Jhelum), Deputy Commissioner (DC), Anantnag Dr. Bilal Mohiuddin Bhat today visited the sacred ancient Vitasta Ashthapan at Vyeth Vathur.

KU VC inaugurates Day Care Children's Park, 'Bake to Earn' course

■ HT News Network

Srinagar September 24: The Institute of Home Science (IHS), University of Kashmir (KU), inaugurated

building a more inclusive and empowering University environment," she said.

Dean Academic Affairs, KU, Prof. Shariefuddin Pirzada, appreciated the initiatives and highlighted the



a Day Care Children's Park and a certificate-based 'Bake to Earn' course for young women at the Main Campus. It aims at supporting the working campus community and promoting skill development and self-reliance among young women.

Day Care Children's Park has been designed to provide a safe, child-friendly space for the children of the working campus community, while the 'Bake to Earn' course will provide young women with hands-on training in baking and related skills, enabling them to learn, create and earn.

Inaugurating the facilities, Vice-Chancellor, KU, Prof. Nilofer Khan, said the initiatives reflect the University's commitment to creating a supportive and inclusive campus while equipping young women with practical skills and opportunities for economic empowerment.

"A supportive campus must respond to the practical needs of its community while creating meaningful opportunities for skill development. The Children's Park and 'Bake to Earn' course are important steps towards

importance of creating a conducive campus environment that supports the well-being and professional responsibilities of the University community.

Dean, School of Applied Sciences & Technology, KU, Prof. Mubashir Masoodi, said the initiatives reflect the practical relevance of Home Science in addressing contemporary social needs and promoting skill-based learning.

Earlier, Director, Institute of Home Science, Prof. Humaira Azim, highlighted the objectives of the two initiatives that will help create a more supportive campus environment for the working community while providing young women with practical, market-oriented skills and opportunities to grow.

The initiatives are part of varsity's efforts to promote community-oriented learning, practical skills and a supportive campus environment.

The initiatives are part of varsity's efforts to promote community-oriented learning, practical skills and a supportive campus environment.

One-Day Workshop on NAPS held at High School Bagh Bandipora

■ HT News Network

Sopore, 22 Sep (HT) Sopore LaBANDIPORA, SEPTEMBER 24: A one-day workshop on the National Apprenticeship Promotion Scheme (NAPS) was held today organised at High School Bagh, Bandipora, with the aim of sensitising educational institutions about the implementation, registration process and effective execution of the scheme.

The workshop was organised in pursuance of the directions of the District Administration and witnessed participation of officers and



representatives from the education sector and other concerned departments.

Additional District Development Commissioner Bandipora, Nazir Ahmad Mir, who is also the Nodal Officer for NAPS in the district attended the workshop.

Addressing the participants,

the ADDC highlighted the importance of NAPS in providing practical exposure, skill development and apprenticeship opportunities to youth, while also stressing upon educational institutions to actively participate in the scheme and facilitate maximum registrations and apprenticeship contracts.

He emphasised the need for coordinated efforts among educational institutions, government departments and other stakeholders for effective implementation of NAPS in the district. He also urged the participating institutions.

MP media delegation visits CSIR-IIIM explores drug discovery, agri-tech and startup ecosystem

■ HT News Network

Jammu 24th September, 2026: A media delegation from Madhya Pradesh, coordinated by the Press Information Bureau (PIB), Government of India, visited the CSIR-Indian Institute of Integrative Medicine (CSIR-IIIM), Jammu, on Tuesday and got a first-hand exposure to the institute's research and technology-development activities spanning drug discovery, medicinal and aromatic plants, biotechnology, farmer-oriented technologies and startup incubation.

The delegation was briefed on the institute's research ecosystem and its efforts to translate laboratory research into technologies, products and livelihood opportunities, particularly in the areas of medicinal and aromatic

plants, natural products, biotechnology, nutraceuticals and healthcare.

In his message to the visiting media delegation, Director CSIR-IIIM Jammu & CSIR-NBRI Lucknow Dr Zabeer Ahmed conveyed his best wishes and highlighted the institute's mandate of integrating modern scientific research with traditional knowledge and natural resources for societal benefit.

He underlined the importance of taking scientific research beyond laboratories through technology development, industry linkages, farmer outreach and startup incubation.

He also emphasised the role of the media in communicating scientific achievements, emerging technologies and their potential applications to a wider public.

NEET Success Without Coaching: Handwara Police Felicitate Ayaan Salman

■ DR.AB QAYOOM

Handwara, Sept. 24: Handwara Police on Thursday felicitated a young NEET qualifier from Bicherwara area of Kralgund for his remarkable achievement in the NEET-UG 2026 examination. DySP Kralgund Raghav Chowdhary, along with SHO Kralgund Inspector Sameer Altaf, visited the residence of Ayaan Salman, son of Mohammad Salam Pir, resident of Bicherwara, and congratulated him on qualifying the NEET examination without taking private coaching.

During the visit, the police officers interacted with Ayaan and his family members and presented him with a trophy, appreciation certificate and a gift as a token of recognition for his achievement. The officers appreciated Ayaan's dedication, hard work and determination, saying that his success could inspire other young students in the region to pursue their educational goals with commitment and



perseverance. They also encouraged the youth to channel their energy towards education, skill development and other constructive activities that can contribute to their personal growth and the welfare of society. The family

expressed gratitude to Handwara Police for recognising the student's achievement, while locals also appreciated the gesture, describing it as an encouraging step towards motivating young people in the area.

JKAACL and Lolab Literary Forum Organise One-Day Literary Conference at GDC Sogam

Book Launches of New Works by Nikhat Yasmeen and Nasir Masroor Held

■ JAMEEL ANSARI

Lolab, September 24, 2026: The Jammu & Kashmir Academy of Art, Culture and Languages, in collaboration with the Lolab Literary Forum, organised a one-day literary conference at Government Degree College (GDC), Sogam, Lolab, with the objective of promoting literature, languages and the rich cultural heritage of the region. The conference featured paper presentations, a literary session, a Mehfil-e-Mushaira and a book-release ceremony, providing a vibrant platform for renowned poets, writers, scholars, teachers and students to interact and engage in meaningful literary discourse. The conference was presided over by Principal, GDC Sogam Lolab, Prof. Tariq Ahmad. Vice President, Adbi Markaz Kamraz, Javed Iqbal Mawri, along with Iqbal Afroz, Arshad Mohi-ud-Din and Maqbool Faig, were also present on the podium. The programme



commenced with a welcome address by Bashir Tahir, Patron of the Lolab Literary Forum, who apprised the gathering of the objectives and significance of the conference. The Jammu & Kashmir Academy of Art, Culture and Languages was represented by Dr. Syed Iftekhar, Dr. Mohammad Iqbal Lone and Maqbool Sajid. Speaking on the occasion, Dr. Syed Iftekhar participated in various sessions of the conference and highlighted the Academy's commitment towards the promotion and preservation of the languages, literature and cultural traditions of

Jammu & Kashmir. The literary session was attended by several noted poets, writers and scholars, including Hassan Ajmi, Rafiq Punjabi, Bashir Tahir, Sultan Salik, Nasir Masroor, Rais Masroor, Saima Maqbool, Maqbool Shadab, Syed Burhan, Prof. Nadeer, Dr. Imtiaz Zia, Dr. Zahoor Makhdoomi and Dr. Ashfaq, among others. During the paper presentation session, scholars presented papers on various aspects of literature and language, followed by meaningful discussions and exchange of views. The speakers emphasised the need

to connect the younger generation with language and literature through such initiatives and to preserve the cultural identity of the region. A Mehfil-e-Mushaira was also organised as an important segment of the conference, in which participating poets presented their poetry. The Mushaira added a rich poetic dimension to the event and was appreciated by the audience. A major highlight of the conference was the release of two new literary works—Nasir Masroor's Naatiya poetry collection "Shils Sheltath" and Nikhat Yasmeen's poetry collection "Kar-e-Wan." Nasir Masroor presented a review of Nikhat Yasmeen's book, while Rais Masroor reviewed Nasir Masroor's collection. Speaking on the occasion, the participants stressed the importance of encouraging new literary creations and making them accessible to readers. They observed that books and literature play an important role in creating intellectual awareness in society.

SKUAST-K Committed to Student Aspirations, Career Opportunities

■ HT News Network

Srinagar, Sept 24: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-Kashmir), ranked 3rd best SAU in the country, has emerged as a nationally recognised institution committed to excellence in education, research, innovation, entrepreneurship and outreach, with the larger aspiration of becoming a globally connected agricultural university. As the University expands the horizons of its students through emerging disciplines, technology, research, startups and new opportunities in agriculture and allied sectors, it is equally conscious of their aspirations for meaningful employment and career progression concerning recruitment opportunities, eligibility criteria, vacancies and career avenues in

agriculture, forestry and allied sectors.

The University understands the aspirations behind these concerns. Students who undertake specialised professional education naturally expect appropriate opportunities to utilise their qualifications and build their careers. The University respects the right of students to articulate their concerns peacefully and democratically.

Many of the issues being raised relate to recruitment rules, eligibility and filling of posts, which fall within the domain of the Government and other competent authorities. The University will, therefore, appropriately take up the genuine concerns of its students and graduates with the concerned authorities, providing necessary academic and factual inputs wherever required.

At the same time, it is important

for the student community to recognise the larger transformation

a globally connected and internationally benchmarked

sector employment, but also in research, higher education,



taking place at SKUAST-K, which is emerging as the brand institution of the Jammu and Kashmir. The University's aspiration is to build

agricultural university. This is opening a much wider canvas of career opportunities for students—not only in conventional public-

emerging technologies, startups, agribusiness, industry, international careers and new-age agricultural enterprises. The University believes

that this larger transformation, which is intended to expand the professional horizons of its students, deserves the understanding and support of students, parents, public representatives and all other stakeholders.

Keeping the University above political contestation

The University has also noted the engagement of political representatives and other external actors with some student demonstrations. SKUAST-K respects the democratic role of elected representatives and their right to raise matters of public interest. At the same time, student and academic matters are best addressed through direct dialogue of students with the University and the competent Government authorities.

External political involvement in campus-related issues can inadvertently shift a genuine

academic or employment concern into a wider political contestation. The University therefore respectfully appeals to political parties, public representatives and other external stakeholders to allow institutional mechanisms to address these concerns without politicising the academic space.

The University will continue to engage with its students and pursue matters falling within its institutional mandate. Students are also requested to maintain dialogue and ensure that teaching, examinations, research and other academic activities are not disrupted. A shared responsibility

The University will continue to engage with its students and pursue matters falling within its institutional mandate. Students are also requested to maintain dialogue and ensure that teaching, examinations, research and other

HT EDITORIAL

TET Exemption : A Matter of Fairness for Teachers....

The unanimous resolution passed by the Jammu and Kashmir Legislative Assembly seeking exemption from the Teacher Eligibility Test (TET) for teachers appointed before October 31, 2019, has brought an important question of fairness, administrative consistency and educational policy to the centre of public attention. The demand is significant because it concerns teachers who entered government service under the rules and conditions prevailing at the time of their appointment and have since been performing their responsibilities in schools across Jammu and Kashmir.

The Assembly has urged the Union Government to amend the relevant provisions of the Right of Children to Free and Compulsory Education Act, 2009, and take the necessary steps through the National Council for Teacher Education to provide the proposed exemption. The unanimous nature of the resolution gives the issue considerable institutional weight and reflects the concern cutting across political and regional lines.

At the heart of the matter is a simple principle: rules governing public employment should provide reasonable certainty to those who enter service in accordance with the requirements applicable at the time of their appointment. When regulatory requirements change subsequently, their application to an existing workforce needs to be approached with sensitivity, particularly where employees have already served the education system for several years.

The demand for exemption, however, should not be viewed as an argument against professional standards in teaching. TET requirements have been introduced with the legitimate objective of ensuring that teachers possess the requisite knowledge and skills to provide quality education. The interests of students must remain central to every decision concerning teacher qualifications.

The challenge, therefore, is to strike an appropriate balance. The government must protect the legitimate expectations of teachers appointed before the specified cut-off date while ensuring that the standards of school education are not compromised. A carefully framed exemption, accompanied where necessary by appropriate professional development and training mechanisms, could address both concerns without creating unnecessary insecurity among serving teachers.

There is also a broader lesson in this controversy. Whenever major legal or administrative changes are introduced, adequate transitional arrangements are essential. Existing employees should not be left uncertain about their future service prospects because of changes that occurred after their recruitment. Clear cut-off dates, transparent rules and timely communication can prevent years of confusion and avoidable litigation.

For the teachers concerned, the issue is not simply about appearing for an examination. It is linked to their professional security, service continuity, promotion prospects and the recognition of the conditions under which they were originally appointed. Many have spent years in classrooms, teaching children and contributing to the functioning of the education system. Their experience and service cannot be treated as irrelevant simply because the regulatory framework has evolved.

At the same time, any policy decision must ensure that the interests of children remain paramount. Exemption from TET should not become an excuse to overlook the need for continuous improvement in teaching standards. Instead, professional training, capacity building and periodic academic development can provide constructive alternatives for strengthening the skills of serving teachers.

The unanimous Assembly resolution has now placed the matter squarely before the Union Government. What is needed next is a considered, legally sound and humane response. The issue deserves to be resolved through dialogue and clarity rather than prolonged uncertainty.

The teachers appointed before October 31, 2019 deserve certainty about their professional future, while the children of Jammu and Kashmir deserve quality education. A sound policy must protect both interests. The way forward lies in a solution that respects the circumstances of past appointments, provides relief where justified, and simultaneously strengthens—not weakens—the quality of school education.

BACK TO THE ROOTS
Rediscovering Nature,
Simplicity and the Joy of Rural Life



DR. TASADUK HUSSAIN ITOO

In the rush of modern life, we often find ourselves running without knowing where we are going. Our days are filled with deadlines, appointments, screens, traffic, notifications and endless responsibilities. We have become connected to the world through technology, yet increasingly disconnected from the soil beneath our feet. Somewhere between the concrete buildings and digital screens, we have forgotten the simple things that once gave life its meaning.

Sometimes, all it takes is a walk through a field to remind us who we are. Going back to the roots is not necessarily about leaving modern life behind. It is about reconnecting with the foundations of life—nature, family, community, physical activity, simplicity, gratitude and the land that sustains us.

Standing in a paddy field surrounded by golden bundles of harvested rice, green orchards, distant mountains and an open sky offers a very different kind of experience from sitting inside an office or clinic. The landscape seems to slow time down. The mind becomes quieter. The body becomes active. And ordinary moments begin to feel meaningful.

There is something deeply humbling about working with the soil. Agriculture teaches lessons that no classroom can completely provide. A

farmer understands patience because a crop cannot be hurried. A seed must be planted, nurtured and protected before it can produce anything. The harvest comes only after months of effort, uncertainty and hope. In that sense, farming is more than an occupation—it is a lesson in perseverance.

When we physically engage with the land, we also develop a deeper appreciation for food. A plate of rice can appear ordinary when it reaches our table, but behind every grain lies the labour of farmers, the fertility of soil, water, sunlight and countless hours of human effort. Returning to the fields reminds us that food does not begin in a supermarket or a kitchen. It begins in the earth.

The Field as a Natural Gym
Modern society spends enormous amounts of time and money searching for ways to remain physically active. We join gyms, purchase fitness equipment, follow exercise programmes and track our steps on smartphones.

Yet rural life has traditionally incorporated physical activity into everyday living. Walking across uneven fields, lifting bundles of harvested crops, bending, stretching, carrying and working outdoors can provide meaningful physical movement. Such activity is not merely exercise; it is purposeful movement connected to daily life.

The countryside also offers something that many indoor exercise environments cannot provide: fresh air, sunlight, open space and contact with nature.

For many people, spending time outdoors



BACK TO THE ROOTS

Never forget where you began. The soil beneath your feet carries the story of every struggle, every sacrifice, and every dream that brought you this far. Life may take you to distant places and open doors you once only imagined, but your roots remain your greatest source of strength. Walk forward with courage, work with humility, and carry your beginnings with pride. True success is not measured by how far you travel from your roots, but by how beautifully you rise while never forgetting where you came from.

can be mentally refreshing. The sound of wind moving through trees, the sight of mountains in the distance, the smell of soil and the warmth of sunlight create an environment very different from the enclosed spaces in which many of us spend our working days.

Reconnecting With Ourselves
Going back to the roots is also an internal journey. Modern life constantly demands our attention. We are encouraged to multitask, respond immediately and remain permanently connected. But nature does not operate according to notifications. Trees grow slowly. Seasons change gradually. Crops mature in their own time.

Being in nature encourages us to slow down. A quiet moment in a field can become an opportunity for reflection. We may think about our priorities, our relationships, our health, our responsibilities and the direction in which our lives are moving.

Sometimes, stepping away from our usual

environment allows us to see our lives more clearly.

Remembering Our Heritage

For generations, rural communities have been built around land, agriculture and close social relationships. Traditional knowledge about crops, seasons, weather, livestock and soil was passed from one generation to another.

Today, rapid urbanisation and changing lifestyles are gradually creating distance between younger generations and these traditions. Going back to the roots does not mean romanticising every aspect of rural life. Farming can be extremely difficult, physically demanding and economically uncertain. Rather, it means recognising the value of the knowledge, dignity and resilience embedded within rural communities. Our roots are part of our identity. Whether we come from a farming family or have grown up far away from agriculture, we all ultimately depend on the same natural systems for food, water and life.

Health Begins Beyond the Clinic

As a physician, I often think about health in terms of prevention. We commonly associate healthcare with hospitals, medicines, investigations and consultations. These are important, but health is much broader.

Regular physical activity, nutritious food, adequate sleep, meaningful social relationships, time outdoors and psychological well-being all contribute to a healthier life.

Perhaps the fields have something important to teach us here.

Health is not simply the absence of disease. It is also the ability to participate in life, to move, to connect, to appreciate and to find meaning in everyday experiences.

DR. TASADUK HUSSAIN ITOO
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How Principals Build Stronger School Communities



Dr. Vijay Garg

A school is much more than classrooms, textbooks, examinations and buildings. It is a community where students, teachers, parents and staff come together with a shared purpose. A principal plays a central role in creating a school culture where everyone feels respected, valued and responsible.

Strong school communities begin with trust. A principal who listens patiently, communicates openly and treats people fairly

creates an environment where teachers and students feel confident to express their ideas and concerns. Trust cannot be created through instructions alone; it develops through consistent actions.

A principal also strengthens the school by leading through example. Punctuality, discipline, honesty, kindness and commitment become meaningful when they are demonstrated by the school leader. When teachers see these qualities in their principal, they are more likely to reflect them in their own work.

Another important responsibility is encouraging teamwork. Teachers should not feel that they are working individually but as members of one educational family. Regular discussions, collaborative planning, sharing of successful practices and collective problem-solving can build professional relationships and improve teaching.

Students must remain at the heart of the school community. Principals can promote student participation through clubs, sports, cultural activities, science projects, social-service programmes and leadership opportunities. When students are given responsibility, they develop confidence, cooperation and a sense of belonging.

Parents are also important partners. Effective communication with families helps create a bridge between school and home. Parent meetings should be more than discussions about marks; they should provide opportunities to understand students' learning, behaviour, interests and overall development.

A strong principal also recognizes that every member of the school community has different strengths and needs. Appreciating teachers, supporting staff and celebrating student achievements creates a positive

atmosphere. Even a small word of appreciation can encourage someone to perform with greater confidence.

Finally, strong school communities are built over time. They require patience, empathy, transparency and continuous effort. A successful principal is not simply an administrator who manages timetables, records and resources, but a leader who brings people together around a common educational vision.

When principals build trust, encourage teamwork, listen to people and lead by example, schools become more than institutions. They become supportive communities where students learn, teachers grow and every individual feels that they belong.

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Home Gym and Its Importance



Sahil Manzoor

Routine exercise reflects discipline and keeps us fit and healthy. Therefore, regular exercise is vital for good health. Today's era is full of anxiety and stress, and people often complain of fatty liver, high cholesterol, obesity, and a number of other dreadful health-related issues. To get rid of these problems, we need proper discipline in our lives. We must follow a balanced diet plan, exercise regularly, and go for routine medical check-ups.

Importance of a Home Gym
Healthy People, Healthy Nation
In today's era, people face severe health issues such as obesity, gastrointestinal tract problems, fatty liver, heart-related diseases, orthopedic issues, and several other health risks.

Our body performs immense functions, and every function is under the control of nature, such as digestion, blood circulation, and excretion of waste material. When we keenly observe these bodily functions, it clearly seems that someone is in control. We, as human beings, cannot create such miracles. Alhamdulillah! Every creature believes that there is divine power behind all these phenomena, and that power governs even invisible particles like cells and atoms.

Cell
The cell is the fundamental, structural, and functional unit of life. Almost every living organism is made up of cells, whether multicellular or unicellular. There are about 25 trillion living cells in an adult human body. Different organelles are present in a cell, such as: like Endoplasmic Reticulum (ER); A network of membranes involved in the synthesis of proteins and lipids. Golgi Apparatus (Golgi Complex); Modifies, sorts, and packages proteins and lipids for secretion or delivery to other organelles. Ribosomes: Sites of protein synthesis. Lysosomes: Sac-like structures containing enzymes that digest waste materials and cellular debris. Vacuoles: Membrane-bound sacs that store water, nutrients, and waste products. Peroxisomes: Break down fatty acids and detoxify harmful substances. Cytoskeleton: A network of protein filaments that provides structural support and helps in cell movement. Centrioles: Involved in cell division in animal cells. Chloroplasts (in plant cells): Sites of photosynthesis that convert light energy into chemical energy.

Atoms
Every non-living thing is made up of atoms. They are so minute that we cannot see them with the naked eye. The structure of an atom consists of shells and a central nucleus. This makes us realize that Almighty Allah is the ultimate

superpower. We humans only study and initiate research on things that already exist in the universe. So we should always say Alhamdulillah and hope for the best. We are blessed with a great mind that can bring revolution, and that mind is also bestowed upon us by our Creator.

Through this article, I have tried to understand the mercies



of the Almighty upon us and reflect on why we are going astray. Why do we claim superiority by saying, "This country is powerful, that country is helpless"? We must always remember that every creature is important and every small part of the universe has value.

Today, I am going to share my opinion on how regular exercise is important for our health and how it keeps us happy, fit, and energetic.

First of all, we must understand what is most important in life health, money, buildings, fame, etc. Everyone prioritizes health first and then moves towards other needs. However, in today's era, we motivate people to achieve success and milestones but often forget to motivate them to prioritize their health first.

Some people are fortunate because their profession itself involves physical activity, such as workers and laborers. Unfortunately, they earn very little income that often cannot support their basic livelihood. Laborers deserve immense appreciation and beneficial schemes, such as a minimum monthly remuneration of 10,000, so they do not feel insecure.

Sportsmen are also fortunate because regular physical activity keeps them fit and healthy. Through sports, they gain

fame, recognition, and financial stability.

Many people complain that they do not have time for regular exercise. For them, I suggest the home gym. What Is a Home Gym?

A home gym means setting aside a separate room, if available, or arranging some basic equipment so that all body parts can be exercised daily. If you have a separate room, you can gradually add equipment as your financial condition improves. You may also request your friends and relatives to gift fitness equipment instead of extravagant presents on special occasions.

Benefits of Bodybuilding

I was in the 8th class when I started gym exercises. In Kashmir, it is commonly known as the iron game. During this journey, I met great and kind people teachers, business personalities, sports persons, and government employees who supported and motivated me. After facing ups and downs, I experienced immense joy and positivity. Many unhealthy feelings like fatigue disappeared. I noticed a glow on my face and felt fresh and energetic throughout the day. Based on my experience, I suggest my beloved friends join a gym to enhance their personality, stay away from drugs, develop interest in sports, and become gentle and kind individuals. Before setting up a home gym, consult a good trainer who can guide you on proper exercises, essential equipment, and full-body workouts. Involve your siblings and parents as well, and you will surely enjoy a healthier life.

Mini gym centers can also be established at the school level to create awareness among students and help them understand the importance of physical fitness. At the college level, gyms often exist but remain locked to protect the equipment. Instead, these facilities should be opened for interested students so they can engage in healthy activities and relieve stress and anxiety. In villages, many youngsters are falling into harmful habits such as smoking and drug use. It is our collective responsibility to eradicate these evils and introduce healthy activities in society. Gym centers can keep youth away from anxiety and depression and help them maintain good physical and mental health. Exercise truly keeps us happy, healthy, and rejuvenated.

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DC Ganderbal chairs District Level NCORD Meeting Directs strengthening of Enforcement, Treatment and Rehabilitation Measures

■ **HT News Network/UNI**

GANDERBAL, SEPTEMBER 24: Deputy Commissioner (DC) Ganderbal, Jatin Kishore, today chaired the monthly meeting of the District Level Narco Coordination (NCORD) Committee to review the progress of measures being undertaken to combat drug abuse and drug trafficking in the district.

During the meeting, a detailed review was held on enforcement, treatment, counselling, rehabilitation, awareness and inter-departmental coordination.

The Deputy Commissioner stressed the need for a coordinated and sustained approach involving all concerned departments and agencies to effectively address the issue of drug abuse.

Reviewing the healthcare and rehabilitation component, the DC



directed the concerned authorities to further strengthen the Addiction Treatment Facility (ATF) and ensure adequate medical support for persons undergoing de-addiction treatment. He directed the Health Department to ensure proper deployment of doctors and concerned staff and undertake necessary training and capacity building of personnel

associated with de-addiction services.

The Deputy Commissioner further directed that proper counselling and follow-up support be provided to persons undergoing treatment and that suitable rehabilitation measures be put in place to support their recovery and prevent relapse. He also called for effective coordination between the

Health Department and Employment Department to facilitate rehabilitation and reintegration of recovering youth.

The DC directed the concerned departments to intensify awareness and preventive activities, particularly among youth, students and vulnerable sections, and called for greater community participation in efforts against drug abuse. He stressed the need for sustained awareness activities through educational institutions, local communities and other platforms.

Reviewing enforcement measures, the Deputy Commissioner directed the Police, Excise and Drug Control Departments to intensify enforcement drives against drug peddling, illegal distribution of narcotic substances and misuse of controlled medicines. He called for close coordination between enforcement and prosecution agencies for effective legal follow

up of NDPS cases.

The DC specifically directed the Excise Department to intensify field drives for identification and destruction of illicit narcotic crops, including wild cannabis and poppy plants, in coordination with the Police, Revenue and other concerned departments. He stressed that regular field-level monitoring be undertaken at block and panchayat levels to ensure that such plants are destroyed promptly. He further directed the concerned agencies to identify properties and assets linked with drug peddlers, wherever applicable, and take action under the relevant provisions of law.

Reviewing the status of NDPS cases, the DC directed the Police and Prosecution agencies to ensure proper monitoring, timely investigation, filing of charge sheets and effective follow-up of cases at different stages.

Sericulture Development Department Bandipora facilitates Exposure Visit for 80 Sericulture Farmers

■ **HT News Network**

BANDIPORA, SEPTEMBER 24: The Sericulture Development Department, Bandipora, today facilitated an exposure visit for 80 sericulture farmers, including farmers from tribal communities, under Silk Samagra-2/Holistic Agriculture Development Programme (HADP), as part of the Human Resource Development (HRD) component.

The participating farmers from Chitbanday, C.A. Khan and other sericulture villages of the district visited various important sericulture institutions and facilities to gain practical knowledge and firsthand experience of scientific mulberry cultivation, silkworm rearing, cocoon production and silk processing.

As part of the programme, the farmers visited P4 Basic



Seed Farm, Central Silk Board, Mansbal, Ganderbal; College of Temperate Sericulture, SKUAST-K, Mirgund; Basic Seed Station, Mirgund, Baramulla; and Government Silk Factory, Rajbagh, Srinagar.

The visit aimed to provide field-level exposure to improved sericulture practices, including scientific mulberry cultivation, silkworm rearing techniques, disease and pest management, seed production,

cocoon production and silk processing.

During the visit, the farmers also interacted with technical experts and field functionaries and gained an understanding of various stages of the sericulture value chain. The exposure is expected to enhance their technical capacities and encourage adoption of modern and scientific practices for improving cocoon yield,

SKUAST-K Promotes Eco-Friendly Farming Among Gurez Farmers

■ **DR. AB QAYOOM**

Bandipora, Sept. 24: SKUAST-K, through AICRP-Biological Control, Division of Entomology, in collaboration with KVK Bandipora-II (Gurez) and ICAR-NBAIR, Bengaluru, organised an awareness programme on biological control and eco-friendly pest management for farmers in Gurez. Around 80 farmers from different parts of Gurez participated in the programme. The farmers were guided about safe and sustainable methods of controlling crop pests in crops including potato, maize, peas, rajmash, wheat and vegetables. Dr. Hilal Ahmad Malik, Head KVK Bandipora-II (Gurez), stressed the need for affordable and location-specific farming technologies. Prof. Sajad Mohi-ud-Din, Principal Investigator, AICRP-Biological Control, highlighted the importance of reducing unnecessary use of chemical pesticides. Dr. M. Sampath Kumar of ICAR-NBAIR shared



information on biological control and biopesticides, while Dr. Mudassir Gani Bhat spoke about adopting sustainable pest-management practices at the field level. During the programme, farmers were also provided neem oil, insect traps, vermicompost and quality

potato seed. The programme ended with vote of thanks by Dr. Jauhar Rafeeq.

The farmers appreciated the initiative and expressed their willingness to adopt eco-friendly methods for safer and sustainable crop production in Gurez.

SWD Srinagar organizes Exposure Visit for students under BBBP

■ **HT News Network/UNI**

SRINAGAR, SEPTEMBER 24: Social Welfare Department, SANKALP-HEW Srinagar, organised an exposure visit for the students of Government Girls Higher Secondary School (GGHSS), Chanpora, Srinagar, to ITI Women's Polytechnic College and Industrial Estate, Bagh-e-Ali Mardan Khan, Srinagar under Beti Bachao Beti Padhao (BBBP) initiative.

The visit was aimed at providing the students with practical exposure to vocational education, skill development opportunities and various career avenues available in the technical and industrial sectors.

During the visit, the students were acquainted with different vocational courses, training programmes and employment-oriented opportunities available for young women.

The students also visited the Industrial Estate, where they were provided an insight into various industrial activities and the functioning of different units. The interaction helped the students gain a better understanding of entrepreneurship, skill-based careers and the scope of employment in the industrial sector.

Officials from SANKALP-HEW Srinagar accompanying the students encouraged them to explore skill development opportunities and make informed choices regarding their future education and careers.

The exposure visit was part of the Department's ongoing efforts to empower students through awareness, career guidance and exposure to diverse educational and vocational opportunities.

DC Bandipora reviews progress on Burnai-Jawdara PMGSY Road

■ **HT News Network/UNI**

BANDIPORA, SEPTEMBER 24: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today chaired a meeting to review the construction of the Burnai-Jawdara Road under PMGSY and deliberate on the challenges associated with its execution.

The meeting was informed that the sanctioned road has a length of 18.82 kilometres and passes through undulating terrain with substantial forest cover, posing challenges in carrying out field verification and assessment.

The Forest Department informed the meeting that a major portion of the proposed road passes through difficult terrain and forest areas, making field verification challenging.

Taking note of the difficulties, the Deputy Commissioner directed the Forest Department to convene a meeting with the Chief Conservator of Forests (CCF) and submit a technical evaluation report regarding the road for further necessary action.

The Tehsildar concerned was directed to coordinate with Census officials and Booth Level Officers (BLOs) and submit a report on the population and number of electors of the concerned areas for further assessment.

Among others, the meeting was attended by Assistant Commissioner Revenue Bandipora, Executive Engineer PMGSY Division Bandipora, while Sub-Divisional Magistrate Gurez, Tehsildar Tulail, Concerned Patwari/Census Team, BLOs, Forest Range Officer Gurez and Beat Officer/Forester Tulail attended the meeting virtually.

Director Agriculture visits Integrated Mushroom Development Centre at Lalmandi

■ **HT News Network**

SRINAGAR, SEPTEMBER 24: Director Agriculture Kashmir, Sartaj Ahmad Shah, today visited the Integrated Mushroom Development Centre (IMDC) at Lalmandi, Srinagar, to review its operations and ongoing initiatives aimed at promoting mushroom cultivation across the Kashmir division. During the visit, the Director took a detailed round of the centre's key sections, including the Spawn Production Centre, Pasteurised Compost Unit, Mushroom Research Laboratory, and other facilities. He interacted extensively with officers, scientists, and technical staff to assess the centre's functioning, production capacities, and support extended to mushroom growers. Speaking on the occasion, the Director said that IMDC serves as a crucial hub for providing high-quality spawn, compost, and technical guidance to farmers, bridging the gap between research and practical application.

Workshop on Viksit Gram Panchayat Plan under VB-G RAM G Act held at Baramulla

■ **HT News Network**

BARAMULLA, SEPTEMBER 24: A workshop on the Viksit Gram Panchayat Plan (VGPP) under the Viksit Bharat-Guarantee for Rozgar and Aajeevika Mission (Gramin) (VB-G RAM G) Act, 2025 was held today at Dak Bungalow, Baramulla, with Assistant Commissioner Development (ACD) Baramulla, Mudassir Hussain, presiding over the workshop.

The workshop was aimed at sensitising officials and stakeholders about the VGPP framework and key provisions of the VB-G RAM G Act, with emphasis on participatory, bottom-up and integrated



planning at the Gram Panchayat level. The Act envisages preparation of Viksit Gram Panchayat Plans through the Gram Sabha, ensuring that local priorities and development requirements are identified and incorporated into village-level plans.

During the workshop, detailed discussions were held

on the major provisions of the Act, including the enhanced statutory guarantee of 125 days of wage employment to eligible rural households in a financial year. Participants were also briefed about the four major thematic areas under the framework-water security, core rural infrastructure, livelihood-related infrastructure, and special works for extreme weather events and disaster preparedness. The workshop also highlighted the importance of convergence and saturation-based planning to address development gaps and create durable and productive rural assets. The VGPP framework seeks to bring together different development programmes.

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

■ **HT News Network**

BANDIPORA, SEPTEMBER 24: Krishi Vigyan Kendra (KVK) Bandipora-I, SKUAST-Kashmir, hosted students of the Faculty of Agriculture (FoA), Wadura, under the Rural Agricultural Work Experience (RAWE) Programme 2026, providing them with classroom learning, field exposure, practical demonstrations and opportunities for interaction with farming communities.

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



practical exposure to agricultural extension, field-level technologies and farmer-oriented activities.

Dr Tariq Sultan, Head, KVK Bandipora-I, briefed the students on the objectives of the RAWE programme and the role of KVKs

in agricultural technology dissemination, farmer capacity building and extension. He encouraged them to participate actively in the programme and gain practical knowledge through field demonstrations and interaction with farming communities.

The programme included technical presentations, interactive sessions and practical demonstrations. The students were introduced to key activities of KVK Bandipora-I, including Front Line Demonstrations (FLDs), On-Farm Trials (OFTs), method demonstrations, result demonstrations, training programmes and farmer-oriented extension activities.

FDA intensifies Food Safety Inspections of Canteens, Messes of various educational, healthcare institutions

108 Premises inspected, 62 Food Samples lifted, 15 Cases compounded with 35,000 fine

■ **HT News Network**

SRINAGAR, SEPTEMBER 24: In a special inspection drive, FDA, J&K has conducted food safety inspections of canteens, messes and other food premises operating in Universities, Medical Colleges, Engineering Colleges, Hospitals, Jawahar Navodaya Vidyalayas (JNVs), and Gujjar & Bakerwal Hostels across all the districts to ensure the availability of safe, hygienic and wholesome food to students, patients, attendants and staff. During the drive, 108 premises were inspected and 62 food samples

were lifted for testing through NABL-accredited food testing laboratories. The inspections focused on FSSAI registration/licensing, hygiene and sanitation, medical fitness of food handlers, availability of potable water, safe storage and handling of food, pest control, waste management and the use of food-grade materials.

The inspections revealed various deficiencies, including operation without valid FSSAI registration/license, inadequate pest control, deficiencies in the medical fitness of food handlers, improper storage and handling of food, structural and sanitation deficiencies, and use of

non-food-grade materials.

24 premises were found operating without the requisite FSSAI registration/license. Action under section 55, 58 and 63 of the Food Safety and Standards Act, 2006 has been initiated against all such premises. As part of the enforcement action, 15 cases were compounded under Section 69 of the Food Safety and Standards Act, 2006, with a total fine of 35,000. Further, three cases were recommended for penal action under Sections 56 and 58 of the Act for violations requiring further legal action. Section 56 provides for penalty for carrying out food processing or



manufacturing under insanitary or unhygienic conditions, with the penalty extending up to 1 lakh, while Section 58 provides penalty up to 2 lakh.

The concerned Food Safety Officers have been directed to conduct follow-up inspections and ensure compliance with the notices and directions issued. FDA, J&K reiterated that food safety in educational and healthcare institutions remains a priority and that inspection, sampling and enforcement activities will continue across the Union Territory to ensure compliance with the Food Safety and Standards Act, 2006 and

the regulations made thereunder and to safeguard public health.

Consumers are requested to report any suspected unsafe or adulterated food product through Toll-Free Helpline No. 104 or email at cfsjandk.fnd@jk.gov.in. The concerned Food Safety Officers have been directed to conduct follow-up inspections and ensure compliance with the notices and directions issued.

FDA, J&K reiterated that food safety in educational and healthcare institutions remains a priority and that inspection, sampling and enforcement activities will continue across the Union Territory.



One of the great unsolved mysteries of science

What general anaesthetic reveals about our brains

How general anaesthetics work is still not fully understood, but they are revealing clues about the nature of consciousness.

In 1797, the British naval commander Admiral Horatio Nelson had his right arm amputated. The operation saved his life. But according to legend the only anaesthetic he was offered was a swig of rum.

For the majority of human history, even the removal of limbs was done on patients who were fully awake. The introduction of general anaesthetics in 1846 was game-changing. Now consciousness could be temporarily switched off anytime, anywhere, in anyone. Nelson could have skipped the amputation but still turned up for breakfast the next day.

Today there are over 350 million surgeries performed under general anaesthesia every year. But how these mysterious medicines put us to sleep is still not entirely clear. Now emerging clues are teaching scientists about the fundamental workings of our brains. They're even hinting at the origins of consciousness itself.

A universal sleep

There are several categories of anaesthetics. Some work by blocking pain directly, while others make you sleepy and relaxed. General anaesthetics go one step further. These drugs make you unconscious, so you have no awareness whatsoever of what is going on.

There are a whole plethora of anaesthetics which can induce a state of unconsciousness. These range from seemingly inert gases such as xenon, which are rarely used in practice, to propofol, which is the most widely and commonly used general anaesthetic.

General anaesthetics can have widely different chemical structures. In each case, the overall effect is to interfere with the communication of nerve cells in the brain, preventing them from talking to each other. What is clear from magnetic resonance imaging (MRI) scans is that there is a global reduction in brain activity.

However, exactly how this results in a patient being put to sleep is less well understood.

For one thing, it's not yet clear whether the state of unconsciousness induced by anaesthetics requires the total shutdown of the whole brain. Or perhaps certain regions are more important than others.

"Even if the whole brain shuts down, because it [the brain] is so interconnected it's very hard to dissect out what triggered the global shutdown," says Nick Franks, professor of biophysics and anaesthetics at Imperial College London, UK. "If you look at brain scans, it's clear there are certain regions that are more sensitive that shut down first,

and that begs the question whether these then trigger a global shutdown."

Franks points to the thalamus, an egg-shaped structure deep in the brain that acts as a central hub between brain regions. This area appears to power down first when someone is given a general anaesthetic. The thalamus plays a crucial role in initiating and maintaining sleep, among other things.



So do anaesthetics work by "hijacking" the brain's natural sleep circuitry?

"If you anaesthetise an animal and then stimulate a very selective part of the thalamus, you can wake the animal up," says Franks. "Studies also show that [some] people in a coma can be woken up by thalamic stimulation. So it's a critical area for arousal." However, more studies are needed to find out if this is what's going on.

Other scientists believe that the cerebral cortex – the brain's outer wrinkly layer – is the main "home of consciousness" and therefore must be where anaesthetics exert their main effects. But there are other brain regions implicated too. For example, the frontal and parietal lobes. The former sits just behind your forehead, and is responsible for many higher-level activities such as critical thinking. The latter sits further back and is involved in processing sensory information, such as touch.

A third state
ut there are emerging clues that our brains might be capable of an in-between state of consciousness – one which is neither asleep nor awake.

For most people, being "put under" means losing total consciousness and therefore all memory of events. However, that isn't the case for everyone. An estimated one in 15,000

patients undergoing surgery can remember aspects of their surgery after waking, a phenomenon known as accidental awareness.

Jaideep Pandit, a consultant anaesthetist at the Oxford University Hospitals, believes that such individuals are experiencing a "third state" of consciousness somewhere between sleeping and waking, or consciousness and unconsciousness.

In tests, Pandit gave patients an anaesthetic along with a muscle relaxant, but used a tourniquet to prevent the muscle relaxant from paralysing the forearm. This allowed unconscious patients to move their hand if they so wished. He found that one third of patients were able to squeeze the experimenter's fingers on command, despite not showing any signs of being awake or in pain during surgery. According to Pandit, this suggests there is a third level of consciousness.

The uniqueness of consciousness thought heso-called "hard problem" of consciousness remains one of the great unsolved mysteries of science. But looking at what's different when you lose this ability is helping to unlock its secrets. While regular sleep also involves a loss of consciousness, general anaesthetics allow it to be switched off at any moment, so they make it easier to study.

Take the uniqueness of our conscious experiences. It's generally accepted that each person or animal's conscious experience is entirely subjective and special to them.

Andrea Luppi, a neuroscientist at the University of Cambridge investigated if general anaesthetics can shed light on how this works. He looked at the brains of people under general anaesthesia using functional MRI scans. This technology can record blood flow in the brain, to see what impact the drugs have.

Luppi was particularly interested in functional connectivity – a measure of how well different regions of the brain communicate and coordinate their activity. Normally, this type of neural activity follows a pattern that is so unique that it can act like a "fingerprint" to identify a person.

However, Luppi and colleagues found that, under anaesthesia, individual brains became less "unique" and more similar to one another. Intriguingly, the anaesthetised human brain also became less distinguishable from the brains of other primates, suggesting that the regions of the human brain that are most affected by anaesthesia are those that are most evolutionarily recent.

Luppi believes that a key signature of anaesthesia is that it stops disparate regions of the brain from talking to one another. During wakefulness, regions can interact even if they are not directly connected. However, this is very rare in the anaesthetised brain, where only regions that are directly linked to one another appear to "talk".

"During wakefulness, the stream of consciousness guides the sequence of brain patterns that we visit," Luppi wrote in a 2024 commentary. Instead,

under anaesthesia brain activity is rudderless, he explained.

Luppi's findings fit with the idea that consciousness does not result from activity in a specific brain region. Instead, it's a network – it emerges from the coordination of different hubs. Like shutting down a government by crashing a country's communications systems.

Luppi also believes that general anaesthetics could shine a light on how psychedelics such as LSD and psilocybin ("magic mushrooms") alter consciousness. While anaesthetics dampen communication between different brain regions, psychedelics appear to do the opposite – they induce the brain to open new lines of communication.

Ultimately though, there's still a lot to learn about where consciousness resides in the human brain.

"Our understanding of consciousness is pretty rudimentary," says Boris Heifets, associate professor of anaesthesiology, perioperative and pain medicine at Stanford University, California.

"So I think if you can find someone to explain how conscious experience works, please let me know. I would love to talk to them."

(BBC NEWS)

How to minimise the amount of polluted air you inhale while exercising

In general, the benefits of exercise outweigh the risks from air pollution. But there are steps we can take to minimise our exposure.

I was waiting to cross the road during a recent morning run when a van pulled up beside me. I couldn't help but inhale a thick plume of exhaust smoke.

As a keen cyclist and runner living in London this can be hard to avoid. Active travel is built into my commute, so I'm often stuck behind traffic while I wait for lights to change.

As I cough away the latest wave of polluted air, I often wonder: is exercising on polluted roads doing me more harm than good?

Here's everything you need to know about the risks and benefits, as well as how to best protect yourself when exercising in urban environments.

What's in the air you're breathing?

It's well known that air pollution is linked to chronic health conditions including heart disease, respiratory issues, cancer as well as a higher risk of an early death. According to the World Health Organization, 99% of the global population breathes in polluted air, leading to 6.7 million premature deaths per year.

Air pollution affects pretty much all the organs of your body, says Audrey de Nazelle, an associate professor at Imperial College London who researches the effects of pollution on exercise.

"We used to think it was just respiratory disease, but it's also [linked to] cardiovascular disease, diabetes, cognitive



function and reproductive impacts," she says.

One major concern is PM 2.5, tiny particles which measure just 2.5 micrometres across. These fine specks are around 30 times smaller than the width of a human hair. They are released directly into the air from traffic, and can penetrate deep into our lungs, crossing into our bloodstream and travelling throughout the body.

Over time, this particle accumulation can affect the brain. In a 2025 review looking at 51 studies, a team analysed data from over 29 million people and found a link between three types of air pollution and an increased risk of dementia. One of these were PM 2.5. "When the particles are this small, they can cross the blood brain barrier, cause damage to the

vessels and the barrier, but also end up in your brain," says Haneen Khreis, an epidemiologist at the University of Cambridge and a co-author of the study.

But there are other pollutants, too. While exercising along busy roads or in cities, we will be breathing in nitrogen dioxide, which was also found by the review to increase the risk of dementia. Nitrogen dioxide is also thought to cause lung inflammation. In the longer term, it can impair how our lungs develop and function. Then there's sulphur dioxide, ammonia, carbon monoxide and even ground-level ozone.

When we run, cycle or exercise vigorously, we breathe faster and more deeply. That means we tend to inhale more polluted air when running compared to walking. When covering the same distance, people exercising at a higher intensity receive a larger dose of toxic particles entering into their lungs. But perhaps surprisingly, sitting in a car doesn't completely shield you from air pollution either. "Personal exposures when you're on a bike are actually lower than if you're sitting in a car," says Rudy Sinharay, a consultant respiratory physician and lung cancer specialist at Imperial College London NHS Trust. "Whereas when you're cycling, you tend to be moving a bit more. There's a bit more air blowing." And it's not just traffic, as underground transport in cities such as London and New York can contain high concentrations of fine particles, much of them metal-rich dust generated by the friction of wheels, rails and brakes.

(BBC NEWS)

RAPL Group acquires Rajasthan Rangers, Sania Mirza joins as brand ambassador ahead of Tennis Premier League

United News Of India

MUMBAI, SEP 24: RAPL (Rajasthan Aushdhalaya Pvt. Ltd.) Group, one of India's established names in Ayurvedic and herbal healthcare, has acquired the Rajasthan Rangers franchise in the Kia Tennis Premier League (TPL) ahead of its eighth season.

The franchise will operate under the leadership of Salim Diwan, Managing Director, RAPL Group, alongside Sattar Diwan, Chairman, RAPL Group, and Jonu Rana, Vice-Chairman, Rajasthan Rangers, marking the group's entry into India's professional sports ecosystem.

Adding further star power to the franchise, legendary Indian tennis icon Sania Mirza joins the Rajasthan Rangers as their Brand Ambassador. With her unmatched legacy, global stature and deep connection with Indian tennis, Sania brings immense value to the teams' vision of building a strong and inspiring tennis ecosystem.

They have signed Australian tennis star Rinky Hijikata as their International Marquee Player, showcasing their commitment and vision to bring quality international tennis to India.

At just 25 years of age, Rinky has already won the 2023 Australian Open



Men's Doubles title and finished as the runner-up in Men's Doubles at Wimbledon 2025. TPL is one of India's fastest-growing professional tennis properties, bringing together leading Indian talent, international tennis stars and a unique franchise-based format that continues to take the sport to a wider audience. The league recently strengthened its ecosystem with Kia India coming on board as an exclusive multi-year partner, including the Principal Partnership across all eight teams.

With TPL entering its eighth season, the addition of Rajasthan Aushdhalaya reflects the growing interest from established business houses in investing

in and contributing to the growth of Indian tennis.

Salim Diwan, who leads Rajasthan Aushdhalaya, sees the move into tennis as an opportunity to combine the group's legacy in wellness and healthcare with his passion for sport and his vision of contributing to the growth of Indian tennis.

With Rajasthan Aushdhalaya's journey dating back to 1952, Diwan believes the Rajasthan Rangers can become a platform that connects professional tennis with young talent, fitness, wellness and the sporting community across Rajasthan and India.

Salim Diwan, Managing Director, Rajasthan Aushdhalaya Pvt. Ltd., said,

"We are delighted to join the Tennis Premier League and take forward the Rajasthan Rangers. Tennis represents discipline, fitness and excellence - values that strongly align with our philosophy. Through the Rangers, we hope to support young talent and contribute meaningfully to the growth of tennis in India." Diwan's vision extends beyond the franchise itself, with a focus on making tennis more accessible and creating greater opportunities for young Indian players to pursue the sport.

He believes that stronger grassroots development, increased exposure and sustained investment is key to building the next generation of Indian tennis champions. Sania Mirza added, "I'm thrilled to be associated with a team that values both talent and innovation. Salim's vision aligns perfectly with what Indian tennis needs - structured, long-term investment. I'm looking forward to supporting the Rajasthan Rangers this season." Welcoming the ownership group, Kunal Thakur, Co-Founder of TPL, said, "We are delighted to welcome Salim Diwan and RAPL Group to the TPL family. Their legacy, entrepreneurial vision and commitment to creating a positive impact make them an exciting addition to the league."

Asian Games wushu: Roshibina justifies last-minute selection call with historic silver

United News Of India

NEW DELHI, SEP 24: Years ago, when Naorem Roshibina Devi was just beginning her journey in wushu, her former father Naorem Damu Singh was not convinced that his daughter should take up a combat sport.

But he soon saw how determined she was. For a family of modest means from Kwasiphai Mayai Leikai in Manipur's Bishnupur district, supporting that dream came with its share of sacrifices, including selling a piece of land to fund her training and travel. On Thursday, those sacrifices came full circle as the 25-year-old Roshibina, the second of three siblings in the family, stood on the Asian Games podium for the third successive edition.

The 25-year-old won silver in the women's 60kg sanda event at the Aichi-Nagoya Games, losing 0-2 to China's Zhang Xiaoyu in the final at the Aichi Prefectural Martial Arts Hall.

The result made Roshibina the first Indian to win a medal in wushu at three consecutive Asian Games. She had won bronze at Jakarta in 2018 before upgrading to silver at Hangzhou in 2023. In Aichi-Nagoya, she matched her

previous finish, but added another milestone to a career that has already taken her a long



way from a nondescript Kwasiphai Mayai Leikai.

The silver may have left her wanting more, but the achievement was significant given the uncertainty that surrounded her participation in these Games.

Roshibina was a late inclusion in the Indian squad after original choice Divyanshi Choudhary withdrew with an anterior cruciate ligament injury.

Dilpreet brace powers India to 8-2 win over South Korea at Asian Games



United News Of India

KAKAMIGAHARA (JAPAN), SEPT 24: India's goal machine Dilpreet Singh struck twice as the defending champions extended their dominant run in the Asian Games men's hockey competition with an emphatic 8-2 victory over South Korea in their Pool A encounter here on Thursday.

Dilpreet, already among India's leading scorers in the tournament, added two more goals to his tally as India overwhelmed South Korea with relentless attacking hockey and registered their third consecutive win.

India took control early, with Shilanand Lakra opening the scoring in the fifth minute before Dilpreet doubled the advantage in the 10th minute. Captain Harmanpreet Singh converted a penalty corner a minute later to make it 3-0, before Abhishek added

another in the 13th minute.

Dilpreet then returned to the scoresheet in the 25th minute, calmly guiding home a reverse-hit cross from Mandeep Singh to give India a commanding 5-0 lead at half-time. The forward completed his brace with another reverse-sweep in the 32nd minute as India continued to tear through the Korean defence.

Abhishek Nain made it 7-0 in the 38th minute before South Korea finally opened their account through Kim Jaeho three minutes later.

Kim Yongbok reduced the deficit further in the 52nd minute, but India quickly regained their authority, with Rajinder Singh scoring in the 57th minute to complete the 8-2 victory.

The win extends India's perfect start after they demolished Indonesia 13-1 and Sri Lanka 16-1 in their opening two Pool A matches.

Asian Games badminton: Lakshya, Sindhu handed tough draws, Satwik-Chirag get favourable route

United News Of India

NEW DELHI, SEP 24: Lakshya Sen and PV Sindhu face challenging paths to the podium, while defending champions Satwiksairaj Rankireddy and Chirag Shetty have been handed a relatively favourable draw as the badminton individual events begin at the Aichi-Nagoya Asian Games on Friday. India have already secured a badminton medal after the men's team won bronze, following their silver at the Hangzhou Games. The campaign ended with a 1-3 defeat to China in the semifinals on Wednesday, with Lakshya and Ayush Shetty losing their singles matches. The women's team bowed out in the quarterfinals after defeats for Sindhu and Unnati Hooda against Japan. The singles players will now look to put that disappointment behind them and make a fresh bid for individual medals. Tough road for Lakshya, Sindhu World No. 14 Lakshya, who had struggled with a string of early exits before the Games, showed his fighting qualities by beating two-time world championships silver medallist Kodai Naraoka in the quarterfinal against Japan.

Asian Games shooting: Anantjeet-Parinaaz win mixed skeet bronze, heartbreak in air pistol

United News Of India

NEW DELHI, SEP 24 (UNI) India's Anantjeet Singh Naruka and Parinaaz Dhaliwal won the bronze medal in the mixed team skeet event at the Asian Games in Aichi-Nagoya on Thursday.

The Indian pair hit 44 of 48 targets in the final and were level with South Korea at the elimination stage. However, they had to settle for bronze because of their lower qualification ranking. China won gold with a world-record score of 52, while South Korea took silver with 51.

It was the second bronze medal of the Games for both Anantjeet and Parinaaz. Anantjeet was part of India's men's skeet team that finished third on Wednesday, while Parinaaz helped the women's skeet team win bronze on the same day.

The mixed team medal took India's shooting tally at the Asian Games to eight - four silver and four bronze.

Anantjeet and Parinaaz had only just made the four-team final after finishing fourth in qualification with 138 hits. Qatar topped the

qualification with 145, followed by South Korea on 143 and China on 140.

Kuwait finished fifth with 137.

India started the final with seven hits from



eight targets and remained third after 16 shots with 14 hits, two behind leaders China. The Indian pair stayed in contention throughout. After 32 shots, they were just one hit behind the leaders, with China and South Korea tied on 30 and India on 29.

India trailed the top two teams by two hits after 40 shots but produced a perfect eight from eight in the next series to draw level with South Korea at 44.

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