

PM Modi highlights Shri Amarnath Ji Yatra's sanitation, waste management model in "Mann Ki Baat"

Over 8,000 sanitation facilities deployed; 414.46 MT waste processed scientifically under Zero Waste to Landfill approach

SRINAGAR/NEW DELHI, AUG 30
The comprehensive sanitation and scientific waste management system implemented during the Shri Amarnath Ji Yatra 2026 has received national recognition, with Prime Minister Shri Narendra Modi highlighting the Yatra's sanitation arrangements and scientific waste management model in the latest episode of "Mann Ki Baat".

The Prime Minister's mention comes shortly after conclusion of the Yatra on August 28, 2026. It appreciably recognises the coordinated efforts undertaken to manage sanitation and waste across the challenging Himalayan terrain.

The Directorate of Rural Sanitation, Department of Rural Development & Panchayati Raj, J&K, implemented a comprehensive



sive sanitation and waste management framework across the Batal and Pahalgam axes, base camps and key Yatra locations. The system

had been designed to cater to the requirements of lakhs of pilgrims while ensuring that cleanliness and environmental protection

remained central to management of the pilgrimage. As part of the extensive sanitation arrangements, over 8,000 sanitation facilities and supporting infrastructure were deployed across the Yatra ecosystem. These included prefabricated sanitation structures, toilets, bathing facilities and pucca bases, providing pilgrims with clean, safe and dignified sanitation facilities during the pilgrimage.

The infrastructure was backed by dedicated sanitation personnel deployed across the Yatra routes, camps and high-footfall areas. Their responsibilities extended beyond routine cleaning and included the continuous upkeep of sanitation facilities, cleanliness of public spaces, prevention of litter

►CONTD ON PAGE 10

LG felicitates officers, service providers, stakeholders for successful conduct of Shri Amarnath Ji Yatra



SRINAGAR, AUG 30

The Lieutenant Governor, Shri Manoj Sinha felicitated officers of Shri Amarnath Ji Shrine Board, Civil Administration, Army, CAPFs, J&K Police, BRO, medical professionals, service providers, and other stakeholders for successful conduct of Shri Amarnath Ji Yatra-2026. He said pilgrimage is a celebration of the collective resolve that transformed hardships into duty, challenges into opportunities, and service into a form of spiritual practice.

Addressing the gathering, the Lieutenant Governor expressed gratitude to the officers, security personnel, sanitation workers, pony operators, pithu bearers, palanquin carriers, langar

volunteers and medical staff who ensured a smooth, secure and dignified Yatra despite difficult terrain and adverse weather. He said the achievement was not the success of any single institution or department but of "Team Jammu Kashmir" as a whole.

It is pertinent to mention that the holy yatra was conducted over 57 days, from 3 July to 28 August 2026. Adverse weather posed serious challenges for more than 10 days and approximately 4.80 lakh devotees had darshan of Baba Barfani. 82% of pilgrims completed darshan within the first 20 days; 95% within the first month. 54,000 service providers were registered, including 31,000 pony operators, pithu

bearers and palanquin carriers; 6,400 tent and shop operators; and 7,700 langar volunteers. Around 17 lakh pilgrims availed palanquin and pony services and 93 medical facilities were set up along the route, with 595 clinical beds and 26 oxygen booths. A total 1,430 doctors and nursing personnel were on round-the-clock duty, supported by 48 ambulances. 7,900 toilets were installed and maintained by 7,500 sanitation workers as part of a zero-waste Yatra initiative. Holding capacity was raised to 63,000 within the Yatra area and 54,000 across Jammu and Kashmir divisions. Aadhaar-based registration helped address the challenge of duplicate

►CONTD ON PAGE 10

J&K LG calls for blending ancient knowledge with modern science to tackle climate change

SRINAGAR, AUG 30

The Lieutenant Governor, Shri Manoj Sinha today addressed the Foundation Day Celebrations of Shri Mata Vaishno Devi Shrine Board and Annual Day of Shri Mata Vaishno Devi Gurukul. The Lieutenant Governor appreciated the initiatives undertaken by the Shrine Board to enhance convenience, safety, and facilities for devotees. He noted that these achievements reflect dedication, discipline, and the spirit of service, the intrinsic qualities to Sanatan culture.

Addressing the students of the Gurukul, the Lieutenant Governor emphasized the importance of curiosity in learning.



"Curiosity is the first lamp of knowledge. In our tradition, asking questions has never been regarded as a weakness. The Upanishadic tradition is one of dialogue, reflection,

and experience. Teachers should impart not only knowledge but also values and Samskara to students," he said. Highlighting ►CONTD ON PAGE 10

FDA Jammu Kashmir

Bans Sale Of 10 Ghee Batches After Lab Tests Find Violations

SRINAGAR, AUG 30

The Food and Drugs Administration (FDA), Jammu and Kashmir, has prohibited the sale, storage, distribution and display of 10 identified ghee brands and batches across the Union Territory after laboratory tests found them to be sub-standard, unsafe and misbranded. The action has been taken under the provisions of the Food Safety and Standards Act, 2006, following laboratory analysis conducted by the Notified Food Analyst at the National Food Laboratory, Ghaziabad, and the Food Testing Laboratory, Kashmir.

The affected products include Dairy Mohan Desi Ghee (Batch No. 05), Apna Dairy Milk Desi Ghee (DM-06), Milk Bite Cow Ghee (137), Nandini Desi Ghee (ND-28), Shahi Taj Desi Ghee (134), Daawat Fresh (VT09), Nand Krishna Cow Ghee (PC-05-26), Vandu Cow Ghee (D143), Dairy Milk Desi Ghee (OM12) and Mohan Dairy Ghee (06).

Samples of the products ►CONTD ON PAGE 10

Nepal Flash Floods: Death Toll Rises to 768, Over 2,500 Missing



KATHIMANDU, AUG 30

The death toll from flash floods in central Nepal has risen to 768 today, with more bodies being recovered. More than 2,500 people are still missing following the disaster. Bodies have been recovered from all eight affected districts as rescuers race against time to search for those missing and rescue those stranded on the fifth day since the disaster.

The National Disaster Risk

Reduction and Management Authority (NDRRMA) of Nepal said, rescuers have so far evacuated 8,186 people from the affected districts, including 227 foreigners.

The Nepal government has issued fresh alert for flood in Bhoti Koshi River and urged residents living along the river to remain cautious. NDRRMA has reported an increased flood flow in the river. Rasuwa District Administration has advised

►CONTD ON PAGE 10

Nepal Issues Fresh Flood Alert for Bhoti Koshi River

NEPAL, AUG 30

Nepal has issued fresh alert for flood in Bhoti Koshi River. It has urged residents living along the river in Rasuwa, Nuwakot and Dhading districts to remain cautious. The National Disaster Risk Reduction and Management Authority (NDRRMA) of Nepal has reported an increased flood flow in the river.

The warning comes the death toll from flash floods that struck the Nepal-Tibet border on Wednesday rose to 761, with ►CONTD ON PAGE 10

Mehbooba Mufti urges Govt to repair Tangmarg-Dreng road, says scenic destination deserves place on J&K tourism map

SRINAGAR, AUG 30

Jammu and Kashmir Peoples Democratic Party (PDP) President and former Chief Minister Mehbooba Mufti has drawn attention to the poor condition of the road connecting Tangmarg with Dreng, urging the Jammu and Kashmir government to take immediate measures for its repair. Mufti said she recently spent some precious time with her mother at Dreng in Tangmarg, describing the destination as a breathtakingly beautiful place blessed with pristine natural surroundings and a mesmerising waterfall. Despite its scenic beauty and tourism potential, she said, the deplorable condition of the approach road from Tangmarg to Dreng has made the destination difficult to access. ►CONTD ON PAGE 10

J&K Police in Shopian attach residential house acquired through proceeds of drug trafficking.

SHOPIAN, AUG 30

As part of its continued crackdown on narcotics-related activities, Shopian Police have attached a residential house valued at ₹16.77 lakh/- belonging to Hiral Ahmad Dar son of Gh. Ahmad Dar resident of Vohli Shopian. The property was identified as having been acquired through proceeds generated from the illegal trade of drugs and narcotics. Accordingly, the said property has been attached in connection with FIR No. 80/2024 of Police Station Shopian. The attachment proceedings were carried out in the presence of duly constituted police team, Executive Magistrate, Lambarad and Chowkidar, ensuring full compliance ►CONTD ON PAGE 10

NIA special court sentences key accused in Bengaluru Al-hind ISIS terror conspiracy case

NEW DELHI, AUG 30

A Special Court of the National Investigation Agency (NIA) has convicted and sentenced accused Syed Fasih Rehman, in a terror conspiracy case linked to the proscribed ISIS terrorist organisation, to 7 Years of Rigorous Imprisonment along with a fine of ₹5.49,00,000/-.

The case was originally registered by Karnataka State Police on 10th January 2020 in Bengaluru and was taken over and re-registered by NIA



on 23rd January 2020 as RC-04/2020/NIA/DLI (Al-Hind ISIS case). Till date, NIA has filed 3

chargesheets against 20 accused. Previously, Hanef Khan was convicted on 14th July 2026, after pleading guilty during the trial, which began in October 2025. According to the NIA investigation, the conspiracy was masterminded by Mehbooba Pasha, the prime accused in the case, who held several meetings at his residence in Gurupannapalya, Bengaluru.

In these meetings, the accused planned to ►CONTD ON PAGE 10

Terror handlers in J&K turn to porn websites, encrypted apps for secret communication

SRINAGAR/NEW DELHI, AUG 30

Security agencies have detected a new method allegedly being used by terror groups and their handlers to communicate with recruits in Jammu and Kashmir, with officials saying, pornography websites and niche encrypted applications are being used to evade conventional surveillance. According to officials, the shift comes after security agencies earlier identified the misuse of online gaming platforms for communication by terror networks. The latest channels reportedly include platforms with real-time chat features that appear to be designed for connecting users, but are allegedly being exploited by handlers to send instructions and coordinate activities. Officials said some terror handlers are also



relying on applications that use the Tor network, which routes internet traffic through multiple encrypted relays and can make it difficult to identify the original user. Among the applications being examined by security agencies are Tor-based messaging platforms such as Coates and Comon, officials said. Some of these applications reportedly operate without ►CONTD ON PAGE 10

Nearly 5,000 Flats to Undergo Major Repair, Renovation in Migrant Camps across Jammu

JAMMU, AUG 30

More than 200 building blocks and about 5,000 flats and community halls across migrant camps in Jammu are set to undergo major repair and renovation works soon, with the J&K government having approved ₹82.45 crore for it, an official spokesperson said on Sunday.

The information was given at a meeting chaired by J&K Relief and Rehabilitation Commissioner Arvind Karwani, who was here to review the infrastructure, including essential services, in the migrant camps, namely Jagti

township, Muthi, Purkhoo, and Mishriwala.

In the meeting, ongoing development and proposed maintenance and repair works for the current financial year were also discussed. The progress of extension of social sector schemes to the eligible migrant beneficiaries also came up for deliberations.

Officials of the Public Works Department (Roads and Buildings) informed that repair and renovation of more than 200 building blocks, around 5,000 flats, community halls and other camp infrastructure would be taken up soon and the ten-

der process was in its closing stages. The government has recently accorded administrative approval involving financial implications of Rs 82.45 crore for these works, the spokesperson said.

The meeting also discussed a project being formulated by PWD (R&B) for the development of internal roads and lanes, parks and other infrastructure, besides the face-lifting of migrant schools, health dispensaries and Jagti sub-district hospital.

While reviewing the status of basic amenities such as safe drinking water and power supply in the camps, the ►CONTD ON PAGE 10

Armed Forces Civilian Employees' Delegation Meets Dr Jitendra, Discusses Service Related Matters

NEW DELHI, AUG 30

Union Minister of State (Independent Charge) for Science & Technology, Earth Sciences, MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr. Jitendra Singh, today held an interaction with a delegation of the Armed Forces HQ Association, during which various demands and service-related concerns of employees were discussed.

The delegation submitted a memorandum to the Minister and held detailed discussions on issues concerning career progression, promotions and pending service-related matters.

The interaction provided an opportunity for the representa-



tives to place their concerns before the Minister and discuss the issues in a constructive and positive atmosphere. Dr. Jitendra Singh appreciated the delegation for coming for-

ward to discuss the concerns of employees in a structured manner. He said that continuous and constructive dialogue with employee representatives is important for addressing genuine

service-related concerns and for ensuring greater administrative efficiency.

The Minister assured the delegation that the demands and representations submitted by them

would be thoroughly examined in consultation with the relevant stakeholder departments. He further assured that he would make his best efforts in the interest of employees, while ensuring that the concerns raised are considered through the appropriate administrative process.

Dr. Jitendra Singh emphasised that a structured and continuous engagement with employee representatives enables the administration to better understand service-related concerns and work towards their appropriate resolution. He reiterated the importance of an open and responsive approach in dealing with employee representations and assured that the concerns raised by the Association would receive due

consideration. The representatives of the Armed Forces HQ Association appreciated Dr. Jitendra Singh and the Department of Personnel and Training (DoPT) for their continued engagement with employee representatives and for giving due consideration to issues concerning government employees. They particularly acknowledged the work undertaken by DoPT in recent years in addressing long-standing employee-related issues and in taking steps aimed at reducing stagnation and improving employee morale. The delegation also expressed appreciation for the Minister's approach of providing an opportunity to employee representatives to ►CONTD ON PAGE 10

BJP OBC Morcha Organises 'Mann Ki Baat' Programme in Jammu West

Braham Jyot Satti Appreciates PM Modi's Message on Drug-Free Youth, Women Empowerment, Cleanliness and Vocal for Local

JAMMU, AUG 30

BJP OBC Morcha, Jammu, organised programme to listen to Prime Minister Narendra Modi's monthly radio address 'Mann Ki Baat' 137th episode at Ram Mandir, Ward No. 28, Jammu West, where party workers, office bearers and members of the local community participated. The programme was organised under the arrangements made by BJP Protocol In-charge Vikrant Gupta and Shakti Kendra Pramukh Ravinder Bhatnagar. Brahamjyot Satti, president BJP OBC Morcha, Sunny Sangotra, State General Secretary, OBC Morcha; Ram Pal, State Treasurer, OBC Morcha; Arun Sethi, District President, OBC Morcha; Rakesh Pandey, District Vice President, OBC Morcha; Rajesh Verma; Sanjay Verma, District General Secretary, OBC Morcha; Parveen Badiyal, District Secretary, OBC Morcha; Booth Presidents Vimal Gupta, Kusmakar Bhagat, Shashi Pal Singh and Nareesh Bhagat, representing Booth Nos. 90, 91, 102 and 106, besides other BJP workers and prominent members of the local community were present on the occasion. During his address, in Mann Ki Baat 137th episode, Prime Minister Narendra Modi highlighted a number of important national issues and inspiring initiatives, with particular emphasis on the 'Drug-Free Youth for Developed India' campaign. He said that the objective of the campaign is clear — a drug-free youth and a drug-free India. The Prime Minister stressed that drug addiction



affects not only an individual but also causes serious consequences for the entire family and society. PM Modi also highlighted the spirit of patriotism visible across the country during August, referring to National Handloom Day, the anniversary of the Quit India Movement and Partition Horrors Remembrance Day. He said that the Har Ghar Tiranga campaign further strengthens the feeling of patriotism and noted that the completion of 150 years of Vande Mataram has made the year particularly special.

Highlighting women empowerment, the Prime Minister spoke about the PM SVANidhi scheme, which is giving new strength to millions of women engaged in small businesses. He pointed out that around 46 per cent of the beneficiaries of PM SVANidhi are women, meaning nearly 35 lakh women across the country are connected with the scheme and are taking their busi-

nesses forward. PM Modi also praised the spirit of cleanliness and public participation witnessed during the Shri Amarnath Yatra. He highlighted the dedicated efforts of sanitation workers who remained engaged in service on difficult routes and noted that more than 400 metric tonnes of waste was collected and processed during this year's pilgrimage. The Prime Minister further shared the inspiring success story of Vaishali Puroji from Phek district of Nagaland, who took up flower cultivation after receiving scientific training from the local Krishi Vigyan Kendra. She planted thousands of gladiolus plants on just one-quarter of an acre and succeeded in growing more than 5,000 flowers in her first attempt, demonstrating the potential of scientific farming and entrepreneurship. PM Modi also highlighted Mission ShaktiSAT, under which 12,000 female students from 108 countries

are being given an opportunity to learn satellite technology and pursue innovation. He said that the dreams of daughters are now reaching from Earth into space and such initiatives are opening new avenues for girls in science and technology. While addressing, Braham Jyot Satti, State President, BJP OBC Morcha, appreciated Prime Minister Narendra Modi's message and said that Mann Ki Baat has become an effective platform for connecting the people with inspiring stories, national initiatives and the larger vision of a developed India. Satti said that PM Modi's call for a drug-free youth is a message that requires collective action from every section of society. He said that the youth are the foundation of the nation's future and therefore society must work together to protect young people from drug abuse, spread awareness and extend support to those battling addiction.

Chhari Mubarak visarjan performed at River Lidder, marking formal conclusion of Amarnath Yatra

PAHALGAM, AUG 30

The sacred Chhari Mubarak was immersed in the River Lidder at Pahalgam on Sunday, marking the traditional and spiritual conclusion of the Shri Amarnath Ji Yatra (SANIY)-2026. The Visarjan ceremony was held with religious fervour and devotion, bringing the annual pilgrimage to a close after weeks of prayers, rituals and the sacred journey to the holy cave. In view of the ceremony, Mountain Rescue Teams (MRT) of the State Disaster Response Force (SDRF) were placed on alert along the banks of the River Lidder to ensure the safety of devotees and the peaceful conduct of the immersion ceremony. The Chhari Mubarak, regarded as the symbolic representation of Lord Shiva, holds a central place in the tradition-



al conclusion of the Amarnath pilgrimage. Its immersion at Pahalgam signifies the completion of the sacred rituals associated with the annual Yatra. With the

Visarjan, the SANIY-2026 formally concluded, bringing an end to this year's pilgrimage and the associated religious ceremonies in the Kashmir Valley.

No Development Can Justify Environmental Compromise: Tarigami

SRINAGAR, AUG 30

A memorandum highlighting serious environmental and flood-risk concerns over the proposed Plug-and-Play Industrial Park at Nowgam, Srinagar, has been submitted to M.Y. Tarigami, Honble MLA and Chairman, Committee on Environment, J&K Legislative Assembly. The representation, submitted by the Peoples' Environmental Council (PEC) in association with the Nigeen Lake Conservation Organisation (NLCO), calls for a multidisciplinary review before the location of the proposed project is finalised. The memorandum points out that the proposed 50-acre project, involving an estimated investment of around ₹104 crore, is located in an area linked to the functioning of the Jhelum floodplain and raises concerns regarding flood absorption, drainage and climate resilience. Tarigami, while receiving the representation, made it clear that the question of compromising the environment in the name of development does not arise. He stressed that development must be sustainable and scientifically planned, particularly when it concerns ecologically sensitive areas and natural flood-management systems. The memorandum does not



oppose industrialisation or employment-generating investment. Instead, it seeks to ensure that development takes place at an appropriate location without weakening Srinagar's natural flood-management infrastructure or increasing risks to surrounding communities. It specifically urges the Government to undertake a multidisciplinary and multi-stakeholder assessment involving urban planning, hydrology, flood-risk management, ecology, disaster management and public-investment economics before taking a final decision. Tarigami's position assumes added significance in view of his recent interventions as Chairman of the Environment Committee. He has called for zero tolerance against environmental viola-

tions, scientific monitoring of natural resources and stronger environmental safeguards. The Committee has also recently stressed that wetlands are critical not only for biodiversity but also for flood mitigation, with conservation decisions to be guided by scientific data and public participation. The Nowgam issue therefore goes beyond a single industrial project. The larger question is whether development planning can proceed without undermining the natural systems that protect Srinagar from flooding. The representation argues that protecting a flood basin is not anti-development; rather, it is a prerequisite for safe, resilient and sustainable development.

Deepi Jamwal Qualifies UGC NET in Education with Outstanding 95.95% Score



JAMMU, AUG 30

Miss Deepi Jamwal, daughter of Shri Madan Singh Jamwal and Smt. Sushama Kumari, resident of Village Kah Potha (Jandhara), Tehsil Dalsel, District Jammu, has brought pride to her family and the local area by qualifying the UGC NET examination in Education. The result of the UGC NET examination was declared on 29 August 2026, in which Deepi Jamwal secured an impressive 95.95% in the Open Category. Her remarkable achievement is the result of her hard work, dedication and determination. Her success has been widely appreciated by her family, relatives, friends and well-wishers, who congratulated her and wished her a bright and successful future. The family expressed happiness over her achievement and said that Deepi's success is an inspiration for other young students, particularly those from rural areas, to work hard and pursue their educational goals with dedication. Congratulations to Miss Deepi Jamwal on this outstanding achievement!

Auto-Rickshaw Workers' Union Election Held in Ramban under the banner of INTUC, JKUT

RAMBAN, AUG 30

An important meeting and election of the Auto-Rickshaw Workers' Union, Ramban, was held today in Ramban in the presence of senior leaders of INTUC J&K UT. The meeting was attended by Shri Shiv Kumar Sharma, President INTUC J&K UT; Shri Naveed Ashraf Kichloo, Organizing Secretary INTUC J&K UT; Balvinder Ji; Bicku Kumar, President Jammu District; Varun Ji; and Naseer Hussain, along with a large number of auto-rickshaw drivers, workers and union members. During the meeting, it was unanimously decided, with the consent of the workers and leaders present, to temporarily dissolve the existing Union body for a period of two months. For this interim period, Shri Pawan Kumar was appointed as President and Mr. Sajjad Ahmed was appointed as General Secretary of the Auto-Rickshaw Workers' Union, Ramban. The decision was taken with the full consent and agreement of the workers and union leaders present, with the objective of ensuring smooth functioning of the union and strengthening its organizational structure. During the meeting, the auto-rickshaw drivers and workers highlighted several important issues affecting their livelihood.

The INTUC leadership extended full support to their genuine demands and called upon the concerned authorities to take appropriate measures. The workers demanded that unreasonably high traffic chaldans of 75,000, 710,000 or similar amounts imposed on auto-rickshaw drivers should be reviewed and a humane policy should be



adopted. It was pointed out that most auto-rickshaw drivers belong to economically weaker sections and depend on their vehicles for the livelihood of their families. Excessive penalties place a heavy financial burden on these workers. The workers also demanded that proper and designated auto stands should be established according to the requirements of different areas, so that both the public and auto-rickshaw drivers can benefit. Proper stands would ensure that passengers can easily find autos while drivers receive regular and organized work.

The Union specifically demanded establishment of designated auto stands in important and busy areas such as Banihal, Gool, Sangaldan, Dharamkund, DC Office area and other suitable locations, according to the requirement and population of each area. It was further demanded that area-wise auto stands should be properly regulated, with autos operating in the respective areas being given priority at designated stands.

This would help prevent unnecessary competition, traffic congestion and disputes among

drivers while ensuring better transport facilities for the general public. The workers also requested the administration and traffic authorities to adopt a balanced and worker-friendly approach, ensuring enforcement of traffic rules while protecting the livelihood and dignity of poor auto-rickshaw drivers. The INTUC leadership listened to all the concerns raised by the workers and assured them that their genuine issues and demands would be taken up with the concerned authorities for appropriate redressal. The INTUC leadership reiterated its commitment to safeguarding the rights, dignity, welfare and livelihood of auto-rickshaw workers and assured the workers of continued organizational support.

The meeting concluded with special thanks to Shri Naseer Ahmed, former President Auto-Rickshaw Union for his dedication and unwavering support to the Union in the past and for future too. A call for unity among auto-rickshaw workers and for strengthening the Union was made so that their genuine demands can be pursued effectively before the concerned authorities.

Ladoora Legends lifts cricket title; Javid Dar lauds sporting spirit of people

BARAMULLA, AUG 30

Minister for Agriculture Production, Rural Development and Panchayati Raj, Cooperative and Election Department, Javid Ahmad Dar, today attended the final match of the Ladoora Legends League Cricket Tournament, organised by the Ladoora Legends League Cricket Committee at Ladoora, MIA Sopore, Ishad Rasool Kar was also present on the occasion. The much-awaited final witnessed an exciting contest between Ladoora and Rohama, drawing enthusiastic participation and a large gathering of cricket enthusiasts

and local youth. Displaying an impressive performance, Ladoora emerged victorious to clinch the championship title, sparking celebrations among players, supporters and organisers. Javid Dar appreciated the winning team, Javid Ahmad Dar appreciated the players for their dedication, discipline and competitive spirit. He also commended the Rohama team for putting up a spirited performance and contributing to an exciting final. The Minister said that sporting events provide an important platform for Legends and youth to showcase their talent, build confidence and develop

qualities of discipline, teamwork and leadership. He stressed the importance of promoting grassroots sports and creating more opportunities for young people to participate in sporting activities. Javid Dar appreciated the Ladoora Legends League Cricket Committee for organising the tournament and providing local youth with a meaningful platform to demonstrate their sporting abilities. He expressed hope that such initiatives would continue to gain momentum and inspire more young people to take up sports, pursue excellence and contribute positively to society.

Nanak Academy Poonch crowned overall champion of principal Manmohinder Kour memorial inter-school edusports conclave 2026-27.

POONCH, AUG 30

The Principal Manmohinder Kour Memorial Inter-School Edusports Conclave 2026-27, organised by Nanak Academy Poonch, concluded successfully with a grand Closing and Prize Distribution Ceremony at Sports Stadium, Poonch.

The concluding ceremony was graced by Dr. Ajay Sharma, Additional SP Poonch, as the Chief Guest, along with other distinguished dignitaries, including the Tehsildar Haveli and the President, HOI of different schools and Private Schools Association, Poonch. The conclave witnessed enthusiastic participation from 16 government and private schools, with more than 300 students actively participating in various sporting disci-

plines, including Cricket, Volleyball, Football, Taekwondo, Chess, Badminton, Table Tennis and Tug of War.

Nanak Academy Poonch Emerges Overall Champion! An impressive display of talent, dedication and consistency across various sporting disciplines, Nanak Academy Poonch emerged as the Champion of the Principal Manmohinder Kour Memorial Inter-School Edusports Conclave 2026-27. Christ School, Degwar secured the second position, while the third position was jointly shared by Sai School of Education and Jamia Zia-Ul-Uloom.

The prize distribution ceremony was marked by great enthusiasm as trophies and medals were pre-



sented to the winning teams and outstanding players for their remarkable performances. Mementos were also presented to coaches and Heads of institu-

tions in recognition of their dedication, guidance and valuable contribution to the success of the conclave. Addressing the gathering, the

Chief Guest and other dignitaries appreciated the initiative taken by Nanak Academy Poonch to provide students with a platform to showcase their sporting abil-

ties and interact with students from different institutions. The dignitaries emphasised that sports are an essential component of holistic education and play a significant role in developing teamwork, leadership, discipline, confidence, perseverance, coordination, sportsmanship and mutual respect among students.

The organisers stated that the conclave was organised with the broader objective of encouraging students to participate in sports and develop important life skills beyond the classroom. The event promoted a spirit of healthy competition, team spirit, friendship, fair play and respect for opponents, while giving young athletes an opportunity to discover and showcase their poten-

tial. The management of Nanak Academy Poonch expressed heartfelt gratitude to the Chief Guest, distinguished dignitaries, participating schools, Heads of institutions, coaches, teachers, students, parents, officials and volunteers whose support and cooperation contributed to the successful conduct of the event.

The successful conclusion of the Principal Manmohinder Kour Memorial Inter-School Edusports Conclave 2026-27 at Sports Stadium, Poonch, reaffirmed Nanak Academy's commitment towards promoting sports, education, discipline, teamwork and character building among the younger generation, while honouring the memory and legacy of Principal Manmohinder Kour.

Javid Dar lays foundation stone for beautification of Ziyarat Hazrat Nizam-ud-Din (RA) at Ladoora



BARAMULLA, AUG 30
Minister for Agriculture, Production, Rural Development and Panchayati Raj, Cooperative and Election Department, Javid Ahmad Dar, today laid the foundation stone for fencing and beautification works at the revered Ziyarat Hazrat Nizam-ud-Din (RA) at Ladoora, Baramulla.

The project, being executed by the PW(R&B) Rafiabadi Division, has an estimated cost of 330 lakh. It is aimed at improving the overall infrastructure, appearance and surroundings of the revered shrine, besides facilitating devotees and visitors.

Speaking on the occasion, the Minister said that the life and teachings of the Prophet Muhammad (PBUH) provide timeless guidance to humanity and embody the values of

peace, compassion, tolerance, mutual respect and brotherhood.

He emphasised that promotion of brotherhood and social harmony remains one of the fundamental teachings of the Prophet (PBUH). He added that these values are essential for creating a peaceful, cohesive and progressive society.

Javid Dar called upon the people to draw inspiration from the noble life and teachings of the Prophet Muhammad (PBUH) and contribute towards strengthening communal harmony, mutual respect and the spirit of collective responsibility in society.

The Minister said that religious and heritage sites are an integral part of the social and cultural fabric of Jammu and Kashmir.

He directed the concerned agencies to ensure that the development works are executed with due regard to quality, aesthetics and the sanctity of the site.

Javid Dar stressed upon the executing agency to maintain strict quality standards and ensure timely completion of the project so that the benefits of the development reach devotees and the local community at the earliest.

The Minister also interacted with their local residents and representatives and had feedback regarding developmental issues in the area, assuring that their genuine concerns would be examined and addressed on priority.

The officers of the concerned departments, local representatives and prominent citizens were present on the occasion.

FCS&CA conducts market inspection in Trikuta Nagar, adjoining areas

JAMMU, AUG 30
On the directions of Director Food, Civil Supplies & Consumer Affairs, Rajesh Kumar Shavan, the Department conducted a market inspection in Trikuta Nagar and adjoining areas of Jammu to check compliance with the prescribed consumer protection and Legal Metrology requirements.

The inspection was conducted by a team headed by Deputy Director F&R Shyam Lal Abrol along with Assistant Directors and the concerned Area Inspectors of the Department.

The team checked shops and establishments dealing in consumer goods with regard to mandatory MRP display, expiry dates of products, price declarations and other prescribed requirements.

During the course of inspection, some establishments were found deficient in displaying MRP properly, while expired products were also found at certain shops.



Notices were accordingly served to the erring shopkeepers for the observed violations. Further action shall be taken as per the applicable rules and regulations.

The Department has reiterated that such inspections will continue regularly across Jammu to safeguard consumer interests and ensure that traders strictly

comply with the prescribed provisions relating to MRP, quality, expiry dates and fair trade practices.

The general public has also been advised to remain vigilant, check the MRP and expiry date before purchasing any product and report instances of overcharging, sale of expired goods or other consumer-related violations to the Department.

Huge turnout at Tawi Wonderland Park as 'Euphoria' celebrates music, art, culture

JAMMU, AUG 30
Tawi Wonderland Park at Ithwagat Nagar witnessed a huge rush of visitors on Saturday as Jammu Smart City Limited (JSCL) hosted 'Euphoria - An Evening to Celebrate Culture', bringing together music, dance and cultural performances in a vibrant three-hour programme.

The event drew a large number of families, youngsters and visitors, who gathered at the venue to enjoy live performances and experience an evening dedicated to the region's diverse cultural traditions.

The event was attended by Chief Guest and Deputy Inspector General (DIG) of Police Jammu, Shridhar Patil and Jammu Municipal Corporation Commissioner and CEO, Jammu Smart City Limited, Dr Devansh Yadav, besides other senior officials, artists, performers and members of the public.

Speaking on the occasion, Chief Guest DIG Jammu Shridhar Patil said that events like Euphoria provided an opportunity for people to come together and enjoy cultural programmes in a safe and welcoming public space.

He said such initiatives also helped strengthen community engagement and encouraged



greater participation of families and youngsters in cultural and recreational activities.

Dr Devansh Yadav said that such programmes were aimed at creating engaging experiences for the people of Jammu while providing a platform for local artists and promoting the region's rich cultural heritage.

He said Tawi Wonderland Park was being developed not only as a recreational destination but also as a vibrant public space for cultural, social and community activities.

The evening opened with Ganesh Vandana, followed by a series of musical and dance performances. The programme featured per-

formances by Dogri and Punjabi singers, along with traditional Dogri and Kashmiri dances and a lively Punjabi dance presentation.

The carefully sequenced programme alternated between singing and dance performances, keeping the audience engaged throughout the evening.

The anchor introduced each segment, taking the audience through different forms of music and performing arts.

The cultural presentations highlighted the rich traditions of Jammu and Kashmir while also bringing together artistic influences from the wider region. The inclusion of Dogri and Kashmiri

folk elements alongside Punjabi music and dance added variety to the celebration.

The large turnout reflected the growing popularity of Tawi Wonderland Park as a recreational and public gathering destination in Jammu. The venue remained lively throughout the programme as visitors enjoyed the performances and spent the evening with their families and friends.

The event also provided a platform for local artists and performers to showcase their talent before a large audience, while giving residents an opportunity to experience live cultural entertainment in an open public space.

Jammu Police arrested Man Carrying 18-Inch Sharp-Edged Weapon Apprehended During Night Patrolling in Channi Himmat

JAMMU, AUG 30
During night patrolling, Police Station Channi Himmat apprehended a person carrying a sharp-edged weapon in the Shamsan Ghat Morh area on the intervening night of August 28/29, 2026. At about 2320 hours on 28/08/2026, the patrolling police party noticed a suspicious person approaching from the Trikuta Nagar side. On noticing the police naka, the individual attempted to flee but was promptly overpowered and apprehended.

During questioning, the apprehended person disclosed his identity as Akshay Sharma S/o Ved Parkash R/o Ward No. 02, Near Radha Krishna Mandir, Jassore, R.S. Pura, Jammu. During his personal search, a sharp-edged Taka measuring approximately 18 inches was recovered.

In this regard, FIR No. 243/2026 U/S 425 Arms Act has been registered at Police Station Channi Himmat, and further investigation is underway to ascertain the purpose of carrying the weapon and any possible links with other criminal activities. The prompt action by the patrolling party reflects the commitment of Jammu Police towards maintaining public safety and preventing the movement of illegal weapons.

Jasrotia lays foundation stones for 14 development works worth Rs26 Lakh in Jasrotia

JASROTA, AUG 30

Senior BJP leader and MLA Jasrotia Rajiv Jasrotia laid the foundation stones for 14 development works costing approximately 26 lakh in Panchayat Kishanpur Kandi and adjoining areas, reaffirming his commitment to strengthening grassroots infrastructure and ensuring balanced development across the constituency.

Out of the total 14 works, 12 development projects have been taken up in Panchayat Kishanpur Kandi, including the construction and improvement of lanes, drains and other essential civic facilities. These works are aimed at improving local connectivity, drainage infrastructure and the overall living conditions of residents.

In addition, the MLA laid the foundation stone for a deep borewell at village Krakhad in Panchayat Palli, addressing the need for a reliable water source for the local population. Another deep borewell at Barwal, costing 75 lakh, was also taken up to strengthen drinking-water infrastructure and provide relief to residents facing water-related issues.

Speaking on the occasion, Rajiv Jasrotia said that the BJP's development agenda is firmly rooted in the principles of 'Sabka Saath, Sabka Vikas, Sabka Suraksha' (All together, all development, all safety), with particular emphasis on villages and areas



requiring improved basic infrastructure. He said that development must reach every section of society and every corner of the constituency, adding that people living in rural areas have an equal right to quality roads, proper drainage, reliable drinking water and other essential public facilities.

"Our priority is to take development to every village and every household. We are committed to addressing genuine public needs and ensuring that development works are executed with transparency, quality and accountability," Jasrotia said.

The MLA emphasised that the foundation of these projects marks another important step towards strengthening grassroots infrastructure in the Jasrotia constituency. He directed the concerned agencies

to maintain quality standards and ensure timely completion of the works so that people can avail themselves of the benefits without unnecessary delay.

During his visit, Rajiv Jasrotia also interacted directly with local residents and heard their grievances and demands. Residents apprised him of various issues related to roads, drainage, drinking water, electricity and other basic amenities. Giving a patient hearing to the people, Jasrotia assured them that their genuine concerns would be taken up with the concerned departments and pursued for time-bound resolution. He said that direct interaction with the public is essential for understanding ground realities and ensuring that development initiatives are aligned with the actual needs of the people.

BJP Welcomes Crime Branch Probe Into Chatroo Rape-Death Case, Seeks Death Penalty For Accused

JAMMU, AUG 30

The Jammu and Kashmir unit of the BJP on Sunday welcomed the transfer of the rape-and-death case of a minor in Kishtwar's Chatroo area to the Crime Branch, calling it a significant step towards ensuring a fair probe and pushing for death penalty for those found responsible for the heinous crime.

The case related to the alleged rape and subsequent death of a 15-year-old tribal girl in the Chatroo area of Kishtwar district was handed over to the Crime Branch for investigation on Saturday. The minor was allegedly raped by her school



teacher over the last several months. She died on August 20 during a procedure to terminate her pregnancy.

A Special Investigation Team (SIT) of the Jammu and Kashmir Police has so far arrested six persons in connection with the case, including the teacher and a nurse.

"We welcome the decision of the

Jammu and Kashmir government to transfer the high-profile case to the Crime Branch for a specialised investigation," Jammu and Kashmir BJP vice-president and former minister Priya Sethi said in a statement here.

She expressed confidence that the agency will thoroughly investigate the matter and expose the chain of individuals involved, including anyone who attempted to suppress or conceal the crime.

Sethi urged the administration to fast-track the legal proceedings to ensure swift justice for the victim's family.

PM Modi Calls for Drug-Free Youth, Developed India: Abhay Mahajan

JAMMU, AUG 30

Jammu and Kashmir BJP Employees' Cell Convenor and retired IPS officer Abhay Kumar Mahajan welcomed Prime Minister Narendra Modi's call for the youth to lead a mass movement against drug abuse during the 137th episode of Mann Ki Baat. Mahajan said the Prime Minister's address was inspiring and highlighted several initiatives and ideas aimed at strengthening public participation in nation-building.

He particularly appreciated the appeal to young people, artists, musicians and content creators to use their creativity to spread awareness about the harmful effects of drug abuse.

He said PM Modi rightly pointed out that addiction affects not only an individual but also families and society.

A collective effort involving the youth and communities is essential to build a drug-free India, he added.

Mahajan also expressed pride over the Prime

Minister's reference to the cleanliness initiatives undertaken by locals and pilgrims during the recent Amarnath Yatra.

More than 400 metric tonnes of waste was collected and processed, while over 16,000 pilgrims pledged to maintain cleanliness and more than 10,000 received 'Responsible Yatri' certificates.

He appreciated the initiative of generating slogans from mule dung and using it to light the 'Swachh Jyoti', calling it a notable example of linking cleanliness with

clean energy.

Mahajan said the Prime Minister's address also highlighted inspiring examples from agriculture, flower cultivation and forest conservation, besides referring to the story of Mathili from Debrigarh, Odisha, to underline how small individual efforts can transform lives.

He also welcomed the mention of the PM SVANidhi scheme and said Mann Ki Baat continues to inspire citizens towards greater participation in building a developed India.

Poonch custodial deaths: Gujjar leaders express outrage as Armed Forces Tribunal clears record of Brigadier

JAMMU/NEW DELHI, AUG 30
Prominent Gujjar community leaders and activists have expressed anger over the decision of the Armed Forces Tribunal (AFT) to strike out from record the administrative punitive action against a senior Army officer for the custodial deaths of three civilians in Poonch district of Jammu and Kashmir in December 2023.

Strongly reacting to the tribunal's decision to remove Brigadier Padmaresh Choudhary Acharya's name from administrative files after his two-year period of "severe displeasure" censure, Gujjar community leader Shah Nawaz Choudhary described the episode as a "complete betrayal of the community".

The dispute originated from an operation in response to an ambush near the Dera Ki Gali

(DKG) area of Poonch District on December 21, 2023, during which four soldiers were killed, two of them being mutilated. While conducting searches, the security forces arrested local civilians for questioning. Three of those arrested died due to injuries allegedly received during interrogation at the Company Operating Base in Mastan Dhara and a purported video of the torture was leaked on social media. Consequently, the Court of Inquiry ordered by the Headquarters of XVI Corps, punitive administrative action was taken against Brig. Acharya, who then commanded 13 Sector, for lack of exercising proper command and control, improper handling of civilians and inability to stop the excesses committed.

"Gujjars have always maintained their patriotism in the

depth of their hearts and have never felt any need to showcase it, but again and again, we are faced with injustice," said Choudhary. Choudhary and his team provided extensive help to the Army when this unfortunate incident happened to douse the anger following an assurance that the Army will take strict action against the guilty. The fact that the senior army officer has been censured for two years but now a tribunal order has directed that this action of the officer will not be reflected in his personal record makes a mockery of our judicial system, Choudhary said.

"In other words, this judicial process is paving the way for the promotion of the officer in future and thereby undermining accountability for those innocent lives that were lost," he said.

He asked the government to respond to the written submissions filed in the proceedings claiming that senior leadership, including the then Commander of XVI Corps stationed at Nagrota, was present in the control room at DKG during the 'torture' of civilians in Mastan Dhara. "One can not escape the issue of moral and operational responsibility by taking refuge in legal technicalities," he said.

Social activist Zahid Parwez stated, "Justice cannot be treated as a symbolic slap on the wrist that fades away with the arrival of the season of promotions." Referring to the submissions made by the officer with respect to monitoring by high-ranking officials from the nearby control room, social activist Parwez demanded uncompromising investiga-

tion, warning that the shielding of command responsibility would prove to be a dangerous precedent with regard to civil-military accountability in sensitive areas.

Sharif Chouhan, former Senior Superintendent of Jammu and Kashmir Police and General Secretary of the Gujjar Desh Charitable Trust, stressed that "absolute accountability is the only moral strength of the army." "If internal submissions establish that top operational commanders knew about systemic atrocities being committed by their men just kilometres away, then the decision of the tribunal in diluting record entries will be detrimental to the discipline of the armed forces," Chouhan added.

During the AFT hearing, the bench dismissed the plea filed by the officer to challenge the

censure "severe displeasure" imposed on July 8, 2024, stating that excessive use of force against civilians cannot be excused and emotions have to give way to military discipline and Constitutional obligations.

The officer challenged the imposition of the censure and claimed that "senior officers including the Corps Commander of XVI Corps and General Officer Commanding (GOC) of Counter Insurgency Force 'Romeo' had been present in the control room during the operations and therefore should share the blame".

The officer further contended that there was a clear case of the Corps Commander acting as a judge in his own cause. Dismissing these submissions, the bench stated that the direction, control and supervi-

sion of ground operations rest with the sector commander and commanding officer. The tribunal observed that the policy of the Ministry of Defence of the Armed Forces (Jammu and Kashmir) Special Powers Act (AFSPA), 1990 strictly prohibits the use of physical force and third degree methods. Nevertheless, taking into account a policy of the Ministry of Defence dated 30 October 2023, according to which the duration of the period of "Severe Displeasure" of the Corps Commander is two years only, the tribunal instructed the authorities to delete the punishment from the administrative file of the Brigadier.

The bench explained that the deletion of the record was done as an exception in this particular case only.

"PM Modi Appreciates Jammu & Kashmir's Contribution in 'Mann Ki Baat'-Gives National Recognition to Its Youth Power and Development Potential

'Mann Ki Baat' Inspires a New Resolve for Nation-Building—Public Participation Essential for a Drug-Free Youth, Clean India and Self-Reliant India: Rajeev Charak

JAMMU, AUG 30

Speaking to party workers after listening to the 137th episode of Prime Minister Shri Narendra Modi's monthly radio programme 'Mann Ki Baat' at Booth No. 36 in Bahu Assembly constituency, Bharatiya Janata Party State Vice President Rajeev Charak described the programme as an inspiring dialogue that strengthens public participation and accelerates the resolve to build a developed India. He said that the Prime Minister had not merely informed citizens about government schemes, but had also called upon every citizen to become an active participant in nation-building.

Rajeev Charak said that the Prime Minister's call for the 'Drug-Free Youth for Developed India' campaign was particularly significant. Protecting the country's youth from drugs is not merely the responsibility of the govern-

ment; it is a collective duty of families, society, educational institutions, religious and social organisations, and every responsible citizen. He said that a drug-free youth is the strongest foundation of a developed India. He said that the Prime Minister's reference to efforts to bring Indian history closer to the youth through modern technology conveyed the message that India's glorious history is the foundation of the confidence and national consciousness of the new generation.

It is essential to learn about the contributions of every region, community and historical personality and to pass this knowledge on to the younger generation. Shri Rajeev Charak said that the Prime Minister's message on 'Har Ghar Tiranga' and patriotism further strengthens the spirit of 'Nation First' in the heart of every Indian. The Tricolour is not merely a flag; it



is a symbol of our national unity, pride and resolve.

He said that the fact that nearly 46 per cent of the beneficiaries under the PM SVANidhi scheme are women proves that the policies of the Modi government are not limited to providing assistance to women, but are also aimed at making them eco-

nomic self-reliant and empowered.

Rajeev Charak appreciated the Prime Minister's efforts to connect cleanliness with public participation and said that the initiatives undertaken by pilgrims and sanitation workers during the Amarnath Yatra were an inspiration for the entire

country. Cleanliness produces a real impact only when it moves beyond a government campaign and becomes a people's movement.

He said that through examples of a woman flower grower from Nagaland, women involved in forest conservation in Odisha, and farmers adopting new

crops such as avocados, the Prime Minister had demonstrated 'Mann Ki Baat' is that, alongside the achievements of the Government of India, it provides a national platform to the extraordinary efforts of ordinary citizens. He appealed to the youth, women, farmers and social organisations of Jammu and Kashmir to take the Prime Minister's message to every section of society and play an active role in strengthening the resolve for a drug-free society, a clean Jammu and Kashmir, a self-reliant India and a developed India.

'Mann Ki Baat' is clear—when the small efforts of 1.4 billion citizens come together with a larger national resolve, they generate the strength to transform India into a developed nation.

Let us all contribute to this great resolve with the spirit of 'Nation First.'

MLA Bahu Ch. Vikram Randhawa Starts Blacktopping Work in Internal Lanes of Ward No. 52, Trikuta Nagar

JAMMU, AUG 30

MLA Bahu Ch. Vikram Randhawa today started blacktopping work in the internal lanes of Ward No. 52, Trikuta Nagar, addressing the long-pending demand of local residents for better road infrastructure. The work is being executed by the Public Works Department (PWD) in the presence of PWD officials and local residents. The internal lanes were in poor condition, causing inconvenience to residents and commuters and making movement difficult, especially during adverse weather conditions. Ch. Vikram Randhawa said that he had personally visited the area around 2-3 months ago to assess the on-ground condition of the lanes and understand the difficulties being faced by residents. Following his visit, he took up the matter with the concerned authorities and pursued the issue for necessary action. He said that providing better roads, improved connectivity and quality basic infrastructure remains a priority, and every effort is being made to address genuine public issues in a time-



bound manner. The MLA appreciated the efforts of the PWD officials for initiating the work and stressed the need to maintain proper quality and ensure timely completion so that residents can benefit from improved road connectivity.

Local residents expressed their gratitude to MLA Ch. Vikram Randhawa for personally visiting the area, understanding their concerns and ensuring the commencement of the long-pending blacktopping work.

JKNC Provincial President Ratan Lal Gupta Visits Historic Panjirthi Temple in Jammu



JAMMU, AUG 30

Jammu and Kashmir National Conference (JKNC) Provincial President, Jammu Division, Mr. Ratan Lal Gupta, accompanied by Sheikh Bashir, Rakesh Singh Raka, Kuldeep Sharma, Lakshmi Dutta, and other party leaders

and workers, visited the historic Panjirthi Ancient Temple in Jammu. During the visit, the delegation paid obeisance at the revered temple and sought blessings. The leaders also participated in the special feast and Prasad, reflecting the spirit of

devotion, community harmony, and respect for Jammu's rich cultural and spiritual heritage. The visit highlighted the importance of preserving the region's historic religious sites and promoting communal harmony and social cohesion.

Governor Kavinder Gupta Calls for Collective Effort to Build Stronger Sports Culture in Himachal Pradesh

Says Sports Gets New Impetus Under PM Modi's Leadership across the country

SHIMLA, AUG 30

On the occasion of National Sports Day, the Hon'ble Governor of Himachal Pradesh, Shri Kavinder Gupta, today held the first-ever interaction with veteran sportspersons of the State at Lok Bhavan, Shimla, bringing together international and national-level players who have brought laurels to Himachal Pradesh and the country.

The interaction was aimed at drawing upon the rich experience of veteran sportspersons, understanding the challenges confronting the State's sporting ecosystem and seeking their suggestions for strengthening sports infrastructure, nurturing grassroots talent and motivating the younger generation to take up sports.

Interacting with the sportspersons, the Governor said that the contribution of veteran players extends far beyond their achievements on the field. Their discipline, perseverance, experience and commitment make them natural role models and mentors for the youth. He said there was a need for a collective and sustained effort to take sports to the grassroots level, particularly in rural and far-flung areas, so that no talented youngster is deprived of an opportunity because of inadequate facilities.

During the meeting, the veteran players highlighted several issues, including the shortage of playgrounds and sports infrastructure in different parts of the State. They pointed out that Shimla faces a particular shortage of playing fields because of its geographical constraints, and suggested that school grounds could be made available to children and young sportspersons after school hours, wherever feasible.

The players also called for strengthening traditional and established sporting disciplines in Himachal Pradesh, particularly hockey, athletics and volleyball, while laying greater emphasis on endurance and fitness. They also expressed concern over the under-utilisation of high-altitude training facilities and stressed the need to make

such infrastructure fully functional for the benefit of athletes and other sportspersons.

The Governor expressed concern over the growing challenge of drug abuse among youth and said that sports could become a powerful instrument for keeping young people away from drugs and other negative influences. He also emphasised the need to ensure greater participation of women in sports, saying that India's daughters have carved out a distinct identity in the sporting arena. He said sportspersons such as Mary Kom, P.V. Sindhu and Sania Mirza have inspired the entire nation, while Himachal Pradesh's Sushma Verma, Harleen Deed and Benuka Singh Thakur are inspiring examples of the talent and potential of the State's daughters. "We must ensure that our girls receive equal opportunities, encouragement and support to excel in sports," he said.

The Governor further said that the State should identify and promote its traditional sporting strengths and assured the veteran players that their suggestions regarding the promotion of traditional sports and improvement of sporting facilities would be considered seriously.

Referring to the growing exposure of young people to electronic gadgets and sedentary lifestyles, Shri Kavinder Gupta said there was a dire need to reconnect the youth with sports and physical activity. He said sports play an important role in keeping young people physically fit, mentally resilient, disciplined and focused.

The Governor expressed concern over the growing challenge of drug abuse among youth and said that sports could become a powerful instrument for keeping young people away from drugs and other negative influences. He also emphasised the need to ensure greater participation of women in sports, saying that India's daughters have carved out a distinct identity in the sporting arena. He said sportspersons such as Mary Kom, P.V. Sindhu and Sania Mirza have inspired the entire nation, while Himachal Pradesh's Sushma Verma, Harleen Deed and Benuka Singh Thakur are inspiring examples of the talent and potential of the State's daughters. "We must ensure that our girls receive equal opportunities, encouragement and support to excel in sports," he said.

The Governor expressed concern over the growing challenge of drug abuse among youth and said that sports could become a powerful instrument for keeping young people away from drugs and other negative influences. He also emphasised the need to ensure greater participation of women in sports, saying that India's daughters have carved out a distinct identity in the sporting arena. He said sportspersons such as Mary Kom, P.V. Sindhu and Sania Mirza have inspired the entire nation, while Himachal Pradesh's Sushma Verma, Harleen Deed and Benuka Singh Thakur are inspiring examples of the talent and potential of the State's daughters. "We must ensure that our girls receive equal opportunities, encouragement and support to excel in sports," he said.

The Governor further said that the State should identify and promote its traditional sporting strengths and assured the veteran players that their suggestions regarding the promotion of traditional sports and improvement of sporting facilities would be considered seriously.

Referring to the growing exposure of young people to electronic gadgets and sedentary lifestyles, Shri Kavinder Gupta said there was a dire need to reconnect the youth with sports and physical activity. He said sports play an important role in keeping young people physically fit, mentally resilient, disciplined and focused.

The Governor expressed concern over the growing challenge of drug abuse among youth and said that sports could become a powerful instrument for keeping young people away from drugs and other negative influences. He also emphasised the need to ensure greater participation of women in sports, saying that India's daughters have carved out a distinct identity in the sporting arena. He said sportspersons such as Mary Kom, P.V. Sindhu and Sania Mirza have inspired the entire nation, while Himachal Pradesh's Sushma Verma, Harleen Deed and Benuka Singh Thakur are inspiring examples of the talent and potential of the State's daughters. "We must ensure that our girls receive equal opportunities, encouragement and support to excel in sports," he said.

10-Day-Long Dharna Ends in Chatroo After Assurance of Justice; Ravinder Raina, Ch Zulfkar Ali Visit Protest Site

CHATROO, AUG 30

Leaders Express Solidarity with Family of 14-Year-Old Tribal Girl, Demand Time-Bound Probe and Strictest Punishment for Culprits

Senior BJP leaders Ravinder Raina and Chowdhary Zulfkar Ali today visited Chatroo and met the aggrieved people who had been protesting for the last ten days against the gruesome rape and murder of a 14-year-old tribal girl.

The leaders expressed deep anguish over the horrific incident and conveyed their strongest solidarity with the bereaved family. They said that the brutal crime against a minor girl has shocked the conscience of society and cannot be allowed to be diluted or delayed at the



cost of justice. Ravinder Raina and Ch Zulfkar Ali assured the family and the protesting people that they would take up the matter with the concerned authorities and ensure that the demand for justice is pursued at the highest appropriate level.

They demanded a swift, transparent and time-bound investigation, with every aspect of the case thoroughly examined, and called for the strictest punishment under law for those found responsible. Following the assurance given by the leaders, the protesting

people decided to call off the 10-day-long dharna. The leaders appreciated the courage and determination of the people of Chatroo and assured them that the conclusion of the dharna would not mean an end to the pursuit of justice.

Those present on the occasion included Fatima Farooq, former BDC, Ch Talib Hussain, Iqbal Singh, Mohd Shah, Feroze Ahmed, Master Mohd Awan, Manohar Lal, besides several other prominent citizens, community representatives and local residents. Ravinder Raina and Ch Zulfkar Ali reiterated that there must be zero tolerance towards crimes against women and children, and that every person found guilty must be held accountable and brought to justice in accordance with law.

IIT Jammu Organized Two-Day Capacity-Building Workshop for Self-Help Groups

JAMMU, AUG 30

The Outreach Division of IIT Jammu, in collaboration with Trika Consulting, organized a two-day capacity-building workshop for IIT Jammu-supported Self-Help Groups (SHGs) from surrounding villages on August 29 and 30, 2026. The workshop aimed to strengthen participants' confidence, business understanding, customer engagement, and income-generation capabilities through effective marketing.

The two-day workshop marked the first phase of a broader six-month pilot initiative (August 2026-February 2027) under the SAKSHAM initiative, jointly implemented by IIT Jammu and Trika Consulting, represented by Ms. Shannu Kaur and Ms.



Vishali Raina. Over the next six months, participants will continue to receive support through workshops, mentoring, and market access opportunities aimed at strengthening their businesses and enhancing their incomes. The workshop was conducted

under the guidance and support of Prof. Manoj Singh Gaur, Director, IIT Jammu; Prof. Meenakshi Rajeev, Dean, Outreach; and Dr. Sameer Kumar Sharma Pachalla, Associate Dean, Outreach Department.

Ways to respond if someone starts debating the validity of your feelings

NEW DELHI: The way we feel is very personal. Sometimes people around us may not understand the intensity and the relevance of those emotions—however, that does not change the fact that we can feel those emotions. Sometimes we may feel challenged when we are faced with people who do not understand the meaning of those emotions. “When faced with someone who challenges how you feel, it’s not just about the words you use in response. It’s also about how you maintain your self-respect and emotional balance,” wrote Therapist Klara Kernig. She further added that strength of emotions resides in the way we share them with others. “Your feelings are inherently valid because you feel them. Remember, you’re not alone in this. We’ve all been there, and there’s strength in that shared experience.”

Be honest: One of the ways to combat people who do not validate our emotions is by being honest with them. Telling them the way we feel and the reason why we feel like that can help them to understand us better. Stay grounded: Even when things start to get heated up, we should stay

calm and try to understand the perspective of the other person. However, while we stay calm, we should also stay regulated and firm and stand by ourselves. Practice self-compassion: Such situations can make us question our own emotions. It is important to be self-compassionate and be firm and know that what we feel is real. Ask for clarification: Instead of feeling hurt, we should ask for clarification for the way they are feeling about our emotions. Set boundaries: We should set healthy boundaries with the person who does not validate the emotions we are feeling. Instead of being reactive, we should let them know what we want and do not want from our relationship with them. Seek supportive spaces: We should seek spaces and people who understand the way we feel, give us the independence to feel the way we want and support us through this emotional journey. Sometimes emotions can be very difficult to understand. We frequently are unable to explain our feelings. Emotions have a significant impact



on your thoughts and actions. The feelings you experience every day can motivate you to act and have an impact on the big and minor decisions you make about your life. Emotional fatigue can occur if you are not conscious of your feelings. That is why it is important to develop an emotional awareness. Speaking to HT Lifestyle, Kirti Verma, Chief Psychologist at Kripa social wel-

fare society, shared, “The more awareness you have of what’s happening inside of you, the better you can differentiate between emotional experiences. The more complex emotions get the more important it becomes to be able to describe them, so building your awareness and emotional vocabulary is the key.” She also shared few ways which you can follow to better understand your emotions.

Be honest: One of the ways to combat people who do not validate our emotions is by being honest with them. Telling them the way we feel and the reason why we feel like that can help them to understand us better. Stay grounded: Even when things start to get heated up, we should stay calm and try to understand the perspective of the other person. However, while we stay calm, we should also stay regulated and firm and stand by ourselves. Take a little time and space: In our busy lifestyle sometimes it is very important to take a pause and slow down. Acknowledge that a big emotion is coming up for you. Know that all off them pass eventually. Suspend judgement and think of your emotions as messengers, signals, data. Take some time to figure out what it is trying to tell you. Approach the emotion with curiosity, rather than anger. Mix with a pinch of awareness: Try to recognise the thoughts that are triggering the emotions and what thought can be triggered by the emotions you are experiencing. What changes it reflects in your body and

where do you feel it? It can be tension, increased heart rate, sweaty palms etc. As emotions are often associated with certain action urges it is important to recognise that how emotions are influencing your actions. For instance it can be fear-urge to avoid or joy-urge to connect. Add a sprinkle of specificity: Specify the feeling and name it. Google “emotions wheel” if you have trouble naming it and see which lands the most. Build your emotional vocabulary. For example sad could really mean ashamed, guilty, lonely, remorseful etc. You can also create your emotions journal where you can write the emotions experienced by you in a whole day and you can also rate the intensity of emotions from 1 to 5. This will have a positive impact on your overall mental wellbeing. Top off with acceptance & self-compassion: Remember you are not the emotion, you are the one experiencing the emotion. Offer yourself warmth & understanding (the way you would do to a good friend) don’t be harsh on yourself. Decide what to learn from it and let it go when you feel you are ready.

Wilson’s disease: Causes, symptoms, diagnosis, treatment and prevention

NEW DELHI: Wilson’s Disease is a rare genetic disorder that causes copper to accumulate in various organs, including the liver, brain and eyes and the excess copper can cause significant damage to these organs, leading to a range of symptoms. According to health experts, Wilson’s Disease is one of the main reasons of cirrhosis of liver beside alcohol, hepatitis B and hepatitis C virus but mostly these diseases are silent and once symptoms come the disease is usually in an advanced state. It is a hereditary disease, which means it runs in family and is a rare genetic disorder that affects the body’s ability to remove excess copper from vital organs like the liver, brain and eyes. This disease, also known as hepatolenticular degeneration, can cause severe neurological and liver problems if left untreated.



Causes: In an interview with HT Lifestyle, Dr Purshotam Vashistha, Consultant - Gastroenterology at Apollo Hospitals in New Mumbai, shared, “Wilson’s Disease is caused by a genetic mutation that affects the body’s ability to metabolize copper. Normally, the liver removes excess copper from the body and releases it into the bile for excretion. In people with Wilson’s Disease, this process is disrupted, leading to the accumulation of copper in the body.” Dr Sanjeev Rohagi, Lead Consultant - Liver Transplant and HPB Surgery at Manipal Hospital in Bangalore’s Whitefield, revealed, “Wilson’s disease is a genetic disorder resulting in abnormal accumulation of copper in the brain, liver, and eyes. It is an autosomal recessive transmission, which means that if both the carrier - father, and mother have Wilson’s Disease, then there is a 1 in 4 chance of the child developing the condition. Wilson’s disease usually presents in the age group of up to 20 years and the presentation is acute liver failure in 5% of cases whereas the rest of the 95% present with chronic liver disease.”

Elaborating upon the same, Dr Mayank Gupta, Senior Consultant - Gastroenterology at Max Super Speciality Hospital in Dehradun, said, “Wilson’s illness is an autosomal recessive trait, requiring the inheritance of one defective gene copy from each parent in order to manifest symptoms. If you have just one faulty gene, you will not get sick, but you can pass the gene on to your offspring and become a carrier. If your

parents or siblings have Wilson’s Disease, you may be more susceptible to the disorder. Consult your doctor about whether you should get tested for Wilson’s Disease via genetics. The likelihood of successful treatment greatly increases with early diagnosis of the illness.”

Symptoms: According to Dr Purshotam Vashistha, the symptoms of Wilson’s Disease can vary widely, depending on which organs are affected and the severity of the condition. Some of the most common symptoms include: Liver problems, such as jaundice, abdominal pain and an enlarged liver. Neurological problems, such as tremors, difficulty speaking and muscle stiffness. Psychiatric problems, such as depression, anxiety and mood swings. Eye problems, such as a brownish ring around the cornea and difficulty seeing in low light. Dr Sanjeev Rohagi, pointed out, “If they present with acute liver failure, there will be signs of liver failure such as jaundice, ascites, abdominal distension, encephalopathy, and coagulopathy - abnormal coagulation. These patients are usually very sick and they require liver transplants straight away. The rest of the 95% of patients present with a chronic liver disease where the liver gets affected slowly because of the accumulation of copper and eventually the liver become cirrhotic.”

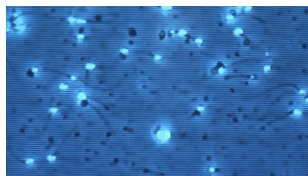
Dr Mayank Gupta insisted that while Wilson’s Disease could be present at birth, it does not show any signs or symptoms until copper levels in the brain, liver or another organ start to

rise. Depending on the areas of your body that the disease has damaged, your signs and symptoms will vary. They may consist of: Fatigue, a lack of appetite, or stomach discomfort. A jaundice-like yellowing of the skin and eye whites. Eye discoloration that is golden-brown (Kayser-Fleischer Rings). Accumulation of fluid in the legs or abdomen. Speech, swallowing, or motor coordination issues. Uncontrolled motions or rigid muscles. Dr Chetan Kahl, Program Director - Hepatology and Transplant Medicine at Nanavati Max Super Speciality Hospital in Mumbai explained, “Diagnosing Wilson’s Disease can be challenging, as the symptoms are similar to those of other conditions. A complete medical history, physical examination and blood tests can help diagnose the disease. However, the gold standard for diagnosis is a liver biopsy, which can detect the presence of excess copper in the liver. Genetic testing can also confirm the presence of the ATP7B mutation.”

Treatment: Dr Purshotam Vashistha revealed, “The treatment for Wilson’s Disease typically involves a combination of medication and dietary changes. The goal is to reduce the amount of copper in the body and prevent further damage to the organs. The medication used to treat Wilson’s Disease is called a chelating agent, which binds to copper in the body and allows it to be excreted.

Microplastics can cause semen quality decline in males and female infertility. Here are tips to preserve your fertility

NEW DELHI: Robust scientific evidence has emerged over the past 15 years demonstrating that pre-conception and prenatal exposure to toxic environmental toxins can have a profound and lasting effect on reproductive health across the life course and an analysis of National Health and Nutrition Examination Survey data from 2003-2004 found that every woman is exposed to 43 different chemicals. Chemicals in pregnant women can cross the placenta and in some cases can accumulate in the foetus resulting in higher foetal exposure than maternal exposure.



In an interview with HT Lifestyle, Dr Shruti N Mane, Consultant Fertility and IVF expert at Motherhood Fertility and IVF in New Mumbai’s Kharghar, explained, “A group of chemicals known as endocrine disrupting chemicals (EDCs) has been shown to interfere with the role of certain hormones, homeostasis and developmental processes. These represent a heterogeneous group of agents used in pesticides, plastics, industrial chemicals and fuels.” One study shows that the endocrine disrupting chemical bisphenol-A works in a fashion that is comparable to diethylstilbestrol at the cell and developmental level and research has clearly shown that many industrial chemicals can affect thyroid function. Dr Shruti N Mane elaborated, “Exposure to environmental chemicals is linked to various adverse health consequences, and patient exposure at any point in time can lead to harmful reproductive health outcomes. Adult male exposure to pesticides has been associated with altered semen quality, sterility,

and prostate cancer.” Highlighting that exposure to some pesticides can interfere with all developmental stages of reproductive function in adult females, including puberty, menstruation and ovulation, fertility and fecundity, she said, “Most environmental chemicals have entered the marketplace without comprehensive and standardized information regarding their reproductive or other long-term toxic effects.”

What are Microplastics? Dr Shruti N Mane answered, “Microplastics are pollutants that are present in terrestrial and aquatic ecosystems at virtually every level of the food chain. Moreover, airborne microplastic particles have shown to reach and potentially damage respiratory systems. Microplastics have been shown to cause increased oxidative stress, inflammation, altered metabolism leading to cellular damage, which ultimately affects tissue and organismal homeostasis in numerous human cells. Plastics (long polymer chains) are widely used due to their versatility and durability, which has led to the accumulation of substantial plastic waste in the environment (MacLeod et al., 2021). Microplastics (1 cm and larger) present ecological problems due to entrapment and entanglement, digestive tract congestion, and physical bar-

riers for food supply.” She added, “Plastic polymers could be also transformed in size (macro-, micro-, and Nano plastics) and in shape (spheres, fibres, and fragments) upon exposure to UV light, heat, or waves in the aquatic environment, or by biological degradation. It forms microplastics. These non-degradable materials tend to contaminate one’s food and water. When one consumes products carrying microplastics, they sit in our tissue and can impact the function of the body. These processes lead to environmental weathering of MPs/NPs, which, similarly to aging of plastic particles, enhances the leaching of chemicals from these pollutants. Endocrine disrupting chemicals (EDCs) used as additives to create these plastics, such as the estrogenic and anti-estrogenic phthalates, polychlorinated biphenyls, and bisphenol A, also interfere with the biology of animals and humans.”

Microplastics and its effects on reproductive health: It is no secret that fertility is the ability to produce offspring and is critically dependent on gonadal tissue integrity, as well as egg and sperm quality but chemicals take a toll on one’s fertility. Dr Shruti N Mane revealed, “Microplastics can induce infertility. Here we decode the relationship between microplastics and

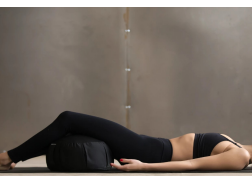
infertility. Did you know? Microplastics are commonly found in fruits and vegetables, with apples having the highest concentration. Microplastic particles, which are less than 5 mm in diameter, respectively, have been found in sewage, soil, oceans, seafood, drinking water and even table salts.”

Talking about the effects, she said, “Oxidative stress induced tissue damage and consequent apoptosis, poor gamete quality, developmental abnormalities, neurotoxicity, metabolic disorders or epigenetic changes are some of the direct and in utero exposure effects of microplastics. Chemicals like phthalates, bisphenols poly-and per fluorinated alkyl substances, among others, are commonly used for the production of food and goods and are therefore frequently released into the environment as waste. For example, bisphenol A (BPA) is a plasticizer used for the synthesis of phenol resins, polyacrylates, polyesters, epoxy resins, and polycarbonate plastics, is used for the production of drink and food packaging, and in case of high temperature exposure or pH variation (e.g., washing in washing machines, food heating into the microwave, contact with acid foods) leaches into wastewater, contaminates foods and beverages, thus representing both an ecotoxicological and health risks.”

As for male infertility, Dr Shruti N Mane said, “You will be shocked to know that the increasing chemical consumption including the toxic chemicals used in plastics, has been associated with alarming levels of reduced sperm counts. Male fertility gets impacted owing to low sperm counts having dropped almost dramatically.

Daily exercises to stimulate your vagus nerve

NEW DELHI: The vagus nerves are one of the main nerves of the parasympathetic nervous system. Responsible for managing heart rate, the immune system of the body and digestion, vagus nerves control a number of body functions, especially the ones that cannot be controlled by us voluntarily. Understanding how vagus nerve works helps in taking steps in improving our own health. “These exercises activate your vagus nerve to promote relaxation, lower stress levels, improve digestion, and enhance your immune system,” wrote Therapist Anna Papaioannou as she shared a few steps to stimulate the vagus nerve, which in turn can help us in staying calm and happy.

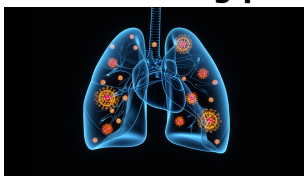


Cold showers: Post we are done with our comfortable warm showers, we should turn the temperature down to cold as much we can take, for about 30 to 60 seconds. We will notice that we gasp and breathe heavily. This exposure of the body to cold temperature helps in stimulating the vagus nerve. Humming: When we hum a song that we

like, we will notice sensations in our lips, throat and chest. When we make steady vibrations in the body while humming, it helps us to feel less stress and anxiety. Gargle water: Gargling with warm water twice a day, mostly at morning and at night helps in calming the body and staying healthy as well. Gargling with warm water also helps with throat inflammations, seasonal allergies and sinus infections. Head, neck massage: We need to find pressure points in the head, neck and shoulders where we feel the sensation of soothing. Painful massages tend to activate the sympathetic nervous system.

Extracorporeal membrane oxygenation: All about ECMO that Covid or lung patients need to know

NEW DELHI: A lot of patients were put on Extracorporeal membrane oxygenation (ECMO) during coronavirus pandemic as the majority of them had lung issues hence, the Covid-19 patients whose lungs were severely damaged had to be put on ventilator support which was inadequate for them as the functioning of the lungs was compromised. Such patients were given the support of ECMO in which the blood is pumped outside the body with the help of a heart-lung machine that is incorporated into an ECMO machine and removes carbon dioxide from the body and gives oxygenated blood back to the tissues in the body. How ECMO works? In an interview with HT Lifestyle, Dr Akshay



Tandekar, Head Consultant Critical Care at Workhardt Hospitals on Mira Road, explained, “The blood is drawn from the right side of the heart to the membrane and oxygenated in the ECMO machine which is known as a heart-lung machine. In this machine, the filter which is called an oxygen membrane or oxygenator purifies the blood and supplies the purified

blood to the entire body. Here, the lungs and heart can be bypassed so that these organs can take some rest and these machines help the organs to recover quickly.” He revealed that ECMO is commonly used in intensive care set-ups which is also called as critical care set-ups where the heart and lungs are not working efficiently (for example, in

patients with Acute respiratory distress syndrome (ARDS) and heart ailments. Dr Akshay Tandekar elaborated, “These machines are a boon to such patients. It is also used for patients to recover from heart failure or waiting for a heart transplant or even a lung transplant. ECMO machines are a bridge to transplantation. Till these patients receive stable organs from the donor, the ECMO machines will continue giving rest to the heart and lungs. Apart from that, even patients with other conditions such as heart attack, severe myocardial infarction, hypotension, pulmonary embolism, trauma, sepsis, prevent post-transplant complications, Defect in the diaphragm (congenital diaphragmatic hernia), car-

diogenic shock and ones with a bacterial and viral infection and Myocarditis inflammation of the heart muscle (myocardium) where the heart pumping is reduced can get advantage from these machines.”

How to prepare for ECMO? According to Dr Akshay Tandekar, patients will decide if they need ECMO or not and put cannulas in the measurement vessels of the body depending upon how long you need to be on ECMO support and it can be taken off it when the patient recovers. Some may need ECMO services for just 3-4 days while some may require for even more than a month. However, but these services enable healthcare experts to take the utmost care of the patients and help the organs to heal.

EDITORIAL

From protest to privilege

Amit Malviya ran BJP's social media operation for over a decade, effectively building the party's online war room from scratch. He's been replaced by Deepak Mhaskey, a chemistry-professor-turned-politician from Chhattisgarh, known for a calmer, more measured style than his combative predecessor. Asked how he'd reach young voters, Mhaskey's answer was simple: Reels.

Meanwhile, PM Modi is leading by example to increase govt and party's Gen Z outreach. The ministers and party functionaries have been asked to increase their engagement on social media platforms like LinkedIn, Instagram, X and Facebook.

As part of the outreach, Union ministers will be visiting universities, colleges and interact with students, listen to their issues and brief them about government initiatives for youth.

JP president Nitin Nabin's new national team appears designed to manage two competing requirements: Bring in fresh faces who understand a changing electorate, while retaining experienced political heavyweights to navigate the elections ahead.

The most interesting appointments are the comebacks. Smriti Irani, largely away from mainstream party work after losing Amethi in 2024, returns as a national general secretary. Ram Madhav is back as a national vice-president after six years outside the party's top organisational team.

Is Union minister Piyush Goyal's return as party treasurer an indicator of a coming Cabinet reshuffle? He held the job before the BJP's 2014 Lok Sabha victory. The appointment could indicate that the party wants an experienced fundraiser for 2029.

The protester in the video later apologized for her behaviour. We should not make too much of a single incident. But it does call for introspection.

The rejig of BJP's parliamentary board and national executive is still pending. It may bring its own surprises. We will have to wait and watch.

Uneasy reckoning

SAKSHI REWARIA

There exists a particular species of consensus that is born not of deliberation but of attrition – the moment an institution abandons the question of whether a force can be resisted and resigns itself instead to the narrower, more manageable question of how it might be tamed. India's education establishment appears to have arrived at exactly such a threshold with artificial intelligence, and its clearest articulation, fittingly, issued from the country's highest judicial chair.

Addressing the Vice-Chancellors' Conclave at the National Law University, Jodhpur, earlier this month, Chief Justice of India Surya Kant advanced a position that would have seemed almost heretical a decade ago and now reads as quietly self-evident: that India's law schools must relinquish any impulse toward prohibition and instead admit generative AI into the classroom on their own terms. Technology, he observed, was no longer napping tentatively at the profession's door but had already colonised its innermost chambers – legal research, contract drafting, due diligence, the very choreography of dispute resolution.

What lends the Chief Justice's intervention its true weight is not simply its content but its unflinching candour. He did not gloss over the perils. Students, he cautioned, risked lapsing into dependence upon outputs that sounded persuasive yet stood on unsound legal footing, their faculty for independent reasoning withering imperceptibly beneath the seduction of convenience. And yet his prescription was not retreat but discipline of a different order – that law schools instil in their students not mere technological fluency, but the finer art of discernment: knowing when a tool may assist, when it must be interrogated, and when it must be set aside altogether in deference to human judgment.

It is a formulation of considerable precision, and, in the same breath, a tacit confession that the guardrails – if they are to exist at all – must be erected while the vehicle is already hurtling forward. The Union Budget for 2026-27 accorded the Ministry of Education an allocation exceeding Rs. 1.39 lakh crore, with the Department of School Education and Literacy receiving its most generous outlay in history – upward of Rs. 83,500 crore – accompanied, notably, by a mandate to constitute a High-Powered Committee charged with examining how artificial intelligence will recast the contours of employment and skill, and with charting its integration across every rung of the educational ladder.

The IndiaAI Mission, envisaged with an outlay surpassing Rs. 10,000 crore,



has already enlisted tens of thousands of CPUs into service and shortlisted teams to construct indigenous foundational language models – an infrastructural undertaking of such magnitude that it betrays the state's conviction: this is no experiment to be observed cautiously from the margins, but an inevitability to be engineered with deliberate haste. The National Education Policy of 2020 had, in truth, already laid the philosophical scaffolding years before generative AI entered common parlance – envisioning a National Educational Technology Forum and a curriculum emancipated from the rigidity of disciplinary silos, supple enough to absorb whatever technological insurgency the coming decades might yet produce.

What is unfolding today, then, is less a rupture with that earlier vision than its abrupt and somewhat breathless fulfilment. Beneath these commanding, macro-level pronouncements, the transformation is being enacted in far more modest surroundings. Educators at the coalface – lecturers, placement officers, department heads – speak not of wholesale substitution but of a recalibration of emphasis. AI, conscripted as an assistant, summoned to simplify, to draft, to furnish a serviceable first pass, 'while the labour of judgment, originality and genuine comprehension is expected to remain the inviolable preserve of the human mind.'

It is a reassuring distinction, intoned with almost liturgical regularity across classrooms and blog posts alike. But reassurance is not the same currency as certainty, and the boundary between assistance and dependency is precisely the one the Chief Justice himself identified as perilously fine –

easily blurred, and more easily forgotten. It would be a mistake to read the Chief Justice's remarks as merely rhetorical, for they sit atop a legal and constitutional lineage far older than the technology now testing it.

The Constitution's Fundamental Duties, in Article 51A(h), enjoin every citizen to cultivate a scientific temper, humanism, and the spirit of inquiry and reform – a clause drafted decades before anyone could have foreseen a machine capable of simulating inquiry itself, yet one that reads today as an uncanny anticipation of precisely the discernment the CJI was demanding of India's law graduates. The right to education, whether traced through Article 21A's explicit guarantee for children or the wider penumbra the courts have read into Article 21 for higher learning, further binds any expansion of AI in classrooms to a constitutional promise of access – a promise that Article 14's guarantee of equality renders uneasy, given how unevenly the infrastructure of artificial intelligence is likely to reach India's urban law schools before it reaches its district colleges. At the regulatory level, the architecture remains deliberately unfinished. The University Grants Commission's 2023 circular directed higher education institutions merely to remain vigilant and to devise their own internal safeguards against misuse, rather than \AI misuse, setting no uniform threshold – leaving India's universities to legislate, in effect, upon themselves. This restraint is not accidental. It mirrors, almost exactly, the philosophy embedded in the India AI Governance Guidelines unveiled by the Ministry of Electronics and Information Technology in November 2025: a consciously 'light-touch', techno-legal

approach that declines to lead with prohibition, choosing instead to lean upon existing law, sectoral judgment, and institutional discretion. Here, then, lies the uncomfortable symmetry worth dwelling upon.

A nation is, in the same breath, channeling unprecedented capital into AI infrastructure, weaving the technology into the very constitutional imagination of its national curriculum, and being counselled by its most senior jurist against banning it even within a discipline erected entirely upon the discipline of unaided thought – while conceding, almost as an aside, that the very technology it embraces may erode the faculties it purports to sharpen. This is not so much contradiction as it is a wager: a considered bet that supervision, ethics and pedagogy can be assembled with sufficient speed and rigour to outpace a technology whose capabilities compound faster than any curriculum committee can convene to deliberate upon them. Every generation of Indian education has, in its turn, absorbed some disruptive innovation and emerged, eventually, the more capable for it – the printing press, the calculator, the search engine. Each time, the anxious question was the same: would the tool think for the students, or merely think alongside them? Artificial intelligence is not the feeding-horn reckoning to visit India's classrooms.

It may, however, be the first to arrive at a velocity that affords little of the customary luxury – those unburied decades in which earlier technologies were permitted to be cautiously, deliberately domesticated.

(The writer is Lecturer, Faculty of Law, IIM Rohtak)

The carbon cycle and our sea floor

B K SINGH

A new study conducted by Ben Mather affiliated to the University of Melbourne and three other scientists associated with the University of Sydney was published in "Communications, Earth and Environment" and explains how the movement of earth's tectonic plates around its surface has played a major role in shaping global climate over the past 540 million years.

The carbon cycle relating to movement of tectonic plates was not considered significant in the past; the new study explains how its role is so substantial.

Carbon is the most important part of our life and is the third most abundant element besides hydrogen and helium. According to some estimates, the earth has 85,500 billion metric tons of carbon. The bulk of it is stored in rocks and the remaining in oceans, atmosphere, plants, soil and fossil fuels. Carbon cycle maintains a balance that prevents its entry in the atmosphere, and thus stabilizes the earth's temperature. In the warming world, every intellectual knows that excessive pumping of carbon in the atmosphere is the main cause of the planet's warming. On a timescale of tens of million years, the earth has undergone changes in temperature from the extremely warm climate of the Cretaceous age (roughly 145 to 65 million years ago) to the glacial climates of the Pleistocene age (roughly 1.8 million to 11,700 years ago) and up to the present Holocene Epoch.

In a slow carbon cycle, 10 to 100 million tons of carbon are moved to the atmosphere annually, whereas in the fast carbon cycle 1 to 100 billion metric tons of carbon are moved to the atmosphere annually. Present global greenhouse gas emissions are approximately 40 billion tons annually. Our emission at present thus matches with the fast carbon cycle. During the rainy sea-

son, atmospheric carbon combines with water and forms carbonic acid. The acid dissolves rocks in a process of chemical weathering and releases calcium, magnesium, sodium and potassium ions. In the ocean, calcium ions combine with bicarbonate ions to form calcium bicarbonate, which are consumed in shell building, corals and planktons.

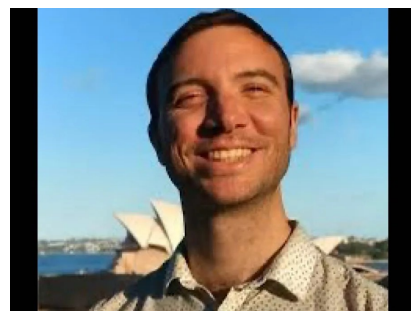
Organisms after they perish sink to the seafloor.

With passage of time, these turn to rocks. When the plates collide, heat is generated and the rock melts under extreme temperature and pressure. The heated rock turns into silicate minerals and releases carbon dioxide.

Further, carbon dioxide is also released through volcanoes. Before industrialization began in 1870, the amount of carbon dioxide the ocean received during chemical weathering of rocks was ventilated into the atmosphere from sea surfaces. After industrialization, carbon concentration in the atmosphere has gone up; the ocean cannot balance the exchange of carbon.

The drop in carbon dioxide in the atmosphere caused additional cooling in the Pleistocene age and the rise in the level thereafter (for 11,700 years now) is linked to the present Holocene age.

Ben Mather and Co.'s research suggest that the driving force behind the carbon cycle is far more complex than what was contemplated earlier. Volcanic arcs, where chain of volcanoes erupt, are located in the region where earth's tectonic plates converge. Melting of rocks unleashes carbon and brings it to the earth's surface. The study finds that it is the mid ocean ridges and the continental rifts that have played a more significant role in driving carbon cycle. The rocks underneath the ocean appear to be intersecting the subduction zones, where tectonic plates converge.



Carbon dioxide is released back in the atmosphere. This is 'deep carbon cycle' and researchers have tracked the flow of carbon between earth's molten interior, oceanic plates and the atmosphere using computer models. With this, major greenhouse and icehouse climates were predicted over last 540 million years. More carbon was released than trapped in carbon-carrying rocks in greenhouse periods, while the ocean's absorption of carbon lowered the concentration of atmospheric carbon in icehouse climates. The key take away of the study is that deep-sea sediments play the key role in regulating atmospheric carbon, and can impact the climate of the globe at a geological time scale, narrated above. The older thought – that carbon emitted by volcanic arcs is the largest source – has been rejected by the study.

Our research in the area of sea exploration should consider the study and ensure that deep sea sediments are not disturbed by any human action. Planktic calcifiers belonging to the phytoplankton family convert dis-

solved carbon into calcite and are responsible for sequestering vast amounts of atmospheric carbon into carbon-rich sediment deposited on the seafloor. If these are conserved, they will suck carbon dioxide in and would be beneficial in mitigating global warming. Planktic calcifiers evolved only 200 million years ago and have spread over the world's oceans about 150 million years ago. The conservation of this would be helpful in the present-day climate scenario, too.

The study provides insights for future climate models, which is important in addressing how atmospheric carbon concentration is brought in control and mitigates global warming. The earth's natural climate cycle is influenced by shifting tectonic plates and plays a major role in regulating climate, which can help us in predicting future climate scenarios in the background of human activities leading to climate uncertainties and loss of lives and livelihoods.

(The writer is retired Head of Forest Force, Karnataka)

Car owner accepts E20, but wants only basmati ethanol

The government's pursuit of energy security has hitched itself, parasite-like, to its own food security system. Paddy, procured under the minimum support price using taxpayers' money meant to reach the poor through the public distribution system, is milled into rice, and that rice is then sold to distillers at roughly 40% below its own procurement cost. Someone from the Ministry of Finance should learn from this economics. This is alchemy.

The Ministry of Petroleum and Natural Gas, in a statement on July 31, clarified that the Ethanol Blended Petrol (EBP) programme does not compromise India's food security. It even reached back to 2023-24 to point out that the Food Corporation of India (FCI) rice was then only 'a negligible share' of ethanol production, and reminded everyone that the programme has cumulatively saved the country, yes, a whopping Rs 1.97 lakh crore in forex.

All true, possibly. But the statement sidestepped the one question that actually mattered: why is rice, bought under a food security scheme with taxpayers' money, being handed to distillers at a subsidised rate at all? Forex savings on one side of the books do not explain a discount on the other. The gormit answered a question nobody asked and skipped the one everybody did. Ever since I read the above article, my heartbroken heart has been burning like the broken rice being fermented to fuel our future. I wasn't worried when we were told it was mostly sugarcane and maize going into the vats. Now that I am better informed, I cannot be uninformed again, which is the central tragedy of reading the news on the India Today website. My beloved German car's engine is eating rice that could have fed a hungry family in some distant country whose name we invoke only when we want to feel guilty about our dinner.

Doctors have long asked me to go easy on rice because of the glycemic index and what not, but having grown up in eastern India, no rice means no food for me, so I do par-take my share, smaller portions, every single day. And I make sure it is the good stuff. I want the carbs that fuel me to be of a quality at par with



the best parboiled rice going. Like my body, I take good care of the car that drives me to work and back too. So I went looking for petrol with little or no ethanol in it, because a good car, like a good annadatta (farmer), deserves better than leftovers. I knew it would cost more, but a car you love is a car you pamper. I found nothing within a 30-km radius of where I live. More research later, I learnt of exactly one pump dispensing ethanol-free petrol, so far away that my tank would run dry just making the trip there and back, which is possibly the most on-brand outcome this entire programme could have produced.

Let me be clear, my car is E20 com-

pliant. It will run on E20 fuel, just with reduced mileage. It is not the preferred fuel for any existing internal combustion engine on the planet. Some cars survive E10, that is 10% ethanol, some survive E20, meaning 20%, but survival was never meant to be the standard we aspire to. The government, however, has left no option.

Walk into any petrol pump near you, regular or premium, and the dispenser will hand you the same 20% adulterated fuel either way.

A recent LocalCircles survey found that the share of vehicle owners reporting a mileage drop of over 10% jumped from 45% to 66% this year. The government's own line is that

E20-compliant engines, sold since 2009, should see no drop at all. Someone here is measuring mileage differently, and it is probably not the vehicle owners.

You cannot fight the government forever in the name of constitutional rights, because those rights are vague enough to be argued away in a courtroom whose laws are drafted, passed and amended by a Parliament the government controls by majority, the way politicians happen to hold majority stakes in the very ethanol plants this blending feeds.

The economics of the programme does not add up on its own, so when arithmetic fails to convince you, the government reaches for nationalism

and precious forex savings instead, blackmail dressed up as patriotism, or as I like to call it, blackmail if blackmail alone will not do.

The Ministry of Petroleum and Natural Gas, in a statement on July 31, clarified that the Ethanol Blended Petrol (EBP) programme does not compromise India's food security. It even reached back to 2023-24 to point out that the Food Corporation of India (FCI) rice was then only 'a negligible share' of ethanol production, and reminded everyone that the programme has cumulatively saved the country, yes, a whopping Rs 1.97 lakh crore in forex.

So I, like millions of other Indians, have compromised and surrendered to an arbitrary blending programme, because the people are weak before a strong government they so deeply desire.

But if I must surrender, let me at least surrender with a preference. I want my ethanol made from long grain basmati, not the broken rice currently being used. Ethanol from broken rice, as the name suggests, may well leave the car's heart broken too. Long grain, as the name suggests, might at least help it run a little longer.

Where is the logic in that, you may ask. Where is the logic in the entire ethanol programme, I ask in return. Answer one question, and you will have answered both.

Manabharata are reframed for today's audiences

I finally watched Christopher Nolan's 'The Odyssey'. Western cinema stands out in how it brings the ancient world to life on screen. In our movies, even when the story is about Emperor Ashoka or Akbar, they end up singing with the heroine.

Both the Greek epics 'The Odyssey' and 'The Iliad' are usually credited to the poet Homer. 'The Iliad' focuses on the anger of the greatest Greek warrior, Achilles, who stops fighting after a dispute with Agamemnon, the king of Mycenae. He only returns to battle after Hector, the Trojan prince, kills his close friend Patroclus, and then Achilles kills Hector. Odysseus also appears in 'The Iliad' as a leading strategist. He later becomes the main character in 'The Odyssey'.

After the war, Odysseus spends more than 10 years trying to get home because he has angered Poseidon, the god of the sea. On his way back to his island of Ithaca and his loyal wife Penelope, he faces monsters, curses, and the schemes of the gods. The film does a great job of taking viewers back to a world from 3,200 years ago. Watching Wolfgang Petersen's 'Troy' (2004) can help you understand the background of the Trojan War.

In one flashback, Nolan shows Odysseus, who won the war through trickery, deeply shaken by the massacre in the city and overwhelmed with guilt. He cries because he broke the sacred code of hospitality and trust linked to god Zeus.

This made me think of Yudhishtira in 'Mahabharata'. After winning the terrible war of Kurukshetra and killing his cousins, Yudhishtira doesn't celebrate. Instead, he falls into a deep crisis. He is devastated by the destruction and looks at the battlefield, asking himself: 'What kind of victory is this, when all I have gained is a graveyard?'

In fact, in many epics, the real tragedy isn't losing, but winning. Ashoka also seems to have asked himself a similar question after the Battle of Kalinga. Read Classic Poetry In Thomas Malory's 1485 romance 'Le Morte D'Arthur', King Arthur spends his whole life building the utopian kingdom of Camelot but, eventually, it falls apart because of civil war and his son Mordred's betrayal.

In Shakespeare's play 'Macbeth',



Macbeth kills King Duncan in a plot and takes the Scottish throne. Although this is exactly what he wanted, as soon as he becomes king, he finds no peace. Instead, he feels only guilt, sleepless nights, and mental pain.

In Sophocles' Greek tragedy 'Antigone', Creon, the King of Thebes, manages to enforce his law against Antigone. But this victory leads to a series of suicides, including by his son Haemon and his wife Eurydice. By the end, Creon mourns over his family and wishes for death. In the same way, even though Aurangzeb made the Mughal Empire bigger than ever, looking back during his last days, he saw more failure than success.

In Winston Churchill's only novel,

'Savrola: A Tale of the Revolution in Laurania', published in 1900, Savrola leads a democratic revolution in the fictional Republic of Laurania in 1898 and overthrows a dictator. After a night of fierce fighting, he walks up a hill and looks at the destruction. Instead of feeling like a winner, he sighs, 'This is my work.'

Yet Odysseus' remorse after the Trojan War is Nolan's own interpretation. In Homer's story, Odysseus regards the victory at Troy as a triumph of his courage and ingenuity; there is no comparable sense of moral guilt over the destruction of Troy. Nor does he renounce violence or fundamentally alter his world-view. Nolan has therefore created this moral crisis in his film to explore more deeply the psychological

wounds left by war. CollectFolklore Books

The 1989 film 'The Mahabharata' by British director Peter Brook, too, gives a unique take on an ancient epic. Both directors had the same challenge: making a 3,000-year-old story matter to people today. Brook chose to downplay its supernatural and miraculous parts. He focused on people, their moral choices, and struggles for power. Nolan, on the other hand, kept the mythological world almost unchanged. But he also added modern psychological themes like guilt, trauma, and the mental scars of war. Both directors give new meaning to ancient epics. This may also show two different Western traditions: one links myth to modern psychology,

while the other puts people at the centre by moving myth aside.

Many Indians today think that Rama won Sita's hand by breaking the bow, since that's how the story is usually shown in popular versions, Ramllas, and TV shows. But in Valmiki's original, the main test was for Rama to lift and string the bow. In 'The Odyssey', there's a similar contest, where Odysseus wins. In both stories, the real challenge is the hero's strength to handle a powerful bow, though in Rama's case the bow breaks, while Odysseus' does not. At Hukki Chowk in Faridkot, there is a shrine that was built before my own eyes. Earlier, there was only a simple, unnamed grave here. I don't know who decided, or for what reason, to give it the name Dargah

Mauji-Darya. It used to be looked after by a somewhat eccentric retired peon of the electricity board. The poor man himself could make no sense of the name Mauji-Darya. Nor did ordinary people understand it. So, the name was changed to the simpler Chitte Mojan Wala Pir — the Pir with the White Socks. The new name had absolutely nothing to do with the old one, but its meaning was immediately intelligible to everyone. This is how history, myth, and collective memory work — they don't keep events exactly as they happened, but give them new meanings in every era. Nolan sees Homer's Odysseus as a modern person, someone who feels the burden of his actions more than the joy of victory. Maybe that's why this story still feels so relevant.

Fennel and cumin: Acharya Balkrishna's kitchen fix for loose motions



Acharya Balkrishna posted a remedy on Facebook recently that made a lot of sense once you think about it. Take fennel seeds and cumin seeds, same amount of each. Roast them a little, just enough to smell the aroma, then grind them together. Half a teaspoon of this powder, three times a day, with plain water. That's it. According to him, this helps ease loose motions.

Sounds too basic to actually work, right? But there's a reason our grandparents kept these two spices in every kitchen, and it isn't just for flavour.

Fennel does more than freshen breath. Most of us know fennel, or saunf, as the thing restaurants give you after a meal. Chew a pinch, and it clears your mouth. But that's really the smallest part of what this spice can do.

Fennel has a compound called anethole in it. This is what relaxes the muscles in your gut, which matters a lot when you're dealing with cramps and spasms during loose motions. It also carries some antibacterial punch, which helps if the stomach trouble is coming from a minor bug.

There's actual research behind this too, not just old wives' tales. Fennel extract has been shown to calm bowel spasms and

reduce gas. That's probably why fennel water gets handed to babies and adults alike whenever the stomach acts up.

Jeera isn't just for tadka

Cumin goes into almost every Indian sabzi and dal, so much that we barely think about it as anything other than a spice. But it's doing more work than flavouring your food.

The thymol and other oils inside cumin seeds get your digestive enzymes moving. When those enzymes work better, food breaks down faster, and your gut doesn't have to strain as much.

Cumin also fights off certain bacteria in the gut, at least according to a few studies. This lines up with why it's been a go-to remedy for stomach infections and diarrhoea for so long.

And if you've ever had jeera water for bloating or acidity, that's the same logic at play, since these problems often show up together with loose motions anyway.

Why roasting isn't optional

Balkrishna specifically said to roast the seeds lightly before grinding, and that's not just about taste.

When you roast fennel and cumin, the oils inside them come out more. This makes

the whole thing work better, and honestly, it also makes it gentler on your stomach compared to eating the seeds raw.

Keep the roasting light though. Just until you catch that smell. If you burn it, you lose the very oils that make this remedy do anything at all.

Two spices, same amount, different jobs

The equal ratio isn't random. Fennel handles the cramping. Cumin handles digestion and the bacterial side of things. Put together, they're attacking the problem from two directions instead of one.

This is basically how Ayurveda tends to operate anyway, rarely relying on a single ingredient, usually pairing things that complement each other.

When this remedy helps, and when it doesn't

Half a teaspoon, thrice a day, with water, is easy enough to fit into a normal day without much fuss.

But this is for mild cases. If it's been more than two days, or there's fever involved, or blood in the stool, or you're feeling dehydrated, skip the home remedy and see a doctor. This kind of fix works for everyday stomach trouble, not for something serious that needs actual medical attention.

Why modern life forgets the art of rest and stability

Most of us would agree that we are living life at a dizzying speed. There is a mad rush everywhere, from dawn to dusk — in public places, at home, and in our daily lives. People hurry to grab seats in public transport, jostle through crowds, and break queues to claim what they believe is rightfully theirs. This pervasive 'me first' approach, born out of a near-total absence of patience, lies at the root of many social problems, including the alarming rise in stampede-related deaths across the country.

The youth today wish to taste everything too soon and chase success at any cost. Working overtime, sacrificing sleep, and stretching themselves beyond healthy limits do not trouble them, as long as the rewards seem immediate. Health is willingly put at stake in the belief that one must make hay while the sun of youth shines. Stability no longer appeals; instead, there is a craving for bigger, faster leaps. This high-speed lifestyle provides a certain thrill. Loud music, spicy food, fast cars and extroverted personalities dominate their preferences. The powerful virtual universe of showbiz, media and the cosmetic industry further reinforces the idea that youth and speed are the ultimate currencies.

Children now behave like wannabe youths, while the elderly struggle to appear young. Society has little patience for the slow, the tired or the old, rendering them increasingly invisible. There is a widespread perception that one cannot be noticed unless one is constantly running. Walking, both literally and metaphorically, has gone out of fashion, and those who choose it risk being labelled outdated or unenthusiastic.

Most people today manipulate their lifestyles to cope with this universal time deficit. The working class, neck-deep in professional commitments, find little time to cook or spend with

family. Eating out, relying on ready-to-eat food, or hurriedly gulping meals has become routine. Even nourishment is sacrificed at the altar of speed.

This 'hurry up' mindset has seeped so deeply into society that consistency itself has suffered. Politicians abandon ideologies with ease, and defections have become commonplace. Employees change loyalties without hesitation. Relationships are entered and exited in haste, contributing to rising divorce rates, broken families and the growing number of old-age homes — all symptoms of a use-and-throw culture.

Ironically, even attempts to escape this frenzy are noisy. Breaks are filled with screens, loud entertainment and relentless socialising. Silence is almost absent, leaving the mind and body little opportunity to heal. Emotional breakdowns, lifestyle diseases and mental fatigue are the inevitable consequences of living perpetually in the fast lane.

The greatest tragedy of such a life is that it robs us of our ability to turn inward and make peace with ourselves. There is no time to pause, reflect or reassess direction. We run simply because others are running. By constantly gulping instant coffee, we forget the joy of slowly savouring a home-brewed cup.

True growth — spiritual and emotional — begins when we slow down. Rest is not weakness; it is wisdom. It is the courage to stop, to say 'no', and to recognise that we are not indispensable. Only then can we reconnect with our inner selves and choose a life that values depth over speed. So what are we waiting for? It is time to begin the process of change — now.

The writer is a spiritual educator and popular columnist; views are personal

THE HYPERTHERMIA THERAPY

Cancer treatment has traditionally depended on surgery, chemotherapy and radiation therapy. In recent decades, however, medical science has been exploring newer approaches that can destroy cancer cells more selectively while reducing damage to healthy tissues. Hyperthermia therapy, also known as thermal therapy or thermotherapy, is one such promising approach. It uses carefully controlled heat to damage cancer cells or make them more vulnerable to radiation and certain anticancer medicines.

The basic idea sounds surprisingly simple: heat can be used as a weapon against cancer. But behind this simple idea lies sophisticated technology capable of delivering and monitoring heat precisely inside or around a tumour.

Hyperthermia therapy is a cancer treatment in which selected body tissues are heated to temperatures higher than normal. At sufficiently high temperatures, cancer cells can be damaged or destroyed. At somewhat lower temperatures, heat can make cancer cells more sensitive to radiation therapy and certain chemotherapy drugs.

Cancer cells can be particularly vulnerable to changes in temperature because tumours often have abnormal blood vessels and poor circulation. These differences can make it more difficult for cancer cells to tolerate heat. Heat can also interfere with proteins, cell membranes and mechanisms involved in repairing cellular damage. Importantly, hyperthermia is usually not a replacement for standard cancer treatment. It is generally used alongside radiation, chemotherapy or surgery in selected situations.

Hyperthermia can work in several ways. First, sufficiently high temperatures can directly damage cancer cells. Second, heat can interfere with the ability of damaged cells to repair themselves. Third, hyperthermia can sometimes improve the effectiveness of radiation and certain chemotherapy medicines. In simple words, heat may weaken the cancer cells and allow another treatment to attack them more effectively.

Hyperthermia can be broadly divided into three categories.

LOCAL HYPERTHERMIA

Local hyperthermia heats a small, specific

area containing a tumour. Radiofrequency waves, microwaves, ultrasound or other forms of energy may be used.

One important example is radiofrequency ablation (RFA). A thin probe is guided into a tumour, and radiofrequency energy generates intense heat that destroys the targeted tissue. RFA is commonly used for selected tumours, including some cancers of the liver, kidney and lung. The major advantage is precision: instead of exposing the entire body to high temperatures, doctors can concentrate the treatment on the tumour.

REGIONAL HYPERTHERMIA

Regional hyperthermia heats a larger part of the body, such as an organ, limb or body cavity. In some techniques, heated chemotherapy may be circulated through a particular region.

A well-known example is hyperthermic intraperitoneal chemotherapy (HIPEC), in which heated chemotherapy is circulated inside the abdominal cavity during surgery for selected cancers. The combination of heat and chemotherapy is intended to improve the treatment of cancer cells in that region.

WHOLE-BODY HYPERTHERMIA

Whole-body hyperthermia raises the patient's overall body temperature for a limited period. Heated blankets, water systems or specialised chambers may be used. This approach has been investigated particularly for advanced or metastatic cancers, often in combination with chemotherapy. However, whole-body hyperthermia is much more demanding because raising the temperature of the entire body can also affect healthy organs.

Advantages of Hyperthermia Therapy Perhaps the greatest promise of hyperthermia is its ability to work with, rather than simply instead of, established treatments. Studies have shown that hyperthermia can make cancer cells more susceptible to radiation and certain chemotherapy drugs. Thus, it can potentially become an important partner in combination cancer therapy. Techniques such as radiofrequency ablation can destroy selected tumours using a probe rather than removing the entire tumour surgically. This can be particularly useful for patients who are not

suitable candidates for conventional surgery.

Modern equipment allows doctors to focus heat on a particular tumour or regional area. Imaging and temperature-monitoring technologies can help clinicians control the treatment and reduce unnecessary exposure of surrounding tissues.

Hyperthermia is being investigated for a wide variety of cancers, including cancers of the bladder, breast, cervix, liver, lung, brain, head and neck, oesophagus and other organs. This does not mean it is equally effective for all these cancers. Rather, it shows the breadth of ongoing research.

Cancer cells sometimes become resistant to chemotherapy radiation. Heat can affect cellular repair mechanisms and may make certain resistant cancer cells more vulnerable. This is an important area of scientific research.

Despite its promise, hyperthermia is not a miracle cure for cancer.

The biggest challenge is delivering enough heat to damage the tumour without injuring nearby healthy tissues. Different tissues respond differently to heat and temperatures inside a tumour may not be uniform. This makes accurate temperature measurement and control extremely important.

Hyperthermia requires specialised machines, trained professionals and appropriate monitoring systems. Consequently, it is not widely available at all cancer centres.

Depending on the technique, patients may experience pain, burns, blistering, swelling, bleeding, infection or blood clots. Whole-body or regional treatment can cause nausea, vomiting and diarrhoea. Rarely, more serious effects involving the heart, blood vessels or other organs may occur.

The usefulness of hyperthermia depends on the type, location and stage of cancer, as well as the patient's overall condition. It must therefore be selected carefully by an oncology team.

Although clinical studies have demonstrated benefits in particular settings, hyperthermia remains unavailable routinely in many places, and its ability to improve

long-term survival is not established for all cancers and treatment situations. Therefore, patients should be cautious about clinics that advertise hyperthermia as a universal or guaranteed cancer cure. The future of hyperthermia may be particularly exciting because medicine is becoming increasingly precise.

One major area of development is better temperature monitoring. Future systems may allow doctors to develop detailed three-dimensional temperature maps of a tumour in real time. This could make treatment safer and more accurate.

Another important possibility is the combination of hyperthermia with immunotherapy. Researchers are investigating whether heat-induced changes in tumours can help the immune system recognise and attack cancer cells more effectively. Artificial intelligence could also have an important role. AI-assisted imaging and treatment planning may help doctors identify the precise location of a tumour and determine how heat should be delivered. Advanced computer systems could potentially adjust energy delivery continuously according to real-time temperature measurements.

Scientists are also studying ways to reach tumours located deep inside the body. Better radiofrequency, microwave, ultrasound and other energy-delivery technologies could make treatment more precise and expand the number of cancers that can potentially be treated.

The future may move beyond the idea of giving the same thermal treatment to every patient. Cancer is biologically different from one patient to another. In the future, doctors may combine tumour biology, imaging, genetic information and real-time temperature data to design a personalised thermal treatment plan.

The objective would be to attack cancer through several different biological pathways while minimising injury to healthy tissues. For many cancer patients, hyperthermia is considered a complementary treatment within a broader cancer-treatment plan, rather than a universal replacement for established therapies. The appropriate treatment depends on the cancer type, stage, location and individual patient

factors.

This distinction is extremely important because exaggerated claims about alternative cancer treatments can give patients false hope and may lead them to delay proven treatment.

Hyperthermia represents an interesting example of how modern medicine is discovering new uses for something as fundamental as heat. The concept is simple, but its successful application requires sophisticated physics, engineering, imaging, oncology and temperature-monitoring technology. Its greatest promise may not lie in replacing existing treatments but in making them work better.

The road ahead, however, is not without obstacles. Scientists must determine which cancers benefit most, what temperature and treatment duration are optimal, how to deliver heat accurately to deep tumours and how to minimise damage to healthy organs. More high-quality clinical research is needed to answer these questions. Hyperthermia therapy demonstrates an important principle of modern medicine: sometimes the future of treatment does not come from completely replacing existing methods, but from making them smarter and more effective.

Heat, when uncontrolled, can damage the human body. But when precisely measured and carefully delivered, it can become a powerful medical tool. Hyperthermia can directly damage selected cancer cells and may also increase their sensitivity to radiation and certain anticancer drugs.

The future could bring more accurate heat delivery, real-time temperature mapping, artificial intelligence-assisted treatment planning and combinations with immunotherapy and other precision treatments. Hyperthermia is therefore best viewed neither as a miracle cure nor as an experimental curiosity. It is a promising component of modern cancer research whose ultimate value will depend on scientific evidence, technological refinement and careful patient selection.

The message for the future is clear: the battle against cancer may increasingly be fought not only with drugs, radiation and surgery, but also with precisely controlled energy-including heat.

India against economy's weaponisation, says Sitharaman in Toronto; seeks investment

NEW DELHI: Global growth will be led by countries like India, which does not pose any concentration risk as it is against the weaponisation of the economy, Union finance minister Nirmala Sitharaman said in Toronto, the comment coming even as Canada aggressively seeks reliable economic partners amidst its ongoing trade war with the US.

Replying to a specific question – what commitment Canadian investors and business leaders could expect from India at the moment of global uncertainties – Sitharaman said: “The commitment from the Government of India is, we want you all to come and engage with India. And, when we say that, we know from our side, we will have to respond to expectations.”

“I mentioned about the concentration risk. We don't want



to become captive to somebody's weaponising their investments or weaponising the economy. India never had that kind of approach to business,” she added.

Sitharaman said India's Prime Minister Narendra Modi has emphasised on the danger of building a developed India by 2047. According to the finance minister, India could have

achieved the goal in due course after its independence, but adoption of a “command and control” approach and “license, quota and permits” acted as roadblocks for nearly 60 years. The country did open up in 1991, she added, referring to liberalisation under then PM Narasimha Rao, but it was done under compulsion and could not provide the requisite momentum to the economy.

Sitharaman said global investors must take interest in India because of its rapidly growing economy with sustained consumption and massive demand. Sitharaman's comments came

at a time when Canada and the US are locked in a trade war. The Trump administration imposed 50% universal tariffs on about \$20 billion Canadian exports, prompting Ottawa to retaliate. People aware of the development said Canada is keen to have deeper economic cooperation with rule-abiding countries like India. The same has been reflected in the Canadian department of finance statement issued on August 21, they added, asking for anonymity.

“In a rapidly changing world, Canada is focused on what we can control. We are building our economic strength at home and diversifying our partnerships abroad,” the statement said with reference to the Indian finance minister's visit to Canada.

S&P 500 repeats 60-year pattern as Nvidia, Apple and big tech raise market risk

new delhi: The US stock market has continued to hit record levels in 2026. The S&P 500, Nasdaq Composite and Dow Jones Industrial Average have all gained more than 20% over the past 12 months, as of August 2026. A major reason behind the strong market rally has been the rapid growth of artificial intelligence (AI) stocks.

Investors have poured money into companies linked to AI because they expect the technology to drive strong growth in the coming years. But the same AI boom is now creating concern about a possible AI bubble. Bank of America's latest Global Fund Manager Survey found that fund managers see an AI bubble as the biggest tail risk facing the market right now, according to The Motley Fool.

One of the biggest concerns is how much of the S&P 500 is now controlled by a small group of mega-cap technology companies. The 10 largest companies make

up around 40% of the S&P 500, according to data from S&P Global cited by The Motley Fool. This is an unusually high level of concentration. The last time the S&P 500 was this concentrated was around 1965, according to S&P Global data. Even during the height of the dot-com bubble in March 2000, the 10 biggest companies made up only about 26% of the index. This means the S&P 500's performance is now much more dependent on a small number of companies than it was during the dot-com bubble.

Why this concentration could be a problem. When the biggest companies perform well, they can push the entire S&P 500 higher. That has helped the index deliver strong returns during the recent AI boom. But the same concentration can become a major problem if these companies suddenly fall. A sharp decline in just a few mega-cap stocks could put pressure on the entire S&P 500.

2,600 jobs to go before key earnings report: Visa layoffs

NEW DELHI: Visa is planning to cut around 2,600 jobs, according to a Bloomberg News report. The layoffs will affect about 7% of the company's workforce, as citing a staff memo. The company is making the cuts as it looks to become more efficient in a challenging payments industry. Most of the layoffs will happen in Visa's technology and product teams. Artificial intelligence (AI) helped reduce repetitive work and speed up product development, but AI was not the only reason for the layoffs. Bloomberg News reported, citing a person familiar with the company's reasoning. The reported layoffs come just before Visa is scheduled to release



its quarterly earnings after the U.S. stock market closes on Tuesday. The timing of the layoffs has drawn attention because investors are waiting to see how Visa performed during the latest quarter. Visa earnings outlook Visa delivered strong

results in the previous quarter, reporting revenue of \$11.23 billion, up 17.1% from a year earlier, according to StockStory. The company also beat analysts' expectations for both earnings per share (EPS) and EBITDA in the previous quarter. For the current

quarter, Wall Street expects Visa's revenue to grow 11.9% year over year. That expected growth would be slower than the 14.3% revenue growth Visa recorded in the same quarter last year. Analysts expect steady growth. Analysts have mostly kept their forecasts unchanged over the past 30 days, suggesting they expect Visa's business to remain stable heading into earnings. StockStory noted that Visa has a strong record of meeting or beating Wall Street's revenue estimates. Other payment and financial companies have also announced job cuts this year, showing a wider industry trend.

How to Reach Your First Rs.25 Lakh by 32, Even If You Start With a Rs.50,000 Salary

NEW DELHI: Rs. 25 lakh in savings and investments can feel like a distant goal when your first take-home salary is Rs. 50,000 a month. But your starting salary does not determine how quickly you build wealth.

What matters is whether your savings grow with your career. Start with what you can afford. The idea in your 20s is to develop financial discipline. As your career progresses and your income rises, your savings can gradually increase, reaching 20%, 30%, and eventually 40%. While Rs. 1 Cr could still feel far, by your early 30s, Rs. 25 lakh can become a realistic first wealth milestone.

Why Rs. 25 Lakh Matters Rs. 1 crore is often considered the first major wealth goal. But Rs. 25 lakh is where that goal begins to look achievable. Reaching it means you have spent several years consistently saving, investing, and increasing contributions as your income grew.

It is also where your portfolio starts contributing meaningfully on its own. At an illustrative 12% annual return, Rs. 25 lakh can generate around Rs. 3 lakh in a year. If one stays invested for the long term, then the next milestone does not have to come entirely from your salary.

Start at 25 With What You Can Afford Consider someone starting their career at 25 with a take-home income of Rs. 50,000 a month. Saving 40% at this stage may be unrealistic. You may be paying rent, setting up your life independently, or supporting your family.

So, start with 10% or Rs. 5,000 per month. The amount may look small against a Rs. 25 lakh target, but the objective initially is to build the habit. Your ability to save can change dramatically as your career progresses.

Your Salary Grows. Your Savings Rate Should Too While your salary in the initial years of your career may be low, your income increases through salary increments, promotions, and job changes as your career advances. By your late 20s, your take-home salary reaches around ₹1.2 lakh a month.

Some lifestyle inflation is natural, but expenses do not need to rise at the same pace as income. That difference can increasingly go towards investments.



Your savings journey could look like this if your career and savings both advance over the years.

Illustrative calculation assuming monthly investments earn an average annual return of 12%. Actual investment and return can vary based on individual career and savings growth. By the time you turn 32, this portfolio could cross Rs. 29 lakh.

More importantly, the journey that began with an investment of just Rs. 5,000 per month could now be worth over Rs. 25 lakh.

Career Growth Becomes the Accelerator

The first few years are relatively slow. You start at 25; your portfolio at 28 years would be only around Rs. 5.4 lakh. The acceleration comes later. Once income reaches Rs. 1.2 lakh and the savings rate moves to 40%, nearly Rs. 5.8 lakh starts entering the portfolio every year.

This is why the early years should not feel discouraging. Your investment journey does not remain stuck at your starting salary. If your career grows, your ability to invest can rise sharply too.

A useful rule is to give investments a share of every salary hike. If your salary rises by Rs. 20,000, part of it can improve your lifestyle while the rest increases your monthly investment.

At Rs. 15 Lakh, Start Thinking About Portfolio Structure

It is common for young investors to be highly invested in equities in the initial phase. As the portfolio moves beyond Rs. 15 lakh, the focus can gradually shift from simply investing in equity mutual funds to building a more balanced portfolio.

For an equity-heavy investor, bonds can serve as an anchor, adding fixed returns and regular payments to a portfolio otherwise driven largely by market-linked growth.

An initial bond allocation of around 10%, or roughly Rs. 1.5 lakh on a Rs. 15 lakh portfolio, can be a starting point. This allocation can then increase over time as the corpus grows, goals come closer or the investor's need for regular cash flows rises.

The objective is not to replace equities. Equities can continue to drive long-term growth, while bonds add diversification and an income component to the portfolio.

Your First Rs. 25 Lakh is Mostly Built by You

In this case study, total contributions by age 32 are approximately Rs. 22.5 lakh. Investment growth adds another roughly Rs. 6.7 lakh, making the portfolio to about Rs. 29.2 lakh. This distinction matters.

In the early phase, how much you save often matters more than squeezing out an additional percentage point of return. The impact of compounding becomes increasingly visible as the corpus gets larger.

Once Rs. 25 lakh has been built, an illustrative 12% return translates to around Rs. 3 lakh per year before fresh investments. Continue investing Rs. 50,000 or more every month, and two engines are now working together: fresh salary savings and returns generated by the existing portfolio.

Rs. 1 crore may still be the dream milestone. But your first Rs. 25 lakh is proof that you have built the income, savings discipline and investment habits capable of taking you there.

Coca-Cola beats earnings on World Cup sales, raises 2026 outlook as Fairlife resumes after cyberattack

NEW DELHI: Coca-Cola reported stronger-than-expected second-quarter earnings and revenue, helped by higher sales during the FIFA World Cup and steady demand for its drinks. The company said sales got a boost during the World Cup because hydration breaks created more opportunities for advertising and increased consumption of beverages.

The hydration breaks split soccer matches into four parts, giving brands more advertising time as Fox more commercial opportunities. Coca-Cola Chief Financial Officer John Murphy said the company was happy with the impact of the hydration breaks on sales, especially for its Powerade brand.

World Cup boosts sales “I'm not sure whether these hydration breaks are



going to be a permanent feature for the soccer world, but we were not unhappy with them in the World Cup.” CFO John Murphy told Reuters in an interview, citing a particular boost for the company's Powerade brand. The World Cup also helped increase demand for Coca-Cola's flagship soft drinks and zero-sugar beverages.

The company said demand for its products remained strong even though lower-income consumers in the United States have been cutting back on non-essential spending. Coca-Cola's overall beverage volumes grew during the quarter, helped offset higher costs for raw materials. John Murphy said aluminum and PET plastic packaging costs have risen more than the company had expected this year.

Coca-Cola had earlier said it was working with its bot-

tling partners to reduce the impact of the war in Iran and had locked in some lower prices before the disruption started in February. However, the company said the conflict has increased concerns over higher input costs in the second half of the year. Murphy said Coca-Cola will provide more details about its expectations for 2027 cuts in October.

Coca-Cola's second-quarter comparable revenue rose about 6% to \$13.37 billion, beating Wall Street estimates of \$13.16 billion, according to LSEG data, according to Reuters. Following the results, Coca-Cola shares rose about 1.8% in premarket trading. The company's stock has gained around 20% this year, outperforming rival PepsiCo, which has been hit by weaker snack demand in the U.S.

Milestones, dual messaging, untrustworthy Artificial intelligence & vibes

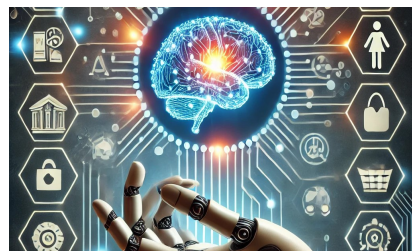
NEW DELHI: One year ago, we sent out the very first edition of HT Neural Dispatch. Our goal was simple: we wanted to build something that didn't just report on AI breakthroughs, but truly decoded the true strategic and human implications.

What a year it has been. In terms of the tech, the geopolitics and indeed the narratives. As it was then, we still find ourselves firmly in a moment where artificial intelligence is still trying to define how we live and work, perhaps too fast for anyone's comfort and as I've regularly pointed out, often without direction or a concern for any destruction in its wake.

But what has made this past year truly special isn't just the technology we covered—it is you, the reader. Whether you have been with us since that very first Wednesday, or you joined our conversations recently, your time, curiosity, and feedback have been our biggest drivers. As we step into the next year of Neural Dispatch, the AI landscape shows no signs of slowing down—and neither will we. You can expect the regular dose of sharp insights, simplified analyses, and unfolded content. Thank you for spending some time with us, every week. Here's to many

more dispatches. I welcome you to our conversation, once again. Welcome to Neural Dispatch. You can read more about the self-centred duality of messaging from many AI companies, and the reason we talk more about that today is the arrival of Nvidia CEO Jensen Huang on X. In his first post (I've no idea why he did it specifically writing that, but well, attention seeking tendencies are an art), Huang says Nvidia has signed a sort of an agreement with some AI companies on why open-weight AI is important.

I'm particularly drawn to a para that reads: “Open weights expand access to the AI economy. Startups, established businesses, universities, and public institutions can build on advanced models without training one from scratch or paying frontier-model prices for every task. Open weights let every organization match the right model to the right job at the right cost, reserving frontier-scale capability for genuine frontier problems and running efficient, specialized models everywhere else. That discipline is what will make AI economically sustainable as its use scales into the billions of everyday tasks. America wins the AI era by diffusing it



into the workflows of factories, hospitals, farms, classrooms, and main street businesses.”

It is all fair and good for AI bros to say that. Knowledge lives with scientists, engineers, and others, and for AI to take advantage of this so-called distributed knowledge, it must also follow that path. Who all have signed on in agreement? To name a few, AMD, Microsoft, Google, Meta, Perplexity, Co., Mistral, OpenClaw, PaloAlto networks, Mozilla, Dell, and IBM.

This has to be critiqued, because there are glaring inaccuracies (surprising, because I'd assume the best legal models and a nifty of that would've been deployed to write this).

There is a false equivalence between open weights and open source, while they are fundamentally different. True open-source software allows anyone to inspect the underlying source code line-by-line. In AI, “open weights” merely means you are given the pre-computed, final neural net

work to run locally. It does not mean you have access to the training data or the exact training recipe. To claim that open weights provide the same level of transparency as open-source software is structurally false. You can run the model, but it is still effectively a black box.

To be sure, open weights carry real and distinct risks. Once released, the weights are beyond the original developer's control, and modified versions are difficult to trace or reverse. But the right response to this risk is not to prohibit open weights.

In a world where cybersecurity attackers use advanced AI, defenders need access to models with comparable capabilities so they can detect, simulate, and respond to emerging threats”. This argument fails to address asymmetric real-world threats. If a bad actor uses an unsecured open-weight model to engineer a novel pathogen, the fact that the “good guys” also have AI does not easily put that biological genie back in the bottle.

In shaping this ecosystem, policymakers should not encourage a flat legitimate model-development techniques with misappropriation, Distillation, or the practice of using

one model's outputs to help train or improve another, is a widely used technique for model improvement, evaluation, and validation”. Not too long ago, the entire narrative was around “distillation is stealing”.

You've to also understand this from the perspective of the orchestrator, Nvidia. If the AI industry consolidates into an group of 3 or 4 massive closed-model providers, those giants gain immense leverage over Nvidia to negotiate hardware prices down, or replace Nvidia entirely with their own custom silicon. However, that wouldn't exactly be a worry if there is a thriving, decentralised ecosystem of companies fine-tuning and running “open weights” on-premise, on local servers, and in competing clouds. Yes, that's the word. Untrustworthy. If at any time an AI narrative feels akin to a flex with something that must be held between the lines, you must make sure to read between the lines. Earlier this year, there was a massive hue and cry about AI agents making their own social network sort of a thing, called Moliblock. Everything that should have been said by Rodeth, CTO of digital impact company MSQ DX called out humans being behind the agents posting on Moliblock.

CONTINUATION

PM Modi highlights Shri Amarnath Ji Yatra's sanitation, waste management model in "Mann Ki Baat"
accumulation and maintenance of hygienic conditions along the pilgrimage routes. A robust scientific solid waste management system was simultaneously operationalised to manage the substantial quantum of waste generated during the Yatra.

The system ensured end-to-end waste management, covering segregation at source, collection, transportation, processing and scientific disposal. It ensured that waste generated at base camps and along the Yatra routes was systematically channelled for appropriate processing. Under the Zero Waste to Landfill approach, a total of 414.46 metric tonnes of waste was collected and processed during the Shri Amarnath Ji Yatra 2026.

The intervention assumed particular significance given the fragile ecological character of the Himalayan terrain through which the Yatra passes. Integrating sanitation infrastructure with scientific waste management helped minimise the environmental footprint of the large-scale pilgrimage while maintaining essential public health and hygiene standards.

Similarly, IEC interventions were undertaken to encourage the pilgrims to adopt responsible waste management practices, use designated sanitation facilities and contribute towards maintaining cleanliness of the Yatra environment.

The emphasis was on promoting a "Swachh Yatra" culture, positioning cleanliness and responsible waste disposal as a shared responsibility involving the administration, sanitation workforce, pilgrims, service providers and other stakeholders. The technology-enabled monitoring and field-level supervision further strengthened the system by supporting oversight of sanitation services and waste management operations across the Yatra routes and camps.

Prime Minister's mention of the sanitation and waste management efforts in Mann Ki Baat provides national recognition to the concerted efforts undertaken by the administration and sanitation teams to establish a sustainable framework for managing the waste and sanitation during one of the country's major annual pilgrimages.

"With over 8,000 sanitation facilities deployed and 414.46 MT of waste collected and processed, the Yatra has demonstrated how infrastructure, manpower, technology and behavioural change can be leveraged to create a cleaner and more environmentally responsible pilgrimage experience," said Director General Rural Sanitation, J&K, Anoo Malhotra.

LG felicitates officers, service providers, stakeholders for successful conduct of Shri Amarnath Ji Yatra
registrations. Real-time monitoring was ensured through twice-daily coordination meetings (3 a.m. and 8 p.m.) led by Dr Mandeep K. Bhandari, CEO of the Shrine Board and the Principal Secretary to Lieutenant Governor, with nodal officers, police, Divisional Commissioners and camp officers.

The Lieutenant Governor said the sacred yatra reflects India's Sanskrit tradition and its ethos of humanity, co-existence and collective service. He noted that pilgrims from across the country returned home carrying not just a religious experience, but also the message of the region's culture and hospitality.

The Lieutenant Governor thanked civil society groups, political parties and religious leaders who provided all the support to the yatra, and reaffirmed that the discipline, energy and coordination shown during the pilgrimage should now become an enduring part of Jammu Kashmir's developmental ethos going forward.

"I am confident that every citizen of Jammu Kashmir fulfilled their moral responsibility towards this yatra, directly or indirectly, and elevated the rich cultural tradition of UT before the entire country."

The sacred yatra of Baba Barfani has placed a clear inspiration before all stakeholders and the public that work is accomplished not by wishes alone, but by sustained effort. Through your own efforts, you have demonstrated that when resolve is collective, leadership is clear, arrangements are robust, and the spirit of service is paramount, no goal remains impossible," the Lieutenant Governor said.

J&K LG calls for blending ancient knowledge with modern science to tackle climate change

the importance of balancing values and science, the Lieutenant Governor said that science gives us speed, while values give us direction and the balance between speed and direction is true progress.

"The journey of artificial intelligence and spirituality should proceed together. Our objective should be to strengthen our roots through values and give students new wings through science. I am pleased that the Gurukul has included modern subjects, particularly science and computer technology, as part of its educational system," the Lieutenant Governor said.

The Lieutenant Governor urged the Gurukul and Shrine Board to make environmental consciousness a way of life. He called for initiatives in water conservation, energy conservation, tree plantation, and cleanliness, making the institutions living examples of sustainable development.

"Our ancient scriptures reflect deep respect for nature. The Pribhvi Sukta of the Atharvaveda expresses a spirit of gratitude towards the Earth and a commitment to its protection. At a time when we are confronting the challenges of climate change, we need to study and understand our knowledge traditions along with modern scientific understanding," the Lieutenant Governor said.

The Lieutenant Governor proposed three initiatives for the Gurukul including Values and Science Innovation Centre to create dialogue between Indian knowledge traditions and modern science, service and society campaign to connect students with communities through service activities like cleanliness, digital literacy, and environmental protection and future skills and ethical technology to prepare students for emerging technologies with responsibility and ethics.

"I have full confidence that Shri Mata Vaishno Devi Gurukul will, in the years ahead, emerge as a centre of education where tradition and modernity enrich one another, and where students become aware, sensitive, and virtuous citizens. Knowledge is complete only when it is accompanied by compassion, humility, and a sense of responsibility towards humanity."

May Mata Vaishno Devi bless us all with strength, wisdom, and the spirit of service, and may she bless India to continue moving forward on the path of knowledge, compassion, and progress," the Lieutenant Governor said. Mahamandeshwar Shri Swami Vishveshvaranand Giri Maharaj, Dr. Ashok Bhan, Shri Lalit Bhasin and Shri Suresh Kumar Sharma, Members, Shri Mata Vaishno Devi Shrine Board, Padma Shri Prof. Vishnu Kumar Shastri, Member Governing Council SMVD Gurukul, Shri Sachin Kumar Vaishya, CEO, SMVDSB; senior officers and staff of SMVDSB; besides faculty members, parents and students of SMVD Gurukul attended the celebrations.

Ne: PR/129/1771

FDA Jammu Kashmir Bans Sale Of 10 Ghee Batches After Lab Tests Find Violations

were collected from different parts of Jammu and Kashmir, including Anantnag, Shangus, Larnoo, Bijbehara, Samba, Kathua, Jammu, Tral and Pampore. Laboratory examination detected beta-sitosterol/foreign vegetable fat, positive Baudouin test results, abnormal fatty-acid profiles and deviations from prescribed physico-chemical parameters in the affected samples.

Following the findings, the FDA has directed all food business operators, wholesalers, distributors and retailers to immediately stop the sale, storage, distribution and display of the identified batches and ensure that the products are removed from circulation.

The concerned food business operators have also been directed to submit details of the stock of the affected batches to the respective Designated Officer within 48 hours.

Enforcement authorities have been asked to maintain strict vigil and take necessary action to prevent further circulation of the prohibited products. The FDA said that under applicable food safety standards, ghee must be derived exclusively from milk or milk products, and ghee containing any added matter not derived exclusively from milk fat is not permitted for sale.

The prohibition has come into effect immediately across Jammu and Kashmir in the interest of public health and consumer safety.

The FDA has also advised consumers to check the brand name, batch number and date of packing while purchasing ghee and report the sale or availability of any of the prohibited batches to the concerned Food Safety authorities.

The administration clarified that the prohibitory action is a precautionary measure in the public interest and does not affect the statutory right of the concerned food business operators to seek re-analysis through an FSSAI-notified Referral Laboratory in accordance with the Food Safety and Standards Act, 2006, and rules framed thereunder.

Nepal Flash Floods: Death Toll Rises to 768, Over 2,500 Missing

people in areas near the Bhothe Koshi River in Rasuva, Nuwakot and Dhading districts to exercise caution.

External Affairs Ministry spokesperson Randhir Jaishwal said that 108 Indian nationals have been rescued so far in Nepal following flash flood tragedy. In a social media post, Mr Jaishwal said that the contact was re-established with around 50 Indian nationals who were earlier untraceable.

The External Affairs Ministry said that 275 Indian nationals are reportedly missing and around 128 people of Indian origin, holding other nationalities also remain missing. As per local government source, 598 Indian nationals crossed into Nepal from China in the last two days. Meanwhile, 900 Indian nationals who are yet to depart from China are safe, and Indian Embassy in Beijing is in touch with them directly or through the local government. The Ministry added that Government of India has been working in close coordination with the Nepali and Chinese authorities for the early rescue and relief efforts of those affected by the floods.

India is continuously supporting the relief and rescue operation in flash flood hit Nepal. The 4th flight carrying 11 tonnes of relief assistance has landed in Kathmandu, and relief material has been handed over to Nepal Government.

In a social media post, External Affairs Minister Dr S Jaishankar said that the flight carried essential supplies and technical capabilities to support Nepal's ongoing rescue and relief operations.

Earlier, India had sent more than 57 tonnes of emergency relief supplies in three flights. An ice-rock avalanche following a glacial collapse near the Nepal-Tibet border sent a torrent of water, mud and debris downstream. It wiped out towns and villages, damaging crucial infrastructure and washing away hydropower stations through central Nepal on Wednesday.

Meanwhile, the death toll from flash floods in Tibet near the Nepal border climbed to 16, with 546 people, including several Indians, still missing. The massive flash floods struck the immigration post at Gyirong-Nepal border on 26th of this month, where hundreds waited on both sides either to enter or exit Tibet.

Nepal Issues Fresh Flood Alert for Bhothe Koshi River

more bodies being recovered. NDRBMA said, 8,186 people have been evacuated so far from the affected districts, including 227 foreigners. Over 2,500 people are still missing following the disaster.

External Affairs Ministry spokesperson Randhir Jaishwal said 149 Indian nationals have been rescued so far in Nepal following the tragedy. In a social media post, Mr Jaishwal said contact was re-established with around 50 Indian nationals who were earlier uncontactable. The External Affairs Ministry said that 275 Indian nationals are reportedly missing and around 128 people of Indian origin, holding other nationalities also remain missing.

India is continuously supporting the relief and rescue operation in the flash flood hit Himalayan Nation. India has provided 68.5 tonnes of relief materials to flood-hit Nepal and sent technical teams, forensic experts and equipment to assist in search and rescue operations. A fourth flight carrying 11 tonnes of relief assistance landed in Nepal today.

The World Health Organisation (WHO) has released One hundred fifty thousand US dollars from the Emergency Fund to support urgent health and other needs of the communities impacted by the devastating flash floods in Nepal. The organization said the emergency funds will support immediate response priorities as WHO is committed to support Nepal through the response and recovery efforts.

Nia special court sentences key accused in Bengaluru Al-hind isis terror conspiracy case

carry out targeted killings to incite communal riots and further the anti-national agenda of the proscribed ISIS terror outfit.

Convicted accused Syed Fasilur Rehman @ Syed Faseeh Ur Rehman was found to have participated in the conspiracy meetings and to have purchased tents and knives from a Decathlon Sports showroom for jungle-camp training of Al-Hind group members.

The aim of the conspiracy was to establish an ISIS/Daesh wilayah (province).

As part of the continued investigation, NIA is attempting to trace the online handler who planned and conspired to set up the mobile involved in the conspiracy.

Mehbooba Mufti urges Govt to repair Tangmarg-Dreng road, says scenic destination deserves place on J&K tourism map

particularly for tourists visiting the area. In a social media post, Mufti directly appealed to Chief Minister Omar Abdullah and the Commissioner Secretary, Works Department, to intervene in the matter and ensure that the road is repaired at the earliest. She emphasised that Dreng has all the ingredients to emerge as an important tourist destination in Jammu and Kashmir, given its natural beauty and picturesque landscape.

However, inadequate road connectivity, she suggested, is acting as a major impediment to its tourism potential. Mufti said that improving the road would not only make Dreng more accessible to tourists but could also help the area attract greater attention on the Union Territory's tourism circuit.

Her remarks have highlighted the broader need for better road connectivity to emerging tourist destinations, particularly scenic areas that possess considerable potential but remain relatively less accessible due to inadequate infrastructure.

Mufti maintained that Dreng deserves its rightful place on J&K's tourism map, and called for government intervention to improve the road infrastructure so that visitors can experience the area's natural beauty without facing difficulties in reaching it.

Terror handlers in J&K turn to porn websites, encrypted apps for secret communication

conventional registration requirements, while others provide encrypted communication and features intended to limit the traceability of users.

Security agencies are also monitoring privacy-focused applications that allow users to communicate without providing a phone number or SIM card, officials said. Other anonymous messaging platforms are reportedly being examined for their potential use by handlers and recruits.

Officials said some of the platforms being monitored are accessible in India through methods such as VPNs, which can conceal a user's IP address and make online activity more difficult to trace.

The use of the Tor network itself is not illegal and has legitimate applications, including protecting privacy and helping users circumvent censorship. However, security agencies are concerned that its anonymity features can be exploited by criminal and terror networks.

According to officials, terror groups are increasingly moving away from mainstream platforms such as WhatsApp, Facebook Messenger and Signal in an effort to make their communications harder to detect.

The agencies are particularly concerned about the alleged use of such platforms for recruitment and radicalisation of young people in Jammu and Kashmir. Officials said the applications vary in their security features, with some offering end-to-end encryption, disappearing messages and other privacy-focused tools.

Security agencies have also observed the use of communication applications that can function on slower mobile networks, including 2G and EDGE, officials said. Some platforms reportedly do not require users to provide a phone number or email address while registering.

The latest findings have emerged amid continuing efforts by security agencies to track the use of foreign-generated virtual SIM cards and other technologies that can leave no digital trail.

The use of virtual SIM cards in terror operations came under scrutiny during investigations into the 2019 Pulwama attack, in which 40 CRPF personnel were killed. The National Investigation Agency had found that more than 40 virtual SIM cards were used by the Jaish-e-Mohammed suicide bomber and his associates in connection with the attack.

Security agencies are now working to adapt their cyber-surveillance capabilities to identify and intercept communications taking place through newer, less conventional digital platforms, officials said.

Nearly 5,000 Flats to Undergo Major Repair, Renovation in Migrant Camps across Jammu

relief and rehabilitation commissioner instructed the officers of the Jal Shakti Department to take all requisite measures to ensure uninterrupted water supply and press adequate water tanker supply in the operation to supplement the water shortage.

It was apprised by the executive engineers concerned that both short- and long-term measures are being undertaken to address the water supply issue, the spokesperson said. Karwani also emphasised the need to conduct quality tests at frequent intervals to ensure hygienic drinking water supply.

The meeting was also informed that sewage treatment plants worth Rs 11.5 crore have been finalised for migrant camps Nagrota, Muthi-Buta Nagar and Pukhroo, and work will be started shortly, the spokesperson said.

Regarding extension of social sector schemes, it was observed that nearly 2,600 families have availed benefits of social sector schemes, subsequent to the digitisation and integration of the migrant ration cards into the national database.

It was also decided that camps shall be conducted from the second week of September at various locations in Jammu to create awareness about filing applications related to welfare schemes and self-employment, among others, the spokesperson said.

The officers were also directed to supervise a door-to-door campaign to reach out to all potential eligible beneficiaries of welfare schemes and help them with documentation and filing applications online.

J&K Police in Shopian attach residential house acquired through proceeds of drug trafficking.

with all legal procedures and maintaining transparency. Shopian Police reiterates its firm commitment to eradicating the menace of drugs by targeting both offenders and the financial assets generated through illicit activities. The general public is urged to come forward with information regarding drug trafficking or related activities. #ShopianPolice #WarAgainstDrugs #DrugFreeShopian #NashaMuktAbhiyan #ActionAgainstDrugs #NDPSAct #DrugTrafficking #PropertyAttachment #ZeroTolerance #JKPolice

Armed Forces Civilian Employees' Delegation Meets Dr Jitendra, Discusses Service Related Matters

directly discuss their concerns. The interaction reflected the importance of maintaining a continuous dialogue between the administration and employee associations so that service-related issues can be appropriately examined and addressed.

The meeting concluded on a positive note, with both sides engaging in a constructive discussion on employee-related matters. The Minister reiterated that the representations submitted by the Association would be examined with the concerned stakeholders for appropriate consideration and action.

HELPLINE

POLICE STATIONS	
Bagh-e-Bahu	2459777
Bakshi Nagar	2580102
Bus Stand	2575151
City	2543688
Gandhi Nagar	2430528
Gangyal	2482019
Nowbad	2571332
Pacca Danga	2548610
Railway Station	2472870
Sainik Colony	2462212
Satwari	2430364
Channi Himmat	2465164
Transport Nagar	2475444
Trikutla Nagar	2475133
Gandhi Nagar	2549660
SSP City	2561578
SP City North	2547038
SP South	2433778
Public Utility Services	
INDIAN AIR LINES	
City Office	2542735
Air Port	2430449
Jet Air Ways	2453999
City Office	2573399
RAILWAYS	
Railway Enquiry	131, 132, 2476407
Booking	2470318
Reservation	2470315
Public Health Engineering Stations	
Bakshi Nagar	2543557
Gandhi Nagar	2430786
Company Bagh	2542582
New Plot	2573429
Panjirthi	2547537
Telecommunication Department	
Directory Enquiry	197
Fault Repair	198
Trunk Booking	180
Billing Complaint	2543896
JAMMU MUNICIPALITY	
Jn. Lines	2578503
Administration Officer	2542192
Health Officer	2547440
POSTAL SERVICES	
Head Post Office City	2543606
Gandhi Nagar	2435863
FIRE SERVICES	
Control Room	101,132, 2476407
City	2544263
Gandhi Nagar	2547705
Canal	2554064
Gangyal	2480026
COOKING GAS DEALERS	
Chenab Gas	2547633
Gulmour Gas	2430835
JAKFED	2548297
HP Gas	2578456
Shivangi Gas	2577020
Tawi Gas	2548455
POWER HOUSES	
Gandhi Nagar	2430180
Canal Road	2554147
Janipur	2533828
Nanak Nagar	2430776
Parade	2542289
Satwari Cantt.	2542813
HOSPITALS	
GMC Hospital	2584290
S.M.G.S. Hospital	2547635
C.D. Hospital	2577064
Dental Hospital	2544670
Gandhi Nagar Hospital	2430041
Sarwal Hospital	2579402
G.B. Pant Cantt. Hospital	2433500
Ayurvedic College	2543661
C.R.P. Hospital	2591105
Acharya Shri Chander	2662536
Mental Hospital	2577444
Swami Vivekanand	2547418
Blood Bank	2547637
Ambulances	2584225, 2575364
Ambulances (Red Cross)	2543739
NURSING HOMES	
Maddan Hospital	2456727
Medicare	2435070
Triveni Nursing Home	2542664
Suvidha Nursing Home	2555965
Al. Firdous Nursing Home	2545050
Astha Nursing Home	2576707
Bee Enn Charitable Trust	2505310
Chopra Nursing Home	2573580
Harbans Singh Mem Hsp.	2541952
Jeevan Jyoti	2576985
Yudhvir Nursing Home	2547821
Mediaid Nursing Home	2466744
Sita Nursing Home	2435007
Vibhuti Nursing Home	2547969



Poonch Taekwondo players shine at Edu-Sports Conclave

POONCH: Poonch Taekwondo players showcased their talent, discipline and fighting spirit at the Principal Mannohar Kour Memorial Inter-School Edu-Sports Conclave organised by Nanak Academy, Poonch.

The event witnessed enthusiastic participation of students and young athletes from different schools. ASP Poonch Dr Ajay Sharma was the chief guest, while Tehsilidar Haveli Azhar Majeed was the guest of honour. Chairman Nanak Academy Gurnakash Singh welcomed the guests and participants.

The Taekwondo competition was conducted in various age and weight categories for boys and girls. The Poonch players put up an impressive show, displaying speed, agility, technical skills, discipline and determination in their respective bouts.

The players have been trained by Taekwondo coaches Rajinder Singh and Akarshit Sudan. The bouts were conducted under the supervision of Rajinder Singh, with Akarshit Sudan, Vishnu Raina, Qasim Hussain, Vanishika Sharma and Aliya Khan serving as members of the technical team. Addressing the gathering, Dr Ajay Sharma highlighted the role of sports in developing discipline, confidence and physical fitness among youth and urged youngsters to stay away from drugs and other harmful activities. He called upon them to become ambassadors of a drug-free Poonch with the message, "Say No to Drugs, Yes to Sports."

Tehsilidar Azhar Majeed appreciated the confidence and dedication displayed by the young athletes and lauded the coaches for their efforts in promoting sports among children. Medals and certificates were presented to the winners and outstanding performers by the dignitaries.

Malhotra mentors over 100 young footballers at Khel Gaon



JAMMU: Youth Services & Sports (YSS), J&K, through its Academies of Excellence, organised a special football mentoring session at Khel Gaon, Nagrota, with former Indian footballer and former Technical Member of the All India Football Federation (AIF), Arun Malhotra.

More than 100 young footballers participated in the session and benefited from Malhotra's experience and guidance. Deputy Director Planning, Youth Services & Sports, J&K, Megha Boagla welcomed Malhotra and the participating players and emphasised the importance of providing budding athletes with access to experienced sportspersons, quality coaching and professional mentorship. During the interaction, Malhotra shared experiences from his playing career and guided the youngsters on various aspects of the game, including technical skills, tactical understanding, fitness, discipline, teamwork and game awareness. He encouraged the players to remain focused, disciplined and committed to regular practice to achieve excellence in football.

The session provided the young footballers with an opportunity to interact directly with an experienced international-level professional and gain insights into the demands of competitive football. According to the handbook issued, the YSS Academies of Excellence are focusing on grassroots sports development, talent identification and nurturing young athletes through structured coaching, quality infrastructure and expert mentorship.

The initiative underlines the department's efforts to strengthen the sporting ecosystem in J&K and create greater opportunities for young athletes to compete and excel at higher levels.

Duleep Trophy semis: Patidar's Central take on East, South clash with North

NEW DELHI: The Duleep Trophy reaches its business end on Sunday with defending champions Central Zone taking on an East Zone side brimming with confidence, while last year's runners-up South Zone face North Zone.

The last-four stage promises an intriguing contest, with East and North having negotiated the quarterfinal hurdle while Central and South received direct entry. East Zone recorded a crushing victory over North East Zone in their quarterfinal, while North Zone scraped through a tense knockout thanks largely to left-arm spinner Abid Mushtaq. Central, led by Rajat Patidar for the second successive season, and South, last year's runner-up, will have to hit the ground running despite not having played a game in the tournament.

Central, however, have the advantage of continuity, having retained a strong core from the side that lifted the trophy last year. Patidar comes into the tournament on the back of a prolific season in the IPL and MPT 20 League, while vice-captain Rishi Singh adds experience to the middle order. Their biggest strength could



be the bowling depth. Saranath Jain, who impressed under trying circumstances in the drawn second Test against Sri Lanka, and Harsh Dubey, who recently featured in the ODIs against Afghanistan, form a quality spin combination. Yash Thakur adds pace and first-class experience, while Zeeshan Ansari, rewarded for his recent performances, will be another player to watch. East, though, would want to build on their momen-

tum with the young Vaibhav Sooryavanshi being at the cynosure once again. East Zone were ruthless in the quarterfinals, crushing North East Zone by an innings and 210 runs, with Bengal's Sudip Gharami and Shahbaz Ahmed striking commanding centuries. Shahbaz also contributed with four wickets, while Anukul Roy claimed a five-wicket haul in the second innings and Abhijit Sarkar finished with six wickets in

the match. Gharami and Shahbaz's form gives East plenty of confidence, while skipper Ishan Kishan adds experience and authority to the batting line-up. Abhimanyu Easwaran brings proven first-class pedigree, while teenage sensation Sooryavanshi, despite a modest outing with the bat in the quarterfinal, remains capable of changing the game if he gets going at the top. Last year's runners-up South Zone have the experience to go one step further, with new captain Tilak Varma leading a strong batting unit featuring Ricky Bhui, Narayan Jagadeesan, and Karun Nair. Nair, in particular, will look to draw on his experience in pressure situations. Jagadeesan has been among the more consistent run-getters on the domestic circuit. Shreyas Gopal and left-arm spinner Tanay Thyagarajan add variety to the attack, with Vidvath Kaverappa providing the pace option. North Zone, however, arrive with the confidence of surviving a tight knockout, edging the super-tense Under-13 Girls category and West Zone by 52 runs in the quarterfinal.

Syrah clinches double crown at J&K UT Table Tennis Ranking Tournament C'ship



JAMMU: Young paddler Syrah emerged as the star performer on the second day of the 3rd J&K UT Table Tennis Ranking Championship-2026, clinching double titles in the Under-11 and Under-13 Girls categories at the ongoing championship. Organised by the J&K Table Tennis Association (JTTA), the championship witnessed intense competition, with young players displaying impressive skills, determination and fighting spirit in their respective age groups. In the Under-11 Boys final, Satvik produced a composed performance to defeat Anushthan by 3-0 and secure the championship title. The Under-13 Boys title was clinched by Akshaj, who produced an impressive performance against a competitive field to finish at the top of the podium. The Under-15 Boys quarter-

nals also witnessed some closely contested encounters. Samar defeated Anirudh by 3-0, while Satvik overcame Advik by 3-2 in a hard-fought match. Beshan registered a 3-0 victory over Anushthan, while Akshaj defeated Aashan by 3-0 to book their places in the next round. In the Under-19 Boys quarterfinals, Ujjwal defeated Pranav by 3-1, Pranav overcame Laksh Dev by 3-1, Hunny registered a 3-0 win over Samar, and Samarth defeated Viren 3-0. The performances on the second day reflected the growing depth and quality of junior table tennis in Jammu and Kashmir. The championship is providing emerging paddlers with valuable competitive exposure besides an opportunity to earn ranking points and gain experience at the UT level. The matches were officiated by Arbaz, Gurvinder, Ankit and Meenu Rajesh.

13-year journey of consistent hard work takes J&K's Shreya to Asian Games

JAMMU: At the age of eight, her parents took her to Jammu's lone multipurpose Maulana Azad Stadium to motivate her to become an athlete, without having any idea that their daughter would one day make them proud by scaling heights in the field of sports.

Meet Shreya Gupta, an ace fencer, who has recently attracted the spotlight by becoming the first female fencing player from Jammu and Kashmir to make it to the Asian Games.

Notably, two fencers from Jammu and Kashmir, Vishal Thapoor and Shreya Gupta, have qualified for the 2026 Asian Games, scheduled to take place from September 19 to October 4, 2026, across Aichi Prefecture and the city of Nagoya in Japan. Born to architect Sanjay Gupta and homemaker Rashmi Mahajan, Shreya started as a Taekwondo player at a tender age but, inspired by her elder brother, who was initially a fencer, switched to fencing, and her years of consistent hard work finally paid off. Speaking exclusively to UNI, Shreya Gupta said, "Consistency with a blend of hard work is the key to success."

"A journey of 13 long years in the fencing has enriched my experience. Despite various odds and challenges, I overcame them by devoting myself to the game with a focus on making the nation and my parents proud," said Shreya.

Desiring to step into the shoes of C.A. Bhavani Devi, the first Indian fencer to qualify for the Olympics at the 2020 Olympic Games, Shreya wants to represent India at the Olympics.



"Bhavani Devi is my inspiration and my dream is to reach the Olympics and win a medal for my country," said Shreya.

Going down memory lane and sharing her over-a-decade-long journey in fencing, she said, "Qualifying for the Asian Games is a great feeling and all focus now is on the medal." Shreya, who joined the High Performance programme in fencing at the Vijay Bharat Foundation in Gujarat in 2022 to augment her skills under the guidance of world-class coaches, further shared, "There are no shortcuts in life and undoubtedly, hard work is the only key to accomplish dreams."

"In 13 years of my journey, under professional trainers, I worked hard on technical and mental strength, overcame injuries and maintained a balanced diet," said the ace fencer, adding, "Getting selected for this platform (Asian Games) was not

a cakewalk for me because one has to be in the rankings to qualify."

"The thrust for the last few months was on keeping myself in the rankings, to ultimately qualify for the prestigious competition, and the dream has been fulfilled," said the fencer with a smile.

Lauding the role of the Government of India and Fencing Association of India (FAI) for giving impetus to sports in the past few years, Shreya said, "Fencing is no longer an alien sport for the countrymen. The hosting of the 26th Asian Senior Fencing Championships by India in June this year changed the perspective of fencing in the country."

Moving forward, "Change is visible in the sports sector, including fencing. Over the years, infrastructure has improved, facilities have become better, costlier equip-

ment is available for athletes, while coaches and trainers are working hard with athletes who have professionally adopted the sport."

The fencer also hoped that the Commonwealth Games 2030, to be hosted by India in Ahmedabad, Gujarat, and India's bid to host the 2036 Olympics would be a game changer for Indian sports.

She, however, stated that schemes like Khelo India, Target Olympic Podium Scheme (TOPS), Achieving Sports Milestone by Inspiring Women Through Action (ASMITA) League, and the enhanced sports budget for 2026-27 show the government's focus on boosting sports, identifying talent and making India a sporting hub by the 2036 Olympics.

Pursuing a professional degree in psychology, Shreya wants to become a mental strength expert in the future, aiming to help athletes become mentally strong and overcome the fear, anxiety or pressure they often feel during competitions.

Like her architect father, Shreya wanted to become an engineer, but destiny had bigger plans for her, and this day was waiting for her as she made the nation proud by qualifying for the Asian Games.

"I have no regrets that I could not become an engineer. I am happy and satisfied with whatever was destined for me," she expressed.

"The goal is not yet achieved. The Olympics is the target, and winning a medal for the country is my biggest dream, for which I am toiling hard," she opined.

India's top cricket players summoned for mandatory fitness test

NEW DELHI: India's top centrally-contracted cricketers reported at Centre of Excellence in Bengaluru on Saturday for fitness test ahead of the fresh home season, less than 48 hours after completion of a gruelling two-Test away series against Sri Lanka.

Having been at a stretch on the field for three days, it was impressive to see some of the Test team regulars marking their pre-season fitness parameters ahead of what will be a grueling eight-month period concluding with the 2027 Indian Premier League. The likes of senior all-rounder Ravindra Jadeja, keeper-batter Rishabh Pant, opener Yashasvi Jaiswal were seen sweating it out along with T20I skipper Shreyas Iyer, shortform specialists Rinku Singh, Sanju Samson and Chennai Super Kings skipper Ruturaj Gaikwad among others.

The mandatory fitness tests include 'Bronco Test', 2k run, YoYo test and some of the cricket-specific drills like running between the wickets.

Bronco Test is a fitness marker where cones are placed at starting point (0m), 20m, 40m and 60m. Players have to run from 0 to 20m and back, repeating with 40m and 60m with out a break for five sets.

In all, a 1200m distance is expected to be covered in five and a half minutes. The Yo-Yo test marker for long has been 16.5, while 2k run (2000m) needs to be completed within 10 minutes.

However, the likes of Jasprit Bumrah, Hardik Pandya, Nitish Kr Reddy will appear for these fitness drills only when they are declared fully fit.

They are undergoing rehabilitation. Fast bowlers such as Mohammed Siraj and Prasidh Krishna are exempted for the time being as they've worked extensively in back-to-back Tests in Sri Lanka.

Meanwhile, Prince Yadav, who sustained a hamstring niggle during India's Tour of UK, is now fit and available for selection. India's BCCI's home season, known as 'India Cricket', commences every September and this year it will begin with an "away series at home" against Afghanistan in a three-match T20I series in New Delhi.

It would be followed by first-choice T20 team going to Japan for the Asian Games, while another set of series with India will play against the West Indies in a home series at the same time.

England in control, stretches lead to 261 after skittling Pakistan for 110

NEW DELHI: England was bossing Pakistan by an imposing 261 runs after two days of the Lord's Test on Friday.

The host side was 81-3 in its second innings when bad light stopped play and in total command after routing a depleted Pakistan for 110 in the afternoon.

Pakistan medium-pacers Khuram Shahzad and Mohammad Ali did well to prise out Ben Duckett, Jordan Cox and Joe Root in the last session but they were bowling in damage-limitation mode.

Their batters' failure conceded an intimidating 180-run lead to England on the first innings. Pakistan, however, totalled 180 in the series yet and was without opening batter Imam-ul-Haq, who suffered a left calf strain while fielding early Thursday and won't reappear. England won the first test in Leeds by an innings last week and may yet repeat the three-day feat and clinch the three-match series.

England's four seamers fanned on a Pakistan batting



order that wasn't boosted by the return of captain Babar Azam. Only Robinson took 4-11 from 13 overs, including six maidens. Jofra Archer took 3-26 from 11.2 and the fastest new-ball spell of his career, Jos Tongue claimed two wickets and Gus Atkinson was luckless. "It could probably play until 40 at this rate (with this attack)," the 31-year-old Archer told broadcaster Sky Sports. "It's really nice having the extra seamers in the lineup. It's unbelievable when everybody is fit and firing. Each day it will be someone else's turn."

Pakistan was blown away in 37.2 overs, and the bowlers were back in harness just over four hours after finishing England's first innings at 290 at noon. The only resistance when Pakistan batted came from novice opener Azeem Azhar. Embarrassingly out to the bowlers in the first half-century in Leeds, Azhar dug in for 35 overs at Lord's. He debuted in May with a century in Bangladesh and was four runs shy of his third half-century. Azhar faced 102 balls to score 46. "I survived a good innings and built a little bit of

my confidence," Awaiz told the BBC. His innings was remarkable considering the next best runs in Pakistan's scorebook was 20 extras. Awaiz was dropped on 8 off Atkinson and overruled being given out on 43. He was caught on the boundary after top-edging a pull at Robinson. Robinson was heading toward a third player-out on technical grounds in three tests. He came to the fore after lunch, pinning Saud Shakeel and Mohammed Rizwan to expose the tail. Robinson added Shahzad and Awaiz but couldn't grab another Lord's five-for.

Archer averaged 90.7 mph (146 kph) before lunch, topping at 95 mph (153 kph) but could nick off only Shan Masood, who moved up to open as Imam's replacement. Archer took out two tailenders at the end.

"I don't think the speed gun is accurate in this game, to be honest," Archer said. "I didn't really feel that way. But I'll take it." Tongue bagged Pakistan's most in-form batter, Abdullah Shafique, right

on lunch. Shafique tried driving Tongue on 5 and was caught behind after England reviewed. Tongue also got Babar straight after lunch. Coming back from a finger injury that made him miss the first test, Babar hit a couple of boundaries through the covers then edged Tongue to third slip on 8. Tongue had a good day after a slow start, finishing with 10 wickets in his 10th-wicket partnership shared a valuable 47 runs, 42 of them on Friday, to retake the momentum from Pakistan. In their second bat, Duckett gave his wicket to Shafique in the second over and Jordan Cox was pinned on the back pad by Shahzad in the fourth.

Root reviewed being dismissed by Ali on 24 but it was plumb, and he was out low for the ninth time in his last 12 Test innings. Still, batting at stumps were the streaky but determined Emilio Gay on 30 and Harry Brook on 7.

India begin Women's Asia Cup T20 campaign against Thailand

Harnampreet Kaur's India will look to banish their ordinary run in the shortest format while facing questions over their consistency and form as they take on Thailand in their Women's T20 Asia Cup Group A opener here on Sunday. India have been the most dominant team in the Women's T20 Asia Cup over the last decade, winning the title three in five editions of the T20 format since 2016-17 — but their performances bring forth more concerns than assurances at the moment. India have lost nine of 16 T20Is this year, and their most recent loss — against Australia in the Women's T20 World Cup — knocked them out of the competition at the group stage itself.

With questions persisting over captain Harnampreet's own form and future in the shortest format, India head into a crucial phase of competing in two Asian-level competitions in which they would be expected to go the distance. Following the eight-team Women's T20 Asia Cup, where India are placed in Group A along with Thailand, Hong Kong and Pakistan, they will head into next month's Asian Games in Japan with expectations high to bring more laurels to the country.

Having endured a largely disappointing campaign in the Women's T20 World Cup, Harnampreet fired in the all-important clash against Australia, but

her inconsistency with the bat remained one of the talking points from the campaign in which India struggled against higher-ranked teams.

With dependable batter Jemimah Rodrigues sidelined for the Asia Cup and Asian Games, India added Pratika Rawal to their star-studded squad, but the choice hardly makes the requirement for a middle-order enforcer. At the top, India will continue to have the formidable opening pair of Smriti Mandhana and Shafali Verma, but the biggest challenge for India will be beyond would be to sustain momentum and provide further impetus to the scoreboard. Poor fielding was again a major concern the last time India played in the format, as a string of dropped chances near the ropes led to their downfall, and the team management would be desperate to have their bases covered this time around. India will rely on their seasoned all-rounder Deepthi Sharma to lead the spin attack once again, with Shree Chaurani, the highest wicket-taker of the Thailand Cup, Radha Yadav and Prema Rawat sharing the workload.

India's seam bowling arsenal looks potent too, with the experienced Renshi Singh Thakur having the likes of Kranti Gadga, Arundhati Reddy and Nandani Sharma to share the responsibilities.

LADAKH TODAY

MULTI-EDITION NEWSPAPER

JAMMU & KASHMIR | NEW DELHI | LADAKH | UTTARAKHAND | UTTAR PRADESH | ASSAM



लद्दाख टुडे हिंदी संस्करण जल्द आ रहा है!

लद्दाख की आवाज़, अब हिंदी में

आपके विश्वास और समर्थन से हम अब ला रहे हैं लद्दाख टुडे का हिंदी संस्करण, जो आपको देगा स्थानीय से लेकर राष्ट्रीय और अंतरराष्ट्रीय खबरों की पूरी जानकारी।



हमारे साथ पढ़िए



राष्ट्रीय
समाचार



लद्दाख की
ताजा खबरें



राजनीति
एवं शासन



व्यापार
एवं रोजगार



शिक्षा



खेल



संस्कृति
एवं पर्यटन



टेक्नोलॉजी एवं
विशेष रिपोर्ट



विज्ञापन हेतु संपर्क करें

अपने व्यवसाय, संस्थान या ब्रांड को दें व्यापक पहचान।

विशेष उद्घाटन
ऑफर उपलब्ध!

Ladakh Today – आपकी आवाज़, आपकी पहचान।

Launching Soon

STAY TUNED!



अधिक जानकारी के लिए संपर्क करें

7701977423



ladakhtoday@gmail.com



www.ladakhtoday.com