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HEADLINES

TODAY

Voice To The Voiceless



US Open roundup:
China's Zheng, top seed Zverev
power into quarterfinals

HT BRIEFLY

"I hope the issue will be resolved at the earliest"

CM's Advisor Nasir Aslam Wani says interns' stipend demand under active consideration

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 08: Chief Minister's Advisor Nasir Aslam Wani on Tuesday expressed hope that the demand of MBBS interns and other students for enhancement of stipend would be resolved at the earliest, saying the matter was under active consideration of the government. Wani said Health and Medical Education Minister Sakeena Itoo was pursuing the issue with the concerned authorities, amid protests by trainee doctors at government medical colleges in the Valley seeking a substantial revision in their monthly stipend.

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"Such platforms can open new avenues for Kashmiri youth"

Darakhshan Andrabi hails maiden film festival as sign of Kashmir's cultural vibrancy

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 08: J&K Waqf Board Chairperson Dr Darakhshan Andrabi has said the maiden International Film Festival of Jammu & Kashmir can create new opportunities for local youth while showcasing the Valley's cultural heritage and creativity to a global audience. Speaking at the four-day festival themed Rang-e-Cinema, Andrabi described the growing cultural activity and public participation as signs of renewed vibrancy, noting that IFFJK has received more than 1,100 entries from 80 countries and features a floating cinema on Dal Lake. Waqf Chairperson Dr.

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"Higher education cannot become a disqualification"

Altaf Bukhari seeks removal of maximum qualification bar from JKSSB vacancies

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 08: Apni Party president Syed Mohammad Altaf Bukhari has urged the government to remove the maximum educational qualification criterion prescribed in recently notified Class-IV (MTS) and Sanitation Worker vacancies, arguing that graduates and postgraduates should not be barred from applying merely because they possess higher qualifications. Bukhari said restricting eligibility to candidates with a maximum qualification of 10+2 was unfair to educated job aspirants and could discourage young people from pursuing higher education at a time when unemployment remains a major concern. Apni

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Mirzapur Stars Fall for Kashmir, Call It India's Next Cinema Frontier

Pankaj Tripathi and Divyenndu say the valley's rooted stories, young talent and digital boom make it a filmmaker's paradise

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 8 : Kashmir has long captured hearts with its snow-capped peaks and shimmering lakes. Now, two of India's biggest acting stars say it is ready to capture the world's imagination on screen. Pankaj Tripathi and Divyenndu, the iconic duo behind Mirzapur's most unforgettable characters, arrived in Srinagar for the International Film Festival of Jammu & Kashmir (IFFJK) and left with one clear message: the valley is sitting on a goldmine of cinematic potential. "There is tremendous scope here," the actors said on the sidelines of the festival's second day at SKICC Srinagar. "Kashmir has beautiful, rooted

>>> MORE ON P 02

Kashmir's Silver Screen Revival : From Film Destination to Storytelling Hub

Maiden International Festival Could Reconnect J&K With its Cinematic Past While Opening New Doors For Talent, Tourism, Jobs and Investment

FROM EDITORIAL DESK

SRINAGAR, SEPTEMBER 08: The first International Film Festival of Jammu and Kashmir has come at a moment when the Valley appears ready to rediscover an old relationship with cinema and, perhaps more importantly, build an entirely new one. For a region that once provided some of the most coveted locations for Indian filmmakers, the festival offers an opportunity to move beyond the idea of Kashmir merely being a beautiful backdrop and emerge as a place where stories are conceived, talent is developed, films are produced and cinematic enterprises are built.

Long before the turbulence of 1989 disrupted normal life, Kashmir had an enduring association with the Indian film industry. Its snow-clad mountains, Dal Lake, Mughal gardens, meadows and picturesque countryside repeatedly appeared on the silver screen, helping establish an enduring visual image of the Valley across India. Film crews brought with them actors, technicians and production teams, while local businesses benefited from the associated activity.

That chapter, however, was interrupted for decades.



The return of serious cinematic activity to Kashmir consequently carries significance far beyond entertainment. It represents an opportunity to rebuild an ecosystem that was lost, while creating one suited to the aspirations and realities of contemporary Jammu and Kashmir.

The inaugural festival has already provided an important indication of that possibility by placing local filmmakers and their work at the centre of the event. Five films—Searching for the Grandpa, Arifa,

Batt Koch (The Lost Lane), Tasruddaar (Djinn of Kashmir) and Naqsh-e-Daur (The Story of Ghulam Nabi Dhar)—have found a place in the competitive J&K Select Section. Their themes of memory, family, displacement, identity, heritage and resilience demonstrate that the region possesses something considerably more valuable than scenic locations: a deep reservoir of stories waiting to be told.

This is perhaps the greatest opportunity before the emerging film culture in J&K.

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"Relief must reach flood-hit people without delay" : Omar Abdullah

CM Reviews rehabilitation and restoration works across Jammu Division

HT NEWS NETWORK

Divisional Commissioner Jammu

SRINAGAR, SEPTEMBER 08: Chief Minister Omar Abdullah on Tuesday reviewed the ongoing relief, rehabilitation and restoration measures for people affected by this year's floods, directing the administration to ensure timely assistance to affected families and accord priority to restoring connectivity in remote and severely affected areas. He stressed coordinated, time-bound restoration of damaged roads and bridges and called for durable solutions wherever temporary arrangements have been put in place, while also reviewing damage to houses, property, livestock and crops and the utilisation of disaster relief funds.

Chief Minister Omar Abdullah today reviewed the relief, rehabilitation and restoration measures being undertaken for people affected by this year's floods and took stock of the ongoing restoration efforts across Jammu Division.



Ramesh Kumar gave a detailed presentation on the relief, rehabilitation and restoration measures being undertaken across the division.

During the meeting, the Chief Minister reviewed the relief and rehabilitation measures for families affected by loss of life, injuries and

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"We have numerous stories here; what is required is to hone and chisel them" Atul Dulloo

CS calls for local talent, skills and easier clearances to build sustainable film ecosystem

HT NEWS NETWORK

SRINAGAR, SEPTEMBER 08: Chief Secretary Atul Dulloo on Tuesday called for creating a sustainable cinematic ecosystem in Jammu and Kashmir by nurturing local storytelling and talent, strengthening skill development, simplifying film clearances and attracting investment. Speaking at a policy panel during the second day of IFFJK-2026, Dulloo said the festival should become a platform to revive J&K's longstanding association with cinema and create opportunities across filmmaking and allied professions, while



Commissioner Secretary Information R. Alice Vaz highlighted incentives under the J&K Film Policy for local and outside productions. The second day of the first International Film Festival of Jammu & Kashmir

(IFFJK-2026) witnessed an engaging policy dialogue on the prospects of building a sustainable cinematic ecosystem in the Union Territory, with Chief Secretary Atul Dulloo emphasising the need to create an enabling environment for local talent, filmmaking, film education and investment.

Participating in a panel discussion on "How the J&K Film Policy, Single-Window Clearances, and Incentives Can Build a Sustainable Local Cinematic Ecosystem", moderated by noted film critic and journalist Mayank Shekhar, the Chief Secretary, along with

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"Cancer care must reach patients closer to their homes"

Jitendra Singh inaugurates day-care facility at Vidisha Medical College

HT NEWS DESK / AGENCIES

VIDISHA, SEPTEMBER 08: Union Minister of State for Science and Technology Dr Jitendra Singh on Tuesday inaugurated a day-care cancer facility at Atal Bihari Vajpayee Government Medical College in

Vidisha, Madhya Pradesh, stressing the need to expand cancer treatment and diagnostic services beyond major cities. Developed with technical support from Tata Memorial Centre and the Department of Atomic Energy, the facility is part of a wider phased cancer-care programme

covering oncology, radiotherapy, specialised diagnostics, cancer registries and palliative care.

Union Minister of State for Science and Technology Dr Jitendra Singh on Tuesday inaugurated a day-care cancer facility at Atal Bihari Vajpayee Government Medical

College, Vidisha, Madhya Pradesh, as part of an effort to expand cancer treatment and diagnostic services beyond major metropolitan centres.

The facility is being developed with technical support from Tata Memorial Centre (TMC),

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HT BOTTOM NEWS

J&K films make cut for IFFJK competitive section

Films explore memory, displacement, identity, heritage and Kashmir's changing social landscape

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 08: Five films directed by filmmakers from Jammu and Kashmir have been selected for the J&K Select Section, the competitive category of the first International Film Festival of Jammu & Kashmir. The selected films—Searching for the Grandpa, Arifa, Batt Koch (The Lost Lane), Tasruddaar (Djinn of Kashmir) and Naqsh-e-Daur (The Story of Ghulam Nabi Dhar)—span Kashmiri and Hindi and present diverse narratives centred on childhood,



family, memory, displacement, identity, heritage and resilience, giving local cinematic voices a prominent place in the four-day festival.

Five films, helmed by directors from Jammu and Kashmir, have been selected for the J&K Select Section, the competitive category of the 1st

International Film Festival of Jammu & Kashmir (IFFJK), 2026. The films were recommended by the Preview Committee constituted for the festival, following a review of submissions and assessment of their artistic merit and suitability for

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"The stipend issue will be resolved within 30 days"

Medical interns call off strike after assurance from Health Minister Sakeena Itoo

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 08: Medical interns across Jammu and Kashmir on Tuesday called off their strike and resumed duties after Health and Medical Education Minister Sakeena Masood Itoo assured them that a final decision on their demand for enhancement of stipend would be taken within 30 days. The government said the issue was already under consideration and would be decided after taking into

account the recommendations of the Stipend Enhancement Committee and concerns



raised by interns, who withdrew the agitation keeping in view patient care and continuity of hospital services. Medical interns across Jammu and Kashmir have withdrawn

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MLA Kulgam chairs RKS Meeting, Reviews Healthcare Services at District Hospital

■ **Farooq Rather**

KULGAM, SEPTEMBER 08: MLA Kulgam M.Y. Tarigami today chaired a meeting of the Rogi Kalyan Samiti (RKS) at the Mini Secretariat, Kulgam, convened by the Health Department to review the functioning of District Hospital Kulgam and deliberate upon measures for further strengthening healthcare infrastructure and patient-care services.

The meeting was attended by Deputy Commissioner Kulgam Shahzad Alam, Chief Medical Officer Kulgam Dr. Showkat Ahmad Parry, Medical Superintendent District Hospital Kulgam Dr. Syed Masood, besides senior officers and representatives of the Health Department.

At the outset, Medical Superintendent District Hospital Kulgam Dr. Syed Masood gave a detailed PowerPoint presentation on the hospital's performance, healthcare facilities and patient-care services during 2026-27.

He informed the meeting that



six operation theatres are presently functional at the hospital, while two additional operation theatres are

expected to become operational shortly. He said the additional facilities would help reduce the waiting time

for surgeries and further improve surgical services.

The Medical Superintendent further informed that the Maternal and Child Health (MCH) unit and High Dependency Unit (HDU) are expected to become operational within 15 days. The executing agency was directed to complete all pending works within the stipulated timeframe.

The meeting was informed that District Hospital Kulgam recorded more than 2.60 lakh OPD visits and 8,294 IPD admissions during the period under review. The hospital also performed 851 major surgeries, 991 LSCS (Caesarean deliveries) and 533 minor surgeries, reflecting the growing capacity of the institution to provide specialized healthcare services at the district level.

The presentation further highlighted that referrals from the hospital remained minimal, indicating the availability of a wide range of medical and surgical services locally and reducing the need for patients to travel outside the district for treatment. The committee held

detailed discussions on various issues concerning the functioning of healthcare institutions, availability of medicines and medical equipment, patient-care facilities, infrastructure development and other requirements aimed at improving healthcare delivery across the district.

The members also reviewed the ongoing activities and initiatives being undertaken under the Rogi Kalyan Samiti and discussed measures for optimal utilization of available resources and provision of better facilities to patients. Several new projects aimed at further strengthening and developing the hospital were also approved.

CMO Kulgam briefed the meeting on the functioning of various health institutions and apprised the members of requirements and issues requiring attention.

Speaking on the occasion, MLA Tarigami emphasized the need for further strengthening healthcare infrastructure and ensuring quality, accessible and patient-friendly healthcare services.

DC Bandipora reviews Shifting of Electro-Mechanical Components at Jhelum Intake Sump

■ **HT News Network**

BANDIPORA, SEPTEMBER 08: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today visited the intake sump on River Jhelum to review the preparedness for shifting of electro-mechanical components associated with the water supply system feeding WSS Nowgam Gundi Payeen from the existing structurally unsafe intake sump to the newly constructed structure.

The visit was undertaken in continuation of the administration's efforts to ensure smooth execution of the proposed shifting work and minimise inconvenience to the population likely to be affected during the transition. The shifting is part of the broader work related to relocation of the Shilvat Pump Station and associated intake/electro-mechanical equipment.

During the visit, the DC took stock of the technical and logistical arrangements and issued on-the-spot directions to the National Highways Authority of India (NHAI) to ensure that all necessary arrangements are put in place for safe, coordinated and hassle-free shifting of the electro-mechanical equipment.

The DC directed for adequate water tankers readily available to meet the drinking water requirements of the affected villages during the shifting process, in addition to the tankers already arranged by the Jal Shakti Department, PHE Sub-Division Sumbal. She stressed that alternate arrangements for potable water must remain functional throughout the shifting period.

The Deputy Commissioner was accompanied by SDM Sumbal Murtaza Ahmad Sheikh, AEE Jal Shakti Department Sumbal, NHAI officials, Mechanical Department officials and other concerned officers.

Capacity Building prog on SWM Rules, 2026 held at Kulgam

■ **Farooq Rather**

KULGAM, SEPTEMBER 08: Municipal Council Kulgam today organised a Capacity Building programme on the Solid Waste Management Rules, 2026, with a focus on their effective implementation and strengthening of solid waste management practices in the urban local bodies.

The programme was attended by MLA Kulgam, Mohammad Yousuf Tarigami; Deputy Commissioner Kulgam, Shahzad Ahmad; Assistant Commissioner Revenue (ACR), Reyaz Ahmad; Chief Executive Officer, Mohammad Irfan Wani; Accounts Officer; Sanitary Inspector, Ex-DDC Chairperson, Mohd Afzal Parry, Ex-President Muneeb Ahmad Zargar; sanitary supervisor; representatives of Auqaf Kulgam; street vendors, swachhta ambassadors; Swachhata Champions; local citizens; Bulk Waste Generators (BWGs); sanitation workers and other staff members of Municipal Council Kulgam and Municipal Committee Devsar.

The capacity-building programme was conducted by Tabrez Hussain Madani, CB Expert, Swaaha Resource Management Pvt. Ltd. The session focused on strengthening the understanding and practical knowledge of stakeholders regarding the Solid Waste Management Rules, 2026 and their effective implementation at the urban local-body level.

During the session, detailed discussions were held on source segregation, door-to-door waste collection, proper transportation and processing of waste, scientific disposal, occupational safety of sanitation workers, and community participation under the Swachh Bharat Mission-Urban 2.0.

SMVDU Organises Career Essentials Workshop for Students

■ **HT News Network**

Jammu: Shri Mata Vaishno Devi University (SMVDU), through the School of Computer Science & Engineering, in association with the Board of Professional Activities, organised a "Career Essentials: Resume and Soft Skills Workshop" for the students of the University. The workshop was organised with the objective of strengthening students' professional competencies and enhancing their career preparedness, communication skills, interview readiness, and understanding of contemporary workplace expectations. The event commenced in the presence of Prof. R.K. Mishra, Dean of Student Welfare, along with Dr. Ankush Raina, Coordinator, Board of Professional Activities, and faculty coordinators Dr. Sonika Gupta, Dr. Sunanda, and Dr.



Sakshi Arora from the School of Computer Science and Engineering. The workshop featured two distinguished industry professionals who shared their expertise and practical insights with the participating students.

The first session was conducted by Ms. Shikha Bindra, Behavioural Coach, Corporate Facilitator, Image Consultant, and Founder of Enhancity. With over a decade of experience in behavioural development, communication, executive presence, and campus-to-corporate readiness, she provided students with practical guidance on developing professional soft skills, effective communication, personal

presentation, and confidence in professional settings. The second session was conducted by Mr. Maneesh Jamwal, Director - IT Programs, an IT professional with over 25 years of experience in digital transformation, enterprise technology, mobility solutions, and global programme leadership. His session, titled "Smart Resume Building: Role Focused and ATS Ready," focused on the principles of preparing effective, role-oriented resumes aligned with contemporary recruitment practices. He also familiarised students with the expectations of recruiters and the importance of presenting their skills and competencies effectively in an increasingly technology-driven recruitment.

'Promises remain on paper, burden falls on people': Manjit Singh

■ **HT News Network**

Vijaypur, September 8: Jammu and Kashmir Apni Party (JKAP) Provincial President S. Manjit Singh today led an impressive protest rally in Vijaypur, launching a sharp political attack on the NC-led government headed by Chief Minister Omar Abdullah over what he described as the continued neglect of pressing public issues and failure to deliver on major commitments made to the people.

The protest brought together party workers and local residents who raised slogans against the governments at the Centre and in J&K and highlighted issues directly affecting the daily lives of common people. Protesters carrying party flags and placards demanded immediate action on the power tariff hike, shortage of doctors,



deteriorating roads, mounting garbage and the failure to address employment and other economic concerns. Addressing the protesters, Manjit Singh said the 7 percent enhancement in power tariff has come at a time when people were expecting relief, not an additional financial burden. He questioned the rationale behind increasing electricity charges when the National Conference had promised 200 units of free electricity to consumers. He said the gap between promises and delivery was becoming increasingly visible and was adding to public frustration. He also targeted

the government over other commitments, including the promise of free 12 LPG cylinders, creation of one lakh jobs in a year and regularization of daily wagers. Manjit Singh said these commitments had generated considerable expectations among households, unemployed youth and workers, but the lack of visible progress had left many sections of society disappointed. "The common man is facing rising household expenses, unemployment and uncertainty, yet instead of providing relief, the government has increased the burden of electricity bills. The people have every right to ask when the promises made to them will be fulfilled," Manjit Singh said. The JKAP leader also raised the serious sanitation crisis in Vijaypur, Ramgarh, Bari Brahmana Municipalities and adjoining areas, saying that heaps of uncollected garbage.

'Make Jammu Tawi Main & Final Terminal': Supporters Reach 2,000

■ **HT News Network**

Jammu, September 8: The Shiv Sena (UBT) Jammu and Kashmir unit's 'Save Jammu's Trade and Employment' signature



campaign continued for the second consecutive day on Tuesday at Shiv Market and Mangal Market, drawing support from around 2,000 traders and taxi drivers for the demand to develop Jammu Tawi as a major rail hub and the final terminal for long-distance trains.

Led by party State President Manish Sahni, Shiv Sena activists collected signatures from traders and taxi operators and also enrolled them in the party's 'Jammu Yoddha Abhiyan'.

Sahni said Jammu could no longer be

treated merely as a transit point for trains. He stressed that developing Jammu Tawi as a major rail hub and terminal for long-distance trains would increase passenger footfall and directly benefit local markets,

taxi operators, hotels and restaurants, small businesses and other sections of the local economy.

"The support of nearly 2,000 traders and people associated with the transport sector clearly shows that this is no longer the demand of a political party alone. It has become a collective voice for Jammu's trade, employment and local economy," Sahni said.

He said the campaign was a fight for Jammu's economic future and called for a fundamental shift in the region's railway connectivity.

"This is not the fight of one political party; it is the fight for Jammu's trade, employment and future. Jammu must not remain merely a stopover. It must be developed as a major railway gateway and economic hub of Jammu and Kashmir," Sahni said.

Five-Day NABL Assessor Training Programme on ISO 15189:2022 begins in Srinagar Programme aims to strengthen medical laboratory quality assurance and accreditation ecosystem in J&K

■ **HT News Network**

SRINAGAR, SEPTEMBER 08: A five-day NABL Assessor Training Programme on ISO 15189:2022, aimed at strengthening medical laboratory quality assurance in Jammu & Kashmir, commenced in Srinagar today.

The capacity-development programme is being conducted in collaboration with the Department of Clinical Biochemistry, University of Kashmir; State Allied and Healthcare Council, J&K (SAHC-JK), and the National Accreditation Board for Testing and Calibration Laboratories (NABL), a constituent Board of the Quality Council of India (QCI) under the Department for Promotion of Industry and Internal Trade (DPIIT), Government of India.

The programme forms part of the structured quality and

capacity-building initiatives under the 'Gunvatta Chakra' framework of the Quality Council of India, facilitated in the Union Territory by the State Allied and Healthcare Council, J&K. The progression from 'Gunvatta Yatra' to 'Gunvatta Pathshala' and now to Assessor Training represents a structured continuum from awareness and capacity building to assessor development, with the objective of strengthening the medical laboratory quality assurance and accreditation ecosystem in Jammu & Kashmir.

The training programme was inaugurated by Prof. (Dr.) Sabhiya Majid, Chairperson, State Allied and Healthcare Council, J&K, and Prof. (Dr.) Tanveer Ali Dar, Head, Department of Clinical Biochemistry, University of Kashmir. Prof. (Dr.) Fouzia Rashid, Professor, Department of Clinical Biochemistry, University of



Kashmir, is the organising Secretary of the programme.

The programme is being attended by senior and distinguished medical faculty and professionals from Jammu & Kashmir as well as other parts of the country. Clinical doctors and medical professionals from

prestigious institutions, including AIIMS, Government Medical Colleges and other State Government organisations, are participating in the training.

The five-day programme is designed to develop a strong pool of trained assessors and resource faculty capable of undertaking

assessment of government and private medical laboratories in accordance with applicable NABL standards and the requirements of ISO 15189:2022.

The initiative is expected to enhance local assessment capabilities, strengthen laboratory quality systems, support accreditation preparedness and promote consistency in diagnostic services across Jammu & Kashmir. It will also contribute to strengthening the national pool of trained NABL assessors and resource persons.

The programme underscores the commitment of the participating institutions towards fostering a culture of quality, competence and continuous improvement in medical laboratory services, thereby contributing to safer, more reliable and standardized diagnostic healthcare in the Union Territory.

ADDC Shopian chairs DLRC/ DCC meeting

■ HT News Network

SHOPIAN, SEPTEMBER 08: District Level Review Committee (DLRC)-cum-District Consultative Committee (DCC) meeting of District Shopian to review the performance of financial institutions for the 1st Quarter of FY 2026-27, ended June 30, 2026, was held today at the Meeting Hall of the District Administrative Complex, Shopian.

At the outset, the LDM apprised the meeting about the major achievements of the district in the financial sector as on June 30, 2026.

It was informed that deposits in the district registered a 13% year-on-year (YoY) growth, while witnessing a 2% decline compared to the previous quarter ended March 31, 2026.

Similarly, advances recorded a 15% YoY growth and a 4% increase over the previous quarter. Priority Sector Advances registered a 6% YoY growth and an 8% increase over the previous quarter.

The Non-Priority Sector of the district recorded a significant 29% YoY growth, though it witnessed a 3% decline compared to the previous quarter.

The meeting was also informed that the Credit-Deposit (CD) Ratio of the district stood at 130% as on June 30, 2026.

Reviewing the progress under the District Credit Plan (DCP) 2026-27, it was informed that against the annual financial target of 2,308.18 crore and a physical target of 58,123 beneficiaries, various banks operating in the district



disbursed 397.10 crore to 13,466 beneficiaries during the first quarter of the current financial year, with an achievement of 17% of the annual financial target and 23% of the physical target during the quarter.

Dr Nasir Lone reviewed the performance of banks and departments

and stressed upon all stakeholders to further strengthen coordination and ensure timely disposal and sanctioning of eligible cases under various credit-linked schemes. He called for focused efforts to improve financial inclusion, credit flow to priority sectors and achievement of the targets fixed under

the District Credit Plan.

The ADDC also emphasised the need for regular monitoring of the implementation of various Government-sponsored schemes so that maximum eligible beneficiaries derive the intended benefits.

The meeting was chaired by Additional District Development Commissioner (ADDC) Shopian, Dr Nasir Ahmad Lone, and attended by Chief Planning Officer Shopian, Mudassir Ahmad, General Manager DIC, Shopian, Surjeel Ahmad, Lead District Manager (LDM) Shopian, Farooq Ahmad, Lead District Officer (LDO), RBL, district-level officers of various Government Departments and representatives of banks. Reviewing the progress under the District Credit Plan (DCP) 2026-27, it was informed that against the annual financial target of 2,308.18 crore and a physical target of 58,123 beneficiaries, various banks operating in the district disbursed 397.10 crore to 13,466 beneficiaries during the first quarter of the current financial year, with an achievement of 17% of the annual financial target and 23% of the physical target during the quarter.

Dr Nasir Lone reviewed the performance of banks and departments and stressed upon all stakeholders to further strengthen coordination and ensure timely disposal and sanctioning of eligible cases under various credit-linked schemes. He called for focused efforts to improve financial inclusion, credit flow to priority sectors, credit flow to priority sectors.

CS dedicates Socio-Economic Rehabilitation Centre for Drug Abuse victims at IMHANS Srinagar

■ HT News Network

SRINAGAR, SEPTEMBER 08: In a significant step towards strengthening the rehabilitation

The Commissioner Secretary, Social Welfare, Sarmed Hafeez remarked that the newly inaugurated Centre will bring together a multidisciplinary support framework involving



and socio-economic reintegration ecosystem for persons affected by substance abuse, the Chief Secretary, Atal Dulloo today dedicated to public the Rehabilitation Centre for District Srinagar at the Institute of Mental Health and Neurosciences (IMHANS), Srinagar.

Those who were present on this occasion includes Commissioner Secretary, Health & Medical Education; Commissioner Secretary, Social Welfare; Principal, GMC Srinagar; Head, IMHANS Srinagar and other faculty members and doctors of the institute.

The Centre marks the operationalisation of the Phase-I pilot of the Rehabilitation & Socio-Economic Reintegration Scheme for Drug Abuse Victims, 2026, initiated by the Social Welfare Department in coordination with the Health & Medical Education Department, district administration and other concerned stakeholders.

After inaugurating the Centre, Chief Secretary, Atal Dulloo, went around the facility and took detailed note of the various facilities and spaces created for its functioning, including the doctors' rooms, patient and family counselling spaces and group therapy facilities, besides the arrangements for referral and emergency linkages.

The Chief Secretary appreciated the efforts made in creating the Centre and expressed hope that it would serve as the beginning of a sustained and long-term rehabilitation journey for the victims, enabling them to regain confidence, reconnect with their families and communities and progressively return to productive and dignified lives.

He observed that the operationalisation of the Centre was an important first step towards translating the rehabilitation policy into a practical, ground-level mechanism and expressed the hope that the experience gained here would help in initiating and strengthening the implementation of the policy in other districts of J&K as well. He stressed that the pilot should generate practical learning for refining the framework and facilitating its subsequent expansion across the Union Territory.

The Chief Secretary emphasised that the success of the initiative would depend upon sustained coordination among the concerned departments, health institutions, district administrations and community-level stakeholders, with each stakeholder performing the designated role with commitment.

The Commissioner Secretary, H&ME, M. Raju remarked that the centre has been envisaged as a comprehensive support mechanism extending beyond treatment and de-addiction to facilitate the rehabilitation, recovery, family engagement and socio-economic reintegration of beneficiaries.

He detailed that the initiative follows the directions of the Chief Secretary during the high-level review of preparedness for the Phase-I pilot, wherein IMHANS Srinagar was identified as one of the principal pilot institutions for implementing the rehabilitation model on the ground.

medical assessment, counselling, social-work intervention, family engagement, case management, referral and follow-up, with a focus on developing an Individual Rehabilitation Plan for each beneficiary.

He added that the model seeks to address the multiple dimensions of substance-use disorders by ensuring that beneficiaries are not only supported through recovery but are also assisted in rebuilding family and community relationships and accessing avenues for education, skill development, livelihood and sustainable socio-economic reintegration.

While describing the broad counters of the centre and its objectives, the Head IMHANS, Dr Arshad Hussain revealed that this Centre will facilitate coordination with community-level stakeholders, including ASHA workers, Self Help Groups and other frontline functionaries, thereby extending the rehabilitation process beyond institutional care and creating a stronger community-based support system.

Moreover he gave out that the framework envisages creating a pool of trained Medical Officers/Psychiatrists, Counsellors and Social Welfare Officials/Case Managers working in a coordinated manner besides focusing on the capacity-building in screening, assessment and referral, counselling, family engagement, case management, relapse-risk identification and ethical handling of beneficiaries.

The Centre will, accordingly, function as an important link between clinical care and community-based rehabilitation, with greater emphasis on continuity of support after treatment and reducing the risk of relapse and social exclusion.

The scheme also embeds in itself the strengthening of addiction psychiatry capacity in J&K through collaboration with the National Drug De-addiction & Treatment Centre (NDDTC), AIIMS New Delhi, including structured training, mentoring, observerships and joint research in addiction psychiatry, opioid agonist treatment, dual-diagnosis management and evaluation of rehabilitation interventions.

The initiative reflects the support of Central government to the UT Administration's to adopt a people-centric, coordinated and recovery-oriented approach to substance abuse, recognising that sustainable rehabilitation requires not only medical intervention but also family support, social acceptance, skills, livelihood opportunities and continued follow-up.

With IMHANS Srinagar emerging as a key institutional anchor for the pilot, the Centre is expected to provide a structured pathway for beneficiaries from treatment and stabilisation to rehabilitation, reintegration and restoration of productive lives. With IMHANS Srinagar emerging as a key institutional anchor for the pilot, the Centre is expected to provide a structured pathway for beneficiaries from treatment and stabilisation to rehabilitation.

Congress RGPRS launches 'Sangathan Srijan Abhiyan' across J&K on Bharat Jodo Yatra Anniversary

■ HT News Network

JAMMU, SEPTEMBER 8: On the anniversary of the Bharat Jodo Yatra, the Congress Rajiv Gandhi Panchayati Raj Sangathan (RGPRS), J&K Unit, launched the 'Sangathan Srijan Abhiyan' across Jammu and Kashmir with the objective of strengthening the party organisation at the grassroots level.

AICC RGPRS In-charge J&K Thakur Hirpal Singh, RGPRS J&K Chairman Er. Mudassir Lolabi and Congress leader Ankur Dogra interacted with JKPCC Working President and former Minister Raman Bhalla, former Minister and MP Choudhary Lal Singh, Kathua DCC President Pankaj Dogra, Samba DCC President Sanjeev Sharma, former legislators and party workers.

The discussions focused on strengthening the Congress organisation at the grassroots, empowering Panchayati Raj Institutions (PRIs), increasing youth participation and creating an effective mechanism to ensure that the voices and concerns of village-level workers reach the senior party leadership.

The leaders emphasized that a strong and vibrant political organisation can only be built through continuous engagement with grassroots workers, Panchayat representatives and the people. They stressed the need to strengthen the connection between the party organisation and communities at the village level.

Speaking on the occasion, the leaders said the Sangathan Srijan Abhiyan is aimed at creating a more active, accountable and people-centric Congress organisation in Jammu and Kashmir. They said grassroots workers are the backbone of any political organisation and must be given greater participation in organisational activities and decision-making.

The campaign will also focus on encouraging greater involvement of young people in the party and strengthening the role of elected representatives of Panchayati Raj Institutions in taking public issues to the appropriate platforms.

The leaders said the initiative would be carried forward across different parts of Jammu and Kashmir through sustained interaction with workers and local communities.

BJP will fight for people's rights and expose NC government's failures: Sunil Sharma

■ HT News Network

Poonch/Rajouri, 08 September 2026:

Leader of Opposition in the Jammu and Kashmir Legislative Assembly, Sunil Sharma, today led a senior BJP delegation on a mass public outreach programme 'Jan Samvad' in Poonch and Rajouri, taking the party's campaign against the failures, misgovernance and anti-people policies of the National Conference-led government directly to the people.

Sunil Sharma was accompanied by senior leader Adv. Vibodh Gupta, District Presidents S. Gurdeep Singh Khalsa, and Dev Raj Sharma, former MLC Pardeep Sharma and other senior BJP functionaries.

During the outreach, the BJP delegation interacted with several public delegations, listened to their grievances and took detailed feedback on issues confronting the people, particularly relating to development, basic public services, employment and welfare.

Sunil Sharma said the programme marks the beginning of an extensive grassroots campaign by the BJP to expose the widening gap between the tall promises of the NC before elections and its performance in government. "The NC came to power



making big promises to the people, but today the public is asking where is the promised development, where are the jobs and where is the relief in their day-to-day problems? The growing public dissatisfaction is a direct reflection of the government's failure to deliver," Sunil Sharma said.

He said that instead of addressing people's genuine concerns, the NC government has failed to provide effective, accountable and responsive governance. "The BJP will not allow the government to hide its failures behind political rhetoric. We will go to every district, every constituency and every section of society, listen to the people and bring their issues before the government and the people of Jammu and Kashmir," he asserted.

Sunil Sharma said the grievances raised in Poonch and Rajouri clearly demonstrate that people are increasingly questioning the functioning and priorities of the NC government.

government.

"The BJP is not sitting in offices and making political statements. Our leaders and workers are reaching the people, hearing them directly and standing with them in their hour of need. The people's voice will become the BJP's strongest weapon against NC's misgovernance," he said.

He further announced that the public outreach would be expanded across Jammu and Kashmir, with senior BJP leaders undertaking visits to different administrative districts to highlight the government's failures and ensure that genuine public issues are raised at every appropriate forum.

"The people of Jammu and Kashmir deserve performance, accountability and development—not excuses and empty promises. The BJP will remain the strongest voice of the people and will continue to hold the NC government accountable," Sunil Sharma said.

NC Pays Glowing Tributes to Baba-e- Qaum Sher-e- Kashmir Sheikh Mohd Abdullah on 44th Death Anniversary Across Jammu Division

■ HT News Network

Jammu, 08 Sept: The Jammu and Kashmir National Conference (NC) on Tuesday paid growing floral tributes to Baba-e- Qaum Sher-e- Kashmir Sheikh Muhammad Abdullah on his 44th death anniversary. The main commemorative event was held at the party's provincial headquarter, Sher-e-Kashmir Bhawan Jammu, where senior leaders of the party gathered to recall Sher-e-Kashmir's Secular Vision, Landmark land Reforms, and Legacy of Unity and brotherhood.

The event was Chaired by Provincial President Jammu Rattan Lal Gupta and attended by Satish Sharma Honble Minister for Food,

Civil Supplies & Consumer Affairs, Transport, Science & Technology, Information Technology, Youth Services & Sports and ARI & Trainings, Ajay Kumar Sadhotra former minister and Additional General Secretary, Babu Rampal former minister and Central Zone President, Sheikh Bashir Ahmad Provincial Secretary Jammu, Bimla Luthra former MLA, Qazi Jalal Ud Din former MLA, Deepinder Kour former MLC, Vijay Lochan Chairman SC Cell, Abdul Gani Teli Chairman OBC Cell, S. Tejinder Pal Singh Aman Provincial President Jammu YNC, Rajni Devi Working President Women Wing Jammu, Nar Singh President Labour Wing, Harshvardhan Singh President NCSU, Pardeep Bali, and Ayub Malik Provincial Secretaries

Jammu, Rakesh Singh Raka Vice President Central Zone, Chander Mohan Sharma District President Jammu Urban, Subash Bhagat District President Jammu Rural "A", Naresh Bittu District President Jammu Rural "B", Sudagar Gupta District President Samba, Similar tributes were paid across all district headquarters in Jammu division, where local party units organized commemorative events to remember Baba-e- Qaum Sher-e-Kashmir Sheikh Muhammad Abdullah's life and contributions.

Speaking on the occasion, Satish Sharma Hon'ble Minister reiterated the commitment to preserving the secular and inclusive identity of Jammu and Kashmir, a vision championed by Sheikh Abdullah



throughout his life. "National Conference remains steadfast in its mission to safeguard the rights of all people, ensuring freedom of religion, equality, and unity in diversity. Upholding this spirit and isolating those who spread hate is the true tribute to Sheikh Sahib,"

He also recalling the pioneering Land Reforms Act introduced under Sheikh Muhammad Abdullah's leadership. "This historic reform empowered farmers and changed the socio-economic fabric of Jammu and Kashmir, making them masters of their own destiny," Sharma said.

Ajay Kumar Sadhotra former minister and Additional General Secretary emphasized Sheikh Sahib as a "towering political figure and a lighthouse of Hindu-Muslim unity. He praised Sher-e-Kashmir as a visionary and a contemporary of Mahatma Gandhi who tirelessly worked to build bridges of amity and brotherhood during some of the most challenging periods in the subcontinent's history. "Preserving the idea of Jammu and Kashmir is like preserving the idea of India," he stated. On this occasion, while paying tributes, Provincial President Jammu Rattan Lal Gupta said that Sheikh Sahib's unwavering commitment to secularism led to the transformation of Jammu and Kashmir to a

progressive, and secular state. "His decision to reject the two-nation theory and align with secular India of Mahatma Gandhi and Jawahar Lal Nehru stands as a beacon of inclusive politics," he said. "His stature transcended regional and religious boundaries, especially during the communal strife of 1947, when he stood firm for unity and peace."

Gupta said that the National Conference remains committed to carrying forward the legacy and mission of Sher-e-Kashmir and working for the unity, peace, prosperity and equitable development of Jammu & Kashmir. He called upon party workers to follow the ideals and principles of Sheikh Mohammad Abdullah and strengthen.

JKAACL Organises Book Release of Three Kashmiri Novels by Eminent Writer Dr. Sohan Lal Koul

Prominent Writers, Intellectuals, Critics and Cultural Personalities Attend the Literary Event

■ HT News Network

Srinagar, September 8, 2026: The Jammu and Kashmir Academy of Art, Culture and Languages today organised a prestigious literary function at the Seminar Hall, Academy Complex, Lal Mandi, Srinagar, to release three important Kashmiri novels by renowned and multifaceted writer, critic, playwright and novelist Dr. Sohan Lal Koul, namely “Krenz,” “Patang Sawar” and “The American Dream.” The function was presided over by Prof. Muhammad Zaman Azurda, while MLA Mubarak Gul was the Chief Guest and Dr. Shad Ramzan was the Guest of Honour. Secretary Academy Smt. Harvinder Kour (JKAS) and Jawaid Iqbal Khan, Editor Kashmiri was also present on the podium. The event was attended by prominent writers, poets, intellectuals, researchers, critics, academicians, cultural personalities and literary enthusiasts associated with Kashmiri language and literature. In her welcome address, Secretary JKAACL, Smt. Harvinder Kour (JKAS), congratulated Dr. Sohan Lal Koul on the release of his three novels. She highlighted Dr. Koul's long and multifaceted contribution to literature and appreciated the significance of her latest works in the field of Kashmiri fiction. She observed that serious and meaningful fiction holds immense importance in contemporary literature and that such creative efforts contribute significantly towards expanding the scope and horizons of language and literature. Speaking on “Patang Sawar,” critic Tauseef Raza said that the novel emerges as a philosophical work dealing with fundamental questions concerning human existence, life, death and the search for immortality. He observed that the novel is closely connected with human consciousness and the age-old desire of human beings to transcend the limitations of physical existence and seek a reality, memory or creation that can provide a sense of permanence. Tauseef Raza further observed that “Patang Sawar” is not merely a narrative but also an intellectual and philosophical journey that takes the reader towards



fundamental questions of human existence. Its symbolic and intellectual dimensions invite readers to reflect upon the relationship between life and death and the different notions of human survival and permanence. Presenting his critical observations on “The American Dream,” critic Yousuf Jahangir said that the novel places human innocence, dreams, desires and realisation at the centre of its narrative. He observed that the concept of the “American Dream” represents, at one level, the human aspiration for a better life, opportunities and success. However, the novel goes beyond the surface of this idea and raises questions about the true meaning of success and fulfilment. He said that “The American Dream” highlights the gap between dreams and their realisation and encourages the reader to reflect upon whether true human fulfilment and the meaning of life can be understood merely in terms of material success. Commenting on Dr. Sohan Lal Koul's third novel, “Krenz,” noted broadcaster Shamshad Kralawari described it as a poignant tale of separation and reunion. He said that the novel presents the painful experience of migration and displacement with considerable emotional depth, bringing out the anguish of being separated from one's homeland, home, soil and familiar surroundings.

Shamshad Kralawari further observed

that the novel is not confined merely to the pain of migration and separation but also carries within it the themes of hope, return, belonging and the desire for reunion. “Krenz” connects the human tragedy of migration with questions of memory and identity, demonstrating that even in the most difficult circumstances, the human desire to reconnect with one's roots and retain hope remains alive. Eminent writer Shakeel-ur-Rehman, while expressing his views, congratulated Dr. Sohan Lal Koul on her creative achievements and observed that her novels effectively employ symbolic characters and intellectual dimensions to portray various aspects of human life. Dr. Shad Ramzan, while sharing his views on novel writing, described Dr. Sohan Lal Koul as an accomplished novelist. He observed that if readers are able to understand the symbolic characters and the deeper meanings embedded within the novels, they can better comprehend the author's underlying purpose and message. He said that the publication and release of “Krenz,” “Patang Sawar” and “The American Dream” is not merely the launch of three books but an important literary occasion for Kashmiri language and literature. According to him, the three novels indicate new intellectual and creative possibilities in contemporary Kashmiri fiction. He also appreciated the efforts of

the Jammu and Kashmir Academy of Art, Culture and Languages towards the promotion, preservation and development of Kashmiri language and literature and congratulated Dr. Sohan Lal Koul on her continued contribution to Kashmiri novel writing. The Chief Guest, MLA Mubarak Gul, appealed to writers and intellectuals to work towards taking Kashmiri literature to the international level by making important literary works available in different languages through translation. He observed that Kashmiri literature possesses a rich body of creative works which deserves to be introduced to a wider literary world. He congratulated Dr. Sohan Lal Koul on the release of her three novels and appreciated her contribution to literature.

Speaking about her three novels, Dr. Sohan Lal Koul said that “Krenz,” “Patang Sawar” and “The American Dream” deal with different subjects and represent distinct intellectual dimensions. However, she said that all three works share a common thread of creative insight and a deep observation of human life.

She observed that while the novels reflect the experiences of Kashmiri society, migration and identity, they also explore universal themes such as human existence, dreams, death, survival, hope and the true purpose of life. She said that her endeavour has been to portray the complex experiences and emotions of human life through fiction from different perspectives.

In his presidential address, Dr. Muhammad Zaman Azurda congratulated Dr. Sohan Lal Koul on the publication and release of the three novels. He observed that her creative journey is not confined to novel writing alone and that she has demonstrated her talent across various literary genres and mediums of expression. He said that her works reflect a deep engagement with the social, cultural, psychological and philosophical dimensions of human life. Several literary and cultural personalities present on the occasion also shared their views. The speakers observed that such literary programmes not only provide an opportunity to bring the contributions of established creative writers.

Nun Chai Talks Episode-7 Organised at GDC Hajin

■ HT News Network

BANDIPORA, SEPTEMBER 08: A vibrant and interactive session of the

could freely discuss issues concerning their lives, aspirations, education, careers and personal development. The initiative has since evolved into



seventh episode of “Nun Chai Talks” was organised today at Government Degree College (GDC) Hajin, bringing together students of GDC Hajin and 37 students from the Indian Institute of Management (IIM) Ahmedabad for an open exchange of ideas, experiences and perspectives on education, careers, entrepreneurship and contemporary challenges. The programme was attended by Deputy Commissioner Bandipora, Indu Kanwal Chib; Padma Shri awardee Prof. Dr. Anil Gupta; and Prof. Dr. Navdeep, Professor at IIM Ahmedabad. The guests interacted with the students and shared valuable insights and experiences related to higher education, career opportunities, leadership, entrepreneurship and personal growth. The IIM Ahmedabad students, who recently completed a five-day educational tour of Gurez Valley, shared their experiences of the tour with the Deputy Commissioner and the participants, adding a unique dimension to the interaction.

Briefing the participants about the “Nun Chai Talks” initiative, the Deputy Commissioner highlighted its evolution as a platform for meaningful and informal conversations with young people. She informed that the initiative was started during the 100-Day Nasha Mukht Bharat Abhiyan (NMBA) campaign with the objective of creating an open space where youth

a wider platform for dialogue, mentorship and exchange of ideas among students, professionals, achievers and the community.

The Deputy Commissioner interacted with both groups of students and subsequently threw the session open for direct student-to-student interaction. The ensuing discussion remained lively and engaging, with students from GDC Hajin and IIM Ahmedabad exchanging questions, ideas and experiences across a wide range of subjects. The interaction covered diverse areas including setting and achieving goals in life, defining success, career-oriented courses and skills, employment and job security, micro and macro enterprises, entrepreneurship, emerging opportunities, Artificial Intelligence and contemporary methods of learning. Students also deliberated on result-oriented academic courses and exchanged innovative ideas relating to education, careers and personal growth. The session provided the students an opportunity to learn directly from each other, with participants openly sharing their aspirations, experiences, concerns and perspectives. The IIM Ahmedabad students also spoke about their academic journeys and experiences, offering the students of GDC Hajin an insight into the learning.

A Proud Moment for Jammu & Kashmir: Dr. Touseef Bhatt Among India's Top 40 National Think-Tank Leaders

■ Showkat Dar

Srinagar, 08-09-2026: It is a moment of immense pride for Jammu & Kashmir as Dr. Touseef Bhatt, entrepreneur, educationist, mentor, environmentalist and TED speaker, has been selected among India's Top 40 National Think-Tank Leaders at the national level.

Dr. Bhatt has also been invited to deliver a talk at the National Think-Tank Meet & Nivesh Manthan, scheduled to be held on September 9, 2026, at the National Stock Exchange (NSE), Mumbai. The event is being organised by MASA (MSME and STARTUP ACCELERATOR) and will bring together thinkers, entrepreneurs, innovators, investors and changemakers from across the country. His selection represents a significant recognition of the intellectual, entrepreneurial and social-impact contributions emerging from Jammu & Kashmir. Through his work across entrepreneurship, education, innovation, environmental sustainability and youth empowerment, Dr. Bhatt has consistently sought to create platforms for constructive ideas, knowledge-sharing and policy-oriented dialogue. The recognition assumes added significance as Dr. Bhatt represents Jammu & Kashmir on a national platform, where leading thinkers and changemakers



are expected to deliberate on ideas, investment, innovation, entrepreneurship and India's growth story.

Speaking on the occasion, Dr. Touseef Bhatt said: “This recognition is not just a personal achievement; it belongs to the people of Jammu & Kashmir. I will carry the aspirations, talent and potential of our youth to this national platform and continue working towards an inclusive, innovative and sustainable India.” He achievement is being viewed as a proud moment for Jammu & Kashmir and as an encouraging reflection of the region's growing contribution to national conversations on innovation, entrepreneurship, education, sustainability and inclusive development. Dr. Bhatt's journey from Kashmir to a national think-tank platform underscores the immense potential of Jammu & Kashmir's entrepreneurs, educators, environmentalists, innovators and social changemakers. His participation at the national level is expected to further highlight the talent and ideas emerging from the region while providing an opportunity to contribute to conversations shaping India's future.

From Kashmir to a national think-tank platform, the moment is not only a recognition of one individual, but a celebration of the aspirations, talent and potential of Jammu & Kashmir.

IUST Startup Develops AI-Powered Autonomous Drone for Precision Pesticide Spraying

■ Showkat Dar

Awantipora, 07-09-2026: A startup comprising of recently graduated students from the Department of Computer Science and Engineering (CSE), Islamic University of Science and Technology (IUST), has developed an Artificial Intelligence (AI)-powered autonomous hexacopter drone aimed at enabling precision pesticide spraying in high-density orchards across Jammu & Kashmir. The project was developed by Naveed Ahmad Dar, Numaan Aijaz, Syed Maryam Andrabi and Maimoona Manzoor. Supported by DST Ignition Grant under CIED-IUST Foundation, it was initiated in January 2026 and completed in July 2026 under the supervision of Dr. Sajad Ahmed Lone, Assistant Professor, Department of CSE, IUST. The autonomous drone has been designed to address several challenges associated with conventional pesticide application, including pesticide wastage, uneven spraying, difficult access to densely planted orchards and the increasing dependence on agricultural labour for spraying operations. Equipped with a 10-litre pesticide tank, Raspberry Pi onboard computer



and Hailo AI Accelerator, the drone integrates Artificial Intelligence and computer vision to detect trees and support targeted pesticide application. The system is intended to enable more controlled spraying by directing pesticide toward intended trees or affected areas rather than relying solely on conventional blanket application. A successful live field demonstration of the system was conducted at IUST and CIED-IUST Foundation, showcasing the drone's

autonomous flight capabilities and precision spraying mechanism. The demonstration was witnessed by Prof. Parvez A. Mir, CEO, CIED-IUST Foundation, Mr. Sameer Wazir, Finance Officer, IUST, Dr. Sajad Ahmed Lone, Assistant Professor, Department of CSE, IUST, along with university officials, faculty members, students and other dignitaries. The project combines multiple emerging technological domains, including Artificial Intelligence, computer vision, autonomous aerial robotics, embedded systems and precision agriculture. Its development reflects an effort to create technology-driven solutions tailored to the specific requirements of Kashmir's high-density horticultural landscape. The student team said the technology could contribute to the modernization of pesticide application practices in Jammu & Kashmir and provide a foundation for further research, field validation and refinement of AI-enabled agricultural drone systems. Further development and extensive field testing would be required to assess the system's performance under diverse orchard conditions and establish its suitability for wider agricultural deployment.

55 Teachers Attend One-Day SEE Learning Workshop Under SATH SATH Programme in Pulwama

Workshop focuses on compassion, resilience and emotional well-being in classrooms; CEO Pulwama says, “Change in our children begins with change in ourselves”

■ HT News Network

Pulwama, September 8, 2026: A one-day SEE Learning (Social, Emotional and Ethical Learning) Workshop was organised for 55 nominated teachers from across Pulwama district under the SATH SATH Programme, an initiative of the Education Department, Pulwama, in collaboration with Piramal Foundation.

The workshop aimed to strengthen teachers' capacities in self-awareness, emotional regulation, resilience, compassion and ethical engagement, while exploring practical ways of integrating social, emotional and ethical learning into everyday classroom and school practices. The workshop was inaugurated

by Ms. Shaista Khan, Principal, Government Girls Higher Secondary School, Pulwama, who highlighted the importance of integrating SEE Learning with classroom teaching and the existing school curriculum. She emphasised that strengthening the social, emotional and ethical capacities of students is essential for fostering safe, supportive, inclusive and positive learning environments. The workshop followed an experiential and reflective approach, enabling teachers to revisit key SEE Learning concepts through practical activities and reflection. Participants explored how capacities such as compassion, resilience, self-awareness and emotional regulation can be consciously developed among children through regular practice,



supportive classroom environments and teacher modelling.

The sessions also highlighted the relevance of SEE Learning to the broader vision of National

Education Policy (NEP) 2020, particularly its emphasis on holistic development, experiential learning, values, well-being and the development of responsible and

compassionate individuals.

Reflecting on the first year of the SATH SATH journey in Pulwama, the workshop also provided an opportunity for teachers to reflect

on their experiences, identify areas of progress and challenge, and consider ways of strengthening the implementation of SEE Learning at the classroom and school levels.

The workshop concluded with an address by Ms. Anjum Raja, Chief Education Officer, Pulwama, who emphasised the importance of self-assessment and continuous self-reflection among educators. She stressed that meaningful and sustainable change in students begins with educators examining and strengthening their own practices, behaviours and emotional competencies. The Chief Education Officer further emphasised the need to translate the learning from such capacity-building initiatives into visible and practical changes in classrooms and schools, enabling

students to experience the benefits of social, emotional and ethical learning in their everyday educational environment.

She assured the continued support and cooperation of the Education Department towards strengthening and expanding the SEE Learning initiatives under the SATH SATH program across the district. The workshop marked another significant step in the ongoing journey of SATH SATH in Pulwama, reaffirming the shared commitment of the Education Department and Piramal Foundation towards strengthening teacher capacity and fostering compassionate, inclusive and emotionally supportive school environments conducive to the holistic development of every child.

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



Dr. Priyanka Saurabh

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

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

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

This capability is crucial for a diverse and disaster-prone country like India. Natural disasters like cyclones, floods, landslides, and forest fires frequently impact the country. Early warning, rapid assessment, and continuous monitoring are essential for effective disaster management. Frequent satellite observations can help authorities assess the evolution of a disaster situation and quickly locate affected areas. Satellite images can also be helpful in mapping inundated areas during floods. In the event of a forest fire, regular monitoring can be useful in observing changes in burned areas. This monitoring can also help understand changing weather patterns during cyclones.

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

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

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

The benefits of continuous observation are also significant from an environmental perspective. India is undergoing rapid urbanization, land-use changes, increasing pressure on forests and ecosystems, and increasing stress on water resources. Satellite monitoring can be used to regularly monitor long-term vegetation changes, wetlands, water bodies, and other ecosystems. Permanent datasets can help policymakers and researchers detect trends and make more effective environmental decisions.

Dr. Priyanka Saurabh
PhD (Political Science)
Poet | Social Thinker | Columnist

When the Ustad-Shagird Bond Loses its Adab



Wani Arfat

There was a time when seeing an ustad on the road would make a student lower his or her gaze, step aside or even walk away. It was not always fear, but rather adab and respect. A teacher was a guide, a role model, a character that taught himself. But with the passage of time, the bond has changed: some changes are too serious to be blamed on the gap between generations. As we observe Teachers Day, celebrating those who form the minds of the youth, we must also reflect on certain values and boundaries that provide the teacher-student bond with its dignity. We must not put the entire responsibility on the teachers and students, but must not ignore the truth staring in our faces.

The relationship between a student and the teacher is supposed to have a professional boundary, but sometimes that boundary becomes weak. Talk of studies can turn into talks of cigarettes, drugs, intimate meetings and closeness. A teacher can be friends with a student on Instagram, chat on WhatsApp, reply to his or her stories and then start sharing intimate details. A message for homework can become a chat session everyday; late-night messages, deleted chats, photos, emotional intimacy and unnecessary meetings can rob both parties of that boundary that protects one from the other. Social media can aid education, but without having limits can also be a safe space for inappropriate behaviour.

The most heartbreaking issue is the emergence of secret and inappropriate relationships. A teacher holds a position of authority and may influence marks, examinations, recommendations and opportunities. When the teacher abuses that position of trust for money, gifts, intimacy, sexual attention or other personal favours, then trust is abused. In some cases, a student may abuse such trust of the teacher to also seek better marks, examination concessions, popularity, protection or other benefits through such personal intimacy. But this is not a reason to blame girls. A minor is not equal to an adult who holds the position of authority. When an adult abuses a child's trust or exploits a child, the adult holds more responsibility. Simultaneously, allegations must be investigated fairly and acted upon according to the law.

Islam provides us the boundaries. The Quran says, "Do not go near zina." This is a warning for not only the final forbidden act but the pathways that can lead towards it. The Quran also instructs believing men and women to guard their gaze and chastity. For teachers and students, the boundaries of modesty, dignity and appropriateness are



therefore not old-fashioned but rather safeguards. Unnecessary private chats, secret meetings and inappropriate emotional intimacy should not be considered innocent behaviour when crossing professional boundaries.

Islam encourages the concept of adab in seeking knowledge. A student must have adab with the teacher, but a teacher has an amanah or trust with the student. Authority is not a license to humiliate, manipulate, harass or exploit. The Prophet Muhammad (PBUH) taught with mercy, patience and wisdom, and the teacher must also correct the student without damaging his or her confidence and be a role model. A teacher who teaches morality but secretly breaks a student's trust not only betrays that student but betrays the dignity of the entire profession. The relationship between the teacher and the student must be one of respect. Students should feel safe in their school or college and be able to ask questions, share their concerns and report wrong behaviour without facing humiliation or punishment.

Smoking and drugs only worsen the situation. When a teacher smokes or takes drugs with students, the act itself can be considered a lesson. A student can think that if a teacher does it, then it cannot be wrong. When the society is already concerned about the addiction of the youth, an educator can be a hurdle in the way rather than a facilitator towards addiction. A teacher can be a friend, but not an accomplice to illegal and harmful actions. Sometimes there is a disturbing trend of academic favours.

A student wants higher marks, examination concession, protection, popularity or an easy path to success. A teacher can mislead to create the illusion that intimacy or inappropriate behaviour can fetch academic favours. Some students also think the same and the education becomes a trade of favours. Marks should reflect knowledge, not relationships. No student should think that personal intimacy is the price for good marks, and no teacher should mislead to create such an idea.

Parents and institutions also have a responsibility. Parents must teach children to have respect for teachers, but must also tell them that no teacher has the right to threaten, manipulate, abuse or sexually exploit them. Schools and colleges in Jammu and Kashmir must have strict guidelines for teachers and students to interact on social media and have private meetings. Students should not be afraid to report any problems through appropriate and safe channels. Teachers should be guided to have appropriate behaviour on social media with students. Institutions must not cover up serious misconducts to protect their image. Simultaneously, every complaint or allegation must be investigated fairly so that justice is delivered to both students and teachers.

Let us not romanticise the past. Students should not be so scared of teachers that they cannot ask questions or report misconduct. Respect is not fear and asking questions is not disrespect. A healthy teacher-student relationship must be based on mutual respect, boundaries and responsibilities. Our objective is not to make students hide from teachers again, but to encourage a culture where students respect their teachers and teachers earn that respect through their character and behaviour.

On Teachers Day, the best tribute we can give to the teaching profession is not only flowers, messages and ceremonies. It is to preserve the dignity of the relationship between the ustad and the shagird. A true teacher does not only teach from a textbook; the teacher teaches through character and integrity. And a real student knows that knowledge is better when sought with dignity and adab.

Final Verdict: We do not need blind fear, but adab, trust and boundaries. The teacher must be an example, the student must learn with respect and the classroom must remain a safe space of knowledge, safety and dignity, thus preserving this timeless adab of Ustad-Shagird.

(Mohammad Arfat Wani is a writer, social activist, and nursing student from Kuchmulla, Tral, Kashmir. He writes on social issues, culture and public concerns with the aim of raising awareness and inspiring change.)

Prof. Aijaz Ahmad Mir — An Encounter That Became a Lesson in Knowledge, Humility and Respect



Syed Gazanfar Razvi

There are certain people whom we meet only for a short while, yet their words, wisdom and personality remain with us for a long time. Prof. Aijaz Ahmad Mir is, for me, one such remarkable personality. Meeting him was not simply an opportunity to meet an accomplished academician; it was an experience that left a meaningful impression on my mind and heart.

What impressed me most was the beautiful combination of deep knowledge, rich experience, simplicity and humility reflected in his personality. His way of speaking carries the depth of years of learning and experience, yet there is no arrogance in his words. Instead, one finds warmth, patience and a genuine willingness to share knowledge.

My conversation with him was much more than an ordinary interaction. His thoughts and experiences gave me a broader perspective on education, life, growth and the importance

of continuous learning. I felt that I was not merely speaking to a professor, but to a person whose experience itself is a living classroom.

One of the qualities I admired most was his respect for young minds. Despite his experience and stature, he listens patiently and gives importance to the thoughts and aspirations of young people. His encouraging manner creates confidence and inspires one to think deeply, ask questions and dream beyond limitations. That, to me, is the true quality of an educator.

خودی کو کر بلند اتنا کہ ہر تقدیر سے پہلے >

”عدا بندے سے خود پوچھتے، بتا تیری رضا کیا ہے“

His personality brought to my mind the timeless words of Allama Iqbal:

These words beautifully remind us that education should not merely fill our minds with information; it should develop confidence, character and the courage to rise above limitations. In my interaction with Prof. Mir, I felt the same spirit of encouragement and intellectual growth.

Another verse of Iqbal that resonates deeply with such a personality is:



ستاروں سے آگے جہاں بھی ہیں >

”مجھے عشق کے امتحان اور بھی ہیں“

It reminds us that there is always another horizon to explore and another level of excellence to pursue. The guidance and wisdom of inspiring educators can give young people the courage to look beyond what they have already achieved. My meeting with Prof. Mir also reminded

me that true knowledge never makes a person arrogant; it makes a person more humble, understanding and willing to guide others. A great teacher is not only one who possesses knowledge, but one who inspires others to discover and pursue it.

Some meetings are remembered because of a photograph, some because of the occasion, but the most beautiful meetings are remembered because of the person and the lesson they leave behind. My meeting with Prof. Aijaz Ahmad Mir is one such experience. I returned from that interaction carrying valuable thoughts, inspiration and a renewed respect for knowledge and humility.

> "The true mark of knowledge is not how much one knows, but how gracefully one shares what one knows."

I feel genuinely fortunate to have had the opportunity to meet such a knowledgeable, humble and respectful personality. His wisdom inspires, his simplicity touches the heart, and his way of interacting leaves a lasting impression.

Some people give you advice, some give you opportunities, but a few, through a simple conversation, give you a new perspective on life. My meeting with Prof. Aijaz Ahmad Mir was one such beautiful and memorable experience.

Linguistic Reorganization: Indian Unity Strengthened by Accepting Diversity



Dr. Satyawan Saurabh

At the time of independence, India faced the challenge not only of securing permanent political independence but also of building a nation that maintained national unity despite the extraordinary diversity of languages, cultures, traditions, and regional identities. The provincial boundaries inherited from British rule served administrative convenience and colonial interests. They did not adequately take into account the linguistic and cultural identities of many regions. Therefore, after independence, the demand for reorganizing states on a linguistic basis naturally arose.

Although the national leadership was initially apprehensive about linguistic states, the tragedy of Partition was still fresh, and there was a fear that if states were formed on the basis of language, regional identities might overshadow national identity. However, the hallmark of Indian democracy has been that, rather than suppressing these aspirations, it chose to accommodate them constitutionally and democratically. Time has proven that respecting linguistic identity does not pose a threat to India's unity, but rather can become a foundation for its strength.

The political acceptance of linguistic identity began to emerge even before independence. The Indian National Congress reorganized its provincial organizations along linguistic lines. This was intended to better communicate with the public in their language and socio-cultural contexts. However, after independence and Partition, circumstances changed. The national leadership was not in favor of any immediate major regional reorganization.

The Dhar Commission, formed in 1948, did not immediately recommend the reorganization of states on a linguistic basis. Subsequently, the JVP Committee, consisting of Jawaharlal Nehru, Vallabhbhai Patel, and Pattabhi Sitaramayya, also recommended in 1949 that national unity, administrative stability, and the security of the newly formed nation be prioritized. This caution was understandable at the time, as the country was undergoing a

Reorganization Act and the Seventh Amendment to the Constitution were enacted in 1956. This resulted in a major change in the administrative map of India, leading to the creation of 14 states and six union territories.

The greatest contribution of linguistic states was that they reduced the conflict between regional identity and national identity. When a community gained an administrative identity consistent with its language, culture,

demonstrated that diverse regional identities can coexist with national unity within a federal system.

The reorganization of India did not end in 1956. Further changes to state boundaries occurred in response to changing political and social circumstances. The creation of Maharashtra and Gujarat in 1960, and the creation of Haryana in 1966 with the reorganization of Punjab, are significant examples. This demonstrated that the Indian Union is not a static and unchanging administrative structure, but rather an adaptable system adapting to democratic aspirations.

However, the success of linguistic states does not mean that all challenges related to linguistic identity have been eliminated. Tendencies such as linguistic majoritarianism, neglect of minority languages, and a sense of regional superiority can pose challenges to federal harmony. Therefore, along with preserving linguistic identity, it is also essential to protect the rights of linguistic minorities.

Today, the need is to ensure that regional aspirations are heard through constitutional and democratic means. Considering any regional identity anti-national is as unfair as placing regional identity above national identity. The true strength of Indian federalism lies in the balance between cultural identity and national unity.

Linguistic reorganization is a unique achievement of India's nation-building. It taught the important lesson that unity cannot be achieved by suppressing diversity. By integrating linguistic diversity into the constitutional framework, India demonstrated that unity is strengthened not by imposing uniformity but by respectfully accommodating diversity. This flexible federalism remains a crucial foundation for India's democratic stability and national unity even today.

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



period of political transition and social instability.

But public aspirations could not be postponed indefinitely. The demand for a separate state for the Telugu-speaking people of the Andhra region grew stronger. Potti Sriramulu's 1952 fast unto death and his death gave a decisive turn to this movement. After widespread public pressure, Andhra State was formed in 1953. This event was not limited to the creation of just one state; it also fueled the demand for linguistically based states in other parts of the country.

The government then attempted to find a comprehensive and institutional solution to the problem. The States Reorganization Commission, formed in 1953 and chaired by Fazal Ali, considered linguistic and cultural aspirations as well as administrative, economic, and geographical feasibility. Based on the Commission's recommendations, the States

and local aspirations, feelings of alienation were weakened. People gained confidence that the Indian Union respected their distinct identity rather than eradicating it.

Another important benefit of linguistic reorganization was seen at the administrative level. The availability of governance and public services in the mother tongue or regional language reduced the distance between the state and the citizen. Democracy is effective only when citizens understand the language and processes of governance. Administration in regional languages facilitated the participation of ordinary citizens.

This system also broadened democratic representation. Local language-speaking political leadership was given the opportunity to emerge at the state level. This brought politics closer to public concerns, and the problems of different regions became part of the national discourse. Linguistic states also

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Carrying His Legacy: A Daughter's Journey Through Life After Her Father's Passing



Dr. Uzma Naqash
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Introduction

A father's presence in a daughter's life is much more than a relationship. He can be her first teacher, protector, guide, supporter and role model. His words shape her decisions, his encouragement builds her confidence, and his presence provides a sense of security that she often understands most deeply after he is gone.

Losing a father creates an emptiness that is difficult to express. Life continues, responsibilities remain, and the world expects us to move forward. Yet, for a daughter, many ordinary moments suddenly feel different.

There are achievements she wishes he could witness, decisions on which she wishes she could seek his advice, and countless moments when she simply wishes he were there.

With time, however, grief can become a source of strength. A daughter gradually learns that although her father is no longer physically present, his teachings, values, love and memories can continue to guide her.

Living With His Absence

After a father's passing, familiar places and ordinary moments can carry new emotional meaning. An empty chair, an old photograph, a family gathering or a special occasion can bring memories flooding back.

The first year can be particularly difficult. Birthdays, festivals, achievements and anniversaries may bring both happiness and sadness. There may be moments when the heart quietly says, "He should have been here."

Grief does not follow a fixed timetable. Some days may feel easier, while others may bring the pain back unexpectedly. Healing does not mean forgetting a father;



it means learning to live while continuing to love and remember him.

Challenges After Losing a Father
A daughter may face emotional, psychological and practical challenges after losing her father.

Loneliness can become particularly painful when she no longer has the person with whom she could share her worries, achievements and everyday experiences.

The loss of guidance and emotional security can make important decisions more difficult. Major milestones may also feel incomplete because the person whose support mattered most is no longer there to witness them.

Family responsibilities may change after the loss. A daughter may find herself becoming stronger and more responsible while simultaneously managing her own grief.

Another important challenge is invisible grief. A person may appear happy, continue working and fulfil daily responsibilities while carrying deep emotional pain inside. Therefore, grieving individuals need understanding and support rather than pressure to simply "move on."

The Unfinished Conversations
One of the most painful parts of losing a loved one is knowing that some conversations will remain unfinished.

There may be words left unsaid:

Thank you.

I love you.

I am proud of you.

I wish you could see me today.

These thoughts can remain in a daughter's heart for years. Yet memories can also become a way of maintaining a meaningful emotional connection with her father.

His voice may no longer be heard, but his advice can continue to influence her choices.

Turning Grief Into Strength

With time, memories can gradually become a source of strength. A father's teachings may guide his daughter when she faces difficulties. His courage may inspire her to overcome challenges, while his kindness may encourage her to help others.

This is where grief can begin to transform into purpose.

Moving forward does not mean leaving a father behind. It means taking everything he taught his daughter and carrying it into the future.

Carrying His Legacy

A father's greatest legacy is often not material possessions, but the values he leaves within his children.

His legacy can live through honesty, kindness, courage, compassion, education, responsibility and respect for others.

Every time a daughter chooses kindness, stands strong during difficult circumstances, helps someone in need or pursues her dreams with courage, she carries a part of her father forward.

His physical presence may be gone, but his values can continue through the life she chooses to live.

The Role of Family and Mental-Health Support

Grief should not always be faced alone. Family and friends can provide comfort by listening without judgment and allowing the grieving person to express emotions openly.

Mental-health counselling can also provide a safe and supportive space when grief becomes overwhelming or interferes with everyday life. A counsellor can help a bereaved daughter understand and express her emotions, develop healthy coping strategies, manage loneliness and adjust to life after loss.

Seeking support is not a sign of weakness. It is a courageous step towards emotional healing.

A Message to Daughters Who Have Lost Their Fathers

To every daughter who has lost her father: you are allowed to miss him. You are allowed to cry. You are allowed to remember him during ordinary moments and important milestones.

Moving forward does not mean forgetting.

Carry his values.

Carry his kindness.

Carry his courage.

Carry his dreams.

Let the life you build become a reflection of the love and lessons he gave you.

Conclusion

A daughter's journey after losing her father is a journey through grief, adjustment, resilience and hope. His absence may always leave a space in her heart, but his teachings and values can continue to guide her.

A father may no longer walk beside his daughter, but he can continue to live through her choices, her strength, her kindness and the person she becomes.

His physical presence may have ended, but his legacy lives on in every step she takes.

J&K Jal Shakti Department Holds Technical Workshop to Strengthen Field Engineering Skills

Engineers share practical insights on pumping technology and Srinagar's future water security



SRINAGAR, SEPTEMBER 9: The J&K Jal Shakti Department continued its "Knowledge Sharing and Ideation" workshop series with another technical session on September 5, aimed at strengthening the professional capabilities, technical expertise and field-level problem-solving skills of engineers across Jammu and Kashmir.

During the session, Er Arnav Gupta, Junior Engineer, Ravi Tawi Irrigation Division, Jammu, shared his technical insights on Pumping Machinery and its Applications, focusing on the practical aspects of pumping systems and their relevance to field operations. Er Fasil Rafiq Mattoo, AEE, PHE Subdivision Budgam, presented a field-based case study titled "Securing Srinagar City's Water Future", highlighting issues and approaches related to sustainable urban water management.

The presentations were followed by interactive question-and-answer sessions, enabling participating engineers to discuss field experiences, exchange technical ideas and explore innovative approaches to addressing operational challenges. The workshop series is aimed at fostering a culture of continuous learning and professional collaboration within the department while promoting practical, knowledge-driven solutions to the region's water and irrigation requirements.

Sunlight And Vitamin D

A SOURCE OR CATALYST?



SURINDERPAL SINGH

We often hear people saying that Sunlight is a source of vitamin D. The statement is common, but scientifically it needs a little clarification. Sunlight does not directly supply vitamin D to our body. Instead, a component of sunlight—ultraviolet-B (UV-B) radiation—provides the energy that enables our skin to produce vitamin D. This makes vitamin D different from many other vitamins that we obtain mainly through food. Our body has the remarkable ability to manufacture vitamin D when the skin is exposed to appropriate amounts of sunlight.

The process begins in the skin. A cholesterol-related substance called 7-dehydrocholesterol is naturally present in our skin. When UV-B rays from sunlight reach the skin, they provide energy that changes this substance into previtamin D. Because of body heat, previtamin D then changes into vitamin D (cholecalciferol). However, the vitamin D produced in the skin is not yet the final active form that performs all the important functions in the body. It enters the bloodstream and travels first to the liver, where it is converted into another form called 25-hydroxyvitamin D, or calcidiol. This is the major circulating form of vitamin D and is commonly measured in blood tests. The process continues in the kidneys, where vitamin D is converted into its biologically active form, calcitriol. Calcitriol plays an important role in maintaining calcium and phosphate balance and supporting healthy bones and muscles.

Now the question arises that is sunlight a catalyst? In everyday language, it is reasonable to call sunlight a catalyst for vitamin D production because it helps initiate the process. However, in strict chemistry, sunlight is not actually a catalyst. A catalyst is a substance that speeds up a chemical reaction without being consumed in the process. UV-B radiation, on the other hand, provides the energy required to drive a photochemical reaction in the skin. Therefore, the most scientifically accurate description would be that sunlight is not a direct source of vitamin D; UV-B radiation from sunlight provides the energy that initiates vitamin D production in the skin. The term sunshine vitamin is still useful because it reminds us of the important relationship between sunlight and vitamin D.

Vitamin D is essential for several important functions of the human body. One of its best-known roles is helping the body absorb calcium and phosphorus, minerals that are necessary for maintaining strong bones and teeth. Vitamin D also contributes to normal muscle function and supports the proper functioning of the immune system. Adequate vitamin D is particularly important during childhood and adolescence, when bones are developing rapidly and throughout adulthood for maintaining skeletal health. Severe deficiency can lead to bone disorders. In children, prolonged severe deficiency can cause rickets, in which growing bones become weak and deformed. In adults, severe deficiency can contribute to osteomalacia, a condition involving softened and weakened bones.



considerably reduced. Clothing can also make a difference because covered skin receives little or no UV-B radiation. Similarly, spending most of the day indoors reduces exposure. Air pollution, cloud cover, shade and the use of sunscreen can further reduce UV-B exposure. However, sunscreen remains an important tool for protecting the skin from harmful ultraviolet radiation and should not simply be abandoned in an attempt to increase vitamin D production. The relationship between sunlight and vitamin D is not a simple case of more is better. Once the skin's capacity to produce vitamin D reaches a certain point, additional UV exposure does not continue to increase vitamin D production indefinitely. Instead, excess ultraviolet exposure can cause sunburn, premature skin ageing and DNA damage, and repeated excessive exposure increases the risk of skin cancer. Therefore, deliberately staying in strong sunlight for long periods is not a sensible strategy for obtaining vitamin D.

The goal should be adequate, sensible exposure while avoiding sunburn and unnecessary ultraviolet radiation.

Another common misconception is that sitting near a sunny window provides enough sunlight for vitamin D production.

Ordinary glass blocks most UV-B radiation. Therefore, although sunlight entering through a window can make us feel warm and brighten a room, it generally does not provide the UV-B exposure required for significant vitamin D production in the skin. This is one reason why spending considerable time indoors, even in a bright room, is not equivalent to being exposed to outdoor sunlight. Although sunlight is an important source of vitamin D production, it is not the only source. Vitamin D can also come from certain foods and fortified products. Fatty fish such as salmon, sardines and mackerel are among the better natural

dietary sources. Egg yolks and some other foods contain smaller amounts, while many countries fortify foods such as milk, plant-based beverages or cereals with vitamin D. Vitamin D supplements are another option when dietary intake and sunlight exposure are insufficient or when a person has a medically confirmed deficiency. However, supplements should not be taken in excessive amounts without appropriate medical advice because vitamin D is fat-soluble and excessive intake can cause harm.

India receives abundant sunshine for much of the year, yet vitamin D inadequacy is still widely reported. This may seem surprising, but abundant sunshine does not automatically mean adequate vitamin D production. Modern lifestyles often keep people indoors for education, employment and entertainment. Urban air pollution, extensive clothing, skin pigmentation, limited outdoor activity and avoidance of direct sunlight can all influence vitamin D production. Therefore, the issue is not simply whether a country receives enough sunshine. It is also how much appropriate UV-B exposure people actually receive.

The relationship between sunlight and health is a delicate balance. Too little exposure may reduce the opportunity for vitamin D production, while excessive ultraviolet exposure can damage the skin.

This is particularly important for children. Encouraging healthy outdoor activity is beneficial, but prolonged exposure to intense sunlight should be avoided and appropriate sun protection should be used when needed. The exact amount of sunlight required to produce adequate vitamin D cannot be reduced to one universal number of minutes. It varies with skin type, season, location, time of day, clothing, weather and other factors. Consequently, claims that everyone needs exactly a particular number of minutes of sunlight every day should be treated with caution.

The production of vitamin D is an excellent example of the cooperation between the environment and the human body. The raw material is already present in our skin. Sunlight supplies the necessary UV-B energy, and the liver and kidneys complete the transformation into the active hormone-like form used by the body. So, is sunlight a source of vitamin D or a catalyst in its production? The simplest and most accurate answer is

Sunlight is not itself a source of vitamin D. UV-B radiation in sunlight acts as the energy trigger that starts the body's production of vitamin D from a precursor present in the skin. Calling sunlight a catalyst is understandable in everyday language, but scientifically it is more accurate to describe UV-B as the energy source that initiates the photochemical step. The popular expression sunshine vitamin therefore has some truth behind it—but the real story is much more fascinating. We do not absorb vitamin D from sunlight like we absorb nutrients from food. Instead, our skin uses sunlight to manufacture vitamin D within the body. Nature has essentially designed a solar-powered biochemical system. The challenge for modern society is not to seek unlimited sunlight, but to find the right balance between adequate vitamin D production and protection from excessive ultraviolet radiation. Sunlight does not simply give us vitamin D—it helps our body make it.

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The Greatest Quest for Knowledge: Knowing Yourself



Dr. Vijay Garg

We live in an age when knowledge is available at our fingertips. With a few clicks, we can learn about distant galaxies, explore ancient civilizations, understand complex technologies and discover information from almost every corner of the world. Yet, despite knowing so much about everything around us, many of us rarely take the time to understand the person within us.

Perhaps the greatest quest for knowledge is not discovering what lies outside, but discovering who we truly are.

Knowing oneself is not simply knowing our name, profession, strengths or weaknesses. It is a deeper journey of understanding our thoughts, emotions, values, fears, dreams, habits and reactions. It means asking ourselves important questions: What truly matters to me? Why do I behave the way I do? What makes me happy? What are my weaknesses? What kind of person do I want to become?

Self-knowledge begins with observation. We often spend our lives observing other people—judging their choices, comparing their achievements and commenting on their behaviour. But the same attention should also be turned inward. When we observe our own thoughts and actions without immediately judging ourselves, we begin to understand our patterns.

Our failures can also become powerful teachers. Instead of seeing failure only as a defeat, we can ask what it has taught us. A difficult experience may reveal our impatience, our fear, our lack of preparation or even a strength we did not know we possessed. Every experience can become a mirror if we are willing to look into it honestly.

Self-knowledge also helps us distinguish between what we genuinely want and what society expects from us. In an age of constant comparison, people can easily begin chasing careers, lifestyles and achievements simply because others consider them successful. Knowing ourselves helps us make choices based on our own abilities, interests and values rather than merely following the crowd.

There is also a close connection between self-knowledge and relationships. A person who understands their own emotions is often better able to understand others. When we recognise our anger, insecurity or fear, we become less likely to blame others for everything that goes wrong. Understanding ourselves can therefore make us more patient, empathetic and responsible.

Self-knowledge does not mean believing that we are perfect. On the contrary, it requires the courage to accept our imperfections. We all have limitations, mistakes and habits that need improvement. Accepting them honestly is not weakness; it is the beginning of growth.

The journey of knowing oneself has no final destination. As we grow older, our experiences change us. Our priorities evolve, our understanding deepens and new questions emerge. The person we are today may not be exactly the person we were yesterday. Therefore, self-discovery is a lifelong process.

Books can give us knowledge, teachers can give us guidance and technology can give us information. But no external source can completely answer the question of who we are. That discovery requires reflection, honesty, patience and experience.

In the race to understand the universe, we should not forget the universe within ourselves.

The greatest knowledge is not merely knowing more. It is understanding ourselves better—and using that understanding to become wiser, kinder and more purposeful human beings.

Sometimes, the most important journey begins not by looking farther, but by looking within.

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Nitu Gupta reviews implementation of agriculture, allied sector schemes in Jammu Division

Directs departments to accelerate expenditure, achieve set targets

■ HT News Network

JAMMU, SEPTEMBER 8: Secretary in Agriculture Production Department, Nitu Gupta today chaired a review meeting in the Conference Hall of Directorate of Agriculture Jammu to assess the physical and financial progress achieved under UT Capex Budget 2026-27 (Regular Capex), NABARD, HADP, JKIP, CSS and SASCI in the Division.

The meeting was attended by the officers from the Agriculture Production Department including Director Command Area Development Jammu, Director Planning Agriculture Production Department, Director Agriculture Jammu along with Joint

Directors, Chief Agriculture Officers, concerned District Agriculture Officers, Director Finance SKUAST-J, Director Research SKUAST-J, Deputy Director Planning Agriculture Production Department and representative from the Mission Director, HADP.

At the outset, Nitu Gupta reviewed the scheme-wise physical and financial progress, expenditure, achievements, targets and pending issues.

The concerned Heads of Departments presented the latest status through power-point presentations. Nitu Gupta directed the concerned officers to ensure strict adherence to approved timelines and completion of the



targeted expenditure by the end of September 2026. Reviewing the NABARD and HADP components, the Secretary called for focused monitoring of each project, timely completion of pending activities and regular updating of physical and financial progress. The concerned officers were asked to identify areas

of slow progress and take corrective measures on priority.

She further directed the concerned Heads of Departments to ensure proper utilization of available funds, timely submission of bills and completion of all requisite formalities, besides maintaining transparency and adherence to

prescribed financial and technical procedures.

Nitu Gupta directed the Chief Agriculture Officers to closely monitor expenditure and implementation of schemes at the district level. Director Agriculture Jammu Anil Gupta was also asked to personally monitor the Aatmanirbharta in Pulses Mission with all districts and ensure timely progress and reporting. She further directed to expedite the projects under JKIP and complete the registration process under the National Mission on Natural Farming (NMNF) at the earliest. The concerned officers were also directed to submit the updated progress report under NMNF within one week.

Mission Shakti orientation programme held at village Barmeen

■ HT News Network

UDHAMPUR, SEPTEMBER 08: An orientation-cum-awareness Programme on Mission Shakti was organized today at Barmeen in Block Ghordi by the Sankalp Hub for Empowerment of Women, Mission Shakti, Department of Social Welfare.

The programme was organized under the guidance of Deputy Commissioner Minga Sherpa and the overall supervision of District Social Welfare Officer Kanika Gupta with the objective of sensitizing women and community stakeholders about various Government schemes and services aimed at ensuring the safety, security and empowerment of women.

The programme was chaired by local Block Development Officer and attended by around 140 individuals including Ex-BDC Ghordi, former PRI members, Anganwadi Workers, Helpers,



SHG members, students and local women. The resource person from District Hub for Empowerment of Women briefed the participants about Sambal and Samarthya, the two major components of Mission Shakti.

The participants were informed about One Stop Centre, Women Helpline 181, Child Helpline 1098 and Beti Bachao Beti Padhao as Sambal is meant for the safety and security of women. "The Samarthya, aimed at empowerment of women, includes welfare schemes like Pradhan Mantri Matru Vandana Yojana, Palna (National Creche Scheme), Shakti Sadan and Sakhi Niwas,"

they were told. The resource person from the Department of Social Welfare further informed the gathering social security pension schemes, State Marriage Assistance Scheme, Pre-Matric and Post-Matric Scholarship schemes and other initiatives being implemented for the welfare of vulnerable sections of society. The participants were also sensitized to the functioning of DHEW, eligibility and procedures for availing benefits under various schemes, legal rights of women, institutional deliveries, education of the girl child, prevention of child marriage and domestic violence.

Ten Startup Ideas shortlisted at JKEDI's Startup Idea Challenge 2.0 Boot Camp

■ HT News Network

JAMMU, SEPTEMBER 8: Ten promising startup ideas have been shortlisted for the next round of Startup Idea Challenge 2.0 at an 'Idea Pitching Session' organised by the Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), District Centre Jammu here at Government SPMR College of Commerce, today.

The Boot-camp drew around 100 students and aspiring entrepreneurs. It was designed to introduce young minds to entrepreneurship, innovation and startup opportunities, while familiarising them with the support available under the J&K Startup Policy 2024-27.

The programme was inaugurated by the College Principal Dr. Sunil Gupta, in the presence of District Nodal Officer, JKEDI District Centre Jammu Rajesh Kotwal, the College faculty members and JKEDI. In his address, Dr. Gupta commended JKEDI's initiative and urged students to identify real-world problems and develop innovative solutions with an entrepreneurial mindset.

Rajesh Kotwal underscored the growing role of entrepreneurship and innovation in generating employment and economic opportunity. He outlined JKEDI's ongoing efforts to nurture young entrepreneurial talent and strengthen the startup ecosystem across Jammu and Kashmir.

The highlight of the programme was an



interactive session with Founder Cmrat India Pvt. Ltd Manik Bandal. He shared his entrepreneurial journey and practical insights with participants, offering a candid view of the realities of building a startup, the challenges entrepreneurs face and the value of persistence, innovation and learning from experience.

The centrepiece of the Boot-camp was the Idea Pitching Session, in which 15 startup ideas presented by students from various Colleges and institutions were evaluated by a jury. Of these 10 were shortlisted for the next level of Startup Idea Challenge 2.0.

Beyond the pitching session, the boot camp gave participants a broader understanding of the startup ecosystem, helping them explore entrepreneurial opportunities, develop and validate business ideas, and build skills in presenting ideas effectively.

The programme concluded with the announcement of the 10 shortlisted ideas, marking another step forward in fostering innovation-led entrepreneurship and strengthening the culture of startups in Jammu and Kashmir.

DC Bandipora inspects Drainage System, Discusses Decongestion of Main Market

■ HT News Network

BANDIPORA, SEPTEMBER 08: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today inspected the drainage system in the Main Market Bandipora, including Gulshan Chowk, and reviewed measures for addressing issues related to water drainage and market decongestion.

During the inspection, the Deputy Commissioner interacted with members of the Traders Association and local residents and discussed various concerns related to the functioning and management of the market. She took feedback on existing issues and deliberated on measures to improve the overall movement and convenience of pedestrians and traders. The DC stressed the need for coordinated efforts by the concerned departments to ensure effective drainage management and decongestion of the market area.

JKEDI Srinagar concludes 4-Week Entrepreneurship, Skill Development Programme under RAMP Scheme

■ HT News Network

SRINAGAR, SEPTEMBER 08: The valedictory function of the 4-week / 104-hour Entrepreneurship & Skill Development Programme (ESDP) under the RAMP scheme was held today at Amar Singh College, Srinagar.

The valedictory function was presided over by Dr. Naila Khanday, Faculty JKEDI as chief guest; Shabir Hussain Shah, District Nodal officer JKEDI and other distinguished faculty members.

The chief guest held an insightful interactive session with the participants. She spoke about the evolving entrepreneurial landscape of



the region and encouraged the participants to consider entrepreneurship as a confident career choice. She emphasized the importance of skill development and staying relevant with changing times.

Shabir Hussain Shah, District Nodal Officer, highlighted various initiatives of JKEDI for entrepreneurship development and the government support

available for new enterprises.

Nazia Shafi encouraged the trainees to leverage their training to establish competitive and sustainable enterprises.

The participants remained enthusiastic throughout the 4-week programme and showed keen interest during classroom sessions as well as field visits. The batch underwent intensive modules on GST, IPR,

ICICI Prudential Life upgrades Partner Stack with AI-enabled capabilities

■ HT News Network

Mumbai, Sep 8, KNT: ICICI Prudential Life Insurance has upgraded its Partner Stack with new capabilities, introducing what it calls 'ICICI Life Partner Stack 2.0', bringing together AI-enabled tools, deeper partner-system integrations and digital capabilities for its advisor and distribution network. The upgraded platform is designed to support advisors and distribution partners across sales, customer onboarding and servicing, enabling them to identify relevant insurance solutions, generate quotations, onboard customers and undertake servicing digitally. The company said its eQuote



App uses an AI-based product recommender to suggest products based on customer segment and life stage, while allowing advisors to generate and share personalized quotations. LIVA, an AI-enabled chatbot, provides advisors with a conversational interface to access product features and quotations while interacting with customers. "Our advisors and distribution partners play an important role in helping customers understand and

access life insurance solutions. ICICI Life Partner Stack 2.0 is aimed to give them digital and AI-enabled tools that make everyday operations simpler and customer friendly - from identifying suitable solutions and generating quotations to onboarding and servicing," Amish Banker, Chief Distribution Officer, ICICI Prudential Life Insurance, said. The company said Partner Stack 2.0 also integrates with partner CRM platforms to improve synchronization and customer journey management. Through API integration, partners can raise customer service requests from their own platforms, with ICICI Prudential Life processing the requests.

Stop JDA auction of 578-C lands, protect farmers' Rights: Jat Sabha's appeal to Omar Abdullah

■ HT News Network

JAMMU: The J&K Jat Sabha has sounded a strong warning against the proposed auction of land by JDA covered under Cabinet Order No. 578-C of 1954 and 371 of 1971 Rule 16 of J&K Agrarian Reforms Act, saying the move threatens the interests of farmers, local allottees, refugee families and genuine tillers of the soil. The Sabha has appealed to Chief Minister Omar Abdullah and Lieutenant Governor Manoj Sinha to intervene immediately and stop any action that could adversely affect genuine landholders.

J&K Jat Sabha President Manjit Singh said Girdauri of 1971 and land under Rule 16 of Orderno 371 of 1971 was meant to safeguard the interests of farmers, local allottees & refugee communities and was part of the larger land-reform framework aimed at providing land to those who actually tilled it.

He said auction by JDA of land allotted under 578- C of Kasturi Lal of Channi Rama has unleashed the terror among local allottees and farmers and people around VC JDA are hand in gloves for their pity interests. He said the present auction

by JDA of land aloted under 578- C Kasturi Lal of Channi Rama has created widespread apprehension among farmers and refugee families who fear that land allotted to them under the historic order could now be subjected to auction.

"The land allotted under 578-C cannot be treated as ordinary government land without examining the rights of the people to whom it was allotted. The government must first protect the interests of genuine farmers and landholders," Manjit Singh said.

He said the intervention of the courts had given affected



people an opportunity to present their case before the authorities. "Had the courts not intervened, the affected landholders would have had little recourse. The authorities must respect the

directions of the courts and provide a proper hearing as the main prayer of the land owner is to verify the land records from revenue department, but blue eyes people in JDA refusing to

do so," he said.

Senior Vice President Taranjit Singh Tony said the JDA cannot substitute itself for the Revenue Department in matters relating to revenue entries and land records.

He said that if any entry is missing, incorrect or not reflected properly in the revenue record, the farmer or landholder should not be blamed for an administrative lapse. Under Section 32, he said, an application can be moved before the concerned Deputy Commissioner for correction of revenue entries.

Tony alleged that despite court directions, the Vice

Chairman, JDA refused to verify the land records from the Revenue Department.

"If there is a dispute or discrepancy in the revenue record, let the Revenue Department examine it. The JDA should not itself decide questions that fall within the jurisdiction of the Revenue authorities," Tony said.

He said the government must ensure that no genuine landholder is deprived of land because of an error, omission or failure on the part of the administration to maintain or update revenue records.

Earlier Jat Sabha has met

the Divisional Commissioner who has issued a letter to JDA.

The Jat Sabha appealed to Chief Minister Omar Abdullah to personally intervene and direct the concerned authorities, particularly the VC JDA, to withdraw the proposed auction process and refer all revenue-related issues to the competent Revenue authorities.

The Sabha urged the Chief Minister to ensure that the historical rights of farmers, refugees and tillers of the soil under Cabinet Order 578-C are not undermined by administrative or procedural discrepancies.



How to future-proof your wrists

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

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

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

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

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

A fragile balance

We may think of the wrist as a single joint, but it is actually a complex, comprising multiple smaller joints. These are formed of eight small bones known as the carpal bones, the two

to overuse through repetitive manual tasks.

(sardines work well for this) and dairy products can help to mitigate against



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

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

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

the development of osteoporosis. In addition, while weight might not seem particularly related to wrist health, shedding excess body fat can improve the overall biomechanics of the wrist joint.

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

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

1. Build your shoulder muscle strength

The main muscles in your shoulders are known as the deltoids. While they may appear unrelated to wrists, Larsson says that strengthening the muscle groups across the whole arm can greatly benefit your wrist as they work together like a chain.

"You don't just use your hand, you use the whole arm," says Larsson. "And if you're weak in your shoulders, then you put more load on the wrist. But if you are strong, then you can protect and unload the wrist."

One easy method of training your shoulder muscles is simply to stand with your arms out to the sides, with your arms either straight or slightly bent. Slowly raise your arms up to the ceiling and then bring them down again slowly. Repeat this ten times.

2. Strengthen your grip

Grip strengthening exercises can improve wrist stability by conditioning groups of forearm muscles known as flexors and extensors, which attach to your fingers across the wrist joint, allowing you to grip objects. Studies have previously shown that this can also help people with existing wrist pain.

"All your forearm muscles connect into your hand on both sides of your wrist in a pulley system," says Abadeer.

To work these muscles, you ideally want a hand therapy ball or therapeutic putty – a silicone-based material which you can squeeze in your hand – but a tennis ball will do.

Hold the ball or putty in the palm of your hand and squeeze it as hard as you can for five to 10 seconds. Release

the grip and relax your hand for another five seconds and then squeeze again. Repeat ten times in each hand. (Read more from the BBC about how grip strength can predict your chances of living to 100.)

3. Gently load and flex the wrist

According to Kim, another key means of reducing the stress on the wrist joints and tendons is exercises that flex and extend the wrist, using some form of mild weight or resistance as a load.

This can also strengthen bones in the wrist, which could have longer-term health benefits, particularly when it comes to preventing a type of osteoporosis known as disuse osteopenia. "When they're loaded, these bones strengthen and start to remodel, adding more strength to the wall of that bone," says Abadeer.

To do this, start by sitting and resting your forearm on a table with your hand hanging off the edge and holding a small weight, between 3 and 7kg (5 and 15lb). For a flexion exercise, have your palm facing upwards and curl your wrist up toward your body before lowering it back down again. For an extension exercise, have your palm facing downwards while holding the weight, and lift your hand up towards the ceiling before lowering it down again.

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

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

4. Supinate and pronate

Lastly, there are supination and pronation movements. These can improve the range of motion of your wrist and its overall functionality. Like the flexion and extension exercises, they can be carried out over a table with a small weight or resistance band.

Begin with your hand over the edge of the table with your thumb pointing up. Then slowly turn your wrist so your palm faces down, then return to the starting position, and rotate the other way so your palm faces up. Repeat this ten times.

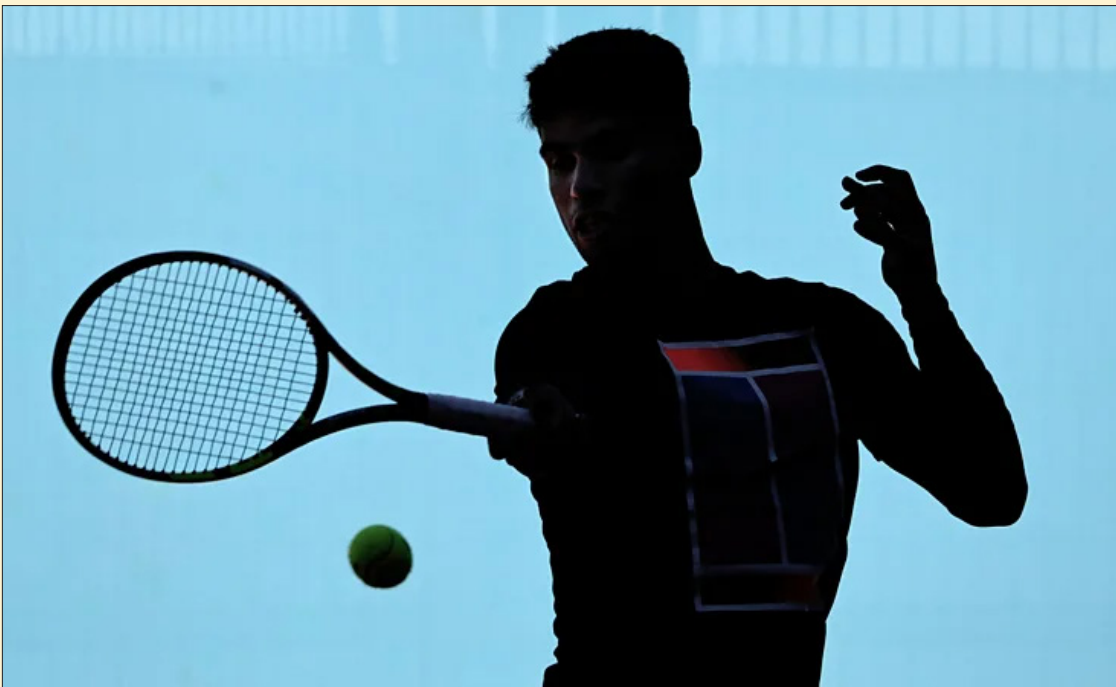
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Abadeer says that such exercises are becoming increasingly important as we now live in what he describes as "a pronated world", where our hands spend many hours of the day in a fixed position, either due to typing on a laptop or a phone.

As with all our joints, strong, flexible wrists are something that we often take for granted. But as I found myself when my wrist was out of action for many months, it's only when you lose something that you realise its true importance.* All content within this article is provided for general information only, and should not be treated as a substitute for the medical advice of health care professionals.

(BBC NEWS)



long bones of the forearm, and the bases of the five metacarpal bones within the palm.

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

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

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

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

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

Setting yourself up

Before we get started, Jaehon Kim, an orthopaedic surgeon at the Ichan School of Medicine at Mount Sinai, New York, recommends considering your diet. Foods high in calcium and other minerals, such as small, bony fish



Rising Star Tarish Clinch Lolab Premier League Title



HT NEWS / Sports

LOLAB, 08 SEPT: The Lolab Premier League (LPL) Cricket Tournament concluded on a high note at the Chandigam Cricket Ground, with Rising Star Tarish Clinch emerging as the champions after an intensely contested tournament featuring 32 teams from across Lolab Valley.

In the final, Rising Star Tarish Clinch faced Friends 11 Lolab in a keenly contested encounter that brought the tournament to a fitting conclusion. Displaying composure, teamwork and competitive spirit, Rising Star Tarish prevailed to lift the coveted LPL title, capping an impressive campaign against some of the region's finest cricketing talent.

Friends 11 Lolab secured the second position,

while Pathan Panthers Cheepora finished third after putting up a strong performance throughout the tournament.

The individual awards also recognised outstanding performances, with Zakir Wani being adjudged Man of the Series for his consistent contribution across the tournament. Syed Ahmed was declared Man of the Match for his match-winning performance in the final.

The tournament, which commenced on 27 August, provided a competitive platform for 32 teams and young cricketers from across the region to showcase their talent. Over the course of the tournament, players demonstrated skill, determination and sportsmanship, making the LPL a vibrant addition to the sporting calendar of Lolab Valley.

The conclusion of the LPL also marks the beginning of a larger opportunity for the top-performing teams. Rising Star Tarish, Friends 11 Lolab and Pathan Panthers Cheepora will now represent Lolab at the Kilo North Premier League, scheduled to be held in October 2026. Their qualification provides the players an opportunity to compete at a higher level and showcase the cricketing talent emerging from Lolab on the wider North Kashmir stage.

The successful conduct of the Lolab Premier League has further strengthened the sporting culture in the region, bringing together teams, supporters and young talent in the spirit of healthy competition. The tournament concluded with a celebration of cricket, camaraderie and the growing potential of the sport in Lolab Valley.

Rohit Yadav withdrawn from India U-19 squads over age discrepancies

United News Of India

NEW DELHI, SEPT 8: Bengal legspinner Rohit Yadav has been withdrawn from India's U-19 squads for the home series against Australia U-19 after discrepancies were found in his age records. Aryan Savsani and Tanmay Baloda have been named as his replacements.

Rohit took six wickets in India's two-match four-day series in Sri Lanka last month. Savsani, from the Saurashtra Cricket Association, will replace him in the one-day squad, while Haryana's Baloda has been added to the multi-day team.

The three One-Day matches will be played in Rajkot on September 18, 21 and 23. The four-day fixtures are scheduled for September 27-30 in Rajkot and October 5-8 in Ahmedabad. Lakshya Raichandani will captain the One-Day side, with Yashbardhan Chauhan as his deputy. The two will swap roles for the multi-day matches.

Raichandani heads into the series in strong form after a prolific tour of Sri Lanka. He was the leading run-scorer in the two-match four-day series, finishing with 307 runs at an average of 153.50.

US Open roundup: China's Zheng, top seed Zverev power into quarterfinals



United News Of India

NEW YORK, SEPT 8: Reigning Olympic champion Zheng Qinwen of China overcame a 5-0 deficit in the opening set to beat six-time Grand Slam champion Iga Swiatek of Poland 7-5, 6-3 and reach the US Open quarterfinals.

Men's top seed Alexander Zverev of Germany also advanced, defeating Italy's Luciano Darderi 6-2, 6-2, 7-6 (3) on Monday.

Zheng, 23, recovered from a slow start to win 12 of the next 13 games against Swiatek. It was her second remarkable comeback in as many matches after she rallied from 5-0 down in the deciding set to eliminate American Madison Keys in the previous round Saturday.

Zheng said the consecutive turnarounds were no accident and credited a more aggressive approach against Swiatek. "I think in the baseline, I tried to play more flat against her, because she has really good top spin that makes me feel uncomfortable. I also tried to play more aggressive and stay with her as long as I can," Zheng said. Zheng, who underwent elbow surgery in July 2025, said she was delighted to be back on the US Open's biggest stage after recovering this season. "People often ask me if I am tired.

Pressure brings out my best: Kishan after stunning 270

United News Of India

NEW DELHI, SEPT 8: East Zone captain Ishan Kishan says he thrives under pressure, a mindset that helped him produce a stunning 270 in the Duleep Trophy final against South Zone at the MA Chidambaram Stadium in Chennai on Monday.

Kishan's 334-ball innings, which included 30 fours and seven sixes, powered East Zone to a mammoth first-innings total of 708. His score is the eighth-highest individual effort in Duleep Trophy history. Reflecting on his marathon innings, Kishan said the pressure of a big match brought out the best in him.

"I think when it's a big match, there's a kind of pressure. And I feel that in that pressure, my best game comes, because when you're batting, you're a little nervous, but at the same time, you're aggressive too. You're watching; if you get the ball, you'll hit it. So I think it's a very good mixture of calm and being aggressive. So it works a lot for me when there are such stages, where either the wickets have fallen early. Whenever I'm in such situations, I enjoy

it a lot," Kishan said in a BCCI video.

Kishan, however, explained that his focus was never on personal milestones, and instead went on setting smaller targets based on what East Zone needed from him.

"Rather than thinking about your own batting, you have your team goal. What will benefit the team? So when you move forward according to that, your batting becomes very good. If the total has reached 400 now, let's do 450 first. Then let's do 450 to 500. So, you know, this is a process that you go through," Kishan said.

The Chepauk conditions also demanded patience. Kishan said the softening ball and large boundaries made it difficult to score freely.

"It's very difficult. You have to put in a lot of effort to hit shots. The boundary on one side was very big. The ball was getting soft in between. So you had to put in a lot of effort for the boundary," Kishan said.

He also spoke about his approach against India pacer Mohammed Siraj, particularly when facing short-pitched deliveries.

Nahida Nabi Honoured at Girls' Super Cup Inter-School Cricket Tournament in Sopore



Aadil Nazir

SOPORE, Nahida Nabi, a trailblazing kabaddi coach, NIS trainer and Jammu & Kashmir's first female national kabaddi referee, was honoured during the concluding ceremony of the Girls' Super Cup Inter-School Cricket Tournament in Sopore on Tuesday.

The tournament was organised by the Private School Association Sopore in collaboration with Sopore Police under the theme "Women Empowerment", with the aim of encouraging greater participation of girls in sports and providing them with a platform to showcase their talent.

Nahida Nabi received the award from SSP Sopore Iftikhar Talib in recognition of her contribution to sports and her role in inspiring young girls to pursue sporting careers. SDPO Sopore and SDPO DAR Sopore were also present during the concluding ceremony.

The final match of the tournament

was played between SRM Welkin and GMET, with SRM Welkin emerging victorious to lift the tournament trophy.

SSP Sopore Iftikhar Talib, who was the chief guest at the concluding ceremony, congratulated the participating teams and encouraged young girls to actively participate in sports and strive for excellence in their chosen disciplines.

Addressing the students, SSP Talib emphasised the importance of providing equal opportunities to girls to nurture their talent, build confidence and pursue their sporting ambitions. He highlighted the role of sports in promoting discipline, teamwork, leadership and self-confidence among young people.

A total of eight school teams participated in the tournament, giving young girls an opportunity to compete in a healthy sporting environment and demonstrate their cricketing skills. The event also carried a broader message of women's empowerment through sports.

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