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Uneasy calm ends as flood threat eases in Jammu & Kashmir

Weather improves, water levels recede at most places;

MeT forecasts intermittent rains till Sept 6

■ **Owais Gul**
Srinagar/Jammu, Aug 28: After an uneasy calm over the flood threat for the last two days across Jammu & Kashmir, the situation has eased in both regions on Thursday, as the water levels in almost all rivers and streams have receded to a large extent, settling below the alert mark at most places. People in Jammu as well as in Kashmir, espe-

cially those living close to water bodies, had sleepless nights over the last two days, fearing a 2014-like situation when the whole valley flooded, causing extensive losses across J&K. According to details obtained by the news agency—Kashmir News Observer (KNO), after receiving the highest-ever 380 mm of rainfall in 24 hours until yesterday morning, Jammu has shown improvement in weather conditions, with only 5.6 mm of rainfall recorded till this morning, and no precipitation recorded until the evening today. Other stations, including Srinagar, the summer capital of Jammu and Kashmir, also recorded

no precipitation since this morning, allowing water levels to recede and thereby eliminating the threat of floods across the region. An independent weather forecaster, Faizan Airf Keng, told KNO that the water level has receded significantly, settling below the alert level. He said that the water level in Jammu is near normal, adding that in Kashmir, it remains above normal. The water level in the Jhelum at Pampore is still above the flood declaration mark. It was recorded at 1587.674 m, while the flood declaration mark is 1587.184 m. Similarly, at Ram Munshi Bagh, the water was flowing at 18.21 ft, which is 0.21 ft above the flood declaration mark. However, the water level has been constantly receding at **Contd.. on P7...**

Next 15 days crucial, mobile connectivity to be restored fully soon: Div Com



Says situation under control, praises people for courage; Over 150 vulnerable embankment points across Kashmir monitored, no breach reported in last 48 hours

■ **Rehan Qayoom Mir**
Srinagar, Aug 28: Divisional Commissioner, Kashmir, Anshul Garg on Thursday reassured residents that the flood-like situation is under control, but cautioned

that the next 10–15 days remain crucial as the monsoon season continues in the Valley. He appealed to the people to strictly follow weather advisories and maintain cooperation with the administration. Addressing the media at his office chamber, Div Com Anshul Garg said the Jhelum and its tributaries are being closely monitored, with teams on high alert round the clock. “I would like to

Contd.. on P7...

CM reviews preparations for Eid-e-Milad-un-Nabi (SAW)



CM calls for hassle-free facilities for devotees

Stresses on making seamless arrangements for smooth commemoration of Eid-e-Milad

SRINAGAR, AUGUST 28: Chief

Minister Omar Abdullah today chaired a high-level meeting at Hazratbal Shrine to review the arrangements being put in place for the forthcoming Eid-e-Milad-un-Nabi (SAW) being celebrated during Rabi al-Awwal, the third month of Islamic lunar calendar. Describing **Contd.. on P7...**

Plan prepared post-2014 floods not followed: CM's Advisor

Says Omar govt working on renewed plan, slams Opp's 'cheap politics'

■ **Rehan Qayoom Mir**
Srinagar, Aug 28: Advisor to Chief Minister, Nasir Aslam Wani on Thursday said that the flood mitigation plan prepared post 2014-floods in Jammu and Kashmir has not been followed. Talking to the media persons, Advisor to CM, as per the news agency—Kashmir News Observer (KNO), said that **Contd.. on P7...**

Javed Rana reviews water supply restoration measures in flood-affected areas of Jammu city

SRINAGAR, AUGUST 28: In the aftermath of flood situation in Jammu city and its surrounding areas, Minister for Jal Shakti, Javed Ahmed Rana today chaired a high-level meeting to review and assess ongoing restoration measures of water supply in flood affected areas of Jammu city.

The review meeting was attended by Commissioner, Jammu Municipal Corporation; Chief Engineer, Jal Shakti (PHE) Jammu; Superintendent Engineer, Jal Shakti (PHE) Jammu; Superintendent Engineer, Jal Shakti (Mechanical) Jammu; all Executive Engineers of Jal Shakti (PHE)

Jammu District; and the Executive Engineer, Ground Water, Jammu Division.

The meeting focused on immediate relief and long-term mitigation strategies to ensure uninterrupted access to potable drinking water for affected residents.

The Minister emphasized on the importance of swift and coordinated action to restore normalcy. He took stock of the damages caused to water supply infrastructure due to the incessant rains and floods. He also took assessment of ongoing repair and restoration works across various flood-affected localities.

In areas having dis-

rupted piped water supply, the Minister directed the concerned officials to ensure timely deployment of water tankers to provide safe drinking water to the residents. He directed the officers that no household in any affected locality should remain without clean and safe water during this critical time.

Special instructions were issued to expedite repair works and monitor the water quality being supplied through tankers and alternate sources.

The Minister reiterated Omar Abdullah led Government's commitment to standing with the people **Contd.. on P7...**

Chief Secretary reviews availability, distribution of petroleum products in far-flung areas of J&K

JAMMU, AUGUST 28: Chief Secretary, Atal Dulloo, chaired a high-level meeting today to review the availability and distribution of petroleum products in the remote and far-flung areas of Jammu & Kashmir.

The meeting was attended by Commissioner Secretary of Food, Civil Supplies, and Consumer Affairs, Saurabh Bhagat, Deputy Commissioners of Ramban, Udhampur, Rajouri, Poonch, Kishtwar, Controller of Legal Metrology, Director FCS&CA Kashmir/Jammu, Director Finance FCS&CA, Special Secretary FCS&CA, SSP Traffic, State Level Coordinator for Oil companies, representatives from Hindustan Petroleum, Indian Oil Corporation and Bharat Petroleum.

The meeting focused on addressing the challenges posed by geographical barriers, difficult terrain, and logistical difficulties

in ensuring the timely and uninterrupted supply of petroleum products to remote regions of Jammu and Kashmir.

During this meeting, the Chief Secretary emphasized on the need to streamline the fuel supply chain to ensure timely delivery to remote areas. He stressed on the importance of inter-departmental coordination to create a more efficient delivery system capable of meeting the demands of far-flung areas.

While reviewing logistics and infrastructure improvements, the Chief Secretary stressed on strengthening fuel distribution networks, including the possibility of establishing additional supply points in regions with high demand for petroleum products. He also called upon the officers to explore alternative solutions for remote areas like introducing mobile fuel supply units, to address the challenges **Contd.. on P7...**

Satish Sharma visits flood-affected areas of Chamb constituency

Directs comprehensive relief, rehabilitation measures

JAMMU, AUGUST 28: Minister for Food, Civil Supplies & Consumer Affairs, Information Technology, Transport, Youth Services and Sports, Satish Sharma, today undertook an extensive tour of the flood-affected areas of Chamb Constituency to assess the ground situation and monitor the ongoing relief operations.

Accompanied by senior officers of the district administration, Satish Sharma visited several inundated villages where flood waters have caused damage to residential houses, standing crops and local infrastructure. He interacted with affected families, listened to their grievances, and assured them that the Government



stands firmly with them in this hour of crisis.

The Minister directed the concerned officials to ensure immediate rehabilitation of displaced families, including provision of temporary shelters, medical facilities, clean drinking water, and

sanitation. He further instructed for comprehensive damage assessment so that timely compensation can be provided to those who have suffered losses to life, property and livelihood.

Highlighting the importance of uninterrupted **Contd.. on P7...**

J&K floods—Assembly suspends committee meetings until September 5

Srinagar, Aug 28: The Jammu and Kashmir Assembly secretariat has cancelled all meetings of the House Committees till September **Contd.. on P7...**

‘We may have to shift businesses’: Rotten meat scandal leaves street food markets deserted

Vendors hope govt assurances will gradually bring customers back

■ **Waris Fayaz**
Srinagar, Aug 28: The recent rotten meat scandal in Jammu & Kashmir has cast a long shadow over the valley's vibrant street food culture, forcing evening markets to go quiet and leaving vendors struggling to survive.

From Srinagar to Sopore, stalls that once bustled with customers craving traditional delicacies like rista and tujji now stand largely deserted, a scene observed by the news agency—Kashmir News **Contd.. on P7...**

Infiltration bid foiled in Gurez sector, 2 terrorists killed: Army

■ **Sajid Raina**

Gurez, Aug 28: Army on Thursday said that it foiled an infiltration bid by killing two terrorists along Line of Control (LoC) in North Kashmir's Gurez sector in Bandipora District. The Army's Chinara Corps in a post on X, according to the news agency—Kashmir News Observer (KNO), said that based on intelligence provided by JKP regarding likely infiltration attempt, a joint operation was launched **Contd.. on P7...**

Jmu-Sgr NH closure leaves hundreds stranded at Qazigund

■ **Umair Gull Ganie**

Jammu, Aug 28: Hundreds of vehicles remained stranded along the Jammu-Srinagar National Highway for the second consecutive day on Wednesday as the vital road link continues to be closed due to extensive damage at multiple locations. The closure has been caused by landslides and **Contd.. on P7...**



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Div Com Jammu reviews restoration of essential services, road network in rain affected areas

JAMMU, AUGUST 28: Divisional Commissioner Jammu Ramesh Kumar, reviewed the status of restoration of essential services including Power supply, water supply, road connectivity, mobile network and movement of traffic affected by recent incessant rains. The meeting was attended by Managing Director JPDCL, IGP traffic, Commissioner JMC, Deputy Commissioners and SSPs, Chief engineers of PDD, PWD, PHE, Director Food and Civil

Supplies, Heads and officials of BRO, NHAI, NHIDCL, Indian Oil Corporation and mobile service providers. The Divisional Commissioner took stock of the areas that suffered damages to infrastructure and disruption of essential services in each district. The Regional Officer NHAI apprised the Div Com that restoration work of the severely affected portion of NH44 at Samroli in Udhampur shall be completed by tomorrow evening. The Div Com directed him to augment



the men and machinery. The officials of PWD, PDD and PHE were also directed to closely monitor the restoration works

of their respective departments for speedy resumption of services. He asked the PHE department

to take sampling of water in the waterlogged and flood affected water supply schemes before declaring these safe for use. The Deputy Commissioners were directed to facilitate and support the men and field staff on the ground, especially designated to restore essential services in Towns and remote and hilly areas. The SSP traffic rural apprised the Divisional Commissioner about the regulation plan for movement of traffic and trucks carrying essential supplies from

Lakhanpur to Kashmir via Mughal road. Directions were also issued for immediate distribution of adequate relief material to people of all affected areas. He also took stock of the availability of ration supply and essential commodities in all districts and directed the concerned District Administrations to conduct the damage assessment of movable/immovable property, livestock, crops and land in their respective districts.

DC Reasi conducts tour of rain, landslide-affected areas; Chairs meeting to review restoration measures

REASI, AUGUST 28: Deputy Commissioner Reasi Nidhi Malik conducted an extensive tour of rain and landslide-affected areas today to assess damages and oversee relief measures. Accompanied by officers from line departments, the DC inspected the water supply lines damaged by a landslide at Sulla Road near IRP Chowk. She directed the Jal Shakti Department to immediately repair all damaged pipelines and ensure uninterrupted water

supply to the public. The DC then reviewed the restoration work on the PMGSY Kheral-Jeri Road, where a landslide had disrupted connectivity. She instructed the XEN PWD to use JCB machines to create motorable passages to avoid traffic congestion. While listening to public grievances regarding the washing away of Gupta Ganga Road at Kasi Partha due to flash floods, the DC directed the XEN PWD to construct a temporary crate wall and other

immediate measures for restoring connectivity and to explore possibilities for an alternate road until permanent repairs are completed. Continuing the visit, the Deputy Commissioner inspected damaged and sinking spots on the Reasi-Katra Road near Dera Baba Road. She directed officials to ensure road safety by placing gunny bags and drums near the damaged portions to prevent mishaps and emphasized the use of quality material in repair

works for durability. On her return, DC Nidhi Malik also inspected the PWD quarters in Reasi, where sinking land has posed a threat to the structures. She directed the XEN to work out a solution to ensure safety. The PDD department was instructed to explore the shifting of an electric substation to a safer location. She also inspected the DC Office road, where cracks had developed and ordered its immediate repair. The DC further directed the PDD

department to ensure timely repair of damaged electricity lines and provide adequate power supply for public convenience. Later, the Deputy Commissioner chaired a review meeting attended by SDMs, XENs of PWD, PMGSY, JJM, besides officers of other concerned departments. During the meeting, SDMs briefed the Deputy Commissioner about the ground situation in their respective jurisdictions, informing that several roads were blocked

due to landslides. Machinery has already been deployed to expedite clearance works. The DC directed SDMs to ensure that damaged roads are restored at the earliest and alternate routes are made available to maintain uninterrupted connectivity. Giving a departmental update, the XEN of PWD and PMGSY stated that most roads have been partially restored and made motorable, while the remaining stretches will be cleared soon.

Guru Gobind Singh College of Management & Technology, Gidderbaha Intra-College Debate Competition on “Social Media – Good or Bad”

Guru Gobind Singh College of Management & Technology (GGSCMT), Gidderbaha, under the banner of Sardar Parkash Singh Badal School of Business Studies, organized an Intra-College Debate Competition on the topic “Social Media – Good or Bad.” The event began with a traditional lamp lighting and tilak ceremony, followed by a warm welcome to dignitaries, faculty, and students. A total of 17 teams participated with great enthusiasm, presenting thought-provoking arguments with clarity and confidence. Prominent Teams:

- Team 1: Simran Kaur & Jasbeer Kaur
- Team 2: Vishavpreet Singh & Anmoldeep Singh Deed
- (Bracketed Team 2): Lovepreet Kaur & Gurvinder Kaur
- Team 3: Gursimran Kaur & Jaspinder Kaur
- (Bracketed Team 3):



Akashdeep Singh & Rajandeep Kaur
Best Speakers:
• Among Girls: Harsimran Kaur & Gurveer Kaur
• Among Boys: Vishavpreet Singh
The competition was judged by Mr. Cherish Jain and Ms. Kripa, who lauded the debating

skills, confidence, and clarity of thought displayed by the participants. The event was further graced by Mr. Navdeep Singh and Ms. Gurpreet Kaur as special guests. Principal Dr. R.K. Uppal addressed the gathering, motivating students and emphasizing the importance of such

competitions in enhancing communication, analytical thinking, and leadership qualities among the youth. The program was coordinated by Professor Tamanna Sharma, Head of the Department of Commerce & Management, along with Professor Shalini, ensuring smooth

conduct of the event. The presence of all faculty members and students added to the lively atmosphere, making the occasion memorable. The event concluded with a vote of thanks and a round of applause for the organizing team and the enthusiastic participants.

Army, BSF personnel die in separate incidents in J&K

Srinagar, Aug 28 (KNO): An Army soldier and a Border Security Force (BSF) personnel lost their lives in the line of duty at two separate locations in Jammu and Kashmir, officials said on Thursday. "Chinar Corps honours the supreme sacrifice of braveheart Havildar Iqbal Ali, who was performing operational duty in Kupwara district. His courage and dedication will forever inspire us," the Army's Srinagar-based Chinar Corps said on X, as per the news agency—Kashmir News Observer (KNO). The Army said the Chinar Warriors salute the valour and sacrifice of the soldier. "We stand in solidarity with the bereaved family and are committed to their well-being," it added. Meanwhile, the BSF paid heartfelt tribute to Constable (General Duty) Rajib Nunia, who made the supreme sacrifice in the line of duty on August 27, 2025, during an operational deployment along the International Boundary in the Akhnoor area of Jammu district. "He attained martyrdom with unwavering courage, commitment, and dedication. His sacrifice will always be remembered and honoured. The DG BSF and all ranks express their deepest condolences to his family," the BSF said in a post on X—(KNO)

Mata Sundri College Student Manika Suthra Crowned Miss India Universe 2025

Sudhir Saluja

New Delhi: Mata Sundri College for Women, University of Delhi, proudly celebrates the outstanding achievement of its student, Ms. Manika Vishwakarma, a B.A. Programme (Political Science and Economics), Third Year student, who has been crowned Miss India Universe 2025. Her success is a matter of immense pride for the institution and a source of inspiration for young women across the nation. During her years at Mata Sundri College, Manika was an active participant in cultural festivals, debates, stage performances, and various co-curricular activities. She was known for her confidence, leadership, and ability to represent the college with distinction at several inter-college and university-level events. Her active involvement in both academics and cultural life reflects her all-round personality and makes this achievement even more special. Principal Madam, Prof. Harpreet Kaur expressed her delight, stating, "Manika has consistently demonstrated grace, intelligence, and determination during her time at the college. She con-



tributed wholeheartedly to every event and always carried herself with dignity and positivity. Witnessing her remarkable journey from a promising student to a national achiever has been a matter of immense pride for the institution." Dr. Manjot Kaur, Student Advisor, remarked:

"Manika's journey reflects her sincerity and focus. Her respectful attitude and steady determination make this victory truly well deserved." Dr. Sirtaj Kaur, Cultural Advisor, added: "Manika had a natural ability to motivate her peers and shine on stage. These qualities are now visible to the whole world, and we are proud to see her reach such heights." The faculty members also shared their admiration: "As teachers, we remember Manika as a curious learner and a disciplined student. "Manika, in her message to the institution, acknowledged the support she received during her academic and cultural journey at Mata Sundri College. She shared that the environment of encouragement and learning was instrumental in her growth. This victory has placed Mata Sundri College for Women on the national map once again, reinforcing its legacy of empowering young women to excel in diverse fields. The college community extends its best wishes to Manika as she prepares to represent India at the international stage.

Guru Gobind Singh College of Management and Technology, Gidderbaha Hosts Seminar on “Recent Trends in Indian Politics”

Gidderbaha, August 2025 – The Department of Political Science at Guru Gobind Singh College of Management and Technology, Gidderbaha, organized a seminar on “Recent Trends in Indian Politics.” Dr. Sukh Darshan Singh Brar was the Chief Guest of the event. He was warmly welcomed by Principal Dr. R.K. Uppal with a bouquet. In his keynote address, Dr. Brar highlighted the emerging patterns in Indian politics, the role of youth and media, coalition politics, and the future direction of democracy in India. His inspiring and thought-provoking ideas motivated students to become aware and responsible citizens. The seminar was coordinated by Prof. Amanjot Kaur (Political Science) and Prof. Gurjeet Singh (History). At the conclusion, Principal Dr. R.K. Uppal honored Dr. Brar with a “Token of Respect.” The event was attended by Vice Principal Prof. Baljinder Singh, faculty members, and a large number of students.



DC Kupwara reviews progress of welfare schemes of Labour department

Distributes cheque worth Rs.5.83 crore for payment as Education Assistance



KUPWARA, AUGUST 28: Deputy Commissioner (DC) Kupwara, Shrikant Balasahab Suse today convened a meeting of concerned officers to review the progress of Building and Other Construction Workers Welfare Scheme and Other Welfare Schemes. ALC Kupwara apprised the meeting about the progress and

achievements of the Labour department Kupwara. It was informed that 268635 unorganised workers are registered on e-Shram Portal in district Kupwara. He informed about different schemes run by the department including JKBOWW WELFARE scheme where-in 54152 construction workers are registered and Pradhan Mantri Shram Yogi

Maan-dhan (PM-SYM) under which 7463 beneficiaries are registered in the district. The scheme is aimed to ensure old age protection for unorganized workers. DC impressed upon the officers to ensure maximum coverage of the PM-SYM scheme so that a large number of beneficiaries get benefitted under the scheme. He directed the ALC to share details of the scheme among the officers so that they shall percolate down the information for registration of the targeted beneficiaries.

It was informed that Rs.15,90,05,950 have been distributed by the department among 29148 beneficiaries under different schemes including Education Assistance, Chronic Assistance, Disability, Death and Funeral Assistance. Meanwhile, under the Education Assistance scheme, a cheque of Rs.5.83 crore was issued to the bank for release of pending payment among 6424 workers.

Satish Sharma pays homage to BSF Constable Rajib Nunian



JAMMU, AUGUST 28: Minister for Food, Civil Supplies & Consumer Affairs, Youth Services and Sports, and Information Technology, Satish Sharma, today paid rich tributes to Constable Rajib Nunian of the Border Security Force (BSF) who made supreme sacrifice while performing his duty during flood conditions along the International Boundary in Paragwal Sector, Jammu on August 27. At the solemn Wreath Laying Ceremony held at Shaheed Smarak, BSF Frontier Headquarters, Paloura Camp, Jammu, the Minister laid floral

wreath in honor of the martyr and expressed deep sorrow over the loss of the brave soldier. Speaking on the occasion, Satish Sharma said, "Constable Rajib Nunian displayed exemplary courage and devotion to duty in the face of adversity. His supreme sacrifice in safeguarding the border and serving the nation will forever be etched

in our collective memory. He upheld the highest traditions of the Force, and the nation will remain indebted to his bravery."

The Minister conveyed his heartfelt condolences to the bereaved family and assured them of all possible support from the Government. He added that the sacrifice of Constable Nunian will continue to inspire the youth of Jammu & Kashmir and the country to uphold the values of duty, courage and patriotism. Senior officers of BSF, Civil Administration and members of civil society also joined in paying homage to the martyr.

Aadi KarmaYogi Abhiyan: One-day workshop on Vision Plan for Tribal Villages held at Bandipora

BANDIPORA, AUGUST 28: District administration Bandipora held a one-day workshop on the Vision Plan for Tribal Villages under Aadi Karma Yogi Abhiyan at the conference hall, Mini Secretariat Bandipora on Thursday.

The workshop aimed at preparing a road map for holistic development of tribal villages through community participation and resource mobilization. During the workshop, it was informed that the vision plan will be drafted after conducting surveys, demographic profiling, and consultations with Gram Sabhas and tribal leaders.

The workshop outlined short-term, mid-term, and long-term goals focusing on infrastructure, health, education, sanitation, digital connectivity, and livelihood promotion including agriculture, livestock, fisheries, eco-tourism, and forest-based products. Special attention was given to identifying vulnerable groups and documenting traditional skills, crafts, indigenous practices, and tribal wisdom.

On the occasion, participants appreciated the initiative and stressed on strengthening community institutions for making tribal villages self-reliant and sustainable model communities.

District Programme Officer, ICDS Yaar Ali Khan stressed on mapping infrastructure requirements such as roads, electricity, water supply, digital connectivity, health, and education services, along with strategies for sustainable income generation in agriculture, livestock, fisheries, crafts, eco-tourism, and forest-based livelihoods.

MSMEs Field office Srinagar organises entrepreneurship awareness program at Dawar Gurez

BANDIPORA, AUGUST 28: Branch MSME Development & Facilitation Office (DFO), Srinagar, Ministry of MSME, Government of India, in collaboration with sub-divisional administration Gurez, today organized an Entrepreneurship Awareness Program at Dawar, Gurez in Bandipora.

The event aimed to motivate youth towards self-employment and exploring opportunities available in the border region.

More-than 60 Youth and aspiring entrepreneurs actively participated in the program. Besides, officers from the district administration, BDO Gurez, Agriculture department, and representatives from financial institutions attended the event and shared detailed insights about various schemes and initiatives for entrepreneurship development.

Assistant Director MSME highlighted the vast potential for enterprise development in Gurez. He emphasized that tourism will emerge as a major source of livelihood in the region, and youth should equip themselves with professional skills to tap this sector effectively. He also underlined the scope for food processing and agriculture-allied activities, which can cater to growing market demand.

Participants were given detailed awareness about flagship schemes of the Ministry of MSME, including PM Vishwakarma, PMEGP, Procurement & Marketing Support, along with other important initiatives such as Mission Yuva, Holistic Agriculture Development Program (HADP), and the National Beekeeping and Honey Mission.

An interactive session was also held on packaging-related issues, where participants expressed eagerness to undergo training in modern packaging techniques to enhance product value and marketability.

A J&K Bank official elaborated on the proactive role of financial institutions in supporting enterprise creation and development.

DC Kupwara chairs NCORD meeting, reviews measures for curbing drug abuse

KUPWARA, AUGUST 28: Deputy Commissioner (DC) Kupwara, Shrikant Balasahab Suse today chaired the meeting of the District Level Committee under Narco Coordination (NCORD) to review various measures put in place to curb drug abuse in the district.

The meeting held a department-wise review of progress on enforcement, awareness, treatment, and rehabilitation. Officers presented updates against targets. DC impressed upon all the officers to put in extra efforts aimed at eradicating the drug menace in the district. He also stressed to conduct special awareness camps for the vulnerable segments of the society viz. transport, street vendors and the youth.

He directed the tehsil level machinery to gear up for identification of hot spots with immediate destruction of wild bhung and poppy cultivation wherever reported and initiate legal action against the culprits. It was informed that all the Medical shops have installed CCTV cameras with 95 percent Computerised Billing System. Asst. Drug Controller was directed to ensure 100 percent mandatory comput-



erised billing as a means to break the supply chain. Highlighting the responsibility of the parents in safeguarding the future of their children, DC emphasized for organizing monthly Parent-Teacher meetings in all govt and private schools

mainly to discuss the menace apart from the other issues. It was also impressed upon the participants to work for declaration of Nasha mukt panchayat for a healthy competition between the panchayats in making Kupwara a drug free district.

DC Budgam approves 132 cases under JKCIP, 213 under ISDS to boost Agriculture & Allied sectors

BUDGAM, AUGUST 28: Deputy Commissioner (DC) Budgam, Dr. Bilal Mohi-Ud-Din Bhat, today convened a meeting on the Jammu and Kashmir Competitiveness Improvement in Agriculture and Allied Sectors Project (JKCIP) and the Integrated Sheep Development Scheme (ISDS) at the DC office complex Budgam. The meeting aimed to evaluate and approve eligible applications received from various Agriculture and Allied Departments.

After thorough deliberations, DC approved 132 applications under JKCIP, including 65 in Agriculture, 32 in Horticulture, 27 in Sheep Husbandry, and 08 in Fisheries. Similarly, under Integrated Sheep Development Scheme (ISDS), 213



cases were approved across Budgam district.

Under JKCIP, beneficiaries will be extended assistance for installation of borewells, cultivation of aromatic species, Shallot, hill garlic, mushroom,

saffron area expansion, development of high-yield orchards, solar fencing, construction of sheep sheds, supply of trolleys, and other modern interventions aimed at improving productivity and sustainability.

Dr Bilal stressed that agriculture and allied sectors remain the backbone of Budgam's rural economy, and such government interventions are instrumental in providing direct livelihood support, skill enhancement, and better market competitiveness to farmers and youth.

He said that these approvals mark a significant step towards improving farmers' access to modern infrastructure, sustainable practices, and diversified income avenues. He added that the objective is not just to provide financial assistance but also to ensure capacity building and long-term sustainability of the projects sanctioned. DC directed the concerned officers to facilitate speedy

implementation of approved cases and provide handholding support to all beneficiaries. He emphasized that officers must work in close coordination with farmers to ensure that every project from borewell installation to orchard development is executed on ground in a time-bound, transparent, and accountable manner.

Regarding ISDS, DC said that approving 213 cases in one go will give a big push to the sheep sector, which is a traditional and promising livelihood in the district.

He underlined the need for strengthening animal health support services, market linkages, and fodder availability to ensure that the scheme benefits are maximized for sheep rearers.

DDC B'gam inspects workshop on modernizing land records under DILRMP at Sheikh-ul-Alam Hall

BUDGAM, AUGUST 28: District Development Commissioner (DDC) Budgam, Dr. Bilal Mohi-Ud-Din Bhat, today inspected a workshop on digitisation of Jamabandis, GIS Mapping of Land Records, and updation of Mutations held at Sheikh-ul-Alam Hall, Budgam.

The workshop is part of a series of programs being conducted across all nine tehsils of Budgam i.e. Khag, Beerwah, Budgam, Narbal, Magam, Chadoora, Charar-i-Sharif, B.K. Pora and

Khansahib, aimed at training revenue staff and sensitizing stakeholders about the process of modernising land records under the ongoing Digital India Land Records Modernization Programme (DILRMP). During the inspection, DDC interacted with the resource persons and participants, stressing the need for accuracy, transparency, and time-bound completion of digitisation work. He observed that comprehensive digitisation of Jamabandis (Record of Rights),

mapping of land parcels on GIS platforms, and timely updation of mutations will ensure easy access to records, minimization of land disputes, curbing of malpractices, and improved public service delivery. He said that the digitisation of land records is a reformative step towards efficient governance and citizen empowerment. "Our goal is to build a transparent, technology-driven, and people-friendly land records system that provides clarity and security to every landholder," he remarked.

Inclement Weather: DC Bandipora conducts extensive tour of Sumbal sub-division

BANDIPORA, AUGUST 28: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, on Thursday conducted an extensive tour of Sumbal sub-division to assess the situation arising out of inclement weather conditions and to take stock of essential services in the area.

During the visit, DC inspected Community Health Centre Sumbal, Asham area, Hajin town, Municipal Committee Hajin office and Naninara Bridge, to review preparedness measures and ensure timely response to any exigency. She also interacted with officials to assess ground-level issues and directed the concerned departments to remain alert for quick redressal of public grievances.

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A Shield Against Floods in Kashmir

The Valley of Kashmir, often described as paradise on earth, has in recent years faced a recurring nightmare: devastating floods that wreak havoc on lives, property, and the environment. The 2014 deluge is still fresh in the public memory, and every season of heavy rainfall reignites fears of a similar catastrophe. While climate change, unplanned urbanisation, and shrinking wetlands have aggravated the crisis, it is time we look at sustainable and scientific solutions. Water harvesting, if adopted on a large scale, can prove to be a game-changer in tackling floods in Kashmir.

Water harvesting is not merely a conservation technique; it is a protective shield. By capturing rainwater, replenishing groundwater, and reviving traditional storage systems, Kashmir can reduce excessive surface runoff that swells rivers and streams during monsoon. Roof-top rainwater harvesting in both urban and rural areas, small check dams in hilly terrains, revival of ponds and karewa water bodies, and community storage tanks are practical methods that can absorb and regulate excess rainfall.

Our forefathers understood the value of water conservation through natural channels, wetlands, and traditional irrigation systems. Unfortunately, rapid urban sprawl and encroachments have destroyed this balance. Dal Lake, Wular Lake, and the Jhelum River have lost much of their carrying capacity. Restoring these natural water bodies through modern water harvesting projects can not only reduce flood risk but also ensure year-round water availability for drinking, agriculture, and hydropower.

The government has already launched initiatives under Jal Shakti Abhiyan and integrated watershed management schemes. What is now needed is strict enforcement, community participation, and innovative funding models. Schools, panchayats, and mosques can play a pivotal role in creating awareness that every drop saved is a life secured.

Kashmir must not wait for another disaster to wake up to this reality. The choice before us is clear: either continue to watch helplessly as floods destroy our paradise, or adopt water harvesting as a collective mission to safeguard our future. By turning rain into a resource rather than a threat, Kashmir can transform vulnerability into resilience.

Tagging of Animals in Rajouri: An Urgent Need to Curb Abandonment and Cruelty



SAJAD BHAT

Rajouri town is struggling with an increasing number of stray and abandoned animals, especially cattle. After their animals are no longer useful for milk, ploughing, or other farm work, many people just leave them on roads and in public places. This is not only cruel but also creates dangers for road safety, public health, and cleanliness. Hospital Road, Darhali Bridge, and the main city markets are the worst affected, with abandoned animals seen wandering all day.

In both rural and urban parts of Rajouri, animals that are no longer productive are often seen as burdens. Rather than finding them a safe place or reaching out to animal welfare groups, owners abandon them on the streets, leaving the animals to fend for themselves.

Abandoned animals wander in search of food, sometimes blocking traffic and getting hit by vehicles. Hospital Road is now known for these problems, with ambulances and patients often delayed by animals on the road. Darhali Bridge and busy intersections also face daily trouble for drivers and shopkeepers because of stray cattle.

The problem of stray animals in Rajouri is not only due to careless owners. The Veterinary Department and Municipal Council are also responsible. These groups are supposed to care for animals and keep the town safe, but they have not dealt with the problem.

The Veterinary Department lacks a clear plan for tagging animals, constructing shelters for abandoned cattle, or holding owners accountable. They mostly just

give routine vaccinations, while bigger problems like stray animals blocking roads and spreading dirt are ignored. If the department cannot enforce basic animal welfare rules, it is not serving its purpose.

The Municipal Council of Rajouri fares no better. Despite having the authority under municipal by-laws to seize and shelter abandoned animals, it has chosen the path of silence. The sight of cattle lying unattended on Hospital Road, Darhali Bridge, and main markets is proof of its inaction. Instead of proactive planning, the Council limits itself to cosmetic measures, ignoring public safety and sanitation.

This deliberate neglect is nothing short of cruelty, which is punishable under law. India already has provisions that prohibit the abandonment of animals.

The Prevention of Cruelty to Animals Act, 1960 (Section 11) Declares abandonment of animals as a punishable offence, with fines and possible imprisonment. Indian Penal Code (Section 429) Provides punishment for mischief by killing or maiming animals. And the Municipal By-laws authorize local bodies to take custody of stray animals and penalize owners for abandonment. Unfortunately, these laws are poorly implemented in Rajouri, allowing the problem to persist.

A concrete solution lies in animal tagging and registration a practice already being used in many states of India.

Tagging involves fixing a unique identification tag in the ear of the animal, linked to the owner's details. Through tagging, authorities can track the rightful owner of any abandoned animal. This ensures accountability if an animal is found wandering, the tagged ID will reveal who left it behind.

The Veterinary Hospital Rajouri and the Department of Animal Husbandry should launch a district-wide tagging campaign in coordination with the Municipal Council. This will help reduce abandonment. Hold owners legally accountable and ensure proper planning for sheltering non-productive animals.

The Veterinary Hospital Rajouri must move beyond routine treatment and vaccinations. A dedicated action plan is needed to launch mass tagging drives in Rajouri town and adjoining villages. Coordinate with NGOs like Compassion AWO Rajouri for awareness campaigns. Also, establish holding shelters for abandoned animals, ensuring they are not left to suffer on roads and Work with law enforcement to implement fines and penalties on those abandoning cattle. Animal abandonment is not just a civic issue—it is a moral and ethical challenge. Animals, who serve humans faithfully during their productive years, deserve respect and care even when they grow old or unproductive. Abandoning them on the streets is inhumane and against the values of compassion and responsibility.

The role of the Police Department is crucial in tackling the rising cruelty of animal abandonment in Rajouri. Existing laws such as the Prevention of Cruelty to Animals Act, 1960, and IPC Section 429 clearly criminalize abandonment, yet their enforcement remains weak. Police must act tough on negligent owners, registering FIRs and imposing fines without hesitation. Dedicated officers should be trained and empowered with the full provisions of animal cruelty laws to ensure strict action. Without active policing, these laws are meaningless, and abandoned animals will continue to suffer while the public faces chaos and danger on the streets.

The crisis of abandoned animals in Rajouri, especially around Hospital Road, Darhali Bridge, and city markets, demands immediate attention. Strict enforcement of animal protection laws, coupled with animal tagging and owner accountability, can significantly reduce this menace. It is time that the Veterinary Hospital Rajouri, along with civic authorities and animal welfare organisations, formulates a concrete plan not only to protect animals but also to ensure safer, cleaner streets for citizens.

(Author is the animal welfare activist with compassion AWO Rajouri)

The False Modern Lifestyle Destroying Health nd Wellness

Dr Aftab jan

Health and wellness are not luxuries but the foundation of a meaningful life, yet in today's world human beings themselves are destroying their health while calling it "modern living." What is most painful is that people have begun to label dangerous, harmful, and destructive habits as modern and stylish, when in reality they are the exact opposite of advancement. The tea served in plastic cups on roadside stalls, the bottled water that millions consume daily, the dip teas people proudly sip in the name of convenience, and the junk foods that fill the stomachs of young and old alike are all presented as a part of modern culture, but modern science has itself declared that these practices are nothing short of suicide for health. Every liter of bottled water contains around 240,000 microplastic particles, each invisible to the eye but sharp enough to damage cells, tissues, and vital organs. A single disposable plastic cup used for hot tea releases 25,000 to 100,000 microplastic fragments into one serving, which then enter the stomach and bloodstream. Dip tea bags, especially those made from nylon or PET plastic, shed an astonishing 11 billion microplastic particles and 3 billion nanoplastic particles into just one cup of tea. These are not minor details; they are the bitter

reality that every sip is carrying hidden poison. These particles accumulate in the body, disturbing hormones, damaging the liver and kidneys, weakening immunity, and opening the door to cancers, infertility, obesity, heart disease, diabetes, and early aging. Yet society blindly calls this habit modern, ignoring the truth that what they are consuming daily is not tea or water, but liquid mixed with plastic poison. The food culture of today's generation is no different. Home-cooked meals once considered the foundation of health are being replaced by so-called modern fast foods—burgers, pizzas, fried chicken, instant noodles, processed meat, chips, sweets, and colorful drinks. These items may look attractive and smell tasty, but they contain trans fats, excessive refined sugar, white flour, high sodium, artificial colors, preservatives, and chemical flavors that attack the body from within. Fried snacks and chips produce acrylamide, a dangerous chemical formed when food is cooked at high temperature, which is proven to increase cancer risk. Processed meats like sausages, salamis, and kebabs contain nitrates and nitrites, which are directly linked with stomach and colon cancer. Carbonated soft drinks, considered symbols of joy and refreshment, are full of phosphoric acid, caffeine, and aspartame, which weaken bones, drain calcium, increase anxiety, disturb sleep, and harm the nervous system. Energy drinks falsely marketed as performance boosters actually overload the heart, create irregular rhythms, and damage the brain when consumed regularly. Sugary foods and drinks exhaust the pancreas until diabetes develops, while salty and oily foods choke arteries until blood pressure and heart

disease follow. Instead of giving strength, these foods trap people in cycles of addiction, laziness, and poor concentration, weakening both the body and the mind. The result of this so-called modern diet is evident everywhere. Children once full of energy now suffer from obesity, asthma, weak immunity, poor eyesight, and lack of focus. Teenagers and youth, instead of enjoying strong bodies and bright futures, are increasingly diagnosed with depression, hormonal imbalances, infertility, high blood pressure, and early diabetes. Adults collapse with strokes, kidney failure, heart attacks, cancers, and liver disease while still young. Elderly people spend their final years surrounded by medicines, hospital visits, and pain, all because of years of careless eating and plastic use. Along with this, poor hygiene habits make the situation worse. Eating without washing hands, using dirty utensils, keeping kitchens and toilets unclean, leaving food uncovered, and throwing waste openly invite infections like cholera, typhoid, hepatitis, diarrhea, skin infections, tuberculosis, and respiratory illnesses. Flies, dust, and contaminated water spread bacteria and viruses that science proves are the root of 70% of preventable diseases. Antibiotics are overused because of such infections, making bacteria resistant and creating the danger of untreatable diseases. What society calls advancement is in reality a step backward, for true progress is not in adopting harmful practices but in living clean, balanced, and disciplined lives. Islam already guided humanity centuries ago on how to live with true wellness. The Qur'an says: "Indeed, Allah loves

those who turn to Him constantly and He loves those who purify themselves" (Surah Al-Baqarah 2:222). The Prophet Muhammad ﷺ said: "Cleanliness is half of faith" (Sahih Muslim), reminding us that hygiene is not an option but a spiritual duty. Another Hadith states: "The son of Adam does not fill any vessel worse than his stomach. It is sufficient for the son of Adam to eat a few mouthfuls to keep him alive" (Sunan Ibn Majah), teaching moderation that science today confirms as the key to preventing obesity, heart disease, and diabetes. What the Prophet ﷺ taught about washing hands, covering food, eating moderately, avoiding excess, and keeping the environment clean are now proven by modern research as the most effective ways to protect against disease. True modernity is to follow what both divine guidance and modern science agree upon: natural eating, hygiene, moderation, and balance—not plastic cups, junk foods, and chemical drinks. To restore health and wellness, people must abandon these false modern ways and return to natural, disciplined living. Plastic bottles and cups must be replaced with steel, glass, or clay. Dip teas must be avoided, and instead herbal teas or traditional boiled tea without plastic bags should be consumed. Junk foods must be rejected, and instead fresh, home-cooked meals with fruits, vegetables, grains, and clean meats should be the daily diet. Children must be trained to drink clean water, wash hands with soap before meals, bathe regularly, brush teeth, trim nails, wear clean clothes, and never share dirty utensils. Kitchens and toilets must be kept spotless to prevent bacteria. Food should always be covered, and water

stored in clean containers. Families must reduce fried and processed foods, avoid over-sugary drinks, and replace them with milk, fresh juices, and water. Daily exercise, walking, and sports must become routine for young and old alike. Adequate sleep of 6–8 hours is necessary to repair the brain and prevent stress and anxiety. Mentally, people must also cleanse themselves by reducing useless screen time, avoiding overuse of mobile phones, and instead engaging in meaningful conversations, prayer, and reflection. The greatest tragedy is that we call destruction modern, but the reality is the opposite. True modernity is when we use knowledge—both divine and scientific—to build lives that are safe, clean, and healthy. Real advancement is not in plastic or junk food but in protecting the body as an amanah (trust) from Allah. Real progress is in raising generations free from disease, not in filling hospitals with patients suffering from lifestyle-related illnesses. A society that continues to use plastics, consume junk foods, ignore hygiene, and embrace harmful habits is not moving forward but backward. The future belongs to those who realize that wellness is not a choice but a necessity, that cleanliness is not optional but half of faith, and that protecting health is protecting life itself. If we truly wish to be modern, we must reject false modernity and embrace the real one—a lifestyle of hygiene, natural foods, moderation, and discipline that gives strength to the body, peace to the mind, and purity to the soul. Only then can we call ourselves advanced, only then will our future generations live free of disease, and only then will we truly achieve health and wellness.

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The Neuroscience of Brain Freeze



SURINDERPAL SINGH

Brain freeze or cold stimulus headache is medically termed as sphenopalatine ganglioneuralgia, is a short-lasting but intense headache that occurs when some cold eatables such as ice cream or a chilled beverage, comes into sudden contact with the roof of the mouth or the back of the throat. Despite being harmless and self-limiting brain freeze has attracted the attention of the neuroscientists, the doctors and ordinary people alike due to its unique mechanism and surprising intensity. Understanding the physiology behind this common experience provides insights not only into the headache disorders but also into how the brain perceives and processes the pain.

Mechanism Behind Brain Freeze
Sudden Temperature Changes in the Mouth

When an extremely cold substance touches the palate (roof of the mouth), the blood vessels in this region rapidly constrict and then dilate. This abrupt vascular response is believed to trigger the pain.

Involvement of the Trigeminal Nerve
The trigeminal nerve, a cranial nerve responsible for sensation in the face and head, transmits these pain signals to the brain. Since the nerve covers both the mouth and the forehead, the brain misinterprets the origin of pain—creating the illusion that the forehead is epicenter of the pain. This phenomenon is known as referred pain.

Increased Blood Flow and Intracranial Pressure

The dilation of blood vessels increases blood flow, temporarily altering intracranial pressure. This is similar to what occurs in migraine attacks. This fact explains that why people prone to migraines often report brain freeze more frequently.

Sphenopalatine Ganglion Involvement

The sphenopalatine ganglion, a nerve cluster behind the nose, plays a crucial role in relaying pain sensations. Its sudden stimulation by cold leads to the sharp, stabbing sensation associated with brain freeze.

Factors Responsible for Brain Freeze
Temperature of Ingested Substance
The colder the food or drink, the higher the likelihood of triggering the brain freeze. Items like ice cream, frozen



food items and iced beverages are classic culprits for the sudden pain attacks.

Speed of Consumption
Drinking or eating cold items rapidly exposes the palate and throat to sudden temperature changes thereby increasing the risk of the brain freeze.

Surface Area Contact
When a large volume of cold material touches the palate at once it exaggerates vascular and nerve responses. This would instantly trigger the brain freeze.

Individual Sensitivity
People vary in their susceptibility and sensitivity. Those with migraine disorders are often more prone to brain

freeze suggesting shared pathways between the two conditions.

Environmental Temperature
Paradoxically, consuming extremely cold foods in hot weather may make brain freeze more likely because blood vessels are already dilated from heat, making the constriction-dilation response more dramatic.

What Exaggerates Brain Freeze?
Larger Gulp Sizes: Swallowing big sips of ice-cold beverages delivers a stronger stimulus to the palate.
Holding Cold Foods Against the Palate: Allowing ice cream or ice cubes to rest on the roof of the mouth increases nerve stimulation.
Dehydration: Reduced blood flow

regulation may exaggerate vascular changes making pain sharper.

Migraine Predisposition: As mentioned, migraine sufferers often experience stronger and longer-lasting brain freezes.

High Sensory Sensitivity: Some individuals have lower pain thresholds or more reactive trigeminal nerves, exaggerating the response.

Clinical Significance
Though benign, brain freeze is more than just a curiosity. Scientists studying it have drawn parallels to vascular headaches and migraine research, providing a simple model for understanding sudden-onset headache mechanisms. This could potentially contribute to better treatments for more severe headache disorders.

Brain freeze may last only for few seconds but its intensity and universality had made it an important subject of scientific curiosity. At its core, the phenomenon reflects the delicate interplay between vascular responses, cranial nerve signaling and the brain's interpretation of pain. Factors such as rapid consumption of cold foods, migraine susceptibility and environmental conditions can all exaggerate the experience. While brain freeze is harmless, this fleeting pain serves as a window into the brain's complex pain pathways, reminding us of how finely tuned yet sometimes "confused" our nervous system can be.

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FACULTY IN SCIENCE
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Trump's economic weapon "50 percent tariff" vs Modi's "Plan 40"



Kishan Bhawnani

The central government has identified the affected sectors and relief schemes like credit support, tax rebate and export subsidy are being prepared for them.

If America has closed one door for India, then India has immediately started making strategies to open 40 more doors and create new paths for itself - Advocate Kishan Sanmukhdas Bhavani Gondia Maharashtra

Gondia-US President Donald Trump has once again shaken the global business world. His new tariff orders have posed a challenge to many emerging economies including India. Trump's direct message is that the American market will now be protected from foreign products and under the 'America First' policy, tariffs will be imposed on every country that creates competition for American companies. This topic is very important and deep because it includes the ongoing tariff war between India and America, the strategy of the Modi government, the confidence of self-reliant India and the impact of America's visa policy. This move has increased the pressure on India's IT sector, pharma, manufacturing and export class. At such a time, the strategy prepared by the Indian Prime Minister has been named "Plan 40" by the media and policy analysts. This plan is not only a response to America's tariff challenge but also a blueprint to strengthen India's global position. Trump's "50 percent tariff" and Modi's "Plan 40" have become the most discussed topics in global politics and economy at this time. From 27 August 2025, the US has imposed a 50 percent tariff on India, which has directly affected the Indian textile, pharma, auto components and

IT services sector. The US President did not take this step suddenly, but for the last several months he was constantly warning India that if India ignores American interests, it will have to face economic weapons. The Trump administration believes that it is necessary to teach India a lesson because India continued oil trade with Russia and also ignored American pressure by finding new markets in Europe and Asia. I, Advocate Kishan Sanmukhdas Bhavani Gondia Maharashtra, believe that this tariff has had the greatest impact on those industries whose large part is dependent on the American market. The textile and garments industry, which sends about 30 percent of its exports to the US, is now in trouble. Similarly, the Indian pharma industry, which is the largest supplier of generic medicines, has also suffered a setback. Indian IT companies and software engineers have long been leading the services sector in the US, but tariff and visa policies have put a question mark on their future. The auto and engineering goods sectors have also been badly affected by this.

Friends, if we talk about understanding Plan 40, then India has immediately started making strategies to deal with these challenges. The central government has identified the affected sectors and relief schemes like credit support, tax rebate and export subsidy are being prepared for them. New customers are being sought in Europe, Africa and Latin America for the textile industry. New markets are being made available to the pharma industry through health missions in Russia, Central Asia and African countries. Digital services are being expanded for the IT sector in Asian countries, Gulf and Europe. At the same time, the auto sector is being given an opportunity to increase domestic sales



and production through "Make in India" and domestic EV policy. The government's clear message is that India will not be dependent on any one country and the scope of exports will be expanded manifold.

This entire strategy is being called "Plan 40". This plan of the government is based on getting India to enter into new trade alliances and agreements with 40 countries. Under this, the pace of FTA with the European Union is being accelerated. Energy and technical agreements are being made with Gulf countries, especially UAE and Saudi Arabia. There is a plan to capture the healthcare, pharma and textile market in the African continent. Exports of auto parts and engineering goods

will be increased in Latin America and Caribbean countries. Along with this, energy and defense trade will be further strengthened with Russia and China. That is, if America closes the doors for India, then India will open 40 more doors and create new paths for itself.

Friends, if we talk about the impact of our mission Aatmanirbhar Bharat on the current circumstances, then India's confidence is more than ever this time because since 2019, India has strengthened its industries through the Aatmanirbhar Bharat Abhiyan. Production Based Incentive (PLI) schemes were implemented, the MSME sector got a boost and startups were promoted. The government believes that tariffs will definitely challenge us but this challenge will also provide us an opportunity to focus on indigenous production and new markets. In his recent address, the PM said that India is not afraid of anyone's tariff, we are self-reliant and the world will have to depend on India.

Friends, if we talk about America's plan to tighten its H1B visa policy, then America has not only challenged India by imposing tariffs but it has also planned

to tighten its H1B visa policy under an alternative plan. According to the new conditions, now only those people will be able to get H1B visa who will invest at least 5 million dollars in America. This will directly affect Indian IT engineers, students and professionals. Every year lakhs of youth from India go to America but now this path is almost closed for them. However, in this regard, I believe that America does not give H1B visa just like that, it has started H1B visa to attract Indian high talent. We know that there is a very special need for Indian talent in America. My argument is that there is a shortage of talent there and hence high level talent is needed the most. According to a report, H1B visa holders are high-skilled Indians. H1B visa holders get much higher salary than American employees. H1B visa holders there get an average of 108000 US dollars, but US residents get 45760 US dollars. If America did not need high-skilled talent, then why would they call Indians by giving such high salaries? But now the condition of investment clearly shows that this is a strategy to put political pressure on India.

Friends, if we talk about the deep impact of these steps on India-US relations, then America was already uncomfortable with Russia-India relations, and now the tariff and visa policy has further increased the tension between the two countries. India has announced to reduce its dependence on America, while America has put the burden of tariff and visa on Indian companies. In response to this, India has started new business alliances with 40 countries. It is clear that in the coming times, India-US relations will go through a mixture of cooperation and conflict.

So, if we study and analyze the above details, we will find that today's India is not the India of 1991. At that time India was dependent on the IMF but today India is the fifth largest economy in the world. Trump's 50 percent tariff will challenge India but India has given the message through "Plan 40" that India will not bow down but will look for alternatives. Whether America tightens H1B visa or increases tariff, India will move forward through self-reliance and global partnership. This entire incident proves that global politics no longer revolves only around powerful countries but the strategy of emerging countries like India also decides the future.

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Science is simply the word we use to describe a method of organizing our curiosity

Central Prabhari Officer reviews Aspirational District Programme in Kupwara



Kupwara, August 26: The Joint Secretary, Department of Administrative Reforms & Public Grievances, Mrs Sarita Chauhan, who is also the Central Prabhari Officer for Kupwara district, today chaired a virtual meeting with the DC Kupwara and concerned district officers to review the progress under the Aspirational District Programme (ADP).

On the occasion, the Deputy Commissioner apprised the Central Prabhari Officer about the progress made regarding various indicators under Aspirational District Programme (ADP) since launch of program.

It was informed that district Kupwara is currently ranked at 8th among the total 117 Aspirational Districts of the country and has registered substantial progress of 41 out of 49 indicators.

The District has achieved Ist Delta Rank in the country for the period of October-December 2024 and got awarded of Rs.3 crore by the NITI Aayog. Besides, the district received PM's Award of Excellence conferred by Hon'ble Prime Minister on 21st April, this year under Holistic Development of Districts.

During the meeting, the Central Prabhari Officer took a detailed review of key performance indicators under different sectors including Health & Nutrition, Education, Agriculture & Water Resources, Financial Inclusion & Skill Development, and Basic Infrastructure. She stressed upon the officers to ensure focused and result-oriented implementation of activities under the programme so that tangible benefits percolate to the grassroots level. The officers apprised the Prabhari Officer about the current status, achievements and challenges in their respective sectors. She emphasized on close monitoring, inter-departmental coordination and timely submission of progress reports to further improve the district's ranking under the ADP framework.

The meeting was attended by District Programme Officer ICDS, ACD, CEO, CMO, CPO and other concerned officers.

DDC Kulgam reviews department wise works under District Capex

KULGAM, AUGUST 28: To review the progress of works under the District Capex Plan for the ongoing year (2025-26) in the district, District Development Commissioner (DDC) Kulgam, Athar Aamir Khan today chaired a meeting at Mini-Secretariat, here.

DDC took department wise progress of physical and financial achievements of ongoing public works in the district.

DBU's Centre for ODL & OL Holds Orientation and Induction Programme 'Pravesh 2025'

Mandi Gobindgarh, 28 August: The Centre for Open Distance Learning (ODL) and Online Learning (OL), Desh Bhagat University, Mandi Gobindgarh, Punjab, successfully conducted its Orientation and Induction Programme Pravesh 2025 through online mode

for ODL and OL students. The programme began with a formal welcome by Prof. (Dr.) H.K. Sidhu, Director, ODL & OL, followed by blessings and guidance from Prof. (Dr.) Harsh Sadawarti, Vice Chancellor, who highlighted the significance of ensuring qual-

ity education in flexible learning modes. Prof. (Dr.) H.K. Sidhu then delivered a detailed presentation covering the journey of the University, importance of ODL & OL, admission process, approvals from UGC-DEB, quality assurance practices, delivery platforms, and

examination procedures. The session also included an interactive segment where students' queries were addressed by the Director along with the core support team. The orientation concluded with a vote of thanks by Ms. Jiwan Sharma.

Press Statement – Airtel

Unprecedented rains and extreme weather have severely disrupted telecom services across Jammu, Kashmir, Ladakh, and Himachal Pradesh. In these challenging times, staying connected is more important than ever. To support our customers, Airtel is introducing special measures:

- Prepaid customers whose plans are expiring this week, will receive a 3-day extension with unlimited calls and 1GB data per day, even if they are unable to recharge.
 - Postpaid and broadband customers will get a 3-day grace period on bill payments to ensure uninterrupted services.
 - Intra-Circle Roaming (ICR) has been enabled in Jammu, Kashmir, and Himachal Pradesh so customers can stay connected through other available networks.
- Our teams are working tirelessly on the ground to restore services at the earliest. Airtel stands with the people of these regions and remains committed to keeping them connected.
- (Airtel Spokesperson)

Ancient Herb, Modern Solution: BHU Researchers Create a Superfood to Combat Salmonella

In a remarkable fusion of traditional Indian wisdom and modern food science, researchers from Banaras Hindu University (BHU) have developed a functional version of Shrikhand, a traditional fermented dairy delicacy enriched with Ashwagandha (Withania-somnifera) root extract. The innovative product has shown significant immune-boosting, antioxidant, and anti-Salmonella properties in laboratory trials on albino mice. The findings from this groundbreaking research have been published in the internationally reputed, Scopus-indexed, prestigious Q2-ranked journal, Letters in Animal Biology, highlighting the study's significant contribution to the field of animal biology and food science. The pioneering study was carried out under the supervision of Prof. Dinesh Chandra Rai, a distinguished figure in the dairy and food sciences, senior professor at BHU and now Vice Chancellor of BRABU Bihar University (BRABU), Bihar. The research team included Dr. Ashok Kumar Yadav, the scholar from BHU, currently Assistant Professor at Rajiv Gandhi University (RGU), Arunachal Pradesh and Dr. Aman-Rathaur, Assistant Professor at Chhatrapati Shahu Ji Maharaj University, Kanpur. The study, conducted on seventy-two albino mice, showed that the Ashwagandha-fortified shrikhand



not only improved growth and weight gain but also positively impacted blood lipid profiles by reducing total cholesterol, LDL, and triglycerides while increasing protective HDL cholesterol. The enriched diet also enhanced immune responses, as evidenced by elevated immunoglobulin lev-

els and improved activity of spleen lymphocytes. Crucially, the shrikhand drastically reduced the Salmonella bacterial load in the mice's intestine and fecal matter compared to other groups, highlighting its potential to combat infectious diseases.

Prof. Dinesh Chandra Rai hailed

the work as a "milestone in functional food innovation," emphasizing how it scientifically validates the integration of India's traditional knowledge with modern science to create health-promoting food products that "not only delight the palate but also promote health and immunity." He noted that "with Salmonella and other food-borne pathogens posing growing threats to human health worldwide, this study opens new avenues for developing safe, natural, and culturally acceptable nutraceutical products." He added that Ashwagandha-enriched shrikhand could serve as "an everyday immunity-boosting food with tangible biomedical benefits." The researchers believe their findings could pave the way for commercial herbal-enriched dairy

products and offer a natural alternative to synthetic drugs. The Ashwagandha-enriched shrikhand stands as a shining example of how traditional culinary traditions can address modern health challenges, reflecting a perfect synergy between Ayurveda, food technology, and biomedical science.

The academic and research fraternity, along with the BRABU alumni association from both BRABU and BHU, have extended heartfelt congratulations to Prof. Rai for this remarkable achievement. This study marks one of his 25 world-class publications in the last year alone, a authentication to his prolific contributions to science. Notable figures, including Proctor Prof. BSRai, Principal of L.S. College Prof. Kanupriya, Prof. TK Dey, Prof. Rajeev Kumar, Dr. Shartendu Shekhar and Dr. Navin Kumar among others, have lauded Prof. Rai's relentless pursuit of excellence and his transformative impact on food science and public health and has been a source of great pride for university.

Army Goodwill School Hajinar Celebrates 26th Annual Day with Grandeur

Peerzada Sayeed

Karnah Kupwara, Aug 27: Army Goodwill School (AGS) Hajinar celebrated its 26th Annual Day with zeal and enthusiasm, marked by colorful performances and the presence of distinguished guests.

The event was presided over by SK Pardhan, Commander Shakti Vijay Brigade & Chairman AGS, along with Deputy Commander Sudeep Bose, Vice Chairman AGS. The celebration also witnessed the participation of civil officials, Army officers, parents, teachers, ZEO Tangdar, agriculture officers of Karnah, range officers, and principals of various higher secondary schools from the region. The programme began with a welcome address by Principal AGS, Khawaja Aftab, who extended heartfelt greetings to the dignitaries and highlighted the school's achievements over the years. He praised the dedication of teachers, students, and parents in making AGS Hajinar a center of learning and excellence in the border region.



Around 500 students participated in the event, showcasing their talents in a variety of cultural programmes coordinated by Mr. Javaid Ahmad Mir. Traditional and modern performances, skits, and songs won loud applause from the audience. The highlight of the function was the felicitation of

toppers from each class, ranging from LKG to Class 12th, for their academic brilliance and hard work. In his address, Commander SK Pardhan appreciated the efforts of the school in nurturing young minds and emphasized that education is the strongest tool for empowerment. Deputy Command-

er Sudeep Bose also praised the discipline, creativity, and performance of students. The event concluded with an interactive session over tea with members of the civil society, reflecting the strong bond between the Army and the local community.

OFFICE OF THE PRINCIPAL DISTRICT & SESSIONS JUDGE JAMMU.

NOTIFICATION

No: /PDSJJ/S.O Adm

Dated: 28-08-2025

Subject: Postponement of interviews/viva voce

Due to inclement weather conditions, holiday was declared in all the Courts of Jammu province on 27-08-2025 vide orders of Hon'ble High Court, and thus, interviews of candidates for the posts of Orderly/Chowkidar/ Sweeper, scheduled to be held on 27-08-2025 (i.e candidates from S. no. 2851 to 3000) are postponed and shall now be held on 7th September, 2025 (Sunday).

DIPK:5609-25
Dated 28/08/25

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Sd/- (Y.P. Bourney)
Principal District & Sessions Judge
Jammu



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Uneasy calm

both locations. Moreover, at other stations, including Sangam and Asham, water levels are well below the flood declaration mark, eliminating the flood threat across the valley. Earlier in the day, the Divisional Commissioner, Kashmir, Anshul Garg, said the administration is on full alert, with all departments working together to ensure the safety of people amid monsoon rains. He said the public has shown remarkable patience over the last few days. “Teams from the Army, Police, SDRF, and civil administration are deployed on the ground. The Flood Control Department is keeping a strict watch on the Jhelum and its tributaries,” Garg said. Notably, while the flood threat is nearly over in Kashmir, the weather forecast predicts intermittent rains till September 6. Director of the Meteorological Department, Dr Mukhtar Ahmad, said that a brief spell of rain and thunder is expected at a few places, mainly late afternoon and late night tomorrow. "From August 30 to September 1, a spell of light to moderate rain, scattered to fairly widespread, with the possibility of moderate to heavy rain and thunderstorms, is expected in a few districts of Jammu division," he said. "From September 2 to 6, a brief spell of rain and thunderstorms is forecast at a few places." The MeT has issued an advisory, warning of the possibility of moderate to heavy rain and thunderstorms at a few places in the Jammu division from the early morning of August 30 to late night of September 1, and again early morning on September 2. It also warns of potential landslides, mudslides, shooting stones, etc., at vulnerable locations, advising people to stay away from water bodies, nallas, river embankments, and loose structures—(KNO)

Next 15 days

congratulate the people for handling the situation with calmness and courage. While our departments, DCs, Army, Police, SDRF, and NDRF monitored every detail, it is the people's resilience and awareness that prevented panic," he said, according to the news agency—Kashmir News Observer (KNO). The Div Com shared that the next 40 days of monsoon, till mid-September, are sensitive, and vigilance is key. “The water level in the Jhelum at Sangam and Ram Munshi Bagh has receded, but this is a temporary relief. The next 10–15 days are crucial and residents must follow advisories strictly,” he added. Garg revealed that over 150 vulnerable embankment points across Kashmir were monitored continuously and no breach was reported in the last 48 hours. He praised the Irrigation & Flood Control Department for strengthening embankments and tackling the high-water levels that touched a 10-year high at Sangam and Ram Munshi Bagh earlier this week. On illegal riverbed mining and embankments safety, he responded to a query and said illegal sand mining is a threat to embankment protection. “We have acted against such practices and ensured the safety of bunds. The resilience of our embankments during this high-water phase reflects the preparedness of the department,” he said. The Div Com also said the Meteorological Department continues to provide updated forecasts, and the administration has circulated emergency numbers for citizens. “This is not the time for complacency. All internal departments will function 24×7, and suggestions from residents are welcome as we prepare a long-term flood management strategy,” he

added. The Div Com Garg also addressed concerns about mobile connectivity disruptions caused by extensive damage in Jammu. “I personally spoke to in-charge teams of BSNL and Airtel. They are working round the clock, and full mobile connectivity is expected to be restored in the next few hours. Both the Chief Minister and the Lieutenant Governor are updated about the situation,” he said. Pertinently, Airtel, BSNL, and Jio networks had suffered multiple snags this week. Airtel services were restored on Wednesday after fiber cuts, but BSNL and Airtel again faced technical issues, leaving residents struggling with connectivity, while Jio services among them were very less affected. The Divisional Commissioner Garg said the coordinated efforts of government agencies, the Army's 15 Corps, and disaster response forces, backed by public cooperation, have kept the situation under control. “The water level is receding; there was no need to panic. With continued caution and cooperation, we will overcome this challenge,” he said—(KNO)

PDD restores

the Kashmir division. Principal Secretary PDD, H Rajesh Prasad informed the news agency—Kashmir News Observer (KNO) that the department is working round the clock to restore the electricity in the affected areas. “Till 2Pm, we restored more than 75 percent of electricity in the flood and landslide affected areas of Jammu,” he said. Prasad further said that till late evening, the power will be restored to many other areas. “We are trying our best to restore the electricity in the remaining areas.” The principal secretary further said that there was no damage reported in the Kashmir division. He said, “In Kashmir division, as a precautionary measure, we disconnected electricity in some areas. As of now, I think the electricity has been restored in all areas of the region.” Pertinently, heavy rains and landslides had damaged more than 1,000 feeders in Jammu region. Besides, hundreds of electricity poles were reportedly damaged in the region—(KNO)

CM reviews

the occasion as one of the most important events in the Muslim religious calendar, the Chief Minister stressed the need to make every possible effort to ensure the celebrations are conducted smoothly and devotees face no inconvenience. Reviewing the arrangements, the Chief Minister highlighted traffic management and facilitation of devotees as the foremost priorities. He underlined the need for proper parking arrangements, adherence to designated traffic routes, provision of shuttle services, and strict regulation of fare charges to prevent overcharging of devotees. “People must not face any inconvenience in reaching the holy Hazratbal shrine. Transport should be managed in a manner that ensures safety, comfort, and it should be available easily and frequently,” he stated. On security arrangements, Omar Abdullah called for visible police presence, both male and female, to instill a sense of safety and prevent incidents of theft or disorder. He directed that sufficient deployment of lady police should be ensured in sensitive zones. The Chief Minister instructed the Power Development Department to provide uninterrupted electricity during the Eid Milad celebrations. He said alternate arrangements such as generators with adequate fuel should be kept ready to deal with emergen-

cies. On sanitation, the CM stressed the use of newly procured mobile toilet units, regular deployment of sanitation workers, and proper waste management in and around shrine. He also directed to maintain availability of de-watering pumps, ambulances, fire tenders, health clinics, and standby hospitals to meet any contingency. The Chief Minister further underscored the need to regulate the activities of NGOs and voluntary groups providing food, water, and other services. He directed that such camps should be set up in designated areas to avoid congestion and obstruction in movement. Omar Abdullah also instructed all officers to ensure similar arrangements at other major shrines across Srinagar, including Aasar-i-Sharief Hazratbal, Jenab Sahib Soura, Aasar-i-Sharief Kalashpora, and other prominent religious locations, so that uniform facilities and safety measures are available to devotees everywhere. The Chief Minister also stressed on making adequate availability of safe and clean drinking water which must be ensured throughout the religious occasion, along with sufficient deployment of public transport. He also directed the Food Safety Department to carry out regular checks to maintain quality and hygiene of food items being distributed and sold during the occasion. Earlier, Deputy Commissioner Srinagar, SSP Srinagar and heads of departments briefed the Chief Minister about the preparations, including arrangements for electricity, health services, medicines, paramedics, mobile sanitation units, and parking facilities. The meeting was attended by Advisor to the CM, Nasir Aslam Wani, MLA Hazratbal Salman Ali Sagar, Additional Chief Secretary to the CM Dheeraj Gupta, Director Food, Civil Supplies & Consumer Affairs, Commissioner SMC, Director Health Services Kashmir, Superintending Engineer R&B, Assistant Commissioner Revenue, SDM East, CMO Srinagar, Tehsildar Khanyar/North, Assistant Commissioner Food Safety, senior officers of Traffic, PHE, PDD, Fire & Emergency Services, officers of other line departments, Tehsildar J&K Wakf Board, and administrators of prominent shrines. Earlier in the day, the Chief Minister visited the Hazratbal Shrine, which houses the revered Holy Relic of Prophet Muhammad (SAW), and took stock of the arrangements being made for the forthcoming observance of Eid-e-Milad-un-Nabi (SAW). During his visit to the shrine premises, Omar Abdullah interacted with the shrine management, Wakf Board officials, and officers of the district administration. He was briefed about the measures being put in place to facilitate the expected large gatherings of devotees, particularly to address the issues of sanitation, electricity, water supply, health services, and fire safety.

Plan prepared

a flood mitigation plan was prepared after the 2014 floods, but it was not followed. He said that the Chief Minister is himself assessing the mitigation measures and that a renewed plan will be prepared to tackle the flood crisis here. "Several issues related to the encroachment along the flood channel and other related places will also be looked into," he said while replying to a query. Furthermore, the Advisor said that the opposition must play a role of constructive opposition. He said that the opposition has been contacted multiple times, but they didn't join hands as they are happy to play only cheap politics. Also, he said that the Chief Minister has already raised the

issue of J&K prisoners at right places including with Prime Minister Narendra Modi and Home Minister Amit Shah. "The opposition should have joined hands to make the voice of the Chief Minister stronger," the Advisor to CM said—(KNO)

Javed Rana

in this time of need and ensuring that all essential services are restored at the earliest. The departmental officers apprised the Minister of challenges encountered in restoring services, the damage assessment in various divisions and the contingency measures put in place to mitigate the ongoing crisis. The Commissioner, Jammu Municipal Corporation, also briefed the Minister on the civic response efforts and inter-agency coordination. Appreciating the efforts of the field functionaries, Rana urged the officials to work in mission mode in close coordination with the local administration and keep the public informed through regular updates.

Chief Secretary

of reaching areas that are difficult to access due to harsh weather or geographical limitations. The Chief Secretary also asked the officers to launch a public awareness campaign to ensure residents are well-informed about fuel availability, distribution schedules and emergency requirements. He further directed the officers to engage with oil marketing companies to explore opportunities for enhancing storage capacities and expanding infrastructure at strategic locations. Taking stock of disruptions in transportation due to adverse weather, the Chief Secretary directed the officers to allow the vehicles carrying essential supplies on priority basis to prevent any delays in the supply chain. He also asked the officers to prioritise the transportation of railway racks carrying petroleum products coming from Punjab to Jammu to ensure timely delivery to remote areas. The Chief Secretary further called the representatives of Oil companies to take immediate steps for ensuring minimum of 15 days stock is maintained at oil depots in Jammu, while 10 days stock is made available at retail outlets across the region. He asked them to maintain 20 days stock at depot levels and 15 days stock at retail outlets in Kashmir valley. He further directed the Deputy Commissioner Kathua to monitor the movement of stranded vehicles on a priority basis and take necessary action to ensure the swift movement of goods and supplies. The Chief Secretary also passed directives to Deputy Commissioners of Ramban, Udhampur, Rajouri, Poonch, and Kishtwar to monitor stock availability in far-flung areas. During the meeting, State Level Coordinator informed the meeting about the upcoming Common Utility Facility (CUF) at Bajalta, which will have a storage capacity of 1 lakh kilolitres and is expected to be operational by December 2025.

Water level

had been vacant since March this year following the retirement of Braham Jyoti Sharma. The appointment came as part of a broader administrative reshuffle in which the government elevated eight in-charge Superintending Engineers as temporary Chief Engineers across various wings of the Jal Shakti Department. The move, announced by Jal Shakti Minister Javed Ahmed Rana, aims to strengthen leadership, ensure uninterrupted public services, and maintain

the timely execution of flood and irrigation works ahead of the winter season. With the Jhelum receding and monitoring teams on the ground, officials said the situation is under control and there is no immediate threat of flooding in the valley—(KNO)

Satish Sharma

public services, Satish Sharma issued strict directions for maintaining adequate and continuous supply of essential commodities, including food grains, LPG, medicines and other necessities in the affected areas. He emphasized that special care must be taken to ensure that no household, particularly vulnerable sections such as elderly, women and children are left unattended. The Minister also called upon the officers of PWD, PHE, Power, and Rural Development to work in close coordination to restore road connectivity, repair damaged infrastructure, and ensure power and water supply at the earliest. He asked the Health department to establish mobile health units in the worst-hit villages to provide timely medical aid and prevent the outbreak of water-borne diseases. Interacting with the media on the sidelines of the visit, Satish Sharma said, “The Government is fully committed to ensuring swift relief and rehabilitation for all those affected by these floods. Every possible step will be taken to restore normalcy, and we will continue to monitor the situation closely until complete rehabilitation is achieved.”

J&K floods—

5 in view of floods in the Union Territory. Citing flood-like situation in Jammu & Kashmir, the Legislative Assembly secretariat has ordered postponement/ cancellation of all scheduled meetings of the House Committees. “In view of prevailing inclement weather conditions in the Union Territory of Jammu and Kashmir, and the consequent flood-like situation reported in various areas, besides as the administration is fully engaged in dealing with the emergent situation arising out of the adverse weather conditions, it has been decided that all scheduled meetings of the House Committees, the Financial Committees, as well as other Committees of the Legislative Assembly, stands postponed/cancelled till the 5th of September, 2025,” reads a notification issued by Legislative Assembly secretariat, a copy of which is in possession of news agency—Kashmir News Observer (KNO)—(KNO)

‘We may have

Observer (KNO), during an evening visit. In Sopore, the usually lively Chankhan Market, considered a hub of street food and famous for staying open late into the night, wears a deserted look. At Main Chowk too, where dozens of food carts once competed for space and customers, only a handful of vendors are seen waiting anxiously for buyers. “I managed to sell just four seekh tujji in four hours,” said a well-known cart vendor in Sopore. “We don’t know what our fault is. A few people made mistakes; now everyone is paying the price.” The scandal, which broke earlier this month after Food Safety Department raids led to the seizure of large quantities of rotten and unfit-for-consumption meat, has triggered widespread mistrust among consumers. Authorities vowed strict action against those involved, but for many small vendors, the damage is already done. “We are on the verge of shutting down or shifting our businesses,” said another vendor

in Chankhan. “People are too scared to eat from outside now. Trust, once broken, takes years to return”. “We don’t know which outlet is safe anymore,” said Faisal War, a young foodie from Sopore. “Until the government gives clear assurance and strict checks are seen on the ground, we will avoid eating meat outside.” Meanwhile, officials said the crackdown was essential to protect public health and restore confidence. Smita Sethi, Commissioner, Food & Drugs Administration, J&K, earlier assured that strict enforcement will continue to safeguard consumers across Jammu and Kashmir, with strict compliance with FSSAI rules for the sale of frozen meat and chicken products. Vendors now hope that stricter checks and government assurances will gradually bring their customers back. “Street food is our culture, our livelihood,” said Omar, a young vendor. “We just hope people don’t give up on us forever.”—(KNO)

Infiltration bid

by Indian Army and JmuKmrPolice in Gurez Sector. “Alert troops spotted suspicious activity and challenged, which resulted in terrorists opening indiscriminate fire. Troops responded with effective fire, neutralising two terrorists,” it said, adding that the operation is in progress. Meanwhile, officials said that security forces along the LoC are alert, ensuring robust border security in the face of any threats. This heightened vigilance spans key frontier areas, including Gurez, Uri, Karnah and Tangdhar sectors in North Kashmir. The officials said that troops have intensified surveillance and patrolling along the LoC, maintaining strict domination over the sensitive border region. “Our forces are fully alert and prepared to respond swiftly to any infiltration attempts,” the officials added—(KNO)

Jmu-Sgr NH

washouts triggered by continuous rainfall, leaving travellers and transporters stranded. Eyewitnesses told the news agency—Kashmir News Observer (KNO) that the highway, which serves as the lifeline connecting the Kashmir Valley with the rest of the country, has been witnessing long queues of stranded trucks, passenger vehicles and private cars. Drivers stranded at Qazigund said they have been stuck for three days, facing a lack of shelter and other hardships. They urged the authorities to speed up restoration work and clear the debris so that traffic movement can resume at the earliest. In a post on X, J&K Traffic Police wrote, “Traffic is plying on Mughal Road/SSG Road as per advisory. Commuters are advised to follow lane discipline; overtaking will cause congestion.” “However, Jammu-Srinagar NHW is closed due to damage at several places between Jakheni and Chenani. People are advised not to undertake journeys on Jammu-Srinagar NHW till the restoration work is completed and the surface is traffic-worthy. Sinthan Road is also closed,” the post reads. Meanwhile, Railway authorities operated two special trains to ensure smooth travel for stranded tourists from Jammu Railway Station to other parts of the country. An official said that a special train to facilitate the movement of stranded passengers from Jammu to Delhi was arranged today at 2 PM. He said that another reserved/unreserved mix special train was also arranged from Jammu to Banaras via Ludhiana, Ambala, Saharanpur, Moradabad and Lucknow at 3 PM today—(KNO)

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State Leagues Are Talent Feeders, Not Competitors: DDCA President Rohan Jaitley

Rakesh Thapliyal

New Delhi: The Delhi & District Cricket Association (DDCA) President Rohan Jaitley has praised the rise of T20 leagues across the country, stressing that these tournaments are not rivals but valuable platforms that help discover and nurture fresh talent. He believes such initiatives only add depth to India's cricketing ecosystem and contribute to the game's overall growth.

"State leagues are not competitors to each other; they are feeders to their own ecosystems. Each state has its own talent pool and structure. More leagues only mean more opportunities for players, and that's good for Indian cricket overall."

Talking about the second edition of the Delhi Premier League (DPL), the DDCA President highlighted that the competition has grown in scale, organisation, and quality compared to its debut season. He emphasised that the league has not only raised the bar in terms of on-field performances but has also taken significant strides in creating a stronger ecosystem for both men's and women's cricket in the capital.

"As an administrator, you always want to raise the bar from the previous season—better organisation, better preparation, better execution. I'm happy to say this year the league is far more structured and professional. Teams are better prepared, team management is sharper, and the



overall ecosystem has grown stronger. Records won't be broken every season—you might not see six sixes in an over every year—but what matters is the consistency and scale of the competition."

"There is no downside—players are fitter, more committed, and better prepared. They've been in game mode for weeks, with fitness camps and matches keeping them at their peak ahead of the domestic season," he added.

There were two new teams added to the roster in DPL in this season. The

President lauded the new team owners for their professional approach, noting that they have integrated seamlessly into the league's ecosystem and brought fresh energy to the tournament.

"The new team owners have integrated very well into the ecosystem. They've been professional in their approach and the existing teams have been supportive. It's encouraging to see more players getting opportunities, which strengthens the league," he further said.

Speaking about the DPL's live broadcast, he said, "Having the league on Star Sports is a major differentiator. While many tournaments remain limited to digital platforms, television gives us unmatched reach and visibility, adding immense value for both players and fans."

Kangana Unveils Team India Jersey for World Para Athletics Championships in New Delhi

Dharambir and Preeti, India's distinguished flag bearers for the World Para Athletics Championships

Rakesh Thapliyal

New Delhi: With just 30 days to go for the World Para Athletics Championships, the Paralympic Committee of India (PCI) proudly unveiled the official Team India jersey at a grand ceremony held today at The Lalit, New Delhi. The announcement also highlighted the 73-strong Indian contingent preparing to compete on home soil from 27th September to 5th October 2025. The launch event was graced by PCI's brand ambassador, celebrated actress Ms. Kangana Ranaut, alongside PCI President Devendra Jhajharia, Mr. Paul Fitzgerald, Head of World Para Athletics, and India's top para athletes like Preeti Pal, Simran, Rinku, Dharambir, Devender Kumar, Amisha Rawat, Shreyansh Trivedi, Varun Singh Bhati, and Pranav Soorma. Dharambir and Preeti, India's distinguished flag bearers for the event, recently brought pride to the nation with their exceptional performances at the Paris 2024 Paralympics.



Dharambir won the gold medal in the men's Club Throw F51 event, while Preeti Pal secured two bronze medals, further inspiring the nation. Ms. Kangana Ranaut, MP and Brand Ambassador Of World Para Athletics Championships '25, expressed her admiration for the athletes and the team announcement, stating, "Being part of this moment is truly special. Our para athletes are real heroes who inspire millions through their dedication and strength. The Team India announcement alongside this jersey launch symbolizes their hard work, unity, and passion. I am certain they will make the tricolour shine brightly on the global stage."

Speaking at the ceremony, PCI President Devendra Jhajharia remarked, "Today's jersey launch and the announcement of our strong Team India contingent is more than just unveiling a uniform; it is a celebration of courage, determination, and the spirit of our para athletes. Each athlete represents India's resilience and pride, and we are confident that this team will deliver outstanding performances at the World Para Athletics Championships in New Delhi." Sharing their thoughts, flag bearer and Paralympic Gold Medallist Dharambir said, "Carrying the Indian flag at this championship is a tremendous honour. After the experience

in Paris, I am more motivated than ever to give my best and make the entire nation proud. This new jersey will be a symbol of our unity and fighting spirit." Preeti Pal who won two bronze medals at the Paris Paralympics added, "Winning medals at the Paralympics showed me the power of perseverance and belief. Wearing the Team India jersey is a proud moment, and I am excited to compete on home ground and inspire the next generation of para athletes across the country." The event witnessed enthusiastic participation from the entire para sports community, with the new jersey proudly reflecting India's colours and unity.

Bowlers set up easy win for TKR over Falcons

Cricbuzz Staff

Trinbago Knight Riders came up with a disciplined performance with both ball and bat to pick up their third win in four games in CPL 2025. Their bowlers first managed to restrict Antigua and Barbuda Falcons for just 146 for 7 before half-centuries from Alex Hales and Keacy Carty helped them chase down the target with more than an over to spare. Falcons were put under the pump in the very first over of the contest when Mohammad Amir bowled a double-wicket maiden to kick things off. Skipper Nicholas Pooran did speak about the moisture on the surface when he opted to bowl and Amir obliged with an inswinging to trap Rahkeem Cornwall lbw. Two balls later, it was Karima Gore's turn to fall in the same manner. Jewel Andrew broke the shackles with a couple of boundaries and then revived his side in the final over of the PowerPlay with two sixes off Sunil Narine. However, Akeal Hosein did some damage at the other post the PowerPlay by adding two wickets, that included veteran Shakib Al Hasan. But Falcons were then really under a lot of pressure when 71 for 4 became 71 for 6 in a matter of three deliveries. Andre Russell turned the contest around completely in his side's favour with a double-wicket maiden as Andrew first departed as a result of an excellent catch before Fabian Allen was sent packing for a duck. It was then up to the Pakistan duo of Usama Mir and Imad Wasim to drag their side to a respectable total. But they did more than that with Usama initially leading the charge. He hit three sixes and a couple of boundaries to put TKR on the backfoot and even though Amir got rid of him in the penultimate over, Imad managed a handful of boundaries on his own to ensure his side went closer to the 150-run mark.

Badoni fifty anchors North; Malewar, Patidar punish Northeast

Cricbuzz Staff

North Zone vs East Zone | Led by Ayush Badoni's half-century (63) and handy contributions by Nishant Sindhu (47) and Kanhaiya Wadhawan (42*), North Zone posted 308 for 6 on the rain-marred opening day of their Duleep Trophy encounter against East Zone, in Bengaluru. Put in to bat, Shubham Khajuriya and Ankit Kumar provided a solid start, bracing through the first hour of play without damage, before left-arm spinner Manishi struck the first blow, trapping skipper Ankit leg-before on 30. Manishi was the most successful bowler on the opening day, also trapping Khajuriya and Yash Dhull in front. Badoni and Sindhu stitched a 61-run stand for the fourth wicket to again steady North Zone's innings, but much like was the case throughout the day, East Zone kept striking at regular intervals. Mukhtar Husain, Suraj Jaiswal and Mohammed Shami struck once each as none of the partnerships thereafter could flourish past the 52-run mark. Wadhawan and Mayank Dagar looked solid on the seventh wicket stand before rain and bad light forced an early end to the day's play. Brief Scores: North Zone 308/6 (Ayush Badoni 63, Nishant Sindhu 47; Manishi 3-90) vs East Zone Central Zone vs North East Zone Centuries from Danish Malewar (198*) and Rajat Patidar (125), helped Central Zone post a massive 432 for 2 on the rain-affected opening day against Northeast Zone. Put in to bat, Central Zone suffered an early jolt with opener Aayush Pandey getting dismissed for 3. However, that was to be the last of their successes for several hours thereafter as Aryan Juyal and Malewar put on a century stand. Juyal retired hurt on 60, but that wasn't to do much favours to Northeast.

Hasaranga included in SL squad for Asia Cup

Cricbuzz Staff

Sri Lanka have named Wanindu Hasaranga in their 16-member squad for Asia Cup T20 2025, though the leg-spinning allrounder's participation is subject to fitness clearance. Hasaranga has been sidelined since picking up a hamstring injury during the ODI series against Bangladesh in July, which subsequently ruled him out of the T20I series against them and both the ODI and T20I squads for the tour of Zimbabwe. Sri Lanka's selectors have otherwise opted for a familiar core led by Charith Asalanka, with Dasun Shanaka being the other all-round pace option. Kusal Mendis, Pathum Nissanka and Kusal Perera form the top-order nucleus, Maheesh Theekshana and Dunith Wellalage provide spin options, while Dushmantha Chameera heads the pace attack alongside Matheesha Pathirana, Nuwan Thushara and Binura Fernando. Nuwanidu Fernando, Kamindu Mendis, Chamika Karunaratne and Kamil Mishara are also part of the squad for Asia Cup. Sri Lanka squad for Asia Cup 2025: Charith Asalanka (c), Pathum Nissanka, Kusal Mendis, Kusal Perera, Nuwanidu Fernando, Kamindu Mendis, Kamil Mishara, Dasun Shanaka, Wanindu Hasaranga, Dunith Wellalage, Chamika Karunaratne, Maheesh Theekshana, Dushmantha Chameera, Binura Fernando, Nuwan Thushara, Matheesha Pathirana. Compared to the squad that took on Bangladesh in July, the Asia Cup group leaves out senior names like Dinesh Chandimal, Avishka Fernando and Jeffrey Vandersay, while Mishara and Kamindu Mendis have been drafted in.

Ashwin eyes player-cum-coach path in overseas leagues

Vijay Tagore

Having announced his retirement from all forms of international cricket and the Indian Premier League (IPL), R Ashwin has emerged as a free bird, ready to chart new paths. With his vast experience in international and franchise cricket, it now seems almost certain that he will expand horizons and explore opportunities in overseas leagues. Word is, he is open to try out a dual role - testing the waters as a coach-cum-player. Ashwin still has plenty left to offer and is far from done. At 38, he is hardly past it; after all, MS Dhoni is six years older and still going strong. Ashwin now appears to be recalibrating his career with a three-to-four-year horizon in mind, exploring opportunities beyond the familiar. On his radar are at least three overseas franchise leagues - with Major League Cricket (MLC) in the USA a certainty, The Hundred in England a strong possibility, and either the ILT20 in the UAE or the SA20 in South Africa likely to complete the mix. SA20 may not be possible this year since all the franchises - all of them are IPL owners - seem to have locked in their signings. As reported earlier by Cricbuzz, the SA20 auction register is also done. In fact, the



SA20 auction ahead of season 4 is less than two weeks away - on September 9. A direct signing, outside of the auction and outside of salary cap, is a possibility but the wild card signings seem to be complete. The ILT20 is a potential target this year. Five of the six franchises are owned by Indians and all of them should be too happy to roll out the red carpet to Ashwin if there is a possibility. The ILT20 auction is on September 30 and there too the teams are allowed one signing outside of the salary cap and auction. It should be seen how it pans out but it is understood that officials from all the leagues are believed to have reached out to him, including from the Big Bash League in

Australia, after he announced IPL retirement on Wednesday (August 27). A player-cum-coach role seems a natural fit for him, given his skills and cricketing acumen. Throughout his career, he has been regarded as one of the game's most cerebral cricketers. Post-retirement, Ashwin appears to have no dearth of options. Commentary could be one prospect, while his cricketing brain also makes him a potential candidate in administration too - it is even believed that some of the out-of-the-box suggestions to the last IPL retention rules came from his inputs to the BCCI. For now, though, his focus remains firmly on extending his playing career for the years left.

Need to build a habit to score 200-250 - Litton

Atif Azam

Litton Das, Bangladesh's T20I skipper, believes the upcoming T20I series against Netherlands would provide the ideal preparation for his side ahead of the Asia Cup. However, he is hoping Bangladesh would build a habit of nothing totals in excess of 200 in T20Is. Litton is aware that despite playing an associate team, he will be under the pressure to deliver in the upcoming three-match T20I series, scheduled to be played at the Sylhet International Cricket Stadium from August 30. "In international cricket there is no small team. Bangladesh have lost to different teams earlier - nothing new," Litton told reporters at Sylhet on Thursday. "If we lose, we lose. What matters is how well we play." "Abu Dhabi will be batting-friendly, like Sylhet. But to score 200-250, we also need to build a habit," said Litton. "Conditions there are quite similar to Sylhet. We've trained under dew here, so the players know what to expect." Litton welcomed both Nurul Hasan and Saif Hasan back in the T20I set-up and insisted that the team management are backing the duo with long-term plans in mind. "I'm very happy they're in. Sohan has been consistent for years. Saif's aggressive mindset is what we needed in the middle order, and he can bowl a bit too. It's not like they'll be dropped after one or two matches," he said. While Bangladesh team's practice at SICS was called off due to inclement weather it was not the case with the visitors as they had a good net session in the afternoon.