

Centre For Security Threats Among Key Decisions as India Highlights 13 Outcomes From SCO Summit

BISHKEK, SEP 1

India today highlighted several key outcomes from the Shanghai Cooperation Organisation (SCO) summit, including measures to strengthen cooperation among SCO members in tackling terrorism, extremism and tackle transnational threats such as terrorism and extremism. The Ministry of External Affairs (MEA) listed 13 outcomes, one of which was the approval of regulations for a 'Universal Centre for Countering Challenges and Threats to the Security of SCO Member States'.

The centre is expected to strengthen cooperation among SCO members in tackling terrorism, extremism, organised crime and other transnational threats, and enable better coordination and information sharing, the MEA said in a post on X.

The security-related decision



assumes significance as Prime Minister Narendra Modi, addressing the summit in the presence of Pakistani counterpart

Shehbaz Sharif, Chinese President Xi Jinping and other leaders, called on the grouping to confront countries using terrorism as an

"instrument of state policy". The prime minister urged the SCO to work unitedly to "dismantle the entire ecosystem" of terrorist financing, recruitment, radicalisation and safe havens and reject "double standards" in the fight against terrorism - remarks widely viewed as a direct swipe at Pakistan. "We must send a strong message to countries that use terrorism as an instrument of policy and provide safe haven and support to terrorists that terrorism can never be a strategic asset for anyone," Modi said. Among the outcomes highlighted by the MEA is the Bishkek Declaration, which is expected to provide India a platform to articulate its positions on regional security, development and connectivity, and

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L-G VK Saxena flags off the Inaugural Ladakh Bike Week 2026

LEH, SEP 1

Lieutenant Governor Shri Vinai Kumar Saxena today flagged off the inaugural edition of "Ladakh Bike Week 2026", organised by the Department of Tourism, UT Ladakh, to showcase Ladakh's growing stature as a premier motorcycling and high-altitude adventure tourism destination. Ladakh's dramatic mountains, rugged terrain and some of the highest motorable passes in the world have made the region a sought-after destination for motorcycling enthusiasts from across India and abroad. Bike Week seeks to build on this growing popularity and position Ladakh not merely as a place bikers travel



through, but as a destination they choose for adventure, exploration, and experiential travel. A major component of the fes-

tival is the Ladakh Motorcycle Rally, being held from September 1 to 3. Eleven professional riders from across India will

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Chief Minister Omar Abdullah revamps J&K Cancer Treatment, Management Fund for poor

SRINAGAR, SEP 1

In a major leap forward for public healthcare and social welfare, the Chief Minister led government has announced a comprehensive overhaul of the landmark Cancer Treatment & Management Fund for Poor (CTMFP) to ease the out-of-pocket financial burden on poor and vulnerable patients battling cancer.

This major policy shift directly targets the critical gaps that previously left low-income families financially exhausted. While major inpatient operations and therapies are broadly covered under the Ayushman Bharat-PM-JAY SEHAT ecosystem, patients historically suffered massive out-of-pocket expenses for outpatient care, routine diagnostics, and daily medication. Addressing this gap head-on, Chief Minister Omar Abdullah's modified guidelines raise the annual family income eligibility limit from ₹24.40 lakh per annum (₹20,000 per month) to ₹40 lakh per annum, extending a strong safety net to other low-income

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J&K Govt Authorises Police, Excise and Revenue Officials Under NDPS Act

SRINAGAR, SEP 1

The Jammu and Kashmir Government has authorised specified police, excise and revenue officials to exercise powers under Section 41(2) of the Narcotic Drugs and Psychotropic Substances (NDPS) Act, 1985, across the Union Territory. The authorisation was issued by the Home Department through a notification dated August 31, 2026, under the powers conferred by Section 41(2) of the Act. The notification empowers all Gazetted Officers of the JK Police Department and all Gazetted Officers of the JK Excise Department to exercise the powers provided under the provision within their respective territorial jurisdiction in the Union Territory. It also

ACB arrests two police officers in Rs 15,000 bribery case

SRINAGAR, SEP 1

The Anti-Corruption Bureau (ACB) on Tuesday said it has arrested two police officers for allegedly demanding and accepting a Rs 15,000 bribe in Srinagar. ACB received a written complaint alleging that PSI Karanveer Singh, the Investigating Officer (IO) of Case FIR No. 65/2026 registered at Police Station Ram Munshi Bagh, Srinagar, had demanded illegal gratification from the complainant through his accomplice, Ravi Jee Bhat, Sub-Inspector at Police Station Ram Munshi Bagh, for closing the case as "Not Admitted" between the parties. He said that upon receiving the complaint, the ACB conducted verification of the allegations, which prima facie established the demand

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J&K Govt Promotes, Regularises 53 Faculty Members Across Five Medical Colleges

SRINAGAR, SEP 1

The Jammu and Kashmir Government has ordered the promotion and regularisation of 53 faculty members of Government Medical Colleges in Anantnag, Jammu, Doda, Rajouri and Baramulla to higher posts, following recommendations of the Departmental Promotion Committee and the Jammu and Kashmir Public Service Commission.

The Health and Medical Education Department issued five separate government orders on August 31,

sanctioning the promotions and regularisations on a prospective basis across a wide range of medical disciplines. Government Medical College, Anantnag, accounted for the highest number of promotions, with 22 faculty members elevated to the posts of Professor and Associate Professor. Those promoted include Dr. Syed Nawaz Ahmad in Obstetrics and Gynaecology, Dr. Fouzia Nazir in Community Medicine, Dr. Mansoor Ahmad Dar in Psychiatry, Dr. Mehak Mufti and Dr. Shaugita Aara in

Physiology, Dr. Anjum Shamim in Anaesthesiology, Dr. Sami Manzoor in Pharmacology, Dr. Amir Yousuf in ENT, Dr. Younis Kamal and Dr. Nawaz Ahmad Bhat in Orthopaedics, Dr. Mir Saigha Shaif in Radio Diagnosis, Dr. Subha Bhat in Pathology, Dr. Shoukat Hussain Tali and Dr. Malik Shakir Hussain in Paediatrics, Dr. Sanjeet Singh Risam in Dentistry, Dr. Mashkoor Ahmad Beg in General Medicine, Dr. Shamid Bashir Wani in Radiation Oncology, Dr. Abir Joo in Microbiology, and faculty members in Anatomy and

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NIA court rejects bail to school teacher arrested for backing Hizbul terrorists in J&K

JAMMU, SEP 1

A Special NIA Court in Jammu has rejected the bail application of a private school teacher who was arrested more than five years ago for allegedly providing shelter, food and logistical support to Hizbul Mujahideen terrorists in the Doda-Kishtwar region. The court, presided over by Special Judge Prem Sagar, dismissed the bail plea of Tanveer Ahmad Malik, observing that the material on record prima facie indicated his alleged involvement in unlawful and terror-related activities.

The court also expressed concern that his release could affect the ongoing trial, as it could create a possibility of him influencing witnesses. Malik, a resident of Tantanra village in Doda



district, was arrested on March 1, 2021, in connection with a terror case. He was among the seven accused, including three slain terrorists Osama Bin Javed, Haroon Abbass Wani and Zahid Hussain - charged-sheeted by the National

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Dr. Jitendra for wider awareness about Rs 1 Lakh Crore RDI Fund among stakeholders

NEW DELHI, SEP 1

Union Minister for Science & Technology Dr. Jitendra Singh today called for greater awareness and outreach about Rs 1 Lakh Crore "Research, Development and Innovation Fund" (RDI Fund) among stakeholders so that the right kind of applicants understand its purpose, eligibility and the process for availing support. Addressing the 30th Foundation Day of the Technology Development Board (TDB), Dr. Jitendra Singh said that the focus should be on creating awareness about the spirit behind the RDI Fund, the stakeholders and companies eligible for support, and how they can avail of the funding,



He observed that the large number of applications being received also indicated a need for greater clarity and outreach about the purpose of the Fund. The Minister said that thousands of applications are being

received, including from applicants who do not appear to understand the nature and purpose of the RDI Fund. He cautioned against the perception that the Fund is simply another source of finance or a conven-

tional loan facility, stressing the need to ensure that there is no misunderstanding about the funding process. Dr. Jitendra Singh said that the RDI Fund is intended to support technology development and research in a manner that contributes to the progress of science and research and nation-building. These activities part of the overall growth of the national economy. He called for efforts to ensure that stakeholders understand the spirit and intended purpose of the Fund so that its benefits reach the appropriate beneficiaries. The Minister emphasised that the funding process is already transparent and has proper safeguards in place, even

though the government is open to suggestions for further safeguards wherever feasible. He said, there is scope to further increase outreach and awareness. He said that better awareness would help the right kind of people avail of the support in the interest of scientific and research progress and its contribution to national economic growth. Referring to the role of TDB, Dr. Jitendra Singh said the Board must also play a role in educating those for whom such initiatives are meant. He stressed that while technology and policy frameworks are changing rapidly, the mindset of stakeholders also needs to change accordingly. ►CONTD ON PAGE 10

Lt Governor reviews security scenario in J&K

Lieutenant Governor calls for a robust counter-terrorism strategy and intensified area domination operations

SRINAGAR, SEP 1

Lieutenant Governor Shri Manoj Sinha today chaired a high-level review meeting with senior officials and assessed the security apparatus and strategic preparedness across the Union Territory of Jammu Kashmir. The meeting was attended by Shri Atal Dulloo, Chief Secretary; Shri Nalin Prabhakar, DGP; Shri Chandraker Bharti, Principal Secretary Home Department; Shri S.J.M. Gillani, Special DG Coordination; Dr. Mandeep K. Bhandari, Principal Secretary to Lieutenant Governor; Shri M.K. Sinha, ADGP, CID; Shri Sujit Kumar, IGP Kashmir; Shri Tejinder Singh, IGP Jammu; Ms. Sarah Rizvi, IGP, Crime Branch; Divisional Commissioners; DIGs and other senior officials. The Lieutenant Governor instructed the senior officials to maintain sustained pressure on terror networks and enhance ground-level operational synergy, calling for an aggressive area domination strategy to decisively eliminate emerging threats. Emphasizing that public trust is vital to the security



apparatus, the Lieutenant Governor directed police officials to foster direct engagement with the public, designating specific hours for citizen interaction and grievance redressal. Reviewing the functioning at the police station level, the Lieutenant Governor underscored the necessity of transparent, impartial and sensitive complaint handling, directing officers to conduct investigations with absolute professionalism. "The police must maintain a strong and continuous engagement with the public.

Every genuine grievance must be addressed with sensitivity and every investigation must be conducted with absolute fairness, transparency and impartiality," the Lieutenant Governor said. The Lieutenant Governor commended the Jammu Kashmir Police and security agencies for their effective action against drug smugglers. He has directed officials to intensify operations against narco-terror networks and enhance monitoring of emerging digital threats. ►CONTD ON PAGE 10

CM Omar Abdullah meets newly inducted IAS officers, other deputations, senior officers

SRINAGAR, SEP 1

Chief Minister Omar Abdullah today met senior officers, deputations and other individuals at the Civil Secretariat here. A group of newly inducted IAS officers, including Babila Rakhwal, Shabnam Shah Kamili, Rachna Sharma, Leena Padha, Rajinder Singh Tara, Munir ul Islam, Sajjad Hussain Gani, Anoo Malhotra, Nitu Gupta, Prediman Krishan Bhat, Bhawani Rakhwal and Anuradha Gupta made a courtesy call and met the Chief Minister. The officers were recently inducted into the Indian Administrative Service. The Chief Minister congratulated the officers on their induction into the country's premier civil service and wished them a successful tenure.



He expressed hope that they would continue to serve the people with the same dedication and enthusiasm. Commissioner Secretary, Information and Planning Department, R. Alice Vaz, separately met the Chief Minister and apprised him of the preparations for the First International Film Festival of Jammu & Kashmir (IFFJK), scheduled to be held from September 7 to 10, 2026.

The Chief Minister took note of the preparations and stressed the need for ensuring seamless arrangements and effective coordination among all concerned departments and agencies for the successful conduct of the international film festival. Inspector General of Police, Kashmir, Sujit Kumar, also called on the Chief Minister following his recent assumption of

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New NCERT textbooks for classes 10 to 12 being prepared in mission mode: Education minister Pralhad Joshi

NEW DELHI, SEP 1

Revised NCERT textbooks for classes 10 to 12 are being prepared in mission mode, Union Education Minister Pralhad Joshi said on Tuesday. The minister also said that the textbooks for classes 1 to 9 as per the new National Curriculum Framework (NCF) have already been released. Joshi made the comments in his address at the 66th Foundation Day of National Council of Educational Research and Training (NCERT). "NCERT is playing a crucial role in building a Viksit Bharat and nurturing skills, capable, and globally responsible human resources through quality educa-

tion. The new textbooks for classes 1 to 9 are already out and the textbooks for classes 10 to 12 are being prepared in mission mode," he said. Joshi noted that in the last two years artificial intelligence has "rapidly become part of our everyday lives." "With passing years, the AI usage is increasing and even younger groups are using it. Our textbooks and curricula must evolve with these changes and help our young learners to understand use and engage with AI confidently and also responsibly," he said. "The new National Education Policy (NEP) talks about all these challenges and requirements. Works should also be

done to make parents more alert about this and counsel and monitor children accordingly," he said. Joshi said with ageing population rising in several countries, India's human resource is not only an asset for the country but also for the world. "Several countries are dealing with ageing population but India has significant young population. Our human resource is not only an asset for India but also for the world. Our human resource ranking is going to move up higher in few years. Similarly, the Viksit Bharat mission is not only for India but also for the rest of the world," he said

Land Grabbing Bid Using Forged Records: Crime Branch Chargesheets Srinagar Resident, Deceased Patwari

SRINAGAR, SEP 1

Economic Offences Wing Kashmir of Crime Branch J&K has filed a chargesheet in a decade-old land grabbing and forgery case. In a handout the Crime Branch said that the chargesheet in FIR No. 08/2016 under Sections 420/511, 167, 471 and 120-B RPC has been filed before the Court of Sub-Judge Srinagar against Mushataq Ahmad Malik son of Ghulam Ahmad Malik of Barapathar, Haft Chinar, Srinagar and the then Patwari (now deceased). The case originated from a complaint that the accused in criminal conspiracy had attempted to grab land under Khassra No. 642 and obtain building permission from Srinagar Municipal Corporation on

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CS led UTHPSC clears urban transformation projects worth Rs 2,692.58 Cr under Urban Challenge Fund

SRINAGAR, SEP 1

In a major step towards accelerating sustainable and investment-driven urban transformation in J&K, the Union Territory Level High Powered Steering Committee (UTHPSC), chaired by Chief Secretary, Atal Dulloo, has approved three major urban development projects with a cumulative base cost of ₹2,692.58 crore under the Government of India's Urban Challenge Fund (UCF).

The meeting was attended by the senior officers in the administration including the ACS, Tourist, ACS, Finance, Principal Secretary, Culture; Commissioner Secretary, H&UD; Divisional Commissioner, Jammu/Kashmir; Commissioner, JMC/SMC and other concerned officers.

The projects identified by the Housing & Urban Development Department (H&UD) includes TARANG (Tawi Area Regeneration and Green Growth) in Jammu, Walled City & Nigeen Lakefront Revitalization in Srinagar, and KRIPA (Katra Revitalisation Through Integrated Pilgrimage Amenities) in Baramulla designed to combine public investment with market-linked financing and private participation to create modern, sustainable and economically vibrant urban spaces.

The approvals mark a significant advancement in J&K's efforts to leverage the UCF framework for transformative urban infrastructure, while unlocking additional institutional, municipal and private capital for large-scale development.

With an estimated cost of ₹1,567.91 crore, TARANG envisages comprehensive regeneration of the Tawi riverfront and surrounding urban areas through a combination of public infrastructure and PPP-led commercial development. The project has a funding structure comprising ₹307.05 crore each from the Government of India and UT Government, while ₹953.81 crore is proposed to be mobilised through market and PPP financing.

The PPP component will facilitate development of a high-end residential group housing project, an upscale hotel, a modern retail and associated Left Bank road infrastructure. The Central Island will also be activated through development of a luxury resort asset.

The project further provides for extensive structural and river-protection works, including a diaphragm wall, embankment filling, retaining wall with anchor slabs and interceptor drainage infrastructure.

To address City & Nigeen Lakefront Revitalization project, with an estimated cost of ₹1,010.77 crore, seeks to rejuvenate Srinagar's historic urban core and unlock the economic potential of its lakefront areas in the interiors of the historical city.

Around ₹300.77 crore will be deployed towards core public infrastructure and revitalisation of the historic city, while the PPP component will support development of a Hospitality Centre, Pokhral Lakefront and a premium five-star boutique hotel. The Katra Revitalisation Through Integrated Pilgrimage Amenities (KRIPA) project in Katra, estimated at ₹113.90 crore, will focus on improving pilgrim amenities, mobility management and institutional infrastructure in Katra.

A major component is the Katra Gateway Centre, envisaged as a 5-2 floor mixed-use facility over a 10.17-kanal site, with approximately 1.39 lakh sq ft of built-up area. It will include pilgrim dormitories with 480 beds across 36 dormitories, 35 guest rooms, retail outlets, a community dining hall and dedicated prayer spaces.

To address parking and traffic congestion, the project also provides for a Multi-Level Car Parking facility with capacity for 365 Equivalent Car Spaces, EV charging infrastructure and dedi-



catied bus bays near the Yatra Parchi Counter. The project additionally provides ₹15.25 crore for institutional remodelling, including modern commercial office spaces, retail kiosks and upgraded administrative facilities for the Municipal Committee, Katra. The three projects reflect the UCF's emphasis on developing bankable, investment-ready urban projects by combining government support with market-based financing. The approach is aimed not only at creating modern urban infrastructure but also at ensuring that such assets generate sustainable economic activity and long-term revenue streams.

The Committee has also laid emphasis on ensuring timely quality and financially sustainable execution of the approved projects. The initiatives are expected to significantly enhance urban infrastructure, mobility, tourism and economic activity while creating new public spaces and investment opportunities across Jammu, Srinagar and Katra.

Modi Government Will Never Compromise With India's Sovereignty: BJP

JAMMU, SEP 1

Bharatiya Janata Party (BJP) Jammu & Kashmir today welcomed the Government of India's firm rejection of the illegal award passed by the so-called Court of Arbitration at Hague concerning the Indus Waters Treaty, describing the decision as a clear and resolute assertion of India's sovereignty and national interest.

In a press release issued today Parimoksh Seth Spokesperson BJP J&K said that the Modi Government has once again demonstrated that India's sovereignty, security and national interests will never be compromised under any circumstances. The Government of India led by Prime Minister Narendra Modi has made it clear that the so-called Court of Arbitration was illegally constituted and it has no jurisdiction to pronounce upon India's sovereign decisions taken by India in its national interest.

The Modi Government has shown that New India will not allow any foreign forum or illegally constituted body to dictate terms and conditions on matters concerning India's sovereign rights. The national interest and the security of the country will always remain paramount for Modi Government said Adv. Parimoksh Seth.

BJP J&K strongly supports the Government's position that the proceedings and pronouncements of the illegally constituted arbitration body have no bearing on India's sovereign decisions. The Government has also reiterated that its decision to keep the Indus Waters Treaty in abeyance remains in force till Pakistan Credibly and irrevocably abjures its support for cross border terrorism.

Seth further said that the Indus waters are intrinsically linked with the rights, development and security interests of the people of Jammu & Kashmir and nation as a whole. India cannot permit its sovereign rights over its natural resources and development projects to be subjected to an illegitimate external process. The message is loud and clear.

India will decide what is in India's national interest. No arbitrary award passed by illegally constituted forum can override the sovereignty of the India. Prime Minister Narendra Modi's government has consistently placed national security, territorial integrity and national interest above everything else Adv. Parimoksh Seth said.

BJP J&K also condemned attempts to use illegally constituted international forums on Indus Water Treaty issue and appreciate the Government of India for standing firm and protecting the country's legitimate interests.

BJP J&K reiterates its complete support to the Modi Government's uncompromising stand on India's sovereignty, national security and rightful interests over its water resources.



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Ritika Trehan reaches out to marginalized women and girl children in Channi Himmat

JAMMU, SEP 1

Senior BJP leader and Governor, Biji Rachao Bedi Padhao J&K UT Ritika Trehan, interacted with women and little girls from marginalized sections of society during her visit to Channi Himmat, taking direct feedback on the implementation of various welfare and empowerment schemes of the Central Government. During the interaction, Trehan sat with the women and girl children, listened to their experiences and personally enquired whether the benefits of welfare schemes were reaching eligible families at the grassroots level. She specifically reviewed the reach of schemes and initiatives including free ration, Pradhan Mantri Ujjwala Yojana, Ayushman Bharat health cards, girls' education and Sukanya Samridhi Yojana.

She expressed satisfaction that a number of families were benefiting from these initiatives, while noting that some families still require guidance and handholding to access the benefits available to them. Ritika Trehan said that women and girls from economically weaker and marginalized sections must remain at the centre of welfare and empowerment initiatives, adding that awareness and last-mile delivery are crucial for ensuring that no eligible beneficiary is left behind.

"Public service is not merely about framing policies; it is about ensuring that the benefits of those policies reach the person in the line. This is the spirit of Ananya Das envisioned by Hon'ble Prime Minister Shri Narendra Modi Ji," she said. She assured the women that their concerns would be noted and that all possible assistance would be extended in guiding them towards the appropriate welfare schemes and benefits. Trehan also emphasized the importance of educating and empowering the girl child, stating that initiatives such as Sukanya Samridhi Yojana are helping families secure a stronger and more dignified future for their daughters.

The BJP leader said that the smiles and confidence of young girls are the most meaningful indicators of the impact of welfare and empowerment initiatives. She stressed that society must collectively work towards ensuring an environment where every girl gets equal opportunities to learn, grow and fulfill her aspirations. The interaction reflected Trehan's continued emphasis on grassroots outreach, women empowerment and ensuring last-mile delivery of welfare schemes, in line with the BJP's commitment to inclusive development and Ananya Das. "Seva Hi Sankalp Hai," Trehan said, reaffirming her resolve to remain connected with people at the grassroots and work for their welfare.

review organisational progress at the block and booth levels. Responsibilities were also assigned to the newly appointed officers to ensure better coordination, accountability and effective implementation of upcoming organisational programmes. The meeting was attended by senior Congress leaders, members of the District Executive Committee, Block Presidents, Working Presidents and other newly appointed officers. Following the Executive Meeting, the DCC Poonch organised a protest at District headquarters, against the registration of an FIR against Rahul Gandhi Ji. The protesters also demanded registration of an FIR against those who allegedly carried out a so-called purification ritual in

Haldwani, Uttarakhand, following an address by Congress President Mallikarjun Kharge Ji at a rally there. Addressing the media during the protest, Shah Nawaz Choudhary said that the contrasting treatment of these incidents raises serious questions about the functioning of the authorities. He alleged that such actions reflect the BJP's anti Dalit and anti-minority mindset and said that the Congress would continue to oppose any attempt to undermine the dignity, rights and constitutional values of Dalits and minorities. He demanded that the law should be applied equally and that appropriate action be taken against those responsible for acts targeting or insulting Congress leaders and constitutional values.

Jammu (rural) police cracks down on banned Chinese gattu/dor; 02 packets, 04 rolls recovered in Khour

JAMMU, SEP 1

In a significant action against the illegal sale and distribution of prohibited kite-flying material, "Police Post Jourian recovered 02 sealed packets and 04 loose rolls of banned" Chinese Gattu/Dor from a house at Kaleeth, Tehsil Khour. Acting on reliable information regarding the illegal sale of "banned Chinese Gattu/Dor, police" initiated necessary proceedings and conducted a search of the house of "Shakti Singh S/o Mohan Singh R/o Kaleeth," during which the prohibited kite string was recovered and seized as per law.

In this connection, "FIR No. 209/2026 U/S 223 BNS has been registered at Police Station Akhnoor. Further investigation is underway. Jammu (Rural) Police has reiterated its commitment to strict enforcement of the prohibition on Chinese Gattu/Dor.



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DCC Poonch Felicitates Newly Appointed Office Bearers, Holds Protest Against FIR on Rahul Gandhi

POONCH, SEP 1

The District Congress Committee (DCC) Poonch today organised an Executive Meeting at Dak Bungalow, Poonch, to felicitate the newly appointed office bearers of the District Congress Committee and Block Congress Committees across the district. DCC President Shah Nawaz Choudhary felicitated the newly appointed office bearers, including Block Presidents and Working Presidents, and congratulated them on their new responsibilities.

Addressing the gathering, Shah Nawaz Choudhary said that the newly constituted team has a greater responsibility to strengthen the Congress organisation at the grassroots level. He emphasised the need to ensure an active Congress presence at every booth of the district so that workers remain connected with the people and effectively take forward the message and vision of Rahul Gandhi Ji and Congress President Mallikarjun Kharge Ji. He said that the strength of the Congress lies in its workers and called upon the newly appointed office bearers to work with dedication, discipline and commitment for strengthening the organisation and raising the issues of the people.

During the meeting, it was decided that monthly Executive Meetings would be held to



review organisational progress at the block and booth levels. Responsibilities were also assigned to the newly appointed officers to ensure better coordination, accountability and effective implementation of upcoming organisational programmes. The meeting was attended by senior Congress leaders, members of the District Executive Committee, Block Presidents, Working Presidents and other newly appointed officers. Following the Executive Meeting, the DCC Poonch organised a protest at District headquarters, against the registration of an FIR against Rahul Gandhi Ji. The protesters also demanded registration of an FIR against those who allegedly carried out a so-called purification ritual in

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Shri Guru Ravi Dass Sabha Bahu Fort celebrates Birth Anniversar of Periyar Lalai Singh Yadav

JAMMU, SEP 1

Shri Guru Ravi Dass Sabha, Bahu Fort, Jammu, celebrated the birth anniversary of Periyar E.V. Ramaswami with tributes being paid to his contribution towards social awareness, rights and the empowerment of marginalised sections of society.

Speaking on the occasion, Sham Lal Basson, General Secretary and former Corporator, highlighted the life and contributions of Lalai Singh Yadav. He said Lalai Singh Yadav was born on September 1, 1911, in Kanpur, Uttar Pradesh, in a Yadav family. His father, Choudhary Gajju Singh, was a farmer who owned sufficient agricultural land. Basson said Lalai Singh Yadav served as a forest guard in 1929 and was married in 1931. He was subsequently enlisted as a constable in the army of the princely State of Gwalior. He said Yadav later became widely recognised for transcribing Periyar E.V. Ramaswami's book, The Ramayana: A True Reading into Hindi as Sachchi Ramayana in 1968.

According to Basson, the publication generated significant controversy and was banned by the Uttar Pradesh Government on the grounds that it could incite religious sentiments. He said that following a sustained legal challenge, the Allahabad High Court lifted the ban in 1971, and the judgment was subsequently affirmed by the Supreme Court of India in 1976. Basson further recalled Lalai Singh Yadav's role in organising police and army personnel. He said Yadav formed the Police and Army Association in

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Following Independence and the merger of Gwalior State with the Indian Union, he was released on January 12, 1948. Basson also recalled that Lalai Singh Yadav was invited to speak at a condolence meeting held on December 24, 1973, following the death of Periyar E.V. Ramaswami. He said the South Indian audience was impressed by his address and declared him the "next Periyar," after which he became popularly known as Periyar Lalai Singh Yadav in the Hindi belt. He



Gwalior in 1946 and authored Sipahi Ki Tabahi, which inspired personnel to organise and strike for freedom and better rights. He said Yadav was imprisoned in 1947 for leading police and military strikes and spent nine months in jail.

Following the death of Periyar E.V. Ramaswami, he said the South Indian audience was impressed by his address and declared him the "next Periyar," after which he became popularly known as Periyar Lalai Singh Yadav in the Hindi belt. He

passed away on February 7, 1993, at the age of 81. Advocate Anil Kumar also addressed the gathering and spoke about constitutional rights, stressing the importance of awareness about rights and responsibilities among citizens. Those who paid tributes to Periyar Lalai Singh Yadav included V.K. Atri, Judge; Er. R.C. Bhasin, President, All J&K Gattu Ravi Dass Sabha (Regd.), Krishna Nagar, Jammu; E.C. Satia, President, All India Backward Classes Federation; Balwant Kataria, General Secretary of the Federation; K.K. Gupta, President, All J&K Welfare Sabha; Bahadur Lal, former President, "Saryara Sabha, Bahu Fort, Jammu; Deepak; Advocate Bishw; Rangesh Hans, former

President, Paloura Sabha; Bihari Lal Digra, former Principal; Joginder Kumar; D.D. Mehra, President, Jhokhla Welfare Committee, New IDA Colony, Bahu Fort; Sham Lal Kalsi, Senior Vice President, SGARDS Bahu Fort; Suresh Bangotra, President Ward No. 48; Vikas Kalsi, Vice President; Tara Chand, retired ZEO; Surjeet Singh Heer; Mahesh Shivchar, Manager, Kalsi alias Pappi, Secretary of the Sabha; Capt. Abhey Ram; Ramesh Chander; Manohar Lal; Ram Lal; Sanjeev Bangotra; Tej Ram Kalsi; Prem Kumar, Both Raj; Kuldeep Lal; Paras Ram; Krishan Lal; Besides others.

The gathering paid homage to Lalai Singh Yadav and remembered his contribution to social awareness, rights and the cause of equality.

CM Omar Abdullah meets Group of Concerned Citizens J&K, discusses key governance, development issues



SRINAGAR, SEP 1 Chief Minister Omar Abdullah today chaired a meeting with members of the Group of Concerned Citizens (GCC) J&K at the Civil Secretariat here and discussed a range of issues concerning governance, development, environment and public welfare in Jammu and Kashmir.

Advisor to the Chief Minister Nasir Aslam Wani was also present at the meeting. The civil society group led by Khurshid Ahmed Ganai (IAS Retd.) and comprised other

members of the GCC. The delegation raised several issues of public importance, including governance, environmental protection, municipal administration and waste management. Particular attention was drawn to the conservation of water bodies and wetlands and the need for effective measures to safeguard these important ecological assets.

The GCC also raised issues relating to the conversion of agricultural land, traffic management, flood mitigation and management, and power

development, including greater focus on renewable energy. Issues pertaining to skill development and employment generation, as well as digitisation of revenue records, were also discussed. The Chief Minister gave a patient hearing to the concerns and suggestions put forth by the members of the GCC. He noted the issues raised during the meeting and assured that these would be taken into consideration by the government, while examining the relevant matters.

New road connectivity proposed for villages affected by HEPP Pakal Dool: DC reviews proposals

KISHTWAR, SEP 1 Deputy Commissioner Kishwar Pankaj Kumar Sharma today chaired a meeting to discuss and review the proposal for the construction of a road along the right bank of River Marusudar to provide road connectivity to the villages of Khraipakhnool, Tunder and Prangus of Tehsil Dachan.

The villages fall in the vicinity of the Pakal Dul Hydroelectric Power Project (HEPP) and the existing connectivity to these habitations is expected to be cut off upon completion of the dam reservoir. The new road connectivity project to Tunder, Prangus and Prangus villages is being taken up under the PMGSY-Phase IV.

Detailed discussion was held regarding the proposed road alignment, its technical feasibility and other issues related to the implementation of the project. The status of existing road connectivity and the requirements of the affected villages were also reviewed.

The PMGSY functionaries apprised the meeting that the project to connect Tunder and Prangus villages is expected to be taken up under the PMGSY-Phase IV.

The DC directed the authori-



ties to prepare a DPR for the additional road stretch leading to Khraipakhnool village and push the already submitted DPR for Lopara to Tunder, Prangus for the current financial year.

The Deputy Commissioner emphasised the importance of ensuring proper road connectivity for the right-bank villages and called for close coordination among all concerned departments and agencies for the timely finalisation of the proposal and its submission.

The issues concerning land acquisition, forest clearance, road alignment, technical feasibility, funding and other matters were also discussed in detail.

The concerned officers informed the meeting about the current status of their respective departments and

shared their observations regarding the proposed project.

The Deputy Commissioner directed the concerned departments to work in a coordinated and time-bound manner and to submit the requisite details, reports and proposals at the earliest.

He stressed that all necessary aspects of the project should be examined comprehensively to ensure the development of a viable sustainable road connectivity plan for the area. The meeting was attended by SDM Marwah, Dr. Muhammad Ashraf, HoP, Pakal Dul HEP, Vishal Anand, ExEn, PMGSY, Marwah, Er. Tilak Raj Rajwal, besides other officers and representatives from concerned departments.

J&K tops Self-Enumeration among snow-bound states/UTs; CPCO launches Census 2027 Population Enumeration

UDHAMPUR, SEP 1 Chief Principal Census Officer (CPCO) and Director, Directorate of Census Operations, Jammu & Kashmir and Ladakh, Amit Sharma, today launched Population Enumeration (Phase-II) of Census 2027 for the snow-bound areas of the Union Territories of Jammu & Kashmir and Ladakh. The field operations were formally launched from the remote, snow-bound area of Dudu and Basantgarh in Udhampur district.

The September enumeration marks a significant operational milestone for Census 2027, as the Census machinery moves to the actual enumeration of the population, with special arrangements in place to ensure comprehensive coverage of remote, high-altitude and difficult-to-access areas. Amit Sharma said the commencement of Population Enumeration from Dudu and Basantgarh carries particular significance as it reflects the Directorate's commitment to take the Census to every part of the Union Territories, including areas where terrain, distance and weather pose formidable challenges. He said extensive preparations involving Enumeration Block demarcation, mapping, logistics, training and deployment of field functionaries have been undertaken to ensure that every household and resident is covered.

He highlighted that during the Self-Enumeration phase for Population Enumeration in snow-bound areas, conducted from August 17 to 31, 2026, the UT of Jammu & Kashmir emerged as the top-performing State/UT among all States and Union Territories covered



under the September 2026 schedule, recording the highest number of Self-Enumeration submissions. The exercise provided residents an opportunity to participate directly in the digital Census process. During this phase, Jammu & Kashmir recorded 9,672 Self-Enumeration submissions. The response was particularly encouraging in several districts, with Pulwama recording 3,204, Kishtwar 2,231, Doda 1,169, Ramban 629, Poonch 569 and Kulgam 554 submissions. In Ladakh, 527 households completed Self-Enumeration, including 301 in Kargil and 226 in Leh. Thus, a combined 10,199 households across the two Union Territories participated through Self-Enumeration ahead of the field phase.

Amit Sharma appreciated the strong public response, stating that it demonstrates growing acceptance of the digital Census process, and provides a strong foundation for the successful conduct of Population Enumeration. He urged all the residents to extend similar

cooperation to Enumerators and Supervisors and ensure that their households and eligible family members are accurately covered. Prem Singh, Additional Deputy Commissioner and Durbhan Kumar, District Statistics and Evaluation Officer from the Deputy Commissioner Office, Udhampur, besides Manmeet Singh Loomba, Deputy Chief Principal Census Officer, Balbir Singh and Nimrat Kour, Assistant Chief Principal Census Officers, and Ajit Raj, District Coordinator for Udhampur District from the Directorate of Census Operations, accompanied the CPCO.

Population Enumeration in the snow-bound areas of Jammu & Kashmir covers 16 districts and 95 Charges, with an estimated 4,146 Enumeration Blocks being formed. These included Poonch, Kathua, Doda, Ramban, Kishtwar, Kupwara, Pulwama, Reasi, Budgam, Baramulla, Bandipora, Ganderbal, Pulwama, Shopian, Anantnag and Kulgam. In Ladakh, the entire Union Territory is being

enumerated during September through an estimated 637 Enumeration Blocks, making it the first Union Territory to be completely enumerated during Phase-II of Census 2027.

A significant component of the September exercise will be the enumeration of the houseless population, which will also be covered during this phase. The Directorate has made necessary arrangements to ensure that such population groups are appropriately identified and included. The exercise will also include enumeration of Special Charges, including Defence and Central Armed Police Forces establishments and other restricted-access locations, in coordination with the concerned authorities.

Following completion of field enumeration, a Revision Round will be conducted from October 1 to 5, 2026 to revise coverage and incorporate eligible changes arising within the prescribed period. This will provide an additional layer of field verification and help ensure that Population Enumeration is as complete and accurate as possible. The second phase was preceded by a structured training cascade covering Master Trainers, Field Trainers and subsequently Enumerators and Supervisors, with emphasis on Census concepts, definitions, field procedures and digital tools. The Nodal Officers and District Coordinators have also been deployed to coordinate field preparations, Enumeration Block demarcation, distribution of Census kits and availability of manuals and other operational material.

No: PR/DI/26/1791/

Ramban: MVD, Police conduct enforcement drive; E-challan 23 vehicles

RAMBAN, SEP 1 The Motor Vehicles Department (MVD), Ramban, in coordination with the District Police, conducted a joint surprise enforcement drive today at Matira, Atri Chowk and T-Chowk to check compliance with the provisions of the Motor Vehicles Act.

The enforcement drive was led by ARTO Varun Bhasin.

The MVD team checked 146 vehicles, of which 23 vehicles were e-challaned for various violations of the provisions of the Motor Vehicles Act. The violations included overloading, operating without valid permits, use of curtains on vehicle windows and operating without valid fitness certificates, among other offences.

Vehicles found plying without the required statutory documents were challaned, while those involved in serious violations were seized as per the provisions of the Motor Vehicles Act.

The total expected amount of the e-challans is approximately Rs 54,500.

'Art against Drug Addiction' campaign held at Bagh e Bahu



JAMMU, SEP 1 The Excise Department in collaboration with the District Police, today organised a mega anti Drug Awareness Camp here at Bagh e Bahu Garden.

Themed 'Art against Drug Addiction', the event featured a variety of art performances promoting a drug free and healthy lifestyle.

The Digger Manch presented a Nukkad Natak titled 'Nashy Di Maar'. Mohan Singh Padma Shri awardee along with his group enthralled the audience with the show.

Another Theatre group- Azad Parinde performed a short play

titled 'Karme da fal, depicting ill effects of drug abuse. Veteran actors actors Madan Ranjula and Janak Khajuria along with Mohit Chib and Gourav performed in the play.

Renowned Cartoonist Manoj Kumar Langer performed Music Mashup while Sars Bharti sang Bawe wali Mata Bhaat. The Excise Commissioner emphasised the need to combat drug abuse through digital means and exhorted the youth to say no to drugs and help others in coming out of drug addiction.

He reiterated the commitment of the government to digitalising law enforcement and inculcating healthy lifestyle among youth.

Awardee, Rumalo Ram; Director Floriculture, Nagendra Singh Janswal; Joint Director, Vikrant Kumar; Arvind Kotwal and Youth Icons Sars Bharti and RJ Julie (92.7 BIG FM). Display your Talent winner Kunwar Langer performed Music Mashup while Sars Bharti sang Bawe wali Mata Bhaat. The Excise Commissioner emphasised the need to combat drug abuse through digital means and exhorted the youth to say no to drugs and help others in coming out of drug addiction.

He reiterated the commitment of the government to digitalising law enforcement and inculcating healthy lifestyle among youth.

Div Com Jammu reviews progress of road connectivity projects Directs executing agencies to focus on maintenance, avoid delays in execution

JAMMU, SEP 1 Divisional Commissioner Jammu, Ramesh Kumar today convened a meeting to review the progress of ongoing projects being executed by NHAI, NHIDCL, Beacon/Sampark and PMGSY across the Division.

The meeting was attended by Deputy Commissioner Jammu, Rakesh Mishra; Deputy Commissioner Poonch, Ashok Kumar Sharma; Deputy Commissioners of Jammu Division; Joint Director, Geology & Mining, Jammu; senior officers of NHAI, Sampark, PMGSY Jammu, PWD Jammu and NHIDCL; besides other concerned officers, who participated in person and through virtual mode.

The Deputy Commissioners and senior officers of the concerned departments and executing agencies briefed the chair about the current status and progress of ongoing projects in the areas of their respective districts, besides apprising him of issues and bottlenecks requiring intervention. The Divisional Commissioner undertook a detailed review of roads, bridges, tunnels, four-laning works, drainage and other connectivity work, with focus on physical progress, financial issues, land acquisition, compensation, RoW, forest and wildlife clearances, utility shifting and other field-level constraints.

The Divisional Commissioner sought detailed feedback on the progress of different road sections along the National Highway from Jammu to Kathua, Udhampur, Ramban, Banihal besides, Akhnor to Poonch and other areas.

He directed the executing agencies to expedite improvement of riding surfaces, rectification of damaged/vulnerable stretches and strengthening of road approaches, while ensuring strict adherence to prescribed safety and quality stan-



dards.

Reviewing tunnel and four-laning projects, the Divisional Commissioner directed the concerned agencies to accelerate the pace and adhere strictly to committed timelines. He emphasised adequate deployment of manpower, machinery and safety measures, particularly at vulnerable stretches and construction sites. The meeting also reviewed compensation and collateral damage cases, including cases involving affected structures, RoW and slide-affected areas. The Divisional Commissioner directed the concerned agencies to verify the relevant records and expedite eligible payments and pending cases, while ensuring proper follow-up of matters pending before courts and competent authorities.

Issues concerning forest and wildlife clearances, compensation afforestation and mitigation measures were also reviewed. The concerned agencies were directed to maintain close coordination with the Forest and Wildlife authorities to complete all statutory requirements without delay. The Divisional Commissioner expressed

concern over delays in certain works despite availability of funds and awarded the concerned agencies to mobilize adequate resources, increase the pace of work and fix responsibility for avoidable delays. He also stressed regular field inspections and immediate rectification of potholes, damaged riding surfaces and sliding/vulnerable locations. Reviewing drainage and utility works in market/shopping areas, the Divisional Commissioner directed the concerned agencies to coordinate with the local administration so that public movements and business activities are not disrupted.

Emphasising effective inter-departmental coordination, the Divisional Commissioner directed all agencies to maintain regular communication with the Deputy Commissioners and concerned departments and resolve issues through direct coordination rather than prolonged correspondence.

He asked the agencies to submit issue-wise action plans with definite timelines and ensure regular monitoring of progress.

Union Secretary chairs workshop on "Administrative Data Harmonisation" at SKICC

SRINAGAR, SEP 1 The Directorate of Economics & Statistics (DES), J&K, under the Planning, Development & Monitoring Department, organised a one-day UT-level workshop on 'Administrative Data Harmonisation' at SKICC, Srinagar, to strengthen the quality, consistency, interoperability and effective use of administrative data across government departments.

Dr. Saurabh Garg, Secretary, Union Ministry for Statistics & Programme Implementation (MoSPI) chaired the event. R. Alice Vaz, Commissioner, Planning, Development & Monitoring Department, along with other Administrative Secretaries of major line departments were also present on the occasion.

Speaking on the occasion, Dr. Saurabh Garg highlighted the pivotal role of administrative data in strengthening the national statistical system.

He stressed harmonisation of concepts, definitions, classifications, metadata and standards to ensure comparability, interoperability and statistical quality. He encouraged J&K to leverage institutional mechanisms such as Data Strategic Units and Chief Data Officers.

Addressing the gathering, R. Alice Vaz introduced the broad objectives of the workshop. She emphasised the importance of reliable, standardised and timely data for evidence-based policy

formulation, efficient resource allocation and outcome-oriented governance. She stressed stronger coordination among the departments besides improvement of data systems at the source.

The Commissioner Secretary underscored the importance of departmental ownership, inter-departmental coordination and sustainable institutional mechanisms for ensuring regular and quality administrative data flows aligned with planning, monitoring and evidence-based decision-making.

In her welcome address, Ashu Gupta, Director General, Economics & Statistics, J&K, described the workshop as an important step towards establishing a common statistical language across government departments. She clarified that harmonisation is aimed at establishing common standards, definitions, classifications and metadata while retaining departmental ownership and accountability.

She called for a shift from fragmented and periodic data collection towards a regular, structured and quality-assured administrative data ecosystem.

The discussions covered the national initiative on Data Harmonisation and Support for

Statistical Strengthening, Data and AI initiatives, administrative data for population and development evidence, Karnataka's Kurumba Digital Family Registry besides the Economic, Analytical and Governance Framework of Administrative Data Harmonisation.

A dedicated discussion was also held to identify the administrative datasets that could be made AI-ready, facilitating improved analytics, innovation and evidence-based governance. The Kurumba initiative provided practical insights into the use of integrated digital family registries for targeted delivery of government benefits and services.

The workshop was attended by the Administrative Secretaries, senior officers from MoSPI, Chief Data Officers, members of Data Strategic Units and other senior officials, providing a platform to share experiences, identify challenges and develop practical pathways for administrative data harmonisation in J&K. Besides the Chief Planning Officers and District Statistics and Evaluation Officers from various districts of UT also participated in the workshop. The workshop concluded with a shared commitment to build a trusted, interoperable and future-ready administrative data ecosystem for better evidence-based planning, effective programme monitoring and improved governance outcomes for the people of Jammu & Kashmir.

Govt Orders Major Reshuffle, 136 Officers Transferred Across Jammu & Kashmir

SRINAGAR, SEP 1

The Jammu and Kashmir Government on Tuesday ordered a major reshuffle of the Jammu and Kashmir Administrative Service, transferring and posting 136 officers across various departments and districts with immediate effect.

The General Administration Department issued Government Order No. 1463-JK(GAD) of 2026 on September 1, covering officers from senior positions to Junior Scale JKAS posts.

Shabbaz Ahmad Mirza, JKAS, Member, J&K Special Tribunal, has been transferred and posted as Secretary, J&K Public Service Commission, against an available vacancy.

Khalid Majeed, JKAS, awaiting orders of adjustment in the General Administration Department, has been posted as Special Secretary to the Government, School Education Department, while Kanta Devi, JKAS, Regional Director, Survey and Land Records (ex-officio Settlement Officer), Jammu, has been posted as Special Secretary to the Government, Health and Medical Education Department.

Rajinder Singh, JKAS, Special Secretary to the Government, Agriculture Production Department, has been posted as Special Secretary to the Government, Department of Disaster Management, Relief, Rehabilitation and Reconstruction, while Sanjay Gupta, JKAS, Additional Secretary to the Government, Mining Department, has been posted as Additional Secretary to the Government, Agriculture Production Department, of Forest, Ecology and Environment.

Amarjeet Singh, JKAS, Special Secretary to the Government, Hospitality and Protocol Department, has been posted as Additional District Development Commissioner, Poonch, while Pankaj Gupta, JKAS, Additional Inspector General of Registration, Jammu, has been posted as Regional Director, Survey and Land Records (ex-officio Settlement Officer), Doda. Gulzar Ahmad Bhat, JKAS, Administrator, Associated Hospitals, Srinagar, has been transferred and posted as Additional District Development Commissioner, Pulwama.

Namrita Dogra, JKAS, Additional Commissioner, State Taxes (Administration and Enforcement), Jammu, has been posted as Regional Director, Survey and Land Records (ex-officio Settlement Officer), Jammu.

Anju Gupta, JKAS, Additional Transport Commissioner, J&K, has been posted as Additional Inspector General of Registration, Jammu, while Gulam Rasool, JKAS, Special Secretary to the Government, Revenue Department, has been posted as Additional District Development Commissioner, Kupwara.

Jogindera Singh Rai, JKAS, Special Secretary to the Government, General Administration Department, has been posted as Managing Director, J&K Agro Industries Development Corporation, while Rifat Afroz Qureshi, JKAS, Additional District Development Commissioner, Srinagar, has been posted as Director, Command Area Development, Kashmir.

Rajneesh Gupta, JKAS, Chief Operating Officer, Himayat, has been posted as Special Secretary to the Government, Hospitality and Protocol Department, while Dr Fayaz Ahmad Bhandari, JKAS, Director, Command Area Development, Kashmir, has been posted as Director, Urban Local Bodies, Kashmir.

Basharat Hussain, JKAS, Chief Executive Officer/Secretary, J&K Khadi and Village Industries Board, has been posted as Chief Executive Officer, Tourism Development Authority, Rajouri.

Vinod Kumar Behnani, JKAS, Additional District Development Commissioner, Kishtwar, has been posted as Executive Director, J&K Rehabilitation Council, Social Welfare Department, relieving Bashir Ahmad Khan, JKAS, Secretary in the Social Welfare Department.

Tahir Firdous Dutta, JKAS,

Additional Commissioner (Central) in the office of Financial Commissioner (Revenue), J&K, has been posted as Special Secretary to the Government, Forest, Ecology and Environment.

Vishal Sharma, JKAS, Special Secretary to the Government, Hospitality and Protocol Department, has been posted as Regional Director, Survey and Land Records (ex-officio Settlement Officer), Rajouri. Dhyanter Singh, JKAS, Special Secretary to the Government, Health and Medical Education Department, has been posted as Additional Commissioner, State Taxes (Administration and Enforcement), Jammu. Tazayun Mukhtar, JKAS, Chief Executive Officer, Urban Development Agency, Kashmir, holding additional charge of Mission Director, DIAY, has been posted as Secretary, J&K Sports Council.

Rakesh Kumar, JKAS, Deputy Commissioner, State Taxes (IT, Data Analytics and Economic Intelligence), Jammu, has been posted as Special Secretary to the Government, Estates Department.

Dr Zahoor Ahmad Magray, JKAS, Joint Director, Industries and Commerce (Development), Kashmir, has been posted as Additional Commissioner in the office of Divisional Commissioner, Kashmir. Masarat Hashim, JKAS, Deputy Labour Commissioner (Central), J&K, has been posted as Administrator, Associated Hospitals, Srinagar.

Gulam Nabi Bhat, JKAS, Additional Secretary to the Government, Agriculture Production Department, has been posted as Deputy Commissioner, State Taxes (Recovery), Kashmir.

Vedushil Kapoor, JKAS, Additional Secretary to the Government, Civil Aviation Department, has been posted as Additional Secretary to the Government, Revenue Department, while Shahid Mehrood, JKAS, Additional Secretary to the Government, Labour and Employment Department, has been posted as Programme Officer, ICDS Project, Pulwama.

Anil Salgotra, JKAS, Joint Chief Electoral Officer in the office of Chief Electoral Officer, J&K, has been posted as Joint Director, School Education, Jammu.

Raj Mohammad, JKAS, Additional Secretary to the Government, Industries and Commerce Department, has been posted as Director, Land Management, Srinagar Development Authority.

Afshan Masood, JKAS, Secretary, J&K Advisory Board for Development of Backward Classes, has been posted as Joint Director, J&K Institute of Management, Public Administration and Rural Development (IMPARD). Mohammad Aslam, JKAS, Registrar-cum-Controller of Examinations, SKIMS, Saura, Srinagar, has been posted as General Manager, DIC, Ganderbal.

Avleesh Kour Bani, JKAS, Secretary, J&K Advisory Board for Development of Pahari Speaking People, has been posted as Joint Registrar, Cooperatives (Special), Jammu. Shazia Koser, JKAS, Joint Director, Handloom, Jammu, has been posted as Deputy Commissioner, State Taxes (IT, Data Analytics and Economic Intelligence), Jammu.

Sumera Shamim, JKAS, Director, Land Management, Srinagar Development Authority, has been posted as Joint Registrar, Cooperative Societies (Special), Kashmir, against an available vacancy. Ashima Sher, JKAS, Joint Director, J&K Institute of Management, Administration and Rural Development, has been posted as Joint Director (Administration), Directorate of Rural Development, Jammu.

Virender Kumar Maryal, JKAS, Chief Executive Officer, Tourism Development Authority, Patnitop, has been posted as Joint Registrar, Cooperatives (Banking and Finance), J&K. Vinay Khosla, JKAS, awaiting orders of adjustment in the General Administration Department, has been posted as Additional Secretary to the Government, Culture



Department. Syed Ahmad Kataria, JKAS, Additional Secretary to the Government, School Education Department, has been posted as Deputy Commissioner, State Taxes, Enforcement (North), Kashmir.

Rakesh Dubey, JKAS, Joint Registrar, Cooperatives (Banking and Finance), J&K, has been posted as Chief Executive Officer, Tourism Development Authority, Patnitop. Tariq Hussain, JKAS, Chief Executive Officer, Tourism Development Authority, Gulmarg, has been posted as Registrar-cum-Controller of Examinations, SKIMS, Saura, Srinagar.

Rakesh Sharma, JKAS, Assistant Commissioner Panchayat, Poonch, has been posted as Deputy Secretary to the Government, Department of Food, Civil Supplies and Consumer Affairs.

Vijay Kumar, JKAS, Deputy Commissioner, Relief Organization (Migrants), Jammu, has been posted as Programme Officer, ICDS Project, Reasi. Minakshi Vaid, JKAS, Additional Secretary to the Government, Information Technology Department, has been posted as Joint Director, Food, Civil Supplies and Consumer Affairs, Jammu.

Syed Nasser Ahmad, JKAS, Secretary, Srinagar Development Authority, has been posted as Additional Mission Director, J&K Rural Livelihood Mission, Kashmir. Samir Ahmad Jan, JKAS, General Manager, DIC, Kupwara, has been posted as Joint Director, Handlooms, Kashmir.

Afaq Ahmed, JKAS, Additional Secretary to the Government, Mining Department, has been posted as Additional Secretary to the Government, Skill Development Department. Sudhir Bali, JKAS, Additional Secretary to the Government, Department of Disaster Management, Relief, Rehabilitation and Reconstruction, has been posted as Member, J&K Services Selection Board.

Alyaz Ahmad Naisroo, JKAS, Deputy Commissioner, State Taxes (Appeals-II), Srinagar, has been posted as Chief Executive Officer, Tourism Development Authority, Gulmarg. Fareed Ahmad Kohli, JKAS, Joint Director, Geology and Mining, Jammu, has been posted as Programme Officer, ICDS Project, Shopian. Preeti Sharma, JKAS, Joint Registrar, Cooperatives (Special), Jammu, has been posted as Joint Director, Geology and Mining, Jammu.

Rehana Akhtar Bijli, JKAS, Additional Secretary to the Government, Social Welfare Department, has been posted as Secretary, J&K Advisory Board for Development of Gujjar and Bakewals. Giasul Haq, JKAS, Additional Secretary to the Government, Department of Disaster Management, Relief, Rehabilitation and Reconstruction, has been posted as Additional Secretary to the Government, Higher Education Department.

Mohammad Imran Khan, JKAS, Additional Mission Director, J&K Rural Livelihood Mission, Kashmir, has been posted as Programme Officer, ICDS Project, Shopian. Gurdev Kumar, JKAS, Joint Director, School Education, Jammu, has been posted as Joint Chief Electoral Officer, J&K.

Tarun Sharma, JKAS, Deputy Director, Motor Garages, Jammu, has been posted as Joint Director, Handlooms, Jammu. Mantasha Binti Rashid, JKAS, General Manager, DIC, Ganderbal, has been posted as Joint Director (Administration), Directorate of Rural Development, Kashmir. Mohsin Raza, JKAS, Additional Secretary to the Government, Disaster Management, Relief, Rehabilitation and Reconstruction, has been posted as General Manager, DIC, Kishtwar.

Aijaz Ahmad Shah, JKAS, Additional Secretary to the Government, Civil Aviation Department, has been posted as General Manager, DIC, Bandipora.

Parvinder Kour, JKAS, Joint Director (Administration) to the Directorate of Rural Development, Jammu, has been posted as Registrar, District Doda, with additional charge of General Manager, DIC, Doda.

Nasir Mahmood Khan, JKAS, Joint Director (Administration), Directorate of Rural Development, Kashmir, has been posted as Deputy Commissioner, State Taxes, Enforcement (South), Kashmir, headquartered at Lower Munda.

Akhil Sadotra, JKAS, Project Officer, Wage Employment (ACD), Kathua, has been posted as Additional Secretary to the Government, Information Technology Department.

Gulzar Ahmad Bhat, JKAS, Additional Secretary to the Government, Industries and Commerce Department, has been posted as Additional Secretary to the Government, Public Works (R&B) Department. Manzoor Ahmad Lone, Additional Secretary (Legal) in the Power Development Department, has been posted as Chief Executive Officer/Secretary, J&K Khadi and Village Industries Board.

Hilal Ahmad Bhat, JKAS, Deputy District Election Officer, Bandipora, has been posted as Sub-Registrar, Beerwah. Sheraz Ahmad, JKAS, Assistant Commissioner Panchayat, Ramban, holding additional charge of Project Officer, Wage Employment (ACD), Ramban, has been posted as Project Officer, Wage Employment (ACD), Rajouri.

Gulshan Kumar, JKAS, Deputy Secretary to the Government, Food, Civil Supplies and Consumer Affairs Department, has been posted as Project Officer, Wage Employment (ACD), Kathua. Dr Shujaat Ahmad Qureshi, JKAS, Executive Officer, J&K State Haj Committee, has been posted as Deputy Secretary to the Government, General Administration Department.

Angeli Singh, JKAS, Assistant Commissioner (Central) with Divisional Commissioner, Jammu, has been posted as District Social Welfare Officer, Reasi. Savita Chouhan, JKAS, Deputy Director, Tourism, Jammu, has been posted as Sub-Registrar, Vijaypur.

Dr Priya Darshani Gautam, JKAS, Secretary, J&K Housing Board, has been posted as Deputy Director, Food, Civil Supplies and Consumer Affairs, Jammu.

Akshay Rajan, JKAS, Sub-Registrar, Vijaypur, has been posted as Assistant Commissioner Panchayat, Beasi.

Hakim Riyaz-ul-Haq, JKAS, Deputy Secretary to the Government, School Education Department, has been posted as Secretary, J&K Housing Board.

Tarun Sharma, JKAS, Deputy Director, Motor Garages, Jammu, has been posted as Joint Director, Handlooms, Jammu.

Mantasha Binti Rashid, JKAS, General Manager, DIC, Ganderbal, has been posted as Joint Director (Administration), Directorate of Rural Development, Kashmir.

Mohsin Raza, JKAS, Additional Secretary to the Government, Disaster Management, Relief, Rehabilitation and Reconstruction, has been posted as General Manager, DIC, Kishtwar.

Jammu, has been posted as Personnel Officer, Associated Hospitals, Jammu.

Abdul Jabbar, JKAS, Personnel Officer, Associated Hospitals, Jammu, has been posted as Deputy Director, Motor Garages, Jammu.

Narsingh Dayal Verma, JKAS, Assistant Commissioner Panchayat, Samba, has been posted as Collector, PHE, Irrigation and Flood Control, Jammu, with additional charge of Collector, ERA, Jammu.

Saddat Iqbal, JKAS, Deputy Director, Hospitality and Protocol, Kishtwar, has been posted as Deputy Secretary to the Government, Civil Aviation Department.

Fayaz Ahmad Bhat, JKAS, Deputy Director, ICDS, Kashmir, has been posted as Assistant Commissioner, Academics, Government Medical College, Srinagar.

Sakhi Mohd. Khan, JKAS, Deputy Secretary to the Government, Social Welfare Department, has been posted as Secretary, Srinagar Development Authority.

Irfan Ali Khan, JKAS, Deputy Secretary to the Government, Public Works (R&B) Department, has been posted as Assistant Commissioner, State Taxes, Kashmir.

Dr Arshad Hussain Ganai, JKAS, Assistant Commissioner Panchayat, Pulwama, holding additional charge of Project Officer, Wage Employment (ACD), Pulwama, has been posted as Assistant Commissioner Panchayat, Anantnag.

Mohammad Imran Naik, JKAS, Deputy Secretary to the Government, Social Welfare Department, has been posted as Project Officer, Wage Employment (ACD), Ramban. Naved Hussain Badroo, JKAS, DMO, Kupwara, has been posted as Deputy Secretary to the Government, Public Works (R&B) Department.

Shruti Bhargava, JKAS, Deputy Director, Information (KBI), New Delhi, has been posted as Deputy Director, Rural Sanitation, Jammu.

Auqil Nuvalid, JKAS, Project Officer, Wage Employment (ACD), Rajouri, has been posted as Deputy Secretary to the Government, Department of Development and Panchayati Raj.

Majid Manzoor, JKAS, Block Development Officer, Kunzer, Baramulla, has been posted as Deputy Director, District Employment and Counselling Centre, Anantnag.

Hilal Arafat, JKAS, Block Development Officer, Khag, Budgam, has been posted as Project Officer, Wage Employment (ACD), Pulwama.

Shuhail Rasool Mir, JKAS, Deputy District Election Officer, Shopian, has been posted as Assistant Commissioner Panchayat, Pulwama.

Mohammad Akbar Wani, JKAS, Deputy District Election Officer, Srinagar, has been posted as Development Officer, Handicrafts (Non-Textiles), Kashmir.

Sanjeev Kumar, JKAS, Block Development Officer, Chiralla, Doda, has been posted as Deputy Director, District Employment and Counselling Centre, Udhampur.

Arif Ayaz Dar, JKAS, Block Development Officer awaiting orders of adjustment in the office of Project Officer, Wage Employment (ACD), Kulgam, has been posted as Assistant Commissioner Panchayat, Poonch.

Bamesh Chander, JKAS, Block Development Officer in the office of Chief Operating Officer, Himayat, has been posted as Deputy Director, District Employment and Counselling Centre, Kathua.

Asiya Nazir, JKAS, CDPO, Lar, Ganderbal, has been posted as Deputy District Election Officer, Budgam.

Kewal Krishan Sharma, JKAS, State Project Manager, Himayat Mission, J&K, has been posted as Deputy Secretary to the Government, Department of Forest, Ecology and Environment.

Joginder Mangol, JKAS, Assistant Director, Handicrafts, Udhampur, has been posted as District Social Welfare Officer, Poonch.

Amit Singh Manhas, Junior Scale JKAS, awaiting orders of adjustment in the General Administration Department,

has been posted as Under Secretary to the Government, Culture Department.

Mohd. Ashraf Wani, Junior Scale JKAS, Under Secretary to the Government, Skill JKAS, awaiting orders of adjustment in the General Administration Department, has been posted as Under Secretary to the Government, Department of Forest, Ecology and Environment.

Dr Neha Sharma, Junior Scale JKAS, Under Secretary in the J&K Services Selection Board, has been posted as Administrative Officer, Government Medical College, Jammu.

Punika Pandita, Junior Scale JKAS, Assistant Transport Commissioner, J&K, has been transferred and her services placed at the disposal of Social Welfare Department, Academics, Government Medical College, Srinagar.

Mohd. Sagir, Junior Scale JKAS, Assistant Director, Food, Civil Supplies and Consumer Affairs, Rajouri, has been transferred and his services placed at the disposal of Industries and Commerce Department.

Sonika Parihar, Junior Scale JKAS, Administrative Officer, Government Medical College, Jammu, has been transferred and her services placed at the disposal of Social Welfare Department.

Mohammad Iqbal Mir, Junior Scale JKAS, Deputy Registrar, Cooperatives, Pulwama, has been posted as Under Secretary to the Government, Cooperatives Department.

Waheed Ahmed, Junior Scale JKAS, Under Secretary to the Government, Labour and Employment Department, has been posted as Under Secretary to the Government, Health and Medical Education Department.

Aadil Iqbal Lone, Junior Scale JKAS, Block Development Officer, Shangus, Anantnag, has been transferred and his services placed at the disposal of Social Welfare Department.

Javid Rehman Hajam, Junior Scale JKAS, presently posted in the Sports Council, J&K, has been posted as Under Secretary to the Government, Social Welfare Department.

Devia Nanda, Junior Scale JKAS, Block Development Officer in the Directorate of Rural Sanitation, Jammu, has been transferred and her services placed at the disposal of Industries and Commerce Department.

Talat Mahmood Wani, Junior Scale JKAS, CDPO, Ganderbal, has been transferred and his services placed at the disposal of Finance Department.

Maqbool Ahmed, Junior Scale JKAS, Block Development Officer, Surankote, has been transferred and his services placed at the disposal of Social Welfare Department.

Mohib Ali Bukhari, Junior Scale JKAS, Under Secretary to the Government, Public Works (R&B) Department, has been transferred and his services placed at the disposal of Finance Department.

Basharat Mehmood, Junior Scale JKAS, District Social Welfare Officer, Anantnag, has been transferred and his services placed at the disposal of Tourism Department.

Asha Kumari Sharma, Junior Scale JKAS, Under Secretary to the Government, Health and Medical Education Department, has been posted as Under Secretary to the Government, Labour and Employment Department.

Sheikh Ansar Hussain, Junior Scale JKAS, awaiting orders of adjustment in the General Administration Department, has been transferred and his services placed at the disposal of Finance Department.

Anis Ahmed Wani, Junior Scale JKAS, ARTO, Ganderbal, has been transferred and his services placed at the disposal of Department of Rural Development and Panchayati Raj.

Adnan Nazir, Junior Scale JKAS, Deputy Registrar, Cooperatives, Baramulla, has been transferred and his services placed at the disposal of Tourism Department.

Aftreen Wahid Ganai, Junior Scale JKAS, Deputy Registrar, Cooperative Societies, Agriculture Inputs, Srinagar, has been transferred and her services placed at the disposal of Finance Department.

Shashank Padma, Junior Scale JKAS, Block Development

Officer, Sumb, Samba, has been posted as Under Secretary to the Government, Housing and Urban Development Department.

Haidatul Mir, Junior Scale JKAS, awaiting orders of adjustment in the General Administration Department, has been posted as Under Secretary to the Government, Department of Forest, Ecology and Environment.

Mahnaz Chishti, Junior Scale JKAS, ARTO, presently on maternity leave, has been transferred and her services placed at the disposal of Social Welfare Department.

Pankaj Sharma, Junior Scale JKAS, CDPO, Thathri, has been posted as Under Secretary in the J&K Services Selection Board.

Mohammad Arif Shah, Junior Scale JKAS, Block Development Officer, Budgam, has been transferred and his services placed at the disposal of Industries and Commerce Department.

Junaid Amin Bhat, Junior Scale JKAS, Under Secretary to the Government, Information Department, has been transferred and his services placed at the disposal of Department of Rural Development and Panchayati Raj.

Khanzada Mohd Usman, Junior Scale JKAS, Block Development Officer, Anantnag, has been transferred and his services placed at the disposal of Finance Department.

Mamta Sudershan, Junior Scale JKAS, Assistant Labour Commissioner, Kishtwar, has been transferred and his services placed at the disposal of Food, Civil Supplies and Consumer Affairs Department.

Saima Ramzan, Junior Scale JKAS, Block Development Officer, Pampore, has been transferred and his services placed at the disposal of Social Welfare Department.

Tawheed Ahmad Mir, Junior Scale JKAS, Block Development Officer, Natmusa, Kupwara, has been transferred and his services placed at the disposal of Transport Department.

Mudasir Ahmad Najar, Junior Scale JKAS, Block Development Officer, Bankote, Bandipora, has been transferred and his services placed at the disposal of Food, Civil Supplies and Consumer Affairs Department.

Niharika, Junior Scale JKAS, Assistant Director, Handlooms, Samba, has been transferred and her services placed at the disposal of Social Welfare Department.

Rakesh Kumar, Junior Scale JKAS, DSOW, Reasi, has been transferred and his services placed at the disposal of Industries and Commerce Department.

Kuldeep Kumar, Junior Scale JKAS, CDPO, Indrawal, has been transferred and his services placed at the disposal of Transport Department.

Shafiq Ishaq, Junior Scale JKAS, CDPO, Billawar, has been transferred and her services placed at the disposal of Finance Department.

Aamna Lateef, Junior Scale JKAS, Block Development Officer (Hgr), Kupwara, has been transferred and her services placed at the disposal of Industries and Commerce Department.

Sunil Kumar, Junior Scale JKAS, Block Development Officer, Ramban, has been transferred and his services placed at the disposal of Industries and Commerce Department.

Dharam Paul, Under Secretary to the Government, Revenue Department, has been transferred and posted as Under Secretary to the Government, Department of Food, Civil Supplies and Consumer Affairs.

The government has ordered that the officers shall be deemed to have been relieved immediately from their respective places of posting.

Separately, in another order issued on Tuesday, Mr Afroz, who was awaiting orders of adjustment in the General Administration Department, has been posted as Member, J&K Special Tribunal, with immediate effect.

Unsafe habits that kill over 400K people a year. How does food get contaminated?

NEW DELHI: Unsafe foods, according to the World Health Organisation (WHO), contribute to poor health, including impaired growth and development, micro-nutrient deficiencies, non-communicable and infectious diseases, and mental illness. Globally, one in ten people are affected by food-borne diseases each year. Antonina Mutoro, a nutrition researcher at the African Population and Health Research Center, explains what causes food contamination and how we can lower the risk of disease. Access to safe and nutritious food is a basic human right which many do not enjoy, partly because of food contamination. This is defined as the presence of harmful chemicals and microorganisms in food that can cause illness. According to the WHO, food contamination affects about one in every ten people globally and causes about 430,000 deaths annually. Food contamination can be physical: foreign objects in food can potentially cause injury or carry disease-causing microorganisms. Pieces of metal, glass and stones can be choking hazards, or cause cuts and damage to teeth. Hair is another physical contaminant. Biological: living organisms in food, including microorganisms (bacteria, viruses and protozoa), pests (weevils, cockroaches and rats) or parasites (worms), can cause disease. Chemical: substances like soap residue, pesticide



residue and toxins produced by microorganisms such as aflatoxins can lead to poisoning. What are the most common causes of food contamination? The most common cause of food contamination is poor food handling. This includes not washing your hands at the appropriate time - before eating and preparing food, after using the toilet, or after blowing your nose, coughing or sneezing. Using dirty utensils, not washing fruits and vegetables with clean water, and storing raw and cooked food in the same place can also be harmful. Sick people should not handle food. And you should avoid consuming under-cooked foods, particularly meat. Poor farming practices can also contaminate food. This includes the heavy use of pesticides and antibiotics, or growing fruits and vegetables using contaminated soil and water. The use of inadequately composted or raw animal manure or sewage is also harmful. Fresh foods can lead to a num-

ber of illnesses. In Kenya, for instance, the contamination of meat, fruits and vegetables with human waste is relatively common. This is attributed to the use of contaminated water to wash food. Flies carrying contaminants can also directly transfer faecal matter and bacteria onto plant leaves or fruits. Street foods are another common source of food contamination. These foods are widely consumed in low and middle-income countries because they're cheap and easily accessible. What are the signs that you've eaten contaminated food? Biological and chemical substances are the most common food contaminants. They account for more than 200 food-borne illnesses, including typhoid, cholera and listeriosis. Food-borne illnesses usually present as diarrhoea, vomiting and stomach pains. In severe cases, food-borne illnesses can lead to neurological disorders, organ failure and even death. It's therefore advisable to

seek immediate medical attention if you begin to experience symptoms like persistent diarrhoea and vomiting after eating or drinking. Children aged under five are the most vulnerable to food-borne illnesses. They bear 40 per cent of the food-borne disease burden. A child's immune system is still developing and can't fight off infections as effectively as an adult's. In low- and middle-income countries, reduced immunity in children can also occur as a result of malnutrition and frequent exposure to infections due to poor hygiene and sanitation, including a lack of access to safe water and toilets. Additionally, when children are in an air-conditioned room, they tend to have poor appetites. This translates to reduced food intake. Coupled with increased nutrient losses through diarrhoea and vomiting, this can lead to a cycle of infection and malnutrition and, in extreme cases, death. Pregnant women and people with reduced immunity due to illness or age are equally vulnerable and extra care should, therefore, be taken to prevent food-borne illnesses among these groups. Food-borne illnesses also have negative economic impacts, especially in low- and middle-income countries. The World Bank estimates it costs more than USD 15 billion annually to treat these illnesses in these countries. So it's important to have preventive strategies in place.

6 surprising triggers of hot flashes you should know about

NEW DELHI: We all may have experienced it at some point or the other probably after eating something spicy or a sudden spurt of anxiety. A hot flash can come so unannounced and leave you restless and uncomfortable. An intense feeling of warmth emanating from chest and spreading over face and neck, sometimes accompanied with sweat, can leave you wondering what's wrong with you. Hot flashes at night especially can disrupt your sleeping schedule. Some people may experience it even in an air-conditioned room. A typical symptom of menopause, hot flashes have some surprising triggers. 'Hot flashes are a common symptom experienced by women going through menopause. However, they can also be triggered by a variety of other factors, some of which may surprise you. It's important to remember that everyone's triggers may be different, and what causes hot flashes in one person may not affect another. If you are experiencing hot flashes, keeping a journal of your symptoms and what triggers them may be helpful. This can help you identify and avoid your specific triggers as much as possible,' Dr Smita Satpathy, Senior Consultant, Obstetrics & Gynaecology, CARE Hospitals, Bhubaneswar told HT Digital. **SURPRISING TRIGGERS OF HOT FLASHES** Here are surprising triggers of hot flashes shared by Dr Satpathy you must be aware of: 1. Spicy foods: Eating spicy foods, particularly those with capsaicin, can trigger hot flashes in some people. Capsaicin is a chemical found in chill pep-

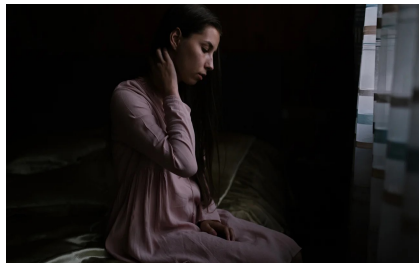


pers that can cause your body temperature to rise, leading to a hot flash. 2. Alcohol: Consuming alcohol can also trigger hot flashes. Alcohol causes blood vessels to dilate, which can increase body heat and cause a hot flash. Additionally, alcohol consumption can disrupt sleep, which can also lead to hot flashes. 3. Stress: Emotional stress can also trigger hot flashes. Stress activates the sympathetic nervous system, which can increase your heart rate, blood pressure, and body temperature, leading to a hot flash. 4. Caffeine: Consuming caffeine can also trigger hot flashes in some people. Caffeine is a stimulant that can cause blood vessels to dilate, increasing body temperature. Dr Anita K Sharma - Senior Director & Head - Obstetrics & Gynaecology, Max Hospital Vaishali says that night sweats could be due to declining oestrogen levels in the blood for premenopausal women and which in turn can cause changes in temperature perception by the hypothalamus in the brain. Dr Sharma adds some more triggers of hot flashes to the list. 5. Cigarettes: Smoking cigarettes has been linked to an increased risk of hot flashes in women, especially during

menopause. This is because smoking can affect the body's hormone levels, including oestrogen, which can contribute to hot flashes. Additionally, smoking can cause blood vessels to constrict, which can lead to a sudden surge of heat in the body, triggering a hot flash. 6. Tight clothing: Wearing tight clothing can make hot flashes worse, especially during menopause. Tight clothing can restrict blood flow and trap heat in the body, making it more difficult for the body to regulate its temperature. When the body overheats, it can trigger a hot flash. **TIPS TO AVOID HOT FLASHES DURING THE DAY AND AT NIGHT** Dr Sharma also suggests certain tips to avoid hot flashes apart from avoiding the above-mentioned triggers. - At night special care should be taken to ensure that the bedroom is cool. - Bed linen and night garments should be cotton or of some other organic material. - The last meal should be light and at least two hours prior to bedtime. - Other helpful, lifestyle choices are deep breathing, meditation, yoga, exercise, dancing and swimming. It is important to keep the mind occupied with useful pursuits. Hot flashes symptomize menopause, a natural biological mechanism in women that cannot be averted but its symptoms can be controlled and reduced by proper medications and non-pharmacological measures like exercise, lifestyle modifications and dietary changes.

Troubled by bad dreams? Here are foods to eat and avoid to prevent nightmares

NEW DELHI: Nightmares become less common as we grow up but some people may experience more bad dreams than others. Dreams of being chased by demons, falling from a building, getting trapped somewhere or a death of loved one can be distressing for people. They not only interrupt sleep but also increase stress levels, making one feel miserable. One could also experience frequent nightmares on a particular day. The reasons could range from stress to spicy or high-fat food at dinner time. Many a time having a glass of water could bring people some relief from distressing dreams. Health experts, however, suggest eating certain foods and avoiding others at night to reduce chances of nightmares. 'Nightmares can be distressing and disruptive to our sleep patterns, causing us to wake up feeling anxious and uneasy. While there are many factors that can contribute to nightmares, including stress, anxiety, medication, and sleep disorders, our diet can also play a role in influencing our dream content,' says Dr. Ankita Ghoshal



Bisht, Dietician in-charge, Primus Super Specialty Hospital, New Delhi. 'While there is no clear evidence linking specific foods to nightmares, there are certain foods and beverages that can disrupt your sleep and increase the likelihood of experiencing nightmares,' says Sameena Ansari - Senior Dietitian & Nutritionist,

CARE Hospitals, Hi-Tec City, Hyderabad. Ankita Ghoshal Bisht and Sameena Ansari share foods to eat and avoid to prevent nightmares with HT Digital. Foods to eat to prevent nightmares 1. Complex carbohydrates: Eating complex carbohydrates before bed can help to stabilise blood sugar levels,

which can reduce the likelihood of nightmares. Good sources of complex carbs include whole-grain bread, brown rice, and sweet potatoes. 2. Calcium-rich foods: Calcium has been found to have a calming effect on the body, so consuming foods that are rich in calcium before bed can help to reduce the risk of nightmares. Good sources of calcium include milk, yogurt, cheese, and leafy greens like spinach and kale. 3. Tryptophan-rich foods: Tryptophan is an amino acid that helps to promote sleep and relaxation. Foods that are high in tryptophan include turkey, chicken, fish, eggs, nuts, and seeds. 4. Vitamin B6: Vitamin B6 helps the body to produce serotonin, which is a neurotransmitter that is involved in regulating sleep. Foods that are high in vitamin B6 include bananas, nuts, poultry, fish, and whole grains. 5. Herbal tea: Drinking a cup of chamomile, valerian root, or lavender tea before bedtime can promote relaxation and improve sleep quality.

Ajwain can be a powerful remedy for blood sugar, arthritis pain

NEW DELHI: Ajwain or carom seeds is a common Indian kitchen spice used frequently in curries, paratha stuffing, matris, samosa, pakodas and other dishes to enhance taste as well as ease digestion. Ajwain in Ayurveda is considered a powerful cleanser and can stimulate appetite and fix digestive issues. Sometimes your elders in family may also recommend you to eat it raw or roasted with a pinch of salt in case of food poisoning or acidity issues. Ajwain can also provide quick relief from menstrual cramps and help relieve arthritis symptoms. The powerful seeds are also added to a lactating mother's food as it helps with healing. Ajwain can also help fight bacteria and fungi courtesy its many essential oils like thymol and carvacrol. Consuming it can thus relieve food poisoning and other stomach issues. Also helpful for diabetics, ajwain can also help control blood glucose levels post meals. 5 benefits of ajwain (carom seeds) Khushboo Jain Tibrewala, Founder of The Health Pantry, Nutritionist and Diabetes Educator in a conversation with HT Digital shares 5 benefits of ajwain or carom seeds. 1. Relief from menstrual cramps: Ajwain water is an effective remedy to get rid of the throbbing cramps that can make one's life difficult during menstruation. To make ajwain water, mix 1/2 tsp of carom seeds and 1/2 tsp rock salt and have this mix with a glass of warm water. This can reduce your need to take pain killers during periods. 2. Helps control blood sugar: Ajwain seeds must be consumed by diabetics patients regularly as they can stabilise blood glucose level. It can be added to curries/rotis or consumed after meals. Adding ajwain to your meals can prevent post prandial spike in blood glucose levels which can help keep your blood sugar in control.

Experts on surprising causes of frequent nightmares

NEW DELHI: Your dreams can tell you a lot about what's really going on in your head. Issues or problems that are buried deep in our subconscious can be manifested in dreams and at times when the stress levels are too high or someone has experienced trauma, people can have recurrent nightmares that may affect their sleep quality. Nightmare is a disturbing dream associated with negative feelings and one tends to wake up with a lot of anxiety and fear. Some people experience more nightmares than others and their dream life often interrupts their daily life. Nightmares are more common in small children and their frequency decreases after the age of 10. Poor mental health is one of the primary reasons behind frequent nightmares. Dr Milan Balakrishnan, Consultant Psychiatrist at Masina Hospital, Mumbai, says stress, anxiety or depression are common causes of too many nightmares. He also lists post-traumatic stress disorder (PTSD) as one of the reasons of recurrent nightmares in adults.

'One of the most common symptoms of PTSD is "re-experiencing," or having flashbacks to traumatic event or events. Sometimes these flashbacks can manifest as nightmares. Sleep disorders like sleep apnea (interrupted breathing during sleep) and narcolepsy can cause recurrent nightmares. Certain medications, such as antidepressants, blood pressure medications, and other drugs can cause nightmares. Alcohol withdrawal and other substance withdrawal can cause nightmares too,' says Dr Balakrishnan. In some cases sleep deprivation could also lead to nightmares. Alcoholics or those having antidepressants or on certain medications could also experience bad dreams. Dr Shefali Vaidya, Psychologist, Apollo Spectra Mumbai lists 6 reasons for frequent nightmares. 1. Stress: Owing to personal or professional life can be the trigger behind your nightmare. Certain factors such as divorce, financial crisis, death of a loved one, or job loss are some of the reasons behind

the nightmare. Stress is one of the common causes of nightmares and needs to be addressed promptly.



• Trauma: Nightmares are a common occurrence after an accident, injury, physical or sexual abuse, or another traumatic event. Nightmares are common in people who tend to have post-traumatic stress disorder (PTSD).

• Sleep deprivation: Erratic sleep schedule will reduce the amount of sleep you get and can raise the chances of having nightmares. Insomnia is tied to a higher risk of nightmares. Try to follow a good sleep routine. • Medications: Are you aware? Certain medications such as antidepressants, blood pressure medications, and

drugs to tackle Parkinson's disease or help stop smoking can cause nightmares. • Substance abuse: Alcohol and recreational drug use can trigger nightmares. Thus, you will not be able to get a sound sleep at night. • Scary books and movies: If you are one of them who read scary books or watches horror or movies, especially before

sleeping, then you may get a nightmare. Do you feel tired and drowsy all the time even after sleeping for 8 hours or wake up several times in the night only to doze off at inappropriate times like driving? It is possible that you could be suffering from a sleep disorder. A good night's sleep is crucial to repair, recharge, rejuvenate and to ensure that you are able to focus and concentrate during the day. A sleep disorder could affect your day-to-day life and even put you at risk of an accident (if you are sleeping while driving). It is important to know the signs and symptoms of a sleep disorder and get it treated at the earliest. Some of the signs and symptoms of sleep disorders include excessive daytime sleepiness, irregular breathing or increased movement during sleep. Other signs and symptoms include an irregular sleep and wake cycle and difficulty falling asleep. However, insomnia is the most common sleeping disorder,' says Dr Jyoti Kapoor, Senior Psychiatrist and Founder, Manasthali.

Dr. Parminder Bir Singh, Consultant - Pulmonology, Paras Hospitals, Gurugram says that if even after getting seven or eight hours of sleep per night, you feel weary, fatigued, or irritable during the day, it could be an indication that you have a sleep disorder. 'Other prominent symptoms of sleep disorders include waking up several times in the middle of the night and remaining awake for hours, taking frequent and long naps during the day, having concentration problems, and falling asleep at inappropriate times, mostly when sitting still while watching television or reading. If you snore loudly, have respiratory problems when sleeping, and require a stimulant such as caffeine to stay awake during the day, you may have sleeping problems. However, the true cause can only be established after a thorough examination. People who are experiencing these symptoms should consult their doctors for a proper diagnosis and treatment,' says Dr Parminder Bir Singh.

EDITORIAL

Green-Blue infrastructure

Great cities are defined not only by the infrastructure they build, but by what they preserve, restore, and pass on to future generations. Delhi is uniquely endowed in both respects. The Yamuna and its floodplains, the Ridge, urban forests, biodiversity parks, and neighbourhood greens form the city's ecological foundation. Simultaneously, its monuments, historic precincts, archaeological sites, and traditional neighborhoods embody centuries of history and culture.

As India advances towards the Hon'ble Prime Minister's vision of Viksit Bharat 2047, Delhi must demonstrate how a growing metropolis can combine development with environmental restoration and heritage conservation. The Master Plan for Delhi 2047 provides an opportunity to place these principles at the heart of the capital's future.

Climate change has fundamentally rewritten the rules of urban planning. Rising temperatures, extreme rainfall, acute water stress, deteriorating air quality, and biodiversity loss directly affect the health and quality of life of our citizens. Consequently, rivers, forests, wetlands, lakes and parks can no longer be viewed merely as environmental amenities or aesthetic additions. They are essential components of urban infrastructure.

MPD-2047 envisages an interconnected Green-Blue network that integrates the Yamuna, the Ridge, forests, biodiversity parks, water bodies, drains, neighbourhood parks, and open spaces into a unified ecological system. Such an integrated network yields multiple strategic benefits. Green corridors and urban forests clean the air, temper urban heat island effects, and shelter native biodiversity. Rejuvenated water bodies, wetlands, and floodplains accelerate groundwater recharge and boost the city's capacity to absorb heavy rainfall. Parks, walking trails, and cycling networks promote active lifestyles and offer accessible spaces for community recreation. The ultimate goal is simple: to weave nature into the rhythm of everyday urban life rather than confining it to isolated green pockets.

No vision for Delhi's green-blue future is complete without the Yamuna. For centuries, the river has shaped Delhi's geography, history, and civilization. Yet rapid urbanization has placed unprecedented stress on its ecosystem and floodplains. MPD-2047 places the Yamuna at the centre of Delhi's ecological regeneration. Nearly 1,700 hectares of the Yamuna floodplains are proposed to be protected, conserved and ecologically restored through multiple systematic restoration initiatives.

From Chicago to New York: A civilisational continuity

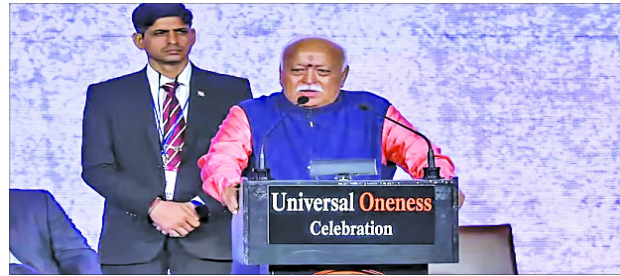
BY RAHUL KAUSHIK

Nearly 132 years after Swami Vivekananda stood before the Parliament of Religions in Chicago and introduced the spiritual confidence of India to an astonished Western audience, another significant articulation of Bharatiya civilisational thought has taken place on American soil. In the centenary year of the Rashtriya Swayamsevak Sangh, Sarsangchalak Mohan Bhagwat's address at the Universal Oneness Celebration in New York carried an unmistakable message: Hindu thought does not seek the triumph of one community over another; it seeks a world that recognises the fundamental unity of existence.

The historical circumstances are, of course, very different, and no two speeches need to be artificially equated. Yet the philosophical continuity between the message Swami Vivekananda carried to America and the ideas articulated by Mohanji Bhagwat is striking. At the centre of both lies an ancient Indian conviction that diversity need not produce division and that spiritual consciousness can provide a foundation for human fraternity.

Mohanji began with an illuminating contrast. America frequently speaks of "pluralism"; Bharat speaks of "unity in diversity". But for Bharat, he argued, both unity and diversity are part of its very DNA. Diversity is not an inconvenience to be grudgingly tolerated. It is something to be "celebrated", "respected" and "accepted", without losing sight of the underlying oneness connecting humanity. This was not merely a political appeal for tolerance. He took the argument much deeper, to the philosophical foundations of Sanatan Dharma. "Unity of existence is our truth," he declared. His formulation that "diversity is natural and unity is truth" beautifully condensed an enormous body of Bharatiya philosophical wisdom into a few words. Here was Hindu thought occupying centre stage without becoming exclusionary. Bhagwat did not ask Hindus to diminish their identity in order to demonstrate their tolerance. Instead, the argument was almost the reverse: it is precisely because Hindu civilisation understands the unity underlying different manifestations of life that it can confidently celebrate plurality.

That distinction matters enormously. For too long, Hindu assertion and universalism have sometimes been pre-



sented as opposites, as though Hindus must choose between being unapologetically Hindu and being genuinely pluralistic. Mohanji's speech rejected that false choice. Sanatan Dharma's universalism does not require Hindus to become less Hindu. Its conception of fraternity arises from within its own civilisational worldview.

His definition of Dharma was equally significant. Dharma, he said, is the principle through which the universe is sustained and through which human beings can properly manage the quality of life. He described the balanced "middle path" as Dharma. This transforms the discussion from identity politics into civilisational responsibility living in America. Mohanji asked them to remain loyal to their Karmaboomi. Only after fulfilling that obligation, he said, should their desire to contribute to their Karmaboomi find expression, and the finest way to do so is by living the values Bharat has given them. This deserves attention. It was not a call for an expatriate community to remain detached from American soci-

ety. It was an appeal for integration without civilisational amnesia: be responsible citizens of the country in which you live, while carrying with confidence the values of the civilisation from which you emerged. And what should Bharatiyas give the world? Not domination. Not conversion. Not cultural uniformity. His answer was simple.

"The duty of a Bharatiya," he argued, is to carry this message to the world "through practice, not through preaching". That may have been among the most profoundly Hindu lines of the entire address. The symbolism of the occasion becomes still more striking in the RSS's centenary period. From its beginnings in Nagpur in 1925, the Sangh and the wider ecosystem inspired by it have developed a substantial presence among Hindu communities outside India. A gathering bringing together numerous Hindu-American organisations, faith leaders and a large diaspora audience therefore carries significance beyond the event itself. It demonstrates that organised Hindu civilisational consciousness is no longer confined geographically to Bharat. The scale and breadth of mobilisation around the Sarsangchalak unquestionably illustrate the Sangh's emergence as one of the most consequential organised voices of Hindu civilisational identity globally.

And therein lies the larger significance of New York. Mohanji invoked Swami Vivekananda's teaching that every nation has "a message to deliver, a mission to accomplish, and a destiny to fulfil". For Bharat, he said, that destiny is to realise, and repeatedly help

the world realise, the unity amid diversity. At a time when societies across the world struggle with religious conflict, racial tensions, ideological polarisation, loneliness, consumerism and competing absolutisms, the proposition that humanity can celebrate difference while recognising an underlying unity is anything but antiquated. He also connected this philosophy with responsibility: what matters is not merely how much one earns but how much one gives back. "We have to give back. That is our Parampara," he said, presenting the Bharatiya idea of life as a sustainable model worth carrying forward. That is ultimately what made the address important.

In Chicago in 1893, Swami Vivekananda famously presented Hindu civilisation before the modern West with extraordinary confidence. In New York in 2026, Mohanji Bhagwat spoke from a different platform, in a different century and under entirely different historical circumstances. But an ancient civilisational conviction could still be heard: humanity is one; diversity enriches that oneness; Dharma sustains rather than divides; and the highest expression of Hindu consciousness is not merely the welfare of Hindus, but the welfare of all. More than a century after Chicago, Sanatan Dharma's proposition to humanity therefore remains remarkably relevant: not that the world must become uniform, but that it must learn how to remain diverse without forgetting that we belong to one another.

The writer is a commentator on socio-political issues; Views presented are personal.

When algorithms enter the field: What AI means for India's small farmers

BY NEHA SEHRA | REETA SONY

While sowing, a farmer in India checks an agri-tech app that advises him to delay planting due to an expected dry spell. The advice is based on satellite imagery, historical rainfall data and machine learning models. But the rain arrives earlier and more heavily than predicted. The sowing window is lost, along with the seeds and other resources the farmer has invested. Stories like these are increasingly common as farmers rely on predictive tools and artificial intelligence (AI) to guide agricultural decisions. These technologies are promoted as one-stop solutions to climate uncertainties, stagnant yields and distress in the agriculture sector. Algorithm-based advice is presented as "informed decision-making", influencing everyday decisions and raising a question: who benefits from agricultural algorithms and who should be held responsible when their predictions go wrong?

With advances in science and technology, agricultural practices have evolved. Traditionally, agriculture relied on human labour, animals and knowledge of soils, seasons and risks. This was Agriculture 1.0, marked by modest productivity and dependence on traditional knowledge. Production increased sharply in the 18th and 20th centuries with Agriculture 2.0, driven by mechanisation and chemical fertilisers. But this came with a high ecological cost, greater dependence on agricultural inputs, falling groundwater levels and soil degradation. Information and communication technologies entered farming in the late 20th century, marking the advent of Agriculture 3.0. Precision farming, automated machinery and satellite monitoring became more common, while chemical use could be reduced. This paved the way for Agriculture 4.0, where data, algorithms and predictive models are increasingly used. AI systems use data from soil sensors, drones and weather forecasts to advise farmers on when to sow, irrigate, fertilise and harvest. Farming that once relied largely on experience is now increasingly guided by prediction.

India's shift towards digital agriculture is driven by climate change, unreliable monsoons, extreme weather and pressure on limited land and water. Predictive analytics and AI tools are



promoted as scientific solutions to raise farmers' incomes, reduce climate risks and use resources efficiently. But agriculture is shaped by social, ecological and socio-political conditions, which AI cannot always capture. Predictive technologies run on data collected through mobile applications, sensors and other tools. This includes soil properties, crop images, yield patterns, weather records and farmer behaviour. Farmers generate this data continuously, often without realising it. Farmers have less control over data generated from their fields. Most agri-tech firms, insurance providers and input suppliers have unclear data policies, offering little information on how data is stored, shared and utilised. Data collected from millions of farmers becomes a valuable asset for these firms, while farmers remain distant from it. Data-driven systems can influence farmers' access to credit, insurance payouts or government schemes. This imbalance reduces farmers' data profiles rather than decision-makers. As knowledge moves from the soil to servers, authority shifts from those who work in the field to distant digital systems.

Predictive technologies rely heavily on past data to identify patterns and project them into the future. But climate change has unsettled these models. Erratic rains, prolonged heatwaves, unseasonal storms and shifting pest cycles mean historical data is less reliable. Most Indian farmers depend on rain-fed agriculture, where predictions may fail to capture local differences. Yet digital advisories continue to be issued, leaving farmers to choose between the

algorithm and their own experience. When predictions fail, the cost falls most heavily on smaller farmers, who are least able to bear the losses.

For generations, Indian agriculture has drawn on indigenous practices, community experience and ecological knowledge. AI systems, however, tend to favour data that can be measured and standardised, often overlooking local knowledge. Their advice may ignore differences in soil, cropping patterns and household circumstances. This can sideline effective local practices and reinforce farming methods that depend heavily on external inputs. Farmers may feel pressured to follow these recommendations rather than adapt them to local conditions or learn from others in their communities. Over time, this could weaken their independence and increase reliance on software and off-farm inputs. Technology, therefore, does more than support farming. It can shape what we know about agriculture, how it is tested and how much value is placed on it.

One of the most critical concerns with introducing AI into agriculture is responsibility. Suppose an algorithm's advice leads directly to crop failure; who should be held accountable - the app developer, data provider, government bodies promoting these platforms, or the farmer who acted on the suggestion? At the moment, there is little clear guidance. Most digital tools in agriculture lack systems for handling complaints or established rules about liability. Farmers are urged to trust these systems, but when they fail, responsibility scatters and accountability goes missing.

Without transparency and safeguards, these technologies can shift the burden of managing uncertainty from institutions to individual farmers. AI and predictive technologies are not inherently problematic. If developed and used responsibly, they can improve decisions, reduce physical burden and make better use of scarce resources. But they should support, not replace, farmers' judgement and local knowledge. Data governance must recognise farmers' rights over their data, backed by genuine consent and transparency. Public platforms and open systems can also provide an alternative to the growing dominance of private firms in agricultural data. These technologies should also be part of wider efforts to promote climate-resilient and agroecological farming. They cannot be treated as miracle solutions to long-standing agrarian problems.

The future of Indian agriculture will depend not only on technology but also on the values and institutions shaping its use. Predictive tools can either deepen existing inequalities or help build fairer and more sustainable farming systems. The question is not whether India should use AI in agriculture, but how it is used and in whose interest. Without accountability, farmer participation and respect for ecological realities, "smart farming" may fail those who need it most.

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Sunrise in empire's shadow

THERE was a time when an unsettled frontier was an asset. Imperial statecraft valued ambiguity because it created room for manoeuvre. A frontier under permanent negotiation could be more useful than one settled. That was the logic of empire. It should not become the inheritance of Asia.

The eight-point consensus reached between India's National Security Adviser Ajit Doval and China's Foreign Minister Wang Yi at the 25th round of Special Representatives' talks is more than its provisions. New hotlines and meeting points matter. Better ways to prevent misunderstanding matter. But one phrase matters more: an "Early and Substantial Harvest" in boundary delimitation. After decades of managing the Line of Actual Control, India and China have tentatively reopened the harder question: can the boundary itself be settled?

A world coming apart
The order built after 1945 is under strain. American primacy is contested. China has risen without yet earning the trust that leadership demands. Europe is diminished. Wars are back in the vocabulary of great powers. Climate, artificial intelligence, pandemics and debt ignore borders even as nations retreat behind them.

The British left behind an unsettled line. Today's global dynamics make its persistence more dangerous. In an era of escalating US-China rivalry and shifting Indo-Pacific alignments, an unsettled border remains permanently vulnerable to miscalculation. Indianews updates

I saw in 1971, on the march to Dhaka, how genocide turns political fracture into human blood. As the world fractures again, we cannot treat borders as a game of risk. The cost is always paid in blood.

Humanity is the ultimate global common. Yet it has no boundary, no Security Council veto, no bloc to defend it. Only human beings can join those dots.

For India and China, this fractured moment is not only danger. It is also opportunity.

The Third Pole: When nature roars
Climate is already reminding us that some lines on maps matter less than the forces moving across them.



Carbon knows no sovereignty. Floods carry no passports. The vast Himalayan and Tibetan cryosphere, often called the Third Pole, holds the largest concentration of ice outside the polar regions and feeds Asia's great river systems.

What happens there cannot remain the concern of one country because what begins there does not remain there. Geography may establish sovereignty. Nature establishes interdependence.

India and China share a Himalayan ecology in which rivers, glaciers and climate recognise no political line. Cooperation is its natural logic, but cooperation rests on reciprocity and responsible conduct. When either fails, it is human beings who suffer when nature roars. Indianews

updates
Both nations now call themselves not merely modern states but civilisations returned to history. Yet they still pour military strength and political attention into an unsettled Himalayan inheritance. It is an irony history may not forgive.

2047 meets 2049
India will mark a century of independence in 2047; China, a century of the People's Republic in 2049. For the first time in the modern era, the developmental clocks of Asia's two giants approach their milestones together. That synchronisation can become a collision course or a strategic opportunity. The choice is architectural, not tactical.

When human beings are the central concern, ideology remains a civilisa-

tional choice, not a contest. India and China will remain competitors. India will guard its autonomy, China its own idea of power. But competition does not require confrontation. Their strengths differ: India's youth and market, China's industrial depth. Yet neither can escape geography: the same sea lanes through Hormuz and Malacca, the same Global South whose markets they seek.

The sharpest geography is the mountain. The Himalayas they have militarised for sixty years are also the water tower of Asia. Their glaciers feed the rivers on which both civilisations were built. China can patrol every peak and still lose the glacier. India can guard every pass and still drown in the

flood. The water does not care about the Line of Actual Control. Indianews updates

That is why water must redraw the map. Two states that contest a ridge can together secure a river basin for three billion people. One is a quarrel. The other is a contribution.

Retire the inheritance
The Line of Actual Control should never become the permanent imagination of India-China relations. It is an instrument for managing an unresolved boundary, not a boundary itself. The dispute carries the residue of imperial cartography, competing claims and decades of mistrust. India and China did not create all of it. But after three quarters of a century, they own the responsibility for resolving it. The British Empire could value

unsettled frontiers because it would eventually leave them behind. India and China cannot.

In 2047, when India looks back on a century of freedom, and in 2049, when China marks a century of renewal, let the record show that two great civilisations did not merely manage an inherited line. They settled it and, having retired one of the last frontiers of another age, helped open the door to the next.

The fracture is upon us again. This time, those who see the dots must have the courage to connect them, not with wishful thinking, but with deadlines, verification and the recognition that sovereignty may divide the mountains, but responsibility for what flows from them is shared.

BRICS sunrise moment

Your pain cannot be another person's death sentence

A child needed medicine. An argument began between the husband and wife. The wife called her family and they killed the husband. In Lucknow, a woman was shot dead by her estranged husband. He then killed his own sister, and turned the gun on himself. Why? They were getting divorced.

I don't know about you, but I cannot stop thinking about the terrifying idea that seems to hover around both these horrific crimes: when did being hurt become an excuse to hurt someone else? When did I am in pain become therefore, you must pay? Because that, ultimately, is the monstrous entitlement beneath so much violence.

Not always the same kind of entitlement. Not always exercised by the same kind of person, or directed at the same gender. But the logic is chillingly familiar. You hurt me. You embarrassed me, rejected me, disagreed with me. And therefore — you must suffer.

The argument could be about a child's medicine. Money. Infidelity. Divorce. Custody. A WhatsApp message. A reel. A perceived insult. A refusal to obey. The trigger changes. The underlying belief does not. Somewhere, a human being decides that his emotional pain is so significant, so sacred, so all-consuming that another person's right to live becomes secondary to it. And that is what I find impossible to comprehend. Because pain is not permission. Anger is not authority. Humiliation is not a hunting licence. And heartbreak, betrayal, rejection or rage — however devastating — are not death sentences you are entitled to hand out to another human being.

Yet increasingly, it feels as though we are living in a world where people have lost the ability to sit with discomfort. Everything must be answered. Every insult must be avenged, every rejection corrected. Every disagreement must have a winner. And if you cannot control the situation, then perhaps you can control the person. Or, destroy them. That is the terrifying reality. We have become extraordinarily good at talking about feelings and extraordinarily bad at managing them.

We know the vocabulary of trauma. We know our triggers, how to



announce our boundaries, articulate our pain and demand accountability. But some of us seem to have confused having feelings with being entitled to act upon every feeling we have.

You are allowed to be furious, devastated, feel betrayed. You are allowed to scream into a pillow, leave a marriage, block a number, seek therapy, go to court, walk away, cry until your eyes swell shut, spend three months in bed watching bad TV and questioning every decision you have ever made.

But you are not allowed to kill someone because you are angry, or to destroy someone because they

destroyed your heart. You are not allowed to decide that because another person caused your suffering, their life now belongs to you. This should not even need saying, but clearly, it does.

For women, this entitlement has a long and ugly history. A woman leaves a marriage, and suddenly her husband believes her decision is an assault on his masculinity. She rejects a man, and he believes it is humiliation. A woman chooses another life — and the man she has left behind believes that her freedom is something for which she must be punished. This is why so much violence against

women is not about love. It's about ownership. It's the belief that if I cannot have you, no one can. That after everything I have done for you, how dare you leave? That my suffering is your responsibility.

Horribly, that rage does not stop with the woman. It spills over. Onto sisters. Mothers. Children. Anyone standing nearby. But this particular sickness is not limited to men or to violence against women. And, of course, violence does not become less violent because the perpetrator is a woman.

A human life does not become less valuable because the person who takes it has also suffered. And that is

the principle we must refuse to compromise on. Your pain explains you. It does not excuse you.

Say it again. Your pain may explain why you're angry, broken, why you said something cruel. It may help us understand the circumstances that brought you to the darkest moment of your life. But it does not give you ownership over another person's body.

Words matter because they reveal the moral universe we are building inside our heads. A universe in which suffering must be balanced like an account book. You hurt me by 10 points. Therefore, I must hurt you by 10, 20, 100, until the scales

feel even. But they never do. Violence does not heal humiliation. Murder does not repair betrayal. Revenge does not resurrect dignity. It simply creates more grief.

So perhaps we need to start teaching something more important than anger management. We need to teach emotional humility. The understanding that however intensely you feel something, you are still not the centre of the moral universe.

My pain is mine to heal. Your life is yours to live. Somewhere between those two truths lies the line that separates suffering from savagery. We must learn never to cross it.

Never heard of Falsa fruit? Here's why you'll want it this summer!



When the mercury rises and summer's swelter takes over, nature provides us with cooling remedies that not only refresh but also heal. Among them, Falsa (*Grewia asiatica*) stands out as a small, tangy-sweet fruit that packs a powerful punch of health benefits, especially during the hot season.

Native to the Indian subcontinent, this purple berry is not only delicious but is also a nutritional powerhouse that deserves more attention.

WHAT IS FALSA?

Falsa is a tiny, spherical berry that changes to a deep purple color when ripe. Sold in local markets from April to June, it's usually sprinkled with black salt or mixed into a juice.

Its flavor is a perfect harmony of sweet and sour, and it's a favorite among fruit enthusiasts in India, Pakistan, and Bangladesh. But aside from its flavor, falsa is celebrated for its remarkable medicinal and cooling qualities.

NATURAL SUMMER COOLER

Falsa is renowned for its excellent cooling quality, and hence it is a natural treatment for heatstroke and dehydration. In Ayurveda and Unani systems of medicine, this berry has been used as a summer coolant for centuries.

A glass of falsa juice chilled at home after returning from the sun can immediately lower body temperature, calm the stomach, and avoid heat exhaustion. It keeps the body's electrolyte balance intact, which is essential when the mercury rises.

PACKED WITH ANTIOXIDANTS

One of the greatest health advantages of this berry is its richness in antioxidants. It is rich in anthocyanins, flavonoids, and phenolic compounds that fight oxidative stress, inflammation, and improve overall immunity.

These antioxidants are also famous for their anti-aging properties, making falsa healthy not only for health but also for skin.

DIGESTIVE AID

Falsa has slightly astringent and digestive characteristics, hence it is an excellent fruit to eat after food. Falsa helps in digestion and can cure stomach cramps, acidity, and bloating. The fruit also contains dietary fiber, which helps in healthy bowel movements and keeps the gut clean—a thing we tend to neglect during the summer months when digestion slows down.

BLOOD PURIFIER AND DETOX AGENT

In most conventional health systems, falsa is thought to be a natural blood cleanser. Its detoxifying nature cleanses the body of toxins, cleanses the blood, and keeps the liver healthy.

Drinking falsa juice regularly during summer can keep the body light, energized, and free of toxins.

HIGH IN MICRONUTRIENTS

Falsa is rich in many essential nutrients like potassium, calcium, phosphorus, and vitamin C. Potassium maintains blood pressure, calcium builds bones, and vitamin C boosts immunity and makes the skin healthy.

Falsa also contains a good amount of iron, which improves hemoglobin levels and can be useful for individuals suffering from anemia.

SKIN AND BEAUTY BENEFITS

The cooling and purifying property of falsa also makes it skin-friendly. It prevents acne, decreases pigmentation, and gives a natural shine.

Falsa pulp (used along with rose water) applied as a face pack is an old remedy to treat sunburn and inflammation.

So the next time you spot those small purple berries at the grocery store, don't pass by—grab a bunch and give your body the summer love it needs.

Face mask no's: Ingredients you shouldn't add

DIY face masks hold a certain allure—crafted from basic kitchen staples, they boast a plethora of benefits promising to impart a radiant, supple, and elastic skin texture. Natural and convenient, face mask offers a quick remedy whenever your skin craves attention. Yet, not all kitchen essentials are skin-friendly. Some may provoke irritation and exacerbate skin conditions, such as dryness, redness, acne flare-ups, and more. As the weekend approaches and you contemplate treating your skin right, here's a rundown of kitchen ingredients best left out of your DIY skincare routine.

Coconut Oil

Renowned for its myriad benefits, coconut oil serves as a go-to for spot correction, pigmentation lightening, and skin nourishment. However, direct application of coconut oil to the skin can prove detrimental, particularly for individuals with combination, oily, or sensitive skin. Given the propensity of oily skin to harbor excess sebum, adding external oil exacerbates the issue, leading to irritation and acne formation.

Lemon

Despite its numerous benefits, lemon's acidic properties render it unsuitable for direct application in DIY skincare. While its antioxidant prowess entices many to use lemon juice on their faces, its acidic nature disrupts the skin's pH balance. If opting for lemon, ensure to blend it with other beneficial ingredients in modest proportions.

Vinegar

Another kitchen staple unfit for inclusion in DIY face masks, vinegar, despite its anti-inflammatory prop-



erties, poses a threat to skin health by disrupting the skin's pH balance and promoting over-exfoliation.

White Sugar

Utilizing white sugar for exfoliation poses a risk to facial skin, given its thinner texture compared to other body parts. This abrasive substance can damage delicate skin tissues, resulting in redness and irritation, particularly for those with sensitive skin.

Olive Oil

Although revered for its moisturizing properties, olive oil's inclusion in DIY skincare regimens can spell trouble for oily skin types. Application of olive oil may exacerbate sebum production, culminating in acne breakouts. In essence, these are the kitchen ingredients best avoided when aiming to nurture and enhance your skin's radiance and vitality with a face mask.

Mastering the basics of preparing the batter can be easily picked up with a little practice to gain perfection. Who needs the oven after that?

Sangeeta Gupta has been good enough to share a few tips on baking with a kadahi/pateela that should boost your confidence.

BAKING THE DESI WAY

Take a kadahi/pan, or pateela (deep and heavy bottom) and place a small steel stand inside it.

Cover it entirely with a lid. Now pre-heat for 10 minutes on a gas stove at medium flame.

Place the cake tin with batter in the preheated kadahi, cover with lid and cook for 15-20 minutes on low-medium flame. Check the cake with a toothpick and if it comes out clean, remove the tin and switch off the gas.

IMPORTANCE OF SCIENCE TOURS AND EXHIBITIONS IN DEVELOPING SCIENTIFIC THINKING AMONG STUDENTS

In the modern age of science and technology, education cannot remain limited to textbooks and classroom lectures alone. Scientific knowledge becomes meaningful only when students observe, experiment, question and connect theory with real life. Science tours and science exhibitions play an essential role in achieving this goal. They provide students with practical exposure, encourage curiosity and help develop scientific and critical thinking. Such educational activities transform students from passive learners into active explorers of knowledge.

Traditional classroom teaching often focuses on memorization of facts, formulas and definitions. While theoretical understanding is important, science itself is based on observation, experimentation, analysis and evidence. Science tours and exhibitions allow students to experience these principles directly.

When students visit a science museum, research laboratory, planetarium, agricultural university, industrial plant, wildlife sanctuary, or environmental project, they see scientific concepts working in reality. A student who reads about electricity in a book may better understand it after observing power generation in a hydroelectric plant. Similarly, learning

about biodiversity becomes more meaningful after visiting a botanical garden or wildlife reserve.

This connection between theory and practice strengthens conceptual understanding and improves long-term learning.

Scientific temper refers to the habit of questioning, reasoning, observing facts and accepting conclusions based on evidence rather than superstition or blind belief. Science tours and exhibitions are powerful tools for developing this scientific attitude among students.

During exhibitions, students prepare models, conduct experiments and explain scientific principles to others. This process teaches them how to think logically and systematically. They learn to ask questions such as: Why does this happen?

What is the scientific explanation?

How can this problem be solved?

What evidence supports this conclusion?

Such inquiry-based learning develops rational thinking and analytical abilities. Students begin to understand that science is not merely a subject but a method of understanding the world.

Critical thinking is the ability to analyze information objectively and make reasoned judgments. Science activities outside the class-

room naturally encourage this skill.

For example, when students visit an environmental research center, they may observe pollution control systems and compare them with the environmental conditions in their own locality. This comparison encourages them to evaluate problems critically and think about practical solutions.

Similarly, science exhibitions promote creativity and innovation. Students often design working models related to renewable energy, robotics, water conservation, agriculture or health technology. While preparing these projects, they must identify problems, test ideas and improve their designs through trial and error. This process develops problem-solving abilities and innovative thinking.

Such experiences are especially important in the twenty-first century, where societies require creative thinkers and scientific innovators.

Many students lose interest in science because they consider it difficult, theoretical, or disconnected from daily life. Science exposure visits help remove this fear by making learning enjoyable and interactive. Visits to universities, laboratories, medical colleges, observatories, space centers and industrial research institutions introduce students to the exciting

world of scientific careers. They interact with scientists, engineers, doctors and researchers who explain how scientific discoveries improve human life.

These interactions inspire students to pursue higher education in fields such as: Physics, Chemistry, Biology, Environmental Science, Biotechnology, Engineering, Space Science, Artificial Intelligence, Agricultural Science, Medical Research.

Students also gain awareness about research opportunities, scholarships, scientific institutions and career pathways. Exposure at an early age often motivates talented students to become future scientists and innovators.

Science exhibitions require students to present ideas clearly before teachers, judges, parents and fellow students. Explaining scientific concepts in simple language improves communication skills and confidence.

Group projects also teach teamwork, cooperation and leadership. Students learn how to divide responsibilities, conduct experiments together and solve problems collectively. These qualities are valuable not only in scientific careers but in all areas of life.

Science tours provide experiential learning, which is often more effective than theoretical instruction alone. Students remember what they personally observe and

experience.

For instance: A visit to a weather station helps students understand climate measurement instruments.

A trip to a dairy plant demonstrates principles of food preservation and microbiology.

Visits to farms expose students to scientific agriculture and irrigation methods. Tours to industrial units explain practical applications of chemistry and engineering.

Planetarium visits increase understanding of astronomy and space science.

Such exposure broadens students' knowledge and connects classroom science with society and industry.

Science exposure visits also create environmental awareness among students. Visits to forests, wetlands, recycling plants, solar energy parks and water treatment facilities help students understand environmental challenges such as pollution, climate change, deforestation and water scarcity.

Students realize the importance of sustainable development and scientific solutions for protecting natural resources. This awareness encourages responsible citizenship and environmentally conscious behaviour.

In many rural or economically weaker regions, students may have limited access to laboratories and

advanced scientific equipment. Science exhibitions become particularly valuable in such situations because they provide opportunities for hands-on learning and exposure to new technologies. Mobile science exhibitions, district-level science fairs and school innovation competitions help identify talented students from all backgrounds. They encourage scientific curiosity among children who may otherwise remain disconnected from modern scientific developments.

Science tours and exhibitions also contribute to students' overall personality development. They reduce classroom monotony and make learning enjoyable. Students become more confident, independent, observant and disciplined.

Educational psychologists have observed that experiential learning improves memory retention, observation skills, Curiosity, Motivation to learn, Self-confidence, Practical intelligence.

Students also develop a positive attitude toward learning when they see science as exciting and meaningful. Despite their importance, science tours and exhibitions are sometimes neglected due to financial limitations, lack of planning, or academic pressure. Educational institutions and governments must recognize

that such activities are not extracurricular luxuries but essential components of scientific education.

Schools should organize regular educational tours, establish science clubs and encourage participation in exhibitions and fairs, provide laboratory facilities, collaborate with scientific institutions and universities, promote project-based learning. Parents and society should also support these initiatives because scientific awareness is essential for national progress.

Science tours and exhibitions are powerful educational tools that bridge the gap between theoretical knowledge and practical understanding. They nurture scientific temper, critical thinking, creativity, curiosity and problem-solving abilities among students. Such activities inspire learners to pursue higher scientific studies and prepare them for meaningful participation in a technology-driven world.

By exposing students to laboratories, industries, environmental projects, museums and scientific institutions, science education becomes lively, practical, and socially relevant. In an age where scientific literacy is essential for national development and global progress, science tours and exhibitions must become an integral part of every educational system.

Allahabad High Court biggest contributor to backlog of decades-old cases

LUCKNOW: The country's judicial backlog continues to be weighed down by decades-old litigation, with the Allahabad High Court emerging as the single biggest contributor to long-pending cases in the higher judiciary, according to data placed before Parliament by the Centre.

In a written reply to the Rajya Sabha last week, minister of state (Independent Charge) for law and justice Arjun Ram Meghwal said that while the Supreme Court had 26 cases pending for more than 30 years, the 25 high courts together had 80,680 such cases. Strikingly, the Allahabad High Court alone accounted for 53,787 of them — nearly two out of every three cases pending for over three decades in the country's high courts.

The figures, based on the National Judicial Data Grid (NJDG) as on July 16, 2026, also show that the Allahabad High Court has the highest overall pendency among all high courts at 1.22 million cases. Of these, 161,000 have been pending for more than 20 years, 488,000 for over 10 years, and 730,000 for more than five years. More than 1.07 million cases, which is about 88% of its total docket, are over a year old.

The data underscores the disproportionate burden borne by the Allahabad High Court. While it accounts for roughly one-fifth of the total pendency across all 25 high courts (1.22 million out of 6.47 million cases), it alone houses around 67% of all cases pending for over 30 years, more than one-third of cases older than 20 years, and about 30% of all cases pending for over a decade.

The next highest number of cases pending for over 30 years was reported by the Calcutta High Court at 11,417, followed by the Bombay High Court (3,901).

Patna High Court (3,513), Madras High Court (3,118) and Rajasthan High Court (2,111). However, each of these courts trails Allahabad by a wide margin.

Overall, the high courts had 6.47 million pending cases as on July 16. Of these, 452,000 had been pending for more than 20 years, 1.61 million for over 10 years, 2.97 million for over



five years and 5.24 million for more than a year.

To be sure, the Allahabad High Court is currently functioning with just 108 judges against a sanctioned strength of 160, leaving 52 vacancies — a vacancy rate of 33%, among the highest in the country.

The vacancy figures, however, do not by themselves explain the persistence of decades-old litigation. Several high courts are functioning with a higher proportion of vacant judges than Allahabad's 33%, yet have a far smaller stock of the country's oldest cases. The Calcutta High Court, for instance, has a vacancy rate of 43% but 11,417 cases pending for more than 30 years. The Orissa High Court has 45% vacancies but only 376 such cases, while the Jammu & Kashmir and Ladakh High Court, despite the country's highest vacancy rate of 52%, has just four cases pending for over three decades.

Gujarat and Punjab & Haryana, each with 35% vacancies, have only 19 and 303 cases, respectively, in the over-30-year category. The Supreme Court had 96,024 pending matters, including 26 pending for over 30 years, 558 for over 20 years, 10,694 for more than a decade, 24,111 for over five years and 49,248 for more than one year.

The data also points to an equally daunting challenge in the subordinate judiciary, where nearly 50 million cases remain pending across the country. District and subordinate

courts together had 49.8 million pending cases, including 81,275 that are over 30 years old, 721,000 pending for more than 20 years and 5.43 million pending for over a decade.

Among subordinate courts, Uttar Pradesh had the largest backlog at nearly 11.9 million cases, including 37,394 matters pending for over 30 years and more than 2.3 million cases older than a decade. Maharashtra followed with 6.18 million pending cases, while West Bengal had 4.1 million and Bihar 3.76 million pending matters.

Responding to a question by Rajya Sabha member Dilip Kumar Ray Meghwal reiterated that disposal of cases falls within the exclusive domain of the judiciary and send pendency arises from multiple factors, including the complexity of cases, nature of evidence and cooperation of stakeholders such as lawyers, investigating agencies, witnesses and litigants.

The minister said the Centre has nevertheless undertaken several measures to improve the justice delivery system, including the 72,210-crore Phase III of the e-Courts Project, the Fast Track Special Courts scheme for rape and POCSO cases, constitution of arrears committees in all high courts and district courts to clear cases, legislative amendments aimed at reducing pendency, and promotion of alternative dispute resolution mechanisms such as Lok Adalats.

Union Minister Virendra Khatik states Modi government is committed to the upliftment of the DNT community

Central Government's DNT Community Inclusion Program Concludes

NEW DELHI: A DNT (De-notified Tribes) Board has been constituted for the DNT and Scheduled Caste communities — which comprise over 48 distinct castes. Through this Board, financial assistance and welfare schemes are being implemented across various sectors such as business, education, health, and employment for all sections of the community. A national-level DNT Board has been established to actively facilitate the provision of public amenities and rights to people across the country. The Modi government at the Centre is fully committed to according dignity to the DNT community, efforts across the community's upliftment are proceeding on a war footing through the Ministry and the Board. For



the first time, the Board organized a grand event at the Ambekar Auditorium in New Delhi, featuring an exhibition where members of the DNT community displayed handicraft items, textiles, and household

Verma, and prominent figures from the Scheduled Caste and DNT communities, such as Bharatbhari Babubhai, Pravin Shivaji Rao Ghuge, Mahant Gururaj Raju Nath Chandel, Kavita Rathore, Dr. Umesh Yadav, former MP Advocate Dharamraj Gogoi, Rajesh Kumar, C.L. Meena (BJP MP Morcha State President), Radheshyam Bhardwaj, Surendra Manihar, Naresh Chauhan, Sardar Rathore, Sanjay Gadiya, Dharmraj Sultapur, Sunil Gadiya, Vikas Kumar, Devi Hiral Bawaria, Chaman Singh, Harish Mahant, Roshan Maharaj, Satpal Sapera, Vatiya, Joginder Singh, Babu Singh Dukhiya, Indrapati Nath (Nath community), Hari Singh Pehlawan (Nath community), and others

Tamil Nadu Minister unveils Rs.947 cr highway four-laning project, assures DPRs for 182 demands

CHENNAI: Tamil Nadu Minister Aadhar Arjuna unveiled a highway four-laning project at an estimated cost of Rs.947.46 crore, assuring DPRs for 182 other demands put forth by the members in the Assembly. Responding to the grievances expressed by the legislators on the state of road infrastructure across Tamil Nadu, the Public Works Minister informed the House that Detailed Project Report works have already been initiated across key industrial corridors and high-risk accident zones. The minister revealed that 182 MLAs have submitted formal requests for bypass infrastructure, and assured the House that the government is addressing these demands systematically. At an extensive discussion



on state road infrastructure during Question Hour in the House, the legislators across party lines raised urgent demands for bypass roads, high-level bridges, and junction upgrades to tackle rising traffic congestion and accident rates. Arjuna announced a mass plan to upgrade 43.16 km stretch of National

approval, he said. DMK member and former Chief Minister O Panneerselvam requested dedicated bypass roads to relieve severe bottlenecks along the busy Madurai-Theni corridor, especially at Uslampatti and Andipatti. CPI member T Ramachandran called for bypass infrastructure to manage the heavy influx of commercial vehicles originating from nearby industrial hubs. Cumbum MLA Jagannath Mishra flagged the alarming frequency of fatal road accidents in his constituency, urging immediate bypass solutions. AIADMK member Arumudhi Devan pressed for a roundabout or an elevated flyover to curb recurring crashes at major local intersections.

Gogi, 'gotra', 'court me murder' song: Police reveal motive behind Ankit Baliyan killing

NEW DELHI: The killing of Ankit Baliyan — Haryana singer-YouTuber, outside a gym in Uttar Pradesh's Shamli last week is suspected to have stemmed from an offence the accused party took over a song linking it with the 2021 court murder of gangster Jitender Maan alias Gogi in Delhi's Rohini.

Two suspects in the murder of Ankit Baliyan were killed in police shooting after they opened fire on personnel on being stopped.

The gunfire took place near the Indian Gas godown on Kairana Road, where a joint team of Shamli Kotwali police, Jhijnahana police and the SWAT team intercepted the two suspects, identified as Mohit, 22, and Sumit, 24, both residents of Sonapat according to Haryana, according to UP Police Additional Director General (ADG), Law and Order, Amitabh Yash. Giving details on the death of the suspects and the investigation findings so far, Shamli superintendent of police Narendra Pratap Singh said on



Monday, since the Ankit Baliyan murder, I had ordered that night-time barricading and checks be carried out at every intersection in the district. "I had ordered the implementation of a blockade plan from midnight to 6.00 AM to ensure no vehicle could enter the district without being checked. Today, around 4.00 AM, while SHO Virendra Kasaana of Hijana was conducting checks near his station, he spotted a motorcycle approaching from the direction of Karnal. He attempted to stop it. Two criminals were riding the bike; they immediately opened fire at him. He had a narrow



escape, although his vehicle was hit by a bullet. He immediately sent a message over the wireless. The suspects' vehicle sped away and turned towards Kairana. When they reached beneath the Manna Madra bridge, SHO. Once surrounded by the police, the criminals took up position and opened fire, the SP said, adding that in their firing, two constables sustained serious injuries. They were admitted to the district hospital in Shamli and have been referred to a higher medical centre. Following retaliatory firing by the police, both criminals were

seriously injured. They were taken into custody and subsequently died of their injuries. Gogi, 'court me murder' song linked to Baliyan's killing Asked about the findings in the case so far, SP Singh said interrogation of the accused revealed that Ankit Baliyan made a song "Court me goli maareng meri jaan... judge ke pasenge aayenge" (I will shoot you down in court... even judge would be left sweating) that was linked to the 2021 Rohini court murder of gangster Jitender Maan alias Gogi by his gang members.

The members of Gogi's gang had asked Baliyan not to make such a song saying it dishonoured them, the SP said, adding that the Haryana singer did not listen. The song subsequently went in support of rival gangster Tiliu Talpura, who was alive at that time, said SP Singh. He added that since Talpura was also of Baliyan 'gotra' and Ankit was also a Baliyan, the people involved in the gang believed that the song was made to target or insult them.

IAS officer arrested over Karnataka Public Service Commission exam fraud

BENGALURU: The Criminal Investigation Department (CID) on Sunday arrested IAS officer Gyanendra Kumar Gangwar in connection with alleged irregularities in the Karnataka Public Service Commission (KPSC) examination for 400 veterinary officer posts, officials familiar with the matter said. Gangwar, a 2018 batch Indian Administrative Service (IAS) officer who is currently Director of Micro, Small and Medium Enterprises, was the KPSC examination controller from February 2024 to March 2026. He was taken into custody late Saturday after several hours of questioning. Officials said investigators found inconsistencies in his statements and felt he was uncooperative. He was produced before a magistrate on Sunday and was remanded to judicial custody. He was later taken to Parappana Agrahara prison, they said. "We took him into custody on Saturday and the arrest was formalised by Sunday afternoon," said an official familiar with the development. According to officials, Gangwar



was questioned for about nine hours in Bengaluru on Friday before the interrogation continued on Saturday. Investigators are examining his role in the examination's conduct, including the handling of question papers, evaluation and alleged manipulation of OMR answer sheets. The FIR alleges that Gangwar received 11.1 crore from 2 candidates in return for tampering with their OMR sheets. He has been booked under Section 318 (3) of the Bharatiya Nyaya

Sanhita (BNS) and Section 10 of the Karnataka Public Examination (Measures for Prevention of Corruption & Unfair Means in Recruitment) Act. The state government transferred the case to the CID on July 28 after two cases were registered at Vidhana Soudha police station. The complaint was filed by veterinarian Manjunath against suspended former KPSC chairman Shivashankarappa S Sahukara and others.

ED steps into NEET-UG paper leak case, seeks CBI's records

NEW DELHI: The Enforcement Directorate (ED) has formally sought the Central Bureau of Investigation's (CBI) complete case records in the alleged NEET-UG 2026 paper leak, as the financial crimes agency examines the alleged financial trail behind the examination scandal, people familiar with the development said on Sunday. The ED has sought the CBI's charge sheet, witness statements, relied-upon documents and other case material through official channels. The request marks the first time the financial crimes investigation agency has formally sought information from the CBI in connection with the case. ED seeks financial angle in alleged examination scam The move could add a new dimension to the investigation. While the CBI has investigated the alleged conspiracy behind

the leak — from the setting of the question papers to the beneficiary candidates — the ED is examining the alleged financial aspects of the case and transactions connected with the alleged irregularities.

The ED has not yet registered a case under the Prevention of Money Laundering Act (PMLA), 2002. People familiar with the matter said the agency is seeking to study the CBI material while it waits for the ongoing court proceedings in the CBI case to conclude. "We definitely want to investigate a financial angle in the NEET-UG paper leak, but we will wait for CBI's court proceedings to get over, which are currently ongoing in a fast-track court in Delhi," an official said, requesting anonymity. "For now, we have approached the CBI through proper official channels for its charge sheet,



relied-upon documents and other case files so that we can study the alleged irregularities," the official added. CBI charge sheet names 13 accused in leak case The CBI filed its charge sheet earlier this month against all 13 people arrested in the case, saying its investigation had traced the alleged leak from the paper

setters to beneficiary candidates and uncovered the alleged conspiracy. The three paper setters appointed by the National Testing Agency (NTA) — Manisha Gurunath Mandhare for Botany and Zoology, Prithal Vithalrao Kulkarni for Chemistry, and Manisha Sanjay Havaldar for Physics — have been named as

accused in the case. According to the CBI charge sheet, Kulkarni allegedly transcribed 135 Chemistry questions, along with their answer keys, on small pieces of paper and took them out of the confidential area. Mandhare and Havaldar allegedly memorised questions and their parameters and later reconstructed them with the help of textbooks, according to the agency's case. Agency relies on 360 witnesses, 422 documents The CBI has invoked provisions relating to criminal conspiracy, cheating, criminal breach of trust and destruction of evidence, besides provisions of the Prevention of Corruption Act and the Public Examinations (Prevention of Unfair Means) Act, 2014. The agency has relied on 360 witnesses, 422 documents and 43 material objects

to support its case. All 13 people named in the charge sheet are in judicial custody, while the CBI is continuing its further investigation. The CBI has so far said that no NTA official has been found involved in the alleged leak. The government has subsequently announced changes to the NTA's examination system. The education ministry said on August 17 that more than 50 NTA staff had been removed and 10 professional leadership positions were being filled. The NTA subsequently said its examination team had been revamped, with 600 subject experts removed and new experts brought in, besides the introduction of a four-tier question-paper scrutiny system. The move could add a new dimension to the investigation. While the CBI has investigated the alleged conspiracy behind

the leak — from the setting of the question papers to the beneficiary candidates — the ED is examining the alleged financial aspects of the case and transactions connected with the alleged irregularities. The ED has not yet registered a case under the Prevention of Money Laundering Act (PMLA), 2002. People familiar with the matter said the agency is seeking to study the CBI material while it waits for the ongoing court proceedings in the CBI case to conclude. The Enforcement Directorate has formally sought the Central Bureau of Investigation's complete case records in the alleged NEET-UG 2026 paper leak, as the financial crimes agency examines the alleged financial trail behind the examination scandal, people familiar with the development said on Sunday.

CONTINUATION

Centre For Security Threats Among Key Decisions as India Highlights 13 Outcomes From SCO Summit

strengthen its engagement with Central Asia and the wider Eurasian region.

Another outcome is a protocol on amendments and additions to the SCO Charter, which enables India to participate in shaping the grouping's evolving institutional framework and supports the inclusion of English within the SCO framework.

The SCO is a political, economic and security grouping founded in 2001 by China, Kazakhstan, Kyrgyzstan, Russia, Tajikistan and Uzbekistan. It has since expanded to include India, Pakistan, Iran and Belarus as full members, with several other countries holding observer or dialogue-partner status.

The SCO framework is essentially a permanent Eurasian intergovernmental and regional cooperation organisation focused on security, counter-terrorism, and economic and political collaborations.

The grouping marked its 25th anniversary this year, with the summit held in Bishkek under Kyrgyzstan's chairmanship.

The MEA on Tuesday also highlighted a decision approving regulations for the executive committee of the SCO Anti-Narcotics Centre, which would facilitate closer coordination among member states against cross-border narcotics trafficking and narco-terrorism.

A programme on combating drug addiction and another on the proliferation of synthetic drugs and their precursors, which would run up to 2030, were also among the 13 outcomes.

The first programme seeks to facilitate exchange of best practices in prevention, treatment and rehabilitation, while the second aims to improve information-sharing and operational coordination among enforcement agencies.

The MEA also listed statements on cooperation in energy conservation and energy efficiency, and on the development of energy syms.

These provide scope for exchange of technology, experience and best practices and cooperation in modernising and strengthening the resilience of energy systems, MEA said.

An SCO statement on providing assistance to states affected by emergencies was also highlighted. It provides for sharing of expertise and capacity-building in disaster management and humanitarian assistance and disaster relief, it said.

Another protocol seeks to amend the 2010 agreement on cooperation among SCO governments in combating crime. The amendment is aimed at strengthening coordination among law-enforcement agencies against organised and cross-border crime.

The MEA also highlighted a Memorandum of Understanding (MoU) on cooperation in combating climate change, which provides a platform for cooperation on climate adaptation and mitigation, climate-resilient development and technology.

An MoU between authorised agencies of SCO member states on cooperation in the field of information was also among the outcomes. It is aimed at promoting institutional exchanges and wider dissemination of India's perspectives and initiatives within the SCO information space.

An MoU on cooperation in the field of artificial intelligence was the final outcome highlighted by the MEA. It provides scope for India to share its digital and AI experience, promote responsible and inclusive use of AI and expand technology and innovation partnerships within the SCO, the ministry said.

Lt Governor reviews security scenario in J&K

Highlighting the emerging challenges in the cyber and social media space, the Lieutenant Governor directed for close monitoring of social media platforms to counter anti-national propaganda, digital misinformation and online blackmailing.

During the meeting, the DGP and Principal Secretary Home apprised the Lieutenant Governor of the overall security scenario in Jammu Kashmir, IGs, DIGs and Divisional Commissioners briefed the Lieutenant Governor on the security situation in their respective areas, anti-terror operations, law and order, drug smuggling and other emerging challenges.

The meeting also had comprehensive and detailed deliberations on a wide range of other critical issues. The Lieutenant Governor instructed all officers to maintain heightened operational vigilance, seamless inter-agency coordination and a proactive approach to safeguarding peace and maintaining law and order in the UT.

L-G VK Saxena flags off the Inaugural**Ladakh Bike Week 2026**

participate in the Galwan Motorcycle Rally, traversing some of the strategically and geographically significant landscapes of eastern Ladakh, representing a symbolic journey that celebrates adventure, national integration, and the spirit of exploration in Ladakh.

The Himalayan Basecamp at Chuchot, Leh, scheduled from September 4 to 6, will be another major attraction. It will feature activities, experiences, demonstrations, workshops, exhibitions and community engagement programmes and is expected to attract around 5,500 visitors every day.

The Vintage Motorcycle Showcase, from September 1 to 7 at Leh Market, will feature 15 curated classic and vintage motorcycles representing different eras of motorcycle heritage.

Ladakh Bike Week 2026 is one of the eight flagship UT-level tourism festivals identified for destination promotion, visitor engagement and diversification of tourism across the region. Conceived as a signature celebration of Ladakh's global reputation as a motorcycling destination, under the guidance of LG, Shri Saxena, the event aims to showcase its unique landscapes, culture, heritage and hospitality while generating new opportunities for local communities and businesses.

The Lieutenant Governor, while interacting with the bikers, emphasised that the growth of adventure tourism must remain responsible, safe and environmentally sustainable, ensuring that the increasing popularity of Ladakh translates into meaningful opportunities for local youth, entrepreneurs and communities while protecting the region's fragile Himalayan environment.

"Ladakh's rugged mountains, high-altitude passes and breathtaking landscapes have already made it a dream destination for motorcycle enthusiasts from across the country and the world. Through Ladakh Bike Week, we want to take this growing identity to the next level by

showcasing Ladakh as a destination for adventure, experience and responsible tourism. I urge every visitor and every rider to explore Ladakh responsibly, respect its fragile Himalayan environment and carry back not only memories of its magnificent landscapes, but also the warmth of its people and the richness of its culture," said L-G Shri Saxena.

Notably, Ladakh Bike Week 2026 is also expected to contribute significantly to the local economy and benefit the tourism units in terms of increased occupancy in hotels, guest houses, homestays and tourism establishments while creating business opportunities for transport operators, guides, restaurants, handicraft sellers and local service providers. The event will also provide a platform to promote lesser-known tourism destinations, local experiences and community-based tourism initiatives.

Chief Minister Omar Abdullah revamps J&K Cancer

Treatment, Management Fund for poor families.

Furthermore, recognising that cancer recovery demands sustained assistance, the administration has replaced the old one-time grant with up to three distinct financial sanctions.

The revised scheme showcases a modern transformation when evaluated against the original 2010 guidelines. The Chief Minister Omar Abdullah's updated initiative institutes clear assistance slabs of ₹75,000 for families earning up to ₹3 lakh annually and ₹50,000 for those earning between ₹3 lakh and ₹4 lakh.

Further, beneficiaries are no longer confined to a short list; they can now access care at any hospital empanelled under the Ayushman Bharat-PMJAY-SHAT network.

The modified scheme modifies traditional approach of assistance sent to hospital accounts. Instead, direct bank transfers via Direct Benefit Transfer (DBT) to the patient shall be made. Further, once sanction is received from the Chief Minister's office, Deputy Commissioners are required to deposit sanctioned funds directly into beneficiary bank accounts within 72 hours of release from the Chief Minister's Secretariat.

This modified scheme is the government's decisive move to address financial vulnerability of patients suffering from life-threatening disease and to provide governmental support to the families in need.

CM Omar Abdullah meets newly inducted IAS officers, other deputations, senior officers

Omar Abdullah extended his best wishes to the officer for his new assignment and discussed matters pertaining to the security and policing environment in the Kashmir region.

Managing Director, Ernst & Young (E&Y), Amit Khandelwal, and Regional Head, E&Y, Navreet Singh, also called on the Chief Minister. The delegation briefs him on the work being undertaken by the firm in Jammu & Kashmir.

J&K Govt Promotes, Regularises 53 Faculty Members Across Five Medical Colleges

At Government Medical College, Jammu, 13 faculty members were promoted or regularised. The beneficiaries include Dr Vikrant Singh in Surgical Gastroenterology, Dr Ajay Gupta, Dr Updesh Kumar, Dr Neha Sharma and Dr Santosh Devi in Anaesthesiology, Dr Rahul Sharma and Dr Sandeep Khan in Radiation Oncology, Dr Ashima Baidya in Biochemistry, Dr Kiran Bala in Community Medicine, Dr Monica Manhas and Dr Shazia in Physiology, and Dr Shahnaz Choudhary and Dr Parveen Akhtar in Anatomy.

Ten faculty members at Government Medical College, Doda, were promoted or regularised. They include Dr Najmus Saqib in Paediatrics, Dr Madhu Kapoor Chib in Obstetrics and Gynaecology, Dr Garima Charak in Physiology, Dr Khalid Muzaffar and Dr Arpan Bijyal in Orthopaedics, Dr B. Bar Rashid Zargar in General Surgery, Dr Sumat-UI-Khurdish in Pathology, Dr Rahul Muzaffar in ENT, Dr Rajat Rakesh Khajuria in Dentistry and Dr Mir Kaisar Ahmad in Biochemistry.

At Government Medical College, Rajouri, seven faculty members received promotions or regularisation to higher posts. They include Dr Shuja Akhtar Qadri in Community Medicine, Dr Suhail Bhanday in Anaesthesiology, Qazi Najeib in Biochemistry, Dr Meenakshi Khajuria and Dr Rohini Sharma in Pathology, Dr Shivani Panthoria in Dermatology, Venerology and Leprosy, and Dr Sarish Shama in Dentistry.

Meanwhile, Dr Mahmood Rashid, Associate Professor of General Surgery at Government Medical College, Baramulla, was promoted and regularised as Professor.

The promotions were made following recommendations received from the Departmental Promotion Committee and the Jammu and Kashmir Public Service Commission through letters issued on August 19, 2026.

The government orders clarified that all promotions and regularisations would remain subject to the outcome of any writ petitions pending before courts of competent jurisdiction.

The orders were issued by the Health and Medical Education Department by order of the Government of Jammu and Kashmir.

J&K Govt Authorises Police, Excise and Revenue Officials Under NDPs Act

extends the authority to Additional Deputy Commissioners, Assistant Commissioners Revenue, Sub-Divisional Magistrates, Tehsildars (Territorial) and Naib Tehsildars (Territorial) of the Revenue Department.

The notification was issued by Chandra Bhanu, IAS, Principal Secretary to the Government. Home Department, by order of the Lieutenant Governor.

NIA court rejects bail to school teacher

arrested for backing Hizbul terrorists in J&K

Investigation Agency (NIA) in the case on May 22, 2021. The case was initially registered at Kishtwar police station under various sections of the Unlawful Activities (Prevention) Act (UAPA), the Arms Act, the Narcotic Drugs and Psychotropic Substances Act, and Indian Penal Code. The FIR followed terrorists led by Haroon Ahmad Wani snatching the service weapon of head constable Dileep Singh, who was posted as escort in charge of the then Kishtwar deputy commissioner, along with three magazines and 90 rounds from his rented accommodation on March 8, 2019.

The NIA subsequently took over the case. The defence sought bail for Malik seeking prolonged incarceration, arguing that he had spent more than five years in jail.

However, the NIA argued that the accusations against Malik were serious, that prima facie material existed against the accused's role in the case, and that his release could prejudice the remaining trial.

The prosecution alleged that Malik had worked as an over-ground worker for proscribed terror outfit Hizbul Mujahideen and had provided food, shelter and other logistical support to terrorists Haroon Abbas Wani and Tahir Ahmad Bhat from June 2019 to January 2020, until Wani was killed by security forces on January 15, 2020. The NIA informed the court that Malik had been motivated to work for the cause of "jihad" and had provided the terrorists shelter at his house as well as in an underground cave near his residence.

The prosecution said there remained a possibility that, if released, he could again be used by terrorist handlers to provide clandestine support.

"The accused is a highly motivated terror associate who had repeatedly put up hectic efforts to support terror-related activities... He was about to join the Hizbul Mujahideen as an active terrorist, but fortunately he was arrested by police at the right time," it said.

After considering the submissions of both sides, the Special Judge concluded that the nature and gravity of the allegations, the material available on record, the progress of the trial and the possibility of the accused influencing witnesses weighed against his release.

ACB arrests two police officers in Rs 15,000 bribery case

for illegal gratification. Accordingly, Case FIR No. 12/2026 under Sections 7 and 7A of the Prevention of Corruption Act, 1988, and Section 61(2) of the BNS was registered at Police Station ACB Srinagar, and an investigation was taken up. The spokesperson said that during the course of the investigation, a trap team was constituted. The team caught Ravi Jee Bhat, Sub-Inspector, Police Station Ram Munshi Bagh, red-handed while demanding and accepting the Rs 15,000 bribe on behalf of the case's IO, PSI Karanjeet Singh, from the complainant. He said the bribe amount was recovered from the accused's possession in the presence of independent witnesses. Bhat was taken into custody in accordance with law, while his co-conspirator, PSI Karanjeet Singh, was subsequently arrested by the Bureau. Further investigation is in progress.

Land Grabbing Bid Using Forged Records:**Crime Branch Chargesheets Srinagar****Resident, Deceased Patwari**

for the basis of forged documents. A probe was ordered into the complaint. During investigation, the allegations were found substantiated with evidence of fraudulent documentation, misrepresentation of facts and alleged misuse of official position. The investigation was closed as "Proved" and the chargesheet was submitted before the competent court for judicial determination, it said. Crime Branch has appealed to the public to remain vigilant against economic frauds and report suspicious activities to SSP EOW Kashmir on email spseow-lmr@kpolice.gov.in.

Dr Jitendra for wider awareness about Rs 1**Lakh Crore RDI Fund among stakeholders**

The Minister said that TDB was created with the vision of ensuring that technologies do not remain confined to laboratories but are translated into products, solutions and enterprises that can bring ease of living to citizens, provide livelihoods and contribute to the overall economy of the country. He said that the occasion of the 30th Foundation Day was an opportunity to look back at how far this spirit had been carried forward.

Dr. Jitendra Singh said that over the last 12 years this spirit had been vindicated and credited Prime Minister Narendra Modi with placing science, technology and innovation high on the government agenda. He described the period as a decade of scientific renaissance in the country, highlighting achievements in science and technology and India's ability to deliver cost-effective successes.

Emphasising the importance of changing mindsets, the Minister said that continuous learning and curiosity would be essential to keeping pace with rapid technological developments. He stressed that stakeholders must make the best use of the enabling environment provided by policymakers.

Dr. Jitendra Singh also highlighted the growth of the start-up ecosystem and called for prevailing myths about entrepreneurship to be dispelled. He noted that start-ups are not confined to Bengaluru or Hyderabad, that more than 50 per cent are from smaller towns, and that entrepreneurship is not necessarily restricted to young people. He also highlighted the participation of women in the ecosystem.

The Minister underlined the importance of openness to private-sector participation and said that this approach had been followed in sectors including space, biotechnology and the nuclear sector. He stressed that resource pooling and integration among institutions and stakeholders are important for strengthening the ecosystem. Dr. Jitendra Singh appreciated TDB's role in supporting the journey from laboratory to market and noted that the Board had, in practice, extended support beyond narrowly defined domains. He referred to examples including Skyroot and BoliLab, and said that moving beyond a conventional bureaucratic approach had enabled TDB to become an important part of the emerging technology ecosystem.

The Minister also highlighted the need for a culture of philanthropy in research. He said that funding research that ultimately contributes to the well-being of mankind should also be recognised as a form of worship and called for such a culture to be created.

Looking ahead, Dr. Jitendra Singh said that TDB should support technology development both in the early phase and at the later stage. He noted that the RDI Fund is offering support at a later stage at TRL4 level and that TDB is the first to roll out its proposals.

He said that TDB has set up a model of public-private transition and technology self-reliance which could become an important pillar of India's economy and contribute not only to India but also to the Global South. He further observed that strengthening India's technological capabilities would also strengthen the country's geopolitical status in the Global South and across the world.

The Minister said that the first thirty years of TDB were about building the bridge between the laboratory and the market, while the next thirty years should focus on building global technology champions from India. The accompanying address similarly emphasised the need to move from ideas to innovation, from innovation to industry and towards a truly developed India by 2047. Dr. Jitendra Singh extended his good wishes to TDB and called for the institution to continue building on its role in technology development, public-private transition and technology self-reliance.

HELPLINE

POLICE STATIONS

Bagh-e-Bahu	2549777
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
Trikuta 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	2433999
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	2457705
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.	2452813

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	2452664
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
Medialdi Nursing Home	2466744
Sita Nursing Home	2435007
Vibhuti Nursing Home	2547969

There was always another job for Deepti Sharma; somehow, she kept becoming better at all of them

NEW DELHI: Indian cricket loves the all-rounder. It has spent years discussing what Ravindra Jadeja allows a Test XI to do, how Hardik Pandya changes the construction of a white-ball side, and how precious a cricketer becomes when one selection can solve two, sometimes three, problems at once. Balance is among the most frequently used words in the game.

For more than a decade, Indian women's cricket has had a player who has provided precisely that luxury. Deepti Sharma has opened the batting, occupied the middle order, repaired collapses, finished innings, taken the new ball, strangled teams through the middle overs, bowled when batters are swinging for the death and remained one of India's sharpest fielders. The assignment has changed repeatedly. Deepti has rarely disappeared. On Sunday night in Dubai, another number arrived to put a measure on that remarkable longevity. Playing her 150th T20, Deepti returned scarcely believable figures of 3/0 from 1.1 overs as India dismissed Thailand for 65 and won their Women's Asia Cup opener by 94 runs. The third wicket took her to 171 in T20 internationals, making her the highest wicket-taker in the history of the format.

Yet even 171 tells only part of the story. Deepti had already moved beyond former teammate Jhulan Goswami's 355 wickets in T20 to become the highest wicket-taker across women's international cricket. Her latest three wickets have taken that overall collection to 362: 25 in Tests, 166 in ODIs and 171 in T20s.

The record has changed hands. What it should really



change, however, is the way Deepti Sharma is discussed.

Before the wickets, there were runs. Perhaps nothing explains Deepti's career better than a statistic that now feels almost misplaced beside her name. Long before she became the most prolific wicket-taker women's international cricket has seen, she was a teenage opener capable of producing one of the most extraordinary batting performances in the game's history.

In May 2017, at only 19, Deepti hammered 188 against Ireland in Potchefstroom. Alongside Punam Raut, she put on 320 for the first wicket, at the time the highest partnership for any wicket in women's ODIs and the first 300-run stand in women's international cricket. The significance today is not simply that Deepti could once bat higher up the order. It is that India possessed a player capable of making 188 as an opener and subsequently asked her to remodel herself around the requirements of the team. As the years passed, batting positions moved. Responsibilities changed. Her bowling became increasingly important.

Eventually, the off-spinner who had begun as one useful component of an unusually broad skill-set became one of India's pri-

mary weapons.

There was no dramatic reinvention. Innumerable Deepti simply kept adding. Her wicket-taking accelerated rather than merely accumulated. When she overtook Jhulan earlier this year, the numbers showed that 110 of her first 167 T20 wickets had arrived since the beginning of 2022. In ODIs too, 97 of her 166 wickets had come from 2022 onwards. This was not simply a longevity record being approached by someone surviving on past excellence. Deepti had become more productive as her career matured.

The cricketer India can move anywhere. Deepti's value has often been underestimated. Deepti is to call her an off-spinner who can bat. India have rarely had the luxury of defining her so narrowly. She has been a frontline bowler and a genuine batting option simultaneously, while her fielding has remained another independent source of value. When India coach Amol Muzumdar jokingly called her the team's "Ben Stokes" after the 2023 Test against England, the comparison came after a performance that almost sounded manufactured to demonstrate the meaning of an all-rounder.

Deepti scored 67 in India's first innings and then destroyed England with 5/7. She added four more

wickets in the second innings to finish with 9/39 as India completed a 347-run victory, then the biggest by runs in women's Test cricket. A few months later, came another reminder in an entirely different competition. In the 2024 Women's Premier League, Deepti scored 295 runs at an average of 98.33 and a strike rate of 136.57 while also taking 10 wickets. Against Delhi Capitals, she made 59 and claimed 4/15, becoming the first woman to combine a fifty and a hat-trick in the same T20 match.

This is the unusual thing about her career. Remove one part of Deepti Sharma's game and there is still enough left to construct a serious international cricketer. For much of her career, that versatility has perhaps worked against the size of her reputation. Specialists are easier to define. A devastating opener owns the highlights when she scores a hundred. A strike fast bowler owns the moment when she blows away a top order.

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Novak Djokovic breaks down in tears as 20-year Grand Slam streak ends at US Open

NEW DELHI: Novak Djokovic was reduced to tears during the deciding set of his US Open first-round match as the 24-time Grand Slam champion battled severe physical discomfort before suffering one of the earliest major exits of his career. The 39-year-old was beaten 7-6(5), 3-7, 4-6, 6-2, 6-1 by Argentina's Mariano Navone at Arthur Ashe Stadium, bringing his pursuit of a record-breaking 25th Grand Slam singles title to an abrupt end. Djokovic had fought back impressively after losing the opening set and moved two sets to one ahead, but his physical condition deteriorated sharply during the later stages of the contest. He was seen vomiting during the match, used an inhaler and took medica-



tion, while also repeatedly stretching and appearing troubled by his back and legs. By the fifth set, Djokovic's movement and resistance had been severely compromised. Navone moved 3-0 ahead before Djokovic finally got himself on the scoreboard. It was at that point that the Arthur Ashe Stadium crowd attempted to lift the Serbian great, chanting and

thoughts about his future or whether this could have been his final US Open appearance. The scenes, however, carried added significance given his age, his physical struggles and the unprecedented nature of the defeat.

Djokovic's body gives way after remarkable fight. Djokovic's problems had been apparent much earlier in the match. Despite struggling with the conditions, he managed to stay with Navone and produced the kind of recovery that has characterised so many of his greatest Grand Slam performances. After dropping a tight first set to Navone, Djokovic took the second 7-5 and then claimed the third 6-4. For a period, another escape appeared possible.

'Worst board in last 70 years': Mohsin Naqvi-led PCB made to feel the heat after Pakistan's embarrassing run in England

ISLAMABAD: Former Pakistan captain Rashid Latif launched a scathing attack on the Pakistan Cricket Board (PCB) and its current chief Mohsin Naqvi after the national team suffered a 194-run drubbing against England in the second Test of the three-match series at Lord's Cricket Ground. The Babar Azam-led side have been embarrassed by the least on the worst tour of the UK, and the visitors haven't been competitive at all. The performances have been so dire that the British media have reportedly termed the current bunch as the "worst Pakistan side in the last 50 years." Latif agreed with the assessment but was quick to point out that the current PCB regime hasn't painted itself in a good light.



The former wicketkeeper-batter added that the PCB's incompetency aided to the national team being dismal on the field. He said that the chatter should also be about the poor administration, the selection committee and the coaches. "Everyone is talking about the Pakistan team, and how it is the worst touring team in the last 50 years, but nobody is speaking about how the current board is the worst in the last 70

years. Nobody is talking about the worst selection committee and coaches," Latif said on Geo News. "If you combine these issues, you will get the answer to your question. You will know who has ruined this team. Now you are losing consistently. This is the worst cricket board, that's a fact," he added.

Pakistan's batting horror. The batting lineup has really let Pakistan down in the entire series. The visitors

are yet to surpass the 200-run mark even once. Babar didn't play the series opener, however, his return was expected to strengthen the batting unit. However, the Pakistan captain had a game to remember, returning with scores of 8 and 6. Jofra Archer made the right-handers look like a novice in the second innings as Babar looked all at sea against a ripping bounce.

The Lord's Test was played against the backdrop of PCB issuing a threat to pull out of the match after Sky Sports aired an interview with Imran Khan's sons. The interview which ran for 18 minutes, ruffled a few feathers in Pakistan after the sons detailed the plight of the former Pakistan captain and Prime Minister inside the jail.

Lakshya spearheads Indian challenge at China Masters, young women's singles trio in focus

SHENZHEN: Lakshya Sen will look to bounce back from the disappointment of his early exit at the World Championships but a tough opener awaits him when he spearheads the Indian challenge at the USD 1,250,000 China Masters Super 750, beginning here on Tuesday. Sen, who became the first Indian male shuttler to reach an Olympic semifinal in Paris two years ago before finishing fourth, will face France's newly-crowned world champion Alex Lanier in his opening match. The Indian has enjoyed some notable results this season, including a runner-up finish at the All England Championships, and will be keen to regain consistency against a strong field after a shock second-round exit to world number 92 Garret Tan at the Worlds.

Former World No. 1 Kidambi Srikanth, meanwhile, faces Chinese Taipei's Chai Yu-jen after reaching the US Open Super 300 final in June, where he finished runner-up.



His campaign on the Tour after that has been patchy. It was interrupted by an injury-fueled retirement due to injury at the Canada Open before he suffered a first-round exit at the Korea Masters. In men's doubles, fourth seeds Satwiksiddha Rankireddy and Chirag Shetty will be among India's biggest hopes.

The former World No. 1 pair ended a two-year wait for an international title by winning the Singapore Open earlier this year. They will open against China's Hu Ke Yuan and Lin

Xiang Yi, who won the Orleans Masters title this season. Satwik has been dealing with a recurring shoulder issue. The duo returned to action after missing a few events only to make a third-round exit from the Worlds at home. The Indian pair will hope for a deeper run as it builds up to the Asian Games title defence in Japan. India's young women's singles contingent will also be under the spotlight, with young prospects Unnati Hooda, Tanvi Sharma and Devika Shih carrying the national flag.

DHAKA: Bangladesh Cricket Board president Tamim Iqbal has insisted that the proposed white-ball series against India has not been abandoned, revealing that the BCB and BCCI remain in regular communication over finding a fresh window. Tamim also delivered a striking assessment of Bangladesh's handling of the 2026 T20 World Cup stand-off, saying the team "should have definitely played" the tournament and that negotiations could have been handled far better.

India were scheduled to tour Bangladesh for three ODIs and two T20s in August-September, but the series can no longer take place in that window. Amid strained political relations between the neighbouring countries, there have been questions over whether the tour could eventually be scrapped altogether. Tamim, however, dismissed suggestions that such a decision had already been taken.

"That it won't happen hasn't been decided yet," Tamim told



Not Out Noman. "Still, let me give a quick piece of information. Both boards are very sincere about this thing happens. Both BCCI and BCB, and we are looking at windows as well, which time what can be done. Roughly a date, around which we are also thinking whether it can be done at this time or not," he said. "If I saw the intention was negative, then today I wouldn't even have said this word to you. Let's see what happens, we're hopeful." I wouldn't have even said this word. Intentions are very posi-

tive." Tamim acknowledged that some aspects of the situation were outside the cricket board's direct control, but maintained that discussions between the two boards were continuing. "There are certain things that are beyond our control. And I never want to cross that line as BCB president, okay? But intentions are good, we are continuously communicating. Dates are also being figured out, because Bangladesh is also busy, they are also busy," Tamim said. "Bangladesh has three series in

between. They also, India, BCCI stay very busy with their matches. But we are having a regular discussion regarding this."

Tamim was considerably more critical of the BCB while facing Bangladesh's withdrawal from the 2026 T20 World Cup. Bangladesh had sought to have their matches shifted out of India following the controversy surrounding Mustafizur Rahman's release from the Kolkata Knight Riders squad. The ICC rejected the relocation request, and Bangladesh were eventually replaced in the tournament by Scotland.

Tamim maintained that the Mustafizur episode should never have occurred, but said Bangladesh could have negotiated the subsequent dispute much more effectively. "I feel that we could have negotiated the thing much better. Look, Mustafizur's issue was obviously something that the whole team was also disappointed with. And I say today as well, I said that day too, it should never have happened."

57.50 ODI average, 189 against Afridi-Razzaq-led attack, stood in for Tendulkar; yet international career lasted 6 days

NEW DELHI: An 89 in your second ODI should normally buy you a third. Add a Player-of-the-Match award, and the expectation becomes even stronger. Yet one Indian opener walked away from Bengaluru in May 1998 after doing exactly that and never appeared in another international match. His entire ODI career lasted six days and produced 115 runs at an average of 57.50, one half-century and one match award.

That brief international run had not come from nowhere. Years of domestic cricket had already carried him into an Indian Test squad, while a 189 as India A captain in Pakistan had pushed him further towards the senior side only months before his ODI debut. Even after this two international became his last, he returned to domestic cricket and produced a triple century against an attack containing Javagal Srinath and Venkatesh Prasad.

The player was Gagan Khoda, a Rajasthan opener whose career

repeatedly seemed to reach the edge of something bigger without ever quite crossing it. Khoda was only 17 when his Ranji Trophy career began, and the introduction could scarcely have been stronger. Against Uttar Pradesh in 1991, he scored 116 in his first first-class innings. Three seasons later, he produced the campaign that moved him firmly into the national conversation, scoring 619 Ranji Trophy runs in 1994-95 at an average of 77.25 with two hundreds and two fifties.

The biggest of those innings came in the quarter-final against Uttar Pradesh. Rajasthan had conceded 487 before being dismissed for 237 and were facing elimination when Khoda reappeared with an unbeaten 237 in the second innings. Rajasthan reached 417/5 but still went on to the first-innings deficit, although the innings strengthened Khoda's reputation as an opener capable of turning for long periods and batting starts into huge scores.



By 1997, he had moved close enough to international cricket to be included in India's Test squad during the tour of Sri Lanka. The cap never arrived, but his progress continued the following year when he was made captain of India A for a tour of Pakistan.

A 189 in Pakistan and the India call. The India A squad contained several players who would later represent the senior side, including Ajit Agarkar, Wasim

Jaffer, Murali Kartik, MSK Prasad, Salraj Babutale and Retinder Sodhi. Khoda led them into a series in which one innings in Lahore strengthened his own case considerably.

Opening against Pakistan A, he faced an attack containing Aaqib Javed, Abdul Razzaq and Shahid Afridi and made 189 from 328 deliveries. He batted for almost seven hours, his falling 11 runs short of a double century, adding another substantial performance to a

domestic and representative record that had been building for several seasons.

Khoda had made 223/9 in Bengaluru before Ganguly fell for nine during India's chase. Khoda rebuilt alongside Rahul Dravid, adding 98 for the second for almost seven hours, his falling 11 runs short of a double century, adding another substantial performance to a

India in control before they completed a four-wicket victory. Khoda finished as India's highest scorer and was named Player of the Match. At the end of the evening, his ODI record stood at 115 runs from two appearances at an average of 57.50. Those figures would never change. The return of India's established openers reduced his chances immediately. Tendulkar and Navjot Singh Sidhu came back into the side, while Khoda remained in the squad without getting another game. He was retained for the final of the triangular tournament and later travelled to Sri Lanka for the Nidahas Trophy, but again stayed outside the XI. India also took him to the 1998 Commonwealth Games in Kuala Lumpur, although those matches did not carry ODI status. By the end of the year, the opening created by the temporary absence of senior players had disappeared, and Khoda had drifted away from the national side. There would never be a

third ODI.

The 300 not out that brought him back into contention. Domestic cricket still offered another route, and in February 2001, Khoda produced the largest innings of his first-class career. Central Zone were facing South Zone in the Duleep Trophy, with Javagal Srinath and Venkatesh Prasad leading an attack that also included Sunil Joshi and Venkatapathy Raju. Khoda batted for 610 minutes and faced 467 deliveries. By the time Central Zone declared at 550/7, he was still unbeaten on 300 after hitting 33 fours and six sixes. Srinath went wicketless, as did Prasad, while Central Zone eventually won by an innings and 14 runs. The triple century brought Khoda back into the representative picture and earned him selection for India A against the touring Australians. The senior recall, however, never allowed, and the two ODIs played in May 1998 remained the entirety of his international career.

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