

PM MODI, PREZ ZHAPAROV RESOLVE TO DEEPEN INDIA-KYRGYZSTAN STRATEGIC PARTNERSHIP, ECONOMIC TIES



**SYSTEM OBSERVER
NEW DELHI**

Prime Minister Narendra Modi and Kyrgyz Republic President Sadyr Zhaparov on Monday resolved to further

deepen the longstanding Strategic Partnership between India and Kyrgyzstan, with a focus on expanding economic and commercial cooperation,

strengthening people-to-people ties and promoting cultural and educational exchanges.

The two leaders held a bilateral meeting on the sidelines of the 26th Shanghai Cooperation Organisation (SCO) Summit in Bishkek and reviewed the entire spectrum of India-Kyrgyzstan relations, according to the Ministry of External Affairs.

"Both sides agreed to further strengthening the Strategic Partnership, including the bilateral economic and commercial cooperation," the MEA said in its readout of the meeting.

The discussions assumed particular significance as Kyrgyzstan is hosting and

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Rise of Bharat means more united, more emancipated humanity: Mohan Bhagwat

**SYSTEM OBSERVER
NEW DELHI**

Rashtriya Swayamsevak Sangh (RSS) Sarsanghchalak Mohan Bhagwat on Monday said the rise of Bharat should lead to a "more united, more emancipated humanity", asserting that the country's civilisational tradition has always been centred on serving the world without discrimination and leading by example rather than force.

Addressing the 'Hindu Vishwa Bandhu - Embrace the World in Friendship' gathering in Toronto, organised by CHORD (Canadian Hindus for Outreach Relations and Dialogue), Bhagwat said



the Hindu vision was not about establishing dominance over other nations but contributing to the progress and welfare of the entire world.

More than 2,000

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Lieutenant Governor chairs the Annual General Meeting of Indian Red Cross Society, J&K

**SYSTEM OBSERVER
SRINAGAR**

Lieutenant Governor Shri Manoj Sinha, today chaired the Annual General Meeting of the Indian Red Cross Society, J&K UT and reviewed its functioning, activities and future roadmap.

The meeting was attended by Dr Mandeep K Bhandari, Principal Secretary to Lieutenant Governor; Shri Shubhankar Pratyush Pathak, General Secretary, Indian Red Cross Society, J&K; Deputy Commissioners (Presidents of District Red Cross Units), and officials of IRCS, J&K.

The Lieutenant Governor, who is the President of the Indian Red Cross Society, J&K UT, directed the Deputy Commissioners to intensify resource mobilisation and explore innovative avenues for fund generation to further



strengthen humanitarian and welfare activities of the Red Cross Society.

He further directed them to prepare comprehensive district-wise annual activity plans, identifying priority areas and interventions, and submit the same for effective implementation.

Emphasising the need to take Red Cross services closer to the people, the Lieutenant Governor called for greater outreach in far-flung and border

areas.

He advised the Deputy Commissioners to explore opening Diagnostic Centres in remote areas, particularly at places where people have to travel long distances to reach hospitals and access essential healthcare services.

The Lieutenant Governor called for intensifying coordinated efforts towards the complete elimination of Tuberculosis (TB) and ensuring

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SC Dismisses PIL For Mandatory Disclosure Of Ethanol Percentage In Petrol By Fuel Pumps

**SYSTEM OBSERVER
NEW DELHI**

The Supreme Court on Monday dismissed a PIL seeking a directive to the Centre and others to ensure mandatory and uniform labelling on every dispensing nozzle at fuel pumps, disclosing the exact percentage of ethanol in petrol.

A bench of Justices MM Sundresh and PB Varale said it is not going to entertain the PIL under Article 32 (right to approach Supreme Court directly) and the petitioner Narendra Kumar Goswami can approach the jurisdictional high court for relief.

Attorney General R Venkataramani, appearing for the Centre, submitted that it is a proxy litigation as a petition on a similar issue has been dismissed by the court.

"The petitioner wants the government of India to be answerable to him," the AG submitted.

Goswami, who produced a petrol pump receipt before the court, contended that he has the right to know the content of the petrol given at fuel pumps.

"Not only me but citizens at large should be informed about the composition of the fuel

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Advanced Simulation and AI Can Give New Dimension to Agri-Biotechnology Research: Dr. Jitendra Singh

**SYSTEM OBSERVER
NEW DELHI**

Union Minister of State (Independent Charge), Ministry of Science and Technology and Ministry of Earth Sciences; Minister of State, PMO, Ministry of Personnel, Public Grievances and Pensions, Department of Atomic Energy and Department of Space, Dr. Jitendra Singh inaugurated first of its kind "Green Forge" Complex at "National Agri-food & Biomanufacturing Institute" (BRIC-NABI) at Mohali. The Minister described this as a

milestone in genetically modified crop revolution.

Addressing the National Conclave on BioE3 (Biotechnology for Economy, Environment and Employment) at BRIC-National Agri Food Biomanufacturing Institute (BRIC-NABI), Dr. Jitendra Singh said that the newly inaugurated Green Forge facility, with its controlled simulation chambers, will enable the cultivation and experimentation of genetically modified crops under varied environmental conditions, helping researchers assess their suitability for different loca-

tions.

Explaining the significance of the facility, Dr. Jitendra Singh said that Green Forge provides simulation chambers in which the quantity and quality of light, humidity and temperature can be varied to create an optimum environment for growing and experimenting with genetically modified crops. He said this capability would help researchers understand how a particular crop performs under different environmental conditions and accordingly assess

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'Rs 400 A Day': J&K Medical Interns Strike Over Low Stipend, Seek Hike To Rs 30,000

**SYSTEM OBSERVER
JAMMU/SRINAGAR**

MBBS and BDS interns across medical colleges in Jammu and Kashmir went on an indefinite strike on Monday, protesting a monthly stipend of just Rs 12,300 -- around Rs 400 a day -- and demanding it be raised to Rs 30,000.

The protesting interns claimed that their stipend had remained unchanged

for nearly seven years despite repeated representations and protests, even as medical interns in several other states receive substantially higher amounts.

According to comparative figures displayed by the protesters, Odisha tops the list with a monthly stipend of Rs 44,319, while medical interns in West Bengal receive

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FROM PAGE-1

PM Modi, Prez.....

chairing the SCO for the 2025-26 term. Prime Minister Modi congratulated President Zhaparov on the successful chairmanship of the grouping and for hosting the summit in Bishkek.

Modi also conveyed his warm greetings to Zhaparov on the Independence Day of the Kyrgyz Republic, which coincided with the opening of the SCO Summit. The Prime Minister noted that the coincidence added a special significance to the inauguration of the summit in the Kyrgyz capital.

During the meeting, the two leaders took stock of the progress made in bilateral relations and reiterated their commitment to consolidating the Strategic Partnership. They emphasised the significant complementarities between the two economies and agreed on the need to leverage these strengths to expand trade, investment and broader commercial engagement.

Economic cooperation has increasingly emerged as an important component of India-Kyrgyzstan ties, with both countries looking to identify new avenues for trade and investment and promote greater business-to-business interaction. The discussions in Bishkek reflected the shared interest in building on existing economic complementarities and creating greater opportunities for commercial cooperation.

The leaders also discussed the importance of strengthening people-to-people contacts. Student exchanges, educational cooperation and cultural engagement figured prominently in the discussions, reflecting the traditional role these areas have played in bringing the two societies closer.

Prime Minister Modi highlighted India's active participation in various SCO meetings held under the chairmanship of the Kyrgyz Republic, saying it reflected the "mutual respect, trust and support" that define the close and longstanding relationship between the two countries.

Modi thanked President Zhaparov for the warmth and hospitality extended to him during his visit and appreciated Kyrgyzstan's efforts in successfully conducting the SCO Summit.

The Indian delegation at the bilateral meeting included External Affairs Minister S Jaishankar, National Security Adviser Ajit Doval and MEA Secretary (West) Sibi George.

Modi is on a two-day visit to Kyrgyzstan from August 31 to September 1 to participate in the SCO Summit and hold a series of bilateral engagements.

His meeting with Zhaparov formed part of India's diplomatic outreach in Bishkek aimed at advancing bilateral ties with partner countries as well as strengthening cooperation within the SCO framework.

India and Kyrgyzstan have maintained close relations since the Central Asian republic became independent in 1991. Over the years, the relationship has broadened across political, economic, defence, education, culture and people-to-people exchanges, while regular high-level contacts and cooperation have also taken place through multi-lateral platforms, particularly the SCO.

The talks in Bishkek came at a time when India is seeking to further expand its engagement with Central Asia and strengthen regional connectivity, trade, and societal links. Against this backdrop, the reaffirmation of the Strategic Partnership by Modi and Zhaparov underscored the importance both countries attach to giving fresh momentum to their bilateral relationship.

The emphasis on economic cooperation, people-to-people contacts, and cultural and educational exchanges also highlighted the broad-based nature of India-Kyrgyzstan ties. At the same time, the leaders' discussions on cooperation within the SCO framework reflected the wider strategic importance of their partnership as both countries continue to work together in the multilateral grouping.

Modi's appreciation of Kyrgyzstan's leadership of the SCO and his congratulations to Zhaparov on the successful conduct of the summit further underlined India's importance attached to its close partnership with the Central Asian nation.

Rise of.....

delegates representing 175 host organisations from all ten provinces of Canada participated in the congregation.

Emphasising Bharat's tradition of providing refuge and assistance to people in distress, Bhagwat said people belonging to different faiths had historically found safety in the country without fear of persecution.

Referring to the experience of Polish refugees during the Second World War, he said, "During Second World War, residents of Poland, many of them became refugees. They travelled the seas and came to Bharat. Bharat was not independent

then. Then there was British rule in Bharat and they refused to give asylum. At that time, Jamnagar was a princely state. Prince of Jamnagar called them and said, 'Come here, settle here. I will protect you till your country is again free for you to leave'."

Bhagwat said the tradition of extending assistance had continued in modern times as well, citing India's evacuation operations during crises abroad.

"When some years back in Middle East war, people were trapped. The military planes of Bharat went there and rescued people. Not only Bharatiya, citizens of seven countries were rescued from there," he said.

"Whenever there was crisis anywhere in the world and help from Bharat was sought Bharat never said no and without even calling for help it helps. This is the tradition. This is the DNA of Bharat," the RSS chief said.

He described unity in diversity as a fundamental feature of the Indian civilisational outlook, stressing that diversity itself was viewed as an expression of an underlying unity.

"Our tradition tells us not only unity in diversity, but also diversities of unity. All the diversities are expression of unity," Bhagwat said.

He added, "In Bharat there have been many castes, many creeds, many languages. Everything is many. Nothing is alone. Nothing is single. But it is all one. We don't say all are one. We say all is one."

Arguing that India's historical influence was based on knowledge and service rather than conquest, Bhagwat said Bharat became a "glorious country" when it rose in strength and used its capabilities to serve humanity.

"Whenever Bharat became big... It served the world. By its own character it became Vishwa Guru, not Mahashakti. So, the rise of Bharat means more united, more emancipated humanity," he said.

Bhagwat said India's civilisational reach extended across large parts of the known world even when modern means of transportation did not exist. He maintained that Indian travellers and scholars did not seek to conquer territories or impose their beliefs.

SC Dismisses.....

given to them," he submitted, adding that in the receipt there is no mention of ethanol content.

He further contended that the Attorney General had described the ethanol-blending programme as an "experiment" in an earlier hearing, and said the government later issued a clarification denying such a statement being made.

The bench asked Goswami, appearing in-person, to raise his contentions before the high court.

Goswami has also sought a direction that every fuel invoice should specifically and legibly state the percentage of ethanol in the petrol sold.

"Direct the respondents (Centre and others) to prepare and publish within a stipulated time an official, public, vehicle-wise compatibility database searchable by manufacturer, model, engine type and year of manufacture, indicating the suitability or otherwise of various ethanol blends for each vehicle," his plea said.

It has also sought the constitution of an independent expert committee comprising representatives from the ministries of petroleum and natural gas, road transport and highways, the Bureau of Indian Standards and others, including independent automobile engineers, to examine and submit a public report on real-world vehicle compatibility of E20 across the existing fleet.

The plea said the committee should also submit a report on the impact on fuel efficiency, engine longevity and maintenance costs, warranty and insurance implications, the net environmental footprint, including tail-pipe emissions and water consumption associated with ethanol production, and food-security and feed-diversion concerns allegedly arising from the blending programme.

"Direct the respondents to frame a national consumer disclosure protocol for all ethanol-blended petrol, in consultation with the Central Consumer Protection Authority and the Bureau of Indian Standards," it said.

It also sought directions to authorities concerned to place before the apex court all policy files, technical studies, compatibility reports, safety standards, consumer advisories and records of public consultation that support the compulsory roll-out of E20.

The plea called on authorities to formulate and publish within a time-bound period a transparent transition framework for legacy and non-compatible vehicles, including consideration of designat-

ed availability of lower ethanol petrol wherever technically, economically and logistically feasible, together with a reasoned decision supported by expert material and public consultation. (Agencies)

Lieutenant Governor.....

effective identification, diagnosis, treatment and follow-up of TB patients at the grassroots level.

The Lieutenant Governor stressed that the Red Cross Society must further strengthen its humanitarian role and expand its activities to ensure timely assistance and essential services reach vulnerable and needy sections of society across Jammu Kashmir. He also entrusted upon the officials of IRCS J&K to further intensify the anti-drug campaign and make their valuable contribution to building a Nasha Mukta Jammu Kashmir.

Shri Shubhankar Pratyush Pathak, General Secretary, IRCS, J&K presented various agenda items for review and ratification.

The meeting also deliberated on various important matters including budget estimates, audit, appointment of Medical Officers at Blood Banks and Diagnostic Centres, and activities undertaken by the Red Cross Society and its District-level units.

The Deputy Commissioners apprised the Lieutenant Governor of the activities being undertaken in their respective districts and shared suggestions for further strengthening the functioning and outreach of the Red Cross Society.

'Rs 400.....

Rs 43,099 and in Assam at Rs 35,000.

The protesters assembled on the lawns outside medical college hospitals at SKIMS Bemina and GMC Srinagar, besides staging dharnas at various locations in Jammu, and said they had been forced to stop work after their long-pending demand failed to get a response from the government.

"We have been forced to abandon work and take to the streets. All we are demanding is a stipend commensurate with the number of hours we work," a protesting intern said.

Dr Shahnawaz, an intern, said MBBS and BDS interns across J-K had joined the strike over the demand.

Advanced.....

the locations where it may be suitable for cultivation.

The Minister said that when a new genetically modified variety is developed, an important challenge is to determine where it can be cultivated most effectively. Green Forge can help address this by recreating different environmental conditions in a controlled setting, allowing researchers to study the response of crops before taking them to appropriate cultivation locations.

Dr. Jitendra Singh highlighted the ability of the facility to recreate specific parameters that may otherwise be difficult to reproduce naturally. He noted that the simulation of light quality and quantity, humidity and temperature, and the possibility of integrating advanced technologies including AI, can provide researchers with greater flexibility in conducting experiments. He described Green Forge as a novel facility with particular relevance for serious research in agriculture and medical sciences.

ACB chargesheets.....

5(1)(d) r/w 5(2) J&K P.C Act Svt. 2006 BK, Section 465, 468, 471, 201 & 120-B RPC against Mohd. Farooq, then Junior Assistant in the office of the ZEO Manjakote.

Officials said the instant case was registered on 28-12-2018 in P/S VOJ (now ACB-J) on the outcome of verification which surfaced that misappropriation of rice measuring (200 Qntl approx pertaining to 4th quarter for the year 2014-15) of Mid Day meal Zone Manjakote by then ZEO Manjakote and his dealing hand Mohd Farooq I/C Mid Day Meal in Connivance with Mumtaz Hussain storekeeper Manjakote. During investigation, record so obtained was scrutinized and after obtaining FSL opinion, it has been prima facie established that Shah Nawaz khan then ZEO Manjakote (now deceased) and Mohd Farooq Jr. Assistant (dealing hand) in office of ZEO Manjakote by way of abuse of their official positions have got prepared fake/ forged and fabricated indent/ Authority letters by manipulating the official record and they had misappropriated 256.40 Qtls of rice of MDM Scheme which is worth of Rs. 8,03,557.60/- along with an amount of Rs. 46,1578/- on account of cooking cost was also misappropriated by the concerned ZEO and Mohd Farooq I/c MDM

Britain's ARIA Turns the Air Into a Potential Surveillance Network as Next-Generation Warfare Takes Shape

SYSTEM OBSERVER
LONDON

Britain's Advanced Research and Invention Agency, ARIA, is developing a new generation of highly sensitive portable sensors capable of analysing particles present in the air, a project officially presented around pollution, public health and atmospheric science but with potential applications extending into defence, intelligence, biological and chemical weapons detection, and forensic investigations.

The initiative reflects a growing international focus on technologies that can extract strategic information from the environment itself. ARIA's funding documents indicate that the technology could eventually identify and analyse airborne particles in real time, raising broader questions about how such systems could be used in future conflicts and security operations.

Britain's DARPA-style agency Established in 2021, ARIA was created as Britain's counterpart to the US Defence Advanced Research Projects Agency, or DARPA. The American agency is widely associated with technologies that contributed to the development of the internet, GPS and advanced military aviation.

ARIA operates with greater independence than conventional academic funding institutions and has a mandate focused on high-risk, high-impact research. Its position close to Britain's national security priorities gives projects with apparently civilian objectives the potential to acquire significant defence and intelligence relevance.

One of its latest initiatives, known as Ubiquitous Particle Profiling, or UPP, is based on the idea that airborne particles can provide valuable information about activity taking place in a particular environment.

Dust, smoke, chemical residues and biological material can all be car-

ried through the atmosphere. If these particles can be detected, identified and tracked quickly using inexpensive and portable equipment, the resulting technology could have applications extending well beyond conventional environmental monitoring.

ARIA lists a wide range of potential uses, including monitoring hazardous incidents, studying atmospheric processes, assessing climate interventions, monitoring industrial emissions, detecting biological and chemical weapons, tracking disease, assessing exposure to microplastics and ultrafine particles, and supporting crime scene investigations.

Prototype targeted within three years

ARIA intends to support research teams in moving the concept from laboratory research towards a functioning field device. The agency expects a prototype sensor to be developed and tested in real-world environments by the conclusion of the three-year programme.

Among the examples outlined by ARIA are systems capable of tracking airborne plumes under difficult environmental conditions, highly miniaturised mass spectrometers capable of identifying individual particles at extremely small scales, and wearable or indoor sensors that could monitor a person's exposure to airborne material throughout the day.

The technological ambition is significant. A network of such devices could potentially collect continuous environmental information across buildings, industrial sites or wider geographic areas.

The strategic question The potential significance of the programme becomes clearer when viewed against the wider geopolitical environment.

Governments and private organisations are increasingly examining technologies involving atmospheric aerosols and climate intervention. At

the same time, scientists continue to study changes in atmospheric chemistry, while the number of objects operating in low Earth orbit is increasing rapidly. The continuing threat of chemical and biological weapons adds another layer to the security environment.

Against this background, Britain's effort to develop systems capable of determining the composition and possible origin of airborne particles in real time raises an important strategic question: Is the UK preparing for a future in which the atmosphere itself becomes an intelligence-gathering domain?

The dual-use dilemma The central issue is the technology's dual-use character.

A system developed for environmental protection and public health could also become a powerful surveillance tool if deployed at sufficient scale and with sufficiently precise analytical capabilities.

Surveillance of people and locations: Detailed environmental measurements could reveal activity within buildings or across restricted sites without relying on conventional cameras or microphones. In effect, the surrounding air could become part of a surveillance network.

Industrial intelligence: Sensors placed around an industrial facility could potentially allow competitors to study emissions and other airborne signatures over time, potentially revealing information about industrial processes or production activity that would otherwise remain confidential.

Political and regulatory misuse: A government controlling a large environmental monitoring network could potentially decide which measurements are made public and which are withheld, creating risks of selective disclosure and political manipulation.

Risk of false attribution: Airborne particles do not remain stationary.

They travel, mix and undergo chemical changes. Establishing the precise source of a particular airborne signature could therefore be extremely difficult. An incorrect attribution could nevertheless trigger political or commercial disputes.

Potential weaponisation: Detailed knowledge of atmospheric conditions and airborne signatures could theoretically be used for military targeting, vulnerability assessments or exploitation of environmental conditions.

Environmental monitoring or strategic surveillance?

ARIA's published material presents UPP primarily through the lens of climate science, health, environmental monitoring and forensics. The agency has not directly addressed the wider dual-use concerns surrounding the technology in the material examined for this report.

Yet the strategic implications are difficult to ignore.

As warfare becomes increasingly dependent on sensors, data and real-time intelligence, the battlefield is expanding beyond traditional domains. Land, sea, air, cyberspace and outer space are already central to modern military planning. Technologies capable of continuously analysing the environment could add another layer to this emerging intelligence architecture.

The key question for Britain will therefore not only be whether ARIA can build the technology, but how its capabilities are eventually deployed, who controls the resulting data and what safeguards are established to prevent environmental monitoring from becoming a system of pervasive surveillance.

For now, ARIA describes the project as an ambitious scientific effort. Its potential applications, however, place it firmly at the intersection of environmental science, public health, national security and the geopolitics of future warfare.

Gibraltar: Could Iran hold hidden leverage over another strategic strait?

SYSTEM OBSERVER

Iran has already demonstrated its capacity to threaten the Strait of Hormuz and the Bab el-Mandeb Strait. The question now being raised is whether its reach could extend further, to one of the Atlantic's key gateways.

It may have slipped from public memory, but in December 2023, Brigadier General Mohammad Reza Naqdi, a senior commander in Iran's Islamic Revolutionary Guard Corps (IRGC), warned that the United States and its allies could face the closure of the Mediterranean Sea, the Strait of Gibraltar and other strategic waterways in retaliation for their support of Israel's war in Gaza. He offered no details on how such a closure might be carried out.

The remark drew attention at the time, though many analysts questioned whether Iran had any realistic means of projecting power that far from its borders.

The Strait of Gibraltar The strait serves as the Atlantic Ocean's only entry point into the Mediterranean Sea, separating Europe from Africa. Roughly 58 kilometers long and narrowing to just 14 kilometers at its tightest point, it sits between southern Spain and



Morocco, flanked by the British territory of Gibraltar and the Spanish exclave of Ceuta.

It remains one of the world's most reliable chokepoints, with an estimated 100,000 to 110,000 vessels transiting each year, roughly 300 per day. The strait carries about 10 percent of global seaborne trade, valued at \$1.1 trillion, along with roughly 3.3 million barrels of oil per day.

A serious disruption to the Strait of Gibraltar would threaten the mar-

itime gateway into the Mediterranean, affecting commercial shipping, energy supplies and NATO naval movements, and could force vessels onto far costlier routes around the African continent.

Should Hormuz, Bab el-Mandeb and Gibraltar all face simultaneous disruption, the pressure on Europe and the broader Western economy could be severe.

Hormuz restricts Gulf energy exports

Bab el-Mandeb cuts off the Red Sea to Suez route

Gibraltar seals the Mediterranean from the Atlantic

Together, these three chokepoints could function as a single geopolitical weapon

Could Iran realistically threaten the Strait of Gibraltar?

In 2023, the notion was widely dismissed as implausible. But following Iran's demonstrated military reach in recent conflicts, the scenario has drawn renewed attention, even though the IRGC is not currently making any

such threat.

A hypothetical scenario: asymmetric and proxy warfare

The Strait of Gibraltar lies approximately 4,450 kilometers from Iran's West Azerbaijan province, a distance beyond the range of Iran's Ghadr, Emad, Sejil and Khorramshahr missiles, which top out between 1,700 and 4,000 kilometers. Iran's long range Arash-2 and Mohajer-10 drones fall short as well. Hezbollah in Lebanon sits somewhat closer, at roughly 3,700 kilometers from the strait.

Naqdi's reference to the "birth of new powers of resistance" in other regions has fueled speculation about possible Iranian support for the Polisario Front, which seeks independence for Western Sahara. Operating out of southwestern Algeria's Tindouf province, the group is positioned roughly 1,000 kilometers from the Strait of Gibraltar.

Analysts note that a full blockade would not even be necessary. A single drone strike on a merchant vessel could be enough to deter commercial shipping altogether, effectively closing the route simply by making it too dangerous to use.

Iran, it seems, may hold more cards in this standoff than even its adversaries anticipate.

How Western Policy Has Shielded Israel's Undeclared Nuclear Arsenal

System Observer

For more than half a century, Israel has maintained a policy of nuclear ambiguity, neither confirming nor denying that it possesses nuclear weapons. Israel is not a signatory to the Nuclear Non-Proliferation Treaty (NPT) and has not accepted International Atomic Energy Agency (IAEA) inspections of its nuclear facilities under the safeguards regime applicable to NPT members.

Critics of the existing international order argue that this arrangement has endured largely because successive US administrations have chosen not to exert sustained pressure on Israel over its nuclear capability.

The contrast with Iran remains one of the most contentious issues in the Middle East's nuclear debate. Iran is a signatory to the NPT and has faced years of sanctions, sabotage and military action over its nuclear programme. International inspectors have not established conclusive evidence that Iran has converted its nuclear programme into a weapons programme, although Western governments have repeatedly raised concerns over uranium enrichment levels and activities associated with its past nuclear work.

Tehran has consistently denied seeking nuclear weapons and has allowed varying degrees of IAEA monitoring, despite prolonged disputes over access and verification.

An Arsenal Without Official Acknowledgment

Independent assessments by organisations including the Stockholm International Peace Research Institute, the Federation of American Scientists and the Center for Strategic and International Studies estimate that Israel possesses around 90 nuclear warheads. Some assessments also suggest that Israel has sufficient fissile material to produce significantly more weapons.

These figures are based on open-source research and expert assessments rather than any official disclosure by the Israeli government.

Open-source assessments point to a diversified nuclear delivery capability involving land, air and sea-based systems.

Israel is believed to have Jericho-family ballistic missiles capable of carrying nuclear warheads. Its F-16I and F-15I aircraft are also considered capable of delivering nuclear weapons. In addition, Germany-built Dolphin-class submarines are widely reported to provide Israel with a sea-based strike capability involving nuclear-capable cruise missiles.

Israel has never publicly confirmed



the size of its nuclear arsenal or officially acknowledged the specific systems associated with it.

The Origins of the Dimona Programme

The foundations of Israel's nuclear programme can be traced to an agreement with France in 1957. Under the arrangement, France assisted Israel in developing a nuclear reactor and a plutonium reprocessing facility at Dimona in the Negev desert.

During the early 1960s, US President John F. Kennedy pressed Israel to permit independent inspections of the Dimona facility. Following Kennedy's death, however, American pressure gradually eased. Subsequent US administrations moved towards an approach that allowed Israel to maintain what became an established policy of nuclear ambiguity.

The issue entered the international spotlight more dramatically in 1986, when Mordechai Vanunu, a former technician at the Dimona facility, provided photographs and information about Israel's nuclear programme to The Sunday Times of London.

Vanunu was subsequently abducted by Israeli intelligence agents in Rome and taken to Israel, where he was convicted on charges including treason and espionage. He spent 18 years in prison, including a lengthy period in solitary confinement.

Why the Exception Has Endured

Analysts of nuclear non-proliferation policy identify several factors behind Israel's distinctive position within the international nuclear system.

The most significant factor is the strategic relationship between Washington and Jerusalem. Successive US administrations have generally treated Israel's security requirements as a central strategic

interest in the region. Critics argue that this has limited Washington's willingness to apply the same non-proliferation pressure on Israel that it has applied to other states.

Arab and Egyptian-led efforts at the United Nations to establish a Middle East zone free of nuclear and other weapons of mass destruction have repeatedly encountered political obstacles. Critics contend that US diplomatic support for Israel has contributed to the failure to establish a comprehensive regional framework.

The role of pro-Israel advocacy groups in Washington has also attracted scrutiny. Organisations such as the American Israel Public Affairs Committee have long been influential in US foreign policy debates and have opposed measures that could increase political pressure on Israel over its nuclear status.

There is also a fundamental legal difference in the IAEA's relationship with Israel and Iran. Iran is an NPT signatory and therefore operates under treaty-based safeguards obligations. Israel, as a non-signatory, is not subject to the same comprehensive safeguards requirements.

This distinction limits the IAEA's ability to compel Israel to accept inspections comparable to those carried out in NPT member states.

The Doctrine of Preemption

Israel's nuclear posture has developed alongside a broader military doctrine commonly known as the Begin Doctrine, named after former Prime Minister Menachem Begin.

The doctrine holds that Israel reserves the right to prevent hostile states from developing nuclear weapons capabilities that could pose a strategic threat.

Israel demonstrated this approach in 1981 when its aircraft destroyed

Iraq's Osirak nuclear reactor before it became operational.

In 2007, Israeli aircraft attacked the Al-Kibar facility in Syria. Israel later acknowledged responsibility for the operation, while international investigations concluded that the site had been part of a clandestine nuclear programme.

The confrontation with Iran has involved a broader range of measures. These have included cyber operations against Iran's nuclear infrastructure, attacks on nuclear-related facilities and the killing of Iranian nuclear scientists. The Stuxnet cyberattack on the Natanz enrichment facility has been widely attributed by former officials and cybersecurity researchers to a joint US-Israeli operation.

More recently, direct military strikes against nuclear-linked infrastructure have added another dimension to the long-running confrontation between Israel and Iran.

Iran's Position

Tehran maintains that its nuclear programme is designed for civilian energy production, scientific research and other peaceful purposes. Iranian officials have repeatedly pointed to the country's NPT membership and its history of cooperation with the IAEA as evidence that Iran operates within the international nuclear framework.

In 2015, Iran signed the Joint Comprehensive Plan of Action, commonly known as the nuclear deal, under which Tehran accepted significant restrictions on its nuclear activities in return for sanctions relief.

The United States withdrew from the agreement in 2018 under President Donald Trump and subsequently reimposed sanctions on Iran.

Iran has continued to reject allegations that it seeks nuclear weapons, while tensions over enrichment, inspections and international safeguards have remained central to the wider dispute.

The resulting regional picture is marked by a striking imbalance. Israel has maintained a policy of nuclear ambiguity outside the NPT framework, while Iran, as an NPT member, has faced extensive international scrutiny and sanctions over its nuclear activities.

For critics, the issue raises a fundamental question about the consistency of the global non-proliferation regime. Supporters of Israel's position argue that its nuclear ambiguity is an essential element of national security and strategic deterrence.

The divide between these two positions remains one of the most sensitive and unresolved issues in Middle Eastern geopolitics.

Russian Jet-Powered Drone Sets New Range Record Over Ukraine

KYIV

A Russian jet-powered Geran-4 drone reportedly flew about 960 kilometres before being intercepted over Ukraine's Volyn region, highlighting the growing range and speed of Russia's evolving long-range strike capabilities.

Ukrainian open-source intelligence monitors reported that the drone was shot down in Volyn, marking the first known Geran-4 penetration into the western region near the Polish border. The reported flight distance is significantly beyond the platform's stated operational range of about 550 kilometres.

Analysts from the Oko Hora monitoring group said the drone's ability to operate at altitudes of between 5,000 and 7,000 metres could help extend its effective range. However, flying at such altitudes can also increase the likelihood of detection by radar-based air defence systems.

The reported incident has raised concerns in Ukraine that the expanded reach of the Geran-4 could place previously less exposed



western areas within the potential range of Russian strikes. Regions including Lviv and Ivano-Frankivsk could face a greater threat if the longer-range variant is deployed regularly.

The Geran-4 represents a significant development from the earlier

propeller-driven Geran-2. It reportedly uses a Chinese-made turbojet engine and can reach speeds of up to 500 kilometres per hour, compared with approximately 185 kilometres per hour for the earlier platform.

Ukrainian defence officials have

indicated that the faster design is intended in part to counter the increasing use of low-cost interceptor drones by Ukrainian forces. These interceptors have become an important component of Ukraine's efforts to destroy incoming Shahed-type drones and other relatively slow-moving aerial threats.

The reported 960-kilometre flight does not necessarily mean that every Geran-4 can routinely achieve the same distance. However, if similar missions become more frequent, the development could place additional pressure on Ukraine's already stretched air defence network.

The emergence of a faster and potentially longer-range strike drone also carries wider implications for the security of Ukraine's western regions and neighbouring NATO territory. Any increase in Russian drone activity close to Poland's border is likely to receive particular attention from European security planners.

For Ukraine, the challenge is not only the number of drones being launched but also the continuing evolution of their speed, altitude, range and ability to complicate existing air defence systems.

Kyiv faces \$27 billion defence funding gap as Khmara seeks early EU financing



KYIV

Ukraine is facing a \$27 billion shortfall in defence funding for 2026, putting additional pressure on Kyiv to secure financial support from its European allies and other international partners as the war with Russia enters its fifth year.

New Defence Minister Yevhenii Khmara said the ministry has identified several options to cover the gap, including bringing forward part of a European Union loan planned for 2027 and seeking additional contributions from countries that have not yet joined the existing financial support framework.

Speaking to journalists on August 30, Khmara said Ukraine would approach individual partners with specific funding requirements rather than make a general appeal for assistance. The government plans to set out the military tasks involved, the projects

required, expected results and the time needed to deliver them.

The funding gap was publicly highlighted by President Volodymyr Zelenskyy during meetings with European partners around Ukraine's Independence Day. On August 23, the presidency said the \$27 billion shortfall could be addressed by bringing forward part of European loan financing planned for 2027. The issue was also discussed at the August 24 meeting of the Coalition of the Willing in Kyiv.

The European Union has committed €90 billion in financing for Ukraine through 2027, with €45 billion earmarked for 2027. Khmara is seeking an earlier release of part of that financing to help meet immediate defence requirements. Reuters reported that Kyiv is also seeking increased contributions from existing allies and financial support from countries that have not previously contributed.

Ukraine's financial requirements for the military are considerably larger than the current \$27 billion gap. Ukrainian officials have estimated total defence needs for 2026 at about \$120 billion, with roughly half expected to come from Ukraine's own resources and the remainder from international partners. That broader figure includes the cost of weapons, ammunition, air defence and other military requirements.

Khmara formally became defence minister on August 19 after serving as acting head of the ministry. He replaced Mykhailo Fedorov, whose dismissal followed a politically contentious period in Kyiv. Khmara previously served in Ukraine's security and special operations structures, including as commander of the SBU's Alpha special operations centre, and briefly served as acting head of the SBU earlier this year.

The new minister is also facing growing demands on Ukraine's domestic defence industry. Khmara said Ukraine has tested four potential interceptor systems intended to counter Russia's increasingly frequent use of jet-powered Shahed drones. The immediate objective is to refine the systems and expand production.

The funding issue nevertheless remains the immediate challenge. With Ukraine heavily dependent on foreign assistance to sustain its war effort, Khmara's effort to bring forward European financing and broaden the pool of international contributors reflects the increasing importance of predictable external funding to Kyiv's military planning.

Iceland rejects proposal to reopen EU membership talks in referendum

REYKJAVIK

Icelandic voters today rejected a government proposal to reopen negotiations on European union membership, with preliminary results showing the "No" camp holding a clear lead, public broadcaster RUV reported.

The "No" camp secured 52.5 per cent of the vote against 47.5 pc for the "Yes" camp, with only a small number of ballots still to be counted in one of the country's six voting districts, according to RUV's online results.

"The nation rejects accession negotiations with the EU," RUV reported.

Polling stations closed at 10 p.m. local time on Saturday after nearly 400,000 eligible voters took part in the closely contested referendum.

The referendum was not on EU membership itself, but on whether the government should seek a mandate to resume accession negotiations. A vote in favour would have allowed talks with Brussels to restart, while any eventual membership deal would have required a separate referendum.

Prime Minister Kristrunn Frostadottir's government had presented the vote as a "now or never" moment. Ms Frostadottir had warned in August that a rejection would put the question of EU membership aside, as per local media reports.

Supporters of reopening talks argued that EU membership could help address economic pressures, including high interest rates, and provide greater security amid heightened geopolitical tensions following Russia's invasion of Ukraine and US President Donald Trump's rhetoric over Greenland.

Opponents argued that joining the bloc would undermine Iceland's sovereignty and threaten its control over its valuable fishing waters.

Iceland applied to join the EU in 2009 after the collapse of its banking system during the global financial crisis. Accession negotiations began in 2010 but were suspended three years later after a Eurosceptic government came to power.

In 2015, Reykjavik notified Brussels that it no longer wished to be considered an EU candidate. The European Commission has maintained that Iceland's application remains legally valid and that accession negotiations are suspended rather than formally terminated, according to the European Policy Centre.

The referendum highlights the continuing divide in Iceland over closer integration with Europe, with economic security and geopolitical concerns weighed against longstanding fears over sovereignty and control of the country's fisheries.

Venezuela says it retains 'sovereignty' under 25-year US oil deal

CARACAS

Venezuela's interim President Delcy Rodriguez said that a landmark oil agreement with the United States will remain in effect for 25 years and aims to lift the country's crude production to more than 1.5 million barrels per day, as Washington and Caracas move to deepen their rapidly evolving economic ties.

Rodriguez asserted that the country is preserving its sovereignty despite the announcement that it will hand over the rights to billions of barrels of its oil to the United States.

The "historic" deal with Washington to hand over 65 billion barrels of Venezuelan oil will last 25 years and allow Venezuela to develop its oil industry while preserving "ownership of and sovereignty" of its resources, Rodriguez said in a televised address to the nation.

Speaking to state broadcaster VTV, Rodriguez described the agreement as "historic" and said it would cover the development of eight oil fields in the Orinoco Oil Belt, one of Venezuela's main petroleum-producing regions.

"Our goal is to go even further with the signing of other major agreements involving giant companies such as Chevron, Repsol, Eni, Shell and BP. We want to become an energy power," Rodriguez said.

She said the agreement would provide Venezuela with about \$19 for every barrel produced and sold, while the deal includes a minimum royalty rate of 16% and an income tax rate of 34%.

Based on an oil price of \$65 a barrel, Rodriguez said Venezuela could generate about \$209.335 billion in revenue from the agreement.

Nepal-Tibet flood disaster death toll rises to 750, nearly 3,000 missing

KATHMANDU

The death toll from devastating flash floods and landslides in Nepal has risen to 750, while nearly 3,000 people remain missing, authorities and local media reported on Sunday, as rescue teams continued to search through mud and debris for survivors.

In Nepal, 2,498 people are still missing, including 933 hydropower workers, 589 foreign nationals and 127 Nepalis travelling with foreign tourists, according to local reports. While 16 deaths have been reported in Tibet, 546 people are missing.

Nearly 20,000 security personnel have been deployed in Nepal. Helicopters have evacuated 279 hydropower workers and 227 foreign nationals from affected areas.

The disaster struck the China-Nepal border region on Wednesday, when a sudden surge of water and debris swept through Himalayan valleys, destroying settlements and damaging roads, bridges and hydropower infrastructure.

Rescue efforts have been hampered by steep mountains, narrow gorges, thick mud and damaged infrastructure.

Authorities are also struggling to identify recovered bodies, many of which were carried long distances by floodwaters.

Nepal Police spokesperson Deputy Inspector General Abi Narayan Kafle told The Kathmandu Post that identification had become particularly difficult because many bodies were recovered as partial or severed remains.

"Many remains were buried under thick mud and water for two to three days," Kafle said.

Nepal has sought specialised assistance for tunnel rescues, survivor-detection technology, forensic and DNA analysis, and equipment to preserve recovered bodies. An 11-member tunnel-rescue reconnaissance team from India has arrived in Nepal to assist the operation.

At the Trishuli 3A hydropower project, Nepali security forces located workers trapped inside a tunnel. Army spokesman Raja Ram Basnet said helicopters had been deployed, but rescuers were facing difficulties locating tunnel entrances.

Rescue teams are facing challenging conditions as they race to rescue workers in tunnels of hydropower plants, with water levels of the nearby river rising

once again early Sunday morning local time.

"The water level of the Trishuli River increased by 5 to 10 meters due to floods at the planned site again at around 4 a.m. today," said the Nepali prime minister's office on Sunday, referring to the Upper Trishuli 3A hydropower plant.

"The flood has started to cut the river banks off," it said. "Road access to the tunnel has been blocked and preparations are underway to make helicopter landing possible and recover important equipment."

The office added that crews were using heavy equipment to remove debris, and that a special force is preparing to recover parts of the hydropower facility, its CCTV cameras, and other equipment.

As per media reports, it is a challenging task because it is tough to even locate the entry points of the tunnel.

About 350 workers and residents have been rescued from the site, while efforts continued to reach more than 100 people believed to be trapped in the area.

Survivors described the flooding as sudden and overwhelming.

Kalka records 16 cm rain; IMD forecasts wet week across Northwest



PANCHKULA

Kalka in Haryana's Panchkula district recorded 16 cm of rainfall in 24 hours, while the India Meteorological Department (IMD) has forecast a wet week across northwest India, with rainfall continuing over Haryana, Punjab and Delhi and a more intense spell expected over the western Himalayan region and Uttar Pradesh.

According to the IMD's All India Weather Summary and Forecast Bulletin issued on August 30, rainfall occurred at isolated places over Haryana-Chandigarh-Delhi and Punjab during the 24 hours ending at 8.30 am. Kalka recorded 16 cm of rainfall, and the IMD classified rainfall at isolated places over Haryana-Chandigarh-Delhi as heavy to very heavy during the period.

For the coming week, however, no heavy rain forecast has been issued for Haryana, Chandigarh, Delhi, or Punjab in this bulletin. The IMD expects isolated to scattered rainfall over these areas from August 30 to September 5. Its seven-day outlook shows isolated rainfall on August 30-31 and scattered rainfall from September 1 to 5.

Rainfall activity is expected to be considerably stronger in the hills. Himachal Pradesh is likely to receive isolated heavy rainfall from August 31 to September 3, while Jammu-Kashmir-Ladakh may witness heavy rainfall at isolated places on August 31 and September 1.

Uttarakhand faces a particularly intense spell, with isolated very heavy rainfall likely from August 30 to September 1 and isolated heavy rainfall from September 2 to 5. West Uttar

Pradesh is likely to receive isolated heavy rainfall from August 31 to September 5, while East Uttar Pradesh could witness isolated very heavy rainfall on August 31.

The most severe rainfall is forecast over eastern and central India. The IMD has warned of isolated extremely heavy rainfall over Odisha on August 30 and 31 and Chhattisgarh on August 31. Very heavy rainfall is also likely over Chhattisgarh on August 30 and September 1.

In Madhya Pradesh, isolated very heavy rainfall is likely over East Madhya Pradesh from September 1 to 3 and West Madhya Pradesh from September 3 to 5. Vidarbha may receive isolated heavy rainfall on September 2 and 3.

The Northeast is also in for an active spell. Very heavy rainfall is likely at isolated places over Assam and Meghalaya on August 30, over Arunachal Pradesh on August 31, and over Nagaland, Manipur, Mizoram, and Tripura on August 30-31. Heavy rainfall is forecast over parts of the region on several days through September 5.

The IMD said a well-marked low-pressure area persisted over the northwest Bay of Bengal and adjoining West Bengal-north Odisha coasts and was likely to move west-northwestwards during the next 24 hours. The monsoon trough continues to pass through Amritsar, Muzaffarnagar, Hardoi, Gorakhpur, Patna and Bankura, while a western disturbance persists over north Pakistan and adjoining Jammu Division.

'Bam Bam Bhole' chants echo across Trimbakeshwar as thousands head for Brahmagiri Parikrama

NASHIK / TRIMBAKESHWAR

The temple town of Trimbakeshwar in Nashik district came alive with chants of "Bam Bam Bhole" as thousands of devotees gathered here on Sunday for the third Shravan Monday and began making their way towards the sacred Brahmagiri Parikrama.

Around 70,000 to 75,000 devotees were estimated to have gathered in Trimbakeshwar on Sunday, while the administration has made arrangements on the lines of the Kumbh Mela in view of the large turnout. Police personnel have been deployed in large numbers, and extensive barricading has been put in place across the town.

Devotees began arriving in Trimbakeshwar on Sunday evening. After taking rest, having darshan and taking a holy bath, many pilgrims proceeded towards the Brahmagiri Parikrama route during the mid-night and early morning hours on Monday. Several devotees had already started moving towards the route.

The administration expects the number of devotees to touch around two lakh and has implemented traffic and crowd-management arrangements on

a large scale.

Special bus arrangements

A large number of Maharashtra State Road Transport Corporation (ST) buses have been deployed to ferry devotees between the parking area at Khambale and Trimbakeshwar.

Buses arriving from Nashik as well as Jawhar are being stationed near the market committee at the Jawhar Road junction. Pilgrims and devotees arriving for the Brahmagiri Parikrama are being dropped off at the designated point, after which the empty buses proceed to the Mela Bus Station.

Separate arrangements have been made at the Trimbakeshwar Mela Bus Station for buses travelling towards Nashik. Authorities have taken precautions to prevent incoming and outgoing buses and traffic from converging at the same location.

Route arrangements for devotees

Devotees arriving from the parking area are being directed via Police Station Road and Sundarabai Math towards Kushavart Tirtha. After visiting Kushavart Tirtha, pilgrims are being directed towards the Trimbakeshwar temple through the main road.

Haryana govt to monitor health of every pregnant woman via digital portal: CM

CHANDIGARH

Haryana Chief Minister Nayab Singh Saini on Sunday said the state government is implementing a system to reduce maternal and neonatal mortality and ensure timely, quality healthcare services for pregnant women.

The government aims to register every pregnant woman in the state on the 'SAMRIDDHI' portal and continuously monitor their health throughout pregnancy, during delivery and during the post-partum period, according to an official statement issued here.

In the statement, the chief minister said the 'SAMRIDDHI' portal, a state-level command centre and a maternal and child health helpline will be integrated through tech-based interventions.

The integrated system will help ensure better healthcare services for pregnant women, timely identification of high-risk pregnancies and prompt referral to higher-level health facilities whenever required, he said.

Saini said every pregnant woman will be mandatorily registered and provided a unique 'SAMRIDDHI ID', enabling all information related to her pregnancy to be securely maintained at a single place. The system will cover women receiving

treatment at government hospitals as well as private facilities and medical colleges.

Under the 'SAMRIDDHI' system, high-risk pregnancies will be identified on time, with ANMs (auxiliary nursing midwives), doctors and health officials receiving alerts regarding necessary examinations, upcoming deliveries, follow-ups and other services.

Women with high-risk pregnancies will be contacted at regular intervals, while those with normal pregnancies will be contacted every three months.

As the expected date of delivery approaches, the frequency of contact and monitoring will be increased to ensure immediate assistance in case of an emergency.

Saini said a 'Maternal and Child Health Call Centre' will be established at the state level. Trained nurses at the centre will provide health-related guidance to pregnant women, identify risks and, whenever required, assist them in reaching appropriate health facilities.

If a woman is subsequently identified as having a high-risk condition, the information will immediately be shared with the command centre and updated on the 'SAMRIDDHI' Portal.

The chief minister said timely treatment and appropriate referrals are critical for mater-

nal and child health. Through 'SAMRIDDHI', better coordination will be ensured at district and state levels to facilitate referral of high-risk pregnant women to appropriate health institutions.

Women will be informed about suitable hospitals for delivery based on their health condition. The process of referrals will also be streamlined.

Under the National Health Mission, a six-seat 'SAMRIDDHI Command Centre' will operate in two shifts. The centre will monitor data, alerts, referrals and follow-ups related to maternal and child health services across the state.

At the district level, monitoring of maternal and child health services will also be strengthened through dedicated nursing staff.

Saini said the 'SAMRIDDHI' portal will be developed in accordance with Ayushman Bharat Digital Mission standards and integrated with other health portals. Birth registration will also be linked with the 'SAMRIDDHI ID' to facilitate better monitoring of the health of the child after birth.

He said the government's objective is not merely to collect data, but to ensure that every pregnant woman receives the right care at the right time.

HPBOSE revises SOS exam schedule ahead of 'Sair' festival; Sept 17 paper advanced to Sept 16

DHARAMSHALA

The Himachal Pradesh Board of School Education (HPBOSE) has partially revised the date sheet for State Open School (SOS) examinations for Classes 8, 10 and 12 in view of local holidays declared by district magistrates on account of the traditional 'Sair' festival.

HPBOSE Chairman Dr Rajesh Sharma said the examination scheduled for September 17, 2026, would now be held a day earlier, on September 16, keeping the convenience of students in mind.

As per the revised schedule, written examinations for all three classes will commence on September 16.

The Class 8 examinations will be conducted from September 16 to 24, while the Class 10 examinations will be held from September 16 to 28. The Class 12 examinations will be conducted from September 16 to October 6.

All examinations will be held in the morning session from 9:45 am to 1 pm. The board clarified that only the paper scheduled for September 17 has been advanced to September 16 due to the declared holiday.

Practical examinations for Classes 10 and 12 will be conducted from October 8 to 17 at government or board-recognised study centres by teachers of the respective subjects.

The revised schedule will also apply to regular students who appeared for the March 2026 examinations and whose results were declared as compartment or improvement after re-evaluation.

It will further cover regular Class 8 students whose examination could not be held on July 10 due to the holiday declared in view of heavy rainfall.

Defence Minister Rajnath Singh unveils statue of Queen Avantibai Lodhi



LUCKNOW

Defence Minister and Lucknow MP Rajnath Singh on Sunday paid tribute to Rani Avantibai Lodhi by unveiling her statue, lauding her courage, patriotism, and supreme sacrifice during the 1857 War of Independence, which marked a "glorious chapter" in India's history.

Addressing the gathering, Rajnath Singh said that Rani Avantibai Lodhi took charge of her kingdom under extremely difficult circumstances and set an exemplary example of good governance. When the British tried to treacherously occupy her kingdom, she refused to surrender. She not only took up arms herself but also inspired neighboring rulers to join the struggle against British rule.

The Defence Minister highlighted that Rani Avantibai Lodhi was only 27-years-old when she bravely confronted the powerful British troops in 1857. He said that her leadership during the Battle of Kheri, in which she defeated the British army with the support of farmers and common people, demonstrated her exceptional military leadership abilities and

valor.

Further continuing his address, he said that even when surrounded by the British army, Rani Avantibai Lodhi refused to surrender and chose martyrdom on the battlefield.

He added that her life teaches us that one should never compromise on self-respect and stand firmly against injustice. When it comes to protecting the motherland, one must be prepared to sacrifice everything.

He said that this statue is not only a means to cherish the memory of Rani Avantibai Lodhi, but also a medium to introduce future generations to her courage, self-respect, leadership, and sacrifice.

The Minister said, "This statue is not just a structure of iron and stone; it is a living symbol of India's glorious history."

Singh stated that the government has worked tirelessly to recognize India's national heroes, honor their contributions, and pass on their legacy to future generations.

He emphasized that the role models for India's youth should be drawn from India's rich civilization and historical heritage.

He noted that from the brave Rani Avantibai Lodhi to Bharat

Ratna Dr. B.R. Ambedkar, India has a rich legacy of great personalities who dedicated their lives to the nation and society.

Singh asserted that under the leadership of Prime Minister Narendra Modi, five places associated with Dr. B.R. Ambedkar's life have been developed as "Panch Teerth" (five pilgrimage sites).

The Defence Minister mentioned that Rani Avantibai Lodhi's legacy should be remembered for two important reasons. First, her life demonstrated that it is the duty of every citizen to stand up against injustice and slavery. Second, Rani Avantibai Lodhi not only challenged British rule but also challenged social perceptions that had long underestimated the capabilities of women.

Additionally, Singh highlighted that India's women warriors have demonstrated their courage both on the battlefield and in governance and administration. Today, from the heights of Siachen to the depths of the ocean, women are strengthening India's national security.

He added that women pilots and soldiers also played a crucial role in "Operation Sindoor" (India's counter-terrorism operation).

He said, "This is the women power of New India, which is progressing and leading in every field."

Speaking about women's safety in Uttar Pradesh, Singh said that the situation has changed significantly under the leadership of CM Yogi Adityanath.

He stated that ensuring women's safety and taking strict action against criminals have been among the priorities of the state government.

He said that earlier, parents of daughters used to worry about their safety, whereas today, criminals and their families are worried about the consequences of their actions.

He said that the government has broken the morale of those who try to endanger the dignity and safety of women.

Alongside this, Singh noted that Rani Avantibai Lodhi dedicated her entire life to the country and now it is the responsibility of the present generation to pass on the legacy of her courage, patriotism and self-respect to the future generations.

'Real Hero' Pargat Singh saved over 6,000 lives in 26 years, says MP

Naveen Jindal

PANCHKULA

For more than a quarter of a century, Pargat Singh, a resident of Dabkheri village in

Haryana's Kurukshetra district, has been responding to drowning incidents in canals and ponds, helping save more than 6,000 lives and recover nearly 25,000 bodies, according to Kurukshetra MP Naveen Jindal, who met the rescuer while travelling to Kaithal on Sunday.

Sharing details of the meeting on social media, Jindal described Pargat Singh as a "real hero", saying his 26 years of voluntary service represented far more than acts of courage.

According to figures shared by the MP, Pargat Singh has rescued over 6,000 people from drowning during this period. He and his team have also helped recover nearly 25,000 bodies from canals and ponds and ensured that they were handed over to their families with dignity.

What makes the work particularly remarkable, Jindal said, is that Pargat

Singh has been providing the service entirely free of cost.

"Over the past 26 years, he has saved the lives of more than 6,000 people drowning in canals and ponds and helped respectfully return nearly 25,000 bodies to their families, and all this service has been completely free," Jindal said in his post.

The MP said Pargat Singh's work was not merely an example of bravery but also of selfless service.

"This is not just courage; it is an example of true Karmayoga on this sacred land," Jindal said, adding that people like Pargat Singh demonstrate what it means to serve others without expecting anything in return.

Jindal expressed gratitude to Pargat Singh and his team for their years of service and paid tribute to their humanitarian work.

The meeting also highlighted the role of local rescuers who respond to emergencies involving canals, ponds, and other water bodies, assisting in rescue operations and in recovering victims.

Anti-Immigration Cell arrests man in Rs 15.69 lakh fraud case of sending victim to Australia

KAITHAL

Anti-Immigration Cell has arrested a man in a case of alleged fraud worth Rs 15.69 lakh on the promise of sending victim to Australia.

The accused was identified as Akash Gupta, resident of Zirakpur, District Mohali (Punjab).

Police spokesperson stated that according to a complaint filed by Paramjeet, a resident of Subhash Nagar, Kaithal, his son, Harshit, was pursuing a B.Tech degree at a private university in Kaithal and wanted to study in Australia. On March 27th, Akash Gupta called Harshit and said he had seen his resume online and worked on sending young people abroad. He then lured his son into an Australian university, promising him admission, and struck a deal for Rs 17 lakh.

Initially, he demanded Rs four lakh. He sent Rs one lakh online to the accused and then gave Rs 3.20 lakh in cash to the accused's wife in Zirakpur. Harshit was then asked to travel to Delhi. The complainant stated that on March 28th, the accused left his son outside a hotel in Mayapuri, Delhi. Citing a flight delay, they sent him a ticket for March 30th. This ticket was not for Australia, but for Thailand. The accused sent his son to Bangkok.

After arriving in Bangkok, he was asked to pay in installments for visa payments, college fees, and insurance. According to the complaint, Rs 12,000 was transferred to two different accounts on April 1st, 250,000 each on April 2nd, 245,000 and 250,000 on April 3rd, and 21.43 lakh on April 4th. Harshit returned to India on April 7th. Further money was taken from him, promising to send him to Intek in June. On June 15th, Akash called his son Harshit to Zirakpur and told him he would be released at Delhi Airport. Claiming a balance of 23 lakh, the cash was taken from his shop in Transport Nagar, Kaithal. The complainant alleges that Harshit was later sent back to Bangkok. Shortly after, insurance in his name, a ticket from Bangkok to Melbourne, and documents related to an Australian university were sent.

Security tightened ahead of Janmashtami in Mathura; 4,000 police personnel to be deployed

MATHURA

Days before the Krishna Janmashtami festival, additional police forces have been summoned from all districts of the Agra Zone to manage devotees' influx, with over 4,000 police personnel to be deployed for security and traffic arrangements, officials said on Sunday.

While the festival is being celebrated on September 4 at all major temples -- including those within the Shri Krishna Janmasthan complex -- in Mathura, it will be celebrated on September 5 in Nandgaon.

SSP Shlok Kumar said that, in accordance with Supreme Court directives, a three-tier security

arrangement is in place for the Shri Krishna Janmasthan and Shahi Idgah complex. This arrangement is divided into three zones: the 'Red Zone' comprises the temple and Idgah area; the 'Yellow Zone' covers the immediate surrounding vicinity; and the 'Green Zone' encompasses the rest of the city.

Central security forces are deployed in the Red Zone, the Provincial Armed Constabulary (PAC) in the Yellow Zone, and the state police oversee security in the remaining areas. During special festivals like the Shri Krishna Janmashtami, the state police force takes charge of managing the visiting devotees and facilitating smooth access for 'darshan', Kumar said.

He added that the special force

deployed for the occasion of Janmashtami would be organised into 17 distinct sectors.

"Each zone will be supervised by an SP-rank officer, while each sector will be under the charge of a DSP-rank officer. They will be assisted by inspectors, sub-inspectors, head constables, and constables. Officers and personnel from the women's wing of the police force will also be deployed to assist women devotees," he said. In addition to these measures, fire brigades, bomb detection and disposal squads, intelligence units and dog squads will also be specially deployed, the officer said, adding that traffic arriving from Delhi, Haryana, Agra, Bareilly, Bharatpur (Rajasthan), and Gwalior will be diverted.

EDITORIAL



AVINASH BASSAN

The Himalayas are no longer merely warning us about an ecological crisis; they are increasingly forcing us to confront its consequences. From flash floods and cloudbursts to landslides, road collapses and sudden changes in river

HIMALAYAN CATASTROPHE: DEVELOPMENT MUST NOT IGNORE NATURE

behaviour, the Himalayan region is witnessing disasters that are becoming more frequent, more destructive and more difficult to predict. The recent devastation in parts of the Himalayan belt should therefore not be viewed as isolated incidents of bad weather. They are a warning about the fragile relationship between development and nature.

The Himalayas are among the youngest and most geologically unstable mountain systems in the world. Their steep slopes, fragile rocks and rapidly changing weather make the region naturally vulnerable. Climate change is now adding another layer of risk. Rising temperatures are accelerating the melting of

glaciers and changing precipitation patterns, while intense rainfall over short periods is increasing the possibility of flash floods and landslides.

Yet nature alone cannot be blamed. Unplanned construction, indiscriminate road widening, excessive tourism, deforestation, mining and poorly regulated hydropower projects have weakened an already fragile ecosystem. Roads are often carved into mountains without adequate attention to slope stability, drainage or geological conditions. Construction frequently takes place along riverbeds and flood-prone areas, leaving communities dangerously exposed.

The tragedy is that every

major disaster is followed by demands for compensation and reconstruction, but comparatively little attention is paid to prevention. A road destroyed by a landslide is rebuilt at the same vulnerable location, only to face another collapse. Houses are reconstructed in danger zones, and damaged infrastructure is restored without addressing the underlying environmental risks.

What the Himalayas need is not an end to development but responsible development. Environmental impact assessments must be genuine rather than procedural formalities. Construction in high-risk zones should be strictly regulated. Carrying capacities of fragile tourist destinations must be scientifically assessed, and early-

warning systems should reach the last village, not remain confined to government offices.

Governments must also invest in resilient infrastructure, disaster-response training, satellite-based monitoring and community preparedness. Local communities, who understand mountain ecosystems better than anyone, must have a meaningful role in development decisions.

The Himalayas are not an obstacle to progress. They are a natural shield, a source of rivers and an ecological lifeline for millions. If development continues to treat mountains as limitless construction sites, catastrophe will become inevitable.

From survey to consolidation: Bihar's next land reform

BY VIVEK KUMAR SINGH

Bihar is undertaking one of India's most ambitious exercises in land administration. Building on comprehensive aerial photography, its Special Survey and Settlement is preparing digital cadastral maps, reconstructing land records and attempting to bring the record, the map and possession closer together. That exercise is valuable in itself. But it also raises a larger question - what should Bihar do once the survey is complete? For consolidation, Bihar need no longer begin with the expensive task of mapping the countryside afresh. Much of that cadastral groundwork has already been done through aerial photography and is now being converted into settled digital records through the Special Survey. Bihar would know much more precisely where every fragment lies, while the fragmentation itself would remain. The logical next reform, therefore, is consolidation of holdings.

Why consolidation stalled

Bihar enacted its consolidation law in 1956 with a simple objective. Scattered parcels belonging to a cultivator were to be reorganised into fewer, more compact holdings of broadly equivalent value. Punjab and Haryana demonstrated decades ago how consolidation could support more efficient cultivation, irrigation, access and mechanisation. Bihar, however, struggled to complete the process. The first weakness was the absence of a reliable cadastral starting point. Consolidation cannot work unless the State knows with reasonable certainty what land exists, who holds it, where the boundaries lie and what rights attach to each parcel. Where old maps, revenue records and possession diverge, re-allotment begins on disputed foundations. The second was excessive administrative discretion. Valuation, comparison of parcels, adjustment of holdings and delivery of possession all depended heavily on individual judgment. The third was an open-ended procedure. Objections led to appeals, appeals to revisions and administrative decisions to writ proceedings. The lesson is not that consolidation was misconceived; it is that its institutional design was inadequate.

The Special Survey changes the

equation

The earlier model effectively required the government to discover the parcel and reorganise it almost simultaneously. Bihar need not do that again. The Special Survey is creating the spatial and legal foundation for consolidation by converting aerial photography, digitised cadastral mapping and ground verification into updated records. Targeted verification will still be necessary. Irrigation, access, public infrastructure, orchards, structures, land use and other features affecting equivalence between holdings may need field confirmation. But that is very different from surveying the State afresh.

This is Bihar's great opportunity. The State has already borne much of the cost and administrative effort of building the spatial infrastructure. Consolidation can become the productive second use of that investment. The sequence should now be clear: Special Survey and Settlement, final digital map and record, consolidation and re-allotment, and statutory closure. Bihar should not spend years perfecting the map of fragmentation and stop there. The map should become the starting point for undoing fragmentation.

Consolidation for the Digital Age

The old machinery should not simply be restarted. Bihar needs a new consolidation law and procedure designed around today's technological and administrative capacities. Its first principle should be survey before consolidation. No area should enter consolidation until its Special Survey records have reached a sufficiently settled stage.

The second principle should be rules before discretion. Land parcels are not interchangeable merely because they have the same area. Land quality, irrigation, road access, proximity to markets and other value-enhancing infrastructure, and permanent improvements all matter. These factors should, as far as practicable, be translated into published valuation parameters. Digital systems can then assist in generating compact allotments, but the criteria must be prescribed by law or rules rather than left to a vendor or an individual officer.

AgriStack can add a complementary agricultural-data layer. Its

Farmers Registry, geo-referenced village maps and Crop Sown Registry can supplement the Special Survey with farmer-parcel linkages and cropping patterns. This can improve parcel comparison and reduce dependence on one-time administrative assessment. But the hierarchy must remain clear. The settled record of rights should govern legal entitlement. AgriStack should inform valuation, verification and allotment, not title. Put simply, the Special Survey establishes the parcel and the record of rights; AgriStack can enrich its agricultural profile. Human judgment will still be needed, but it should be transparent and reviewable. Any departure from prescribed criteria must require recorded reasons. Every landholder needs to be able to see the original parcels, their valuation, the proposed new holding and the basis of equivalence. Technology helpful because it can narrow discretion and leave an audit trail. Consulting Qualified Estate Planning Lawyers

The most important reform, however, is finality. No consolidation programme should begin unless the law also specifies the maximum time within which it must end. At the same time, deadlines cannot simply be imposed on landholders. Migrants may be away, women entitled to inheritance may be missing from records, and elderly citizens may not receive digital notices. Silence cannot automatically be treated as consent. The answer is to put the State on the clock as well. Time limits for objections should begin only after demonstrable, multi-channel notice. Draft maps and proposed allotments should be displayed publicly, made available digitally and explained through village-level camps. Once adequate notice is established, proceedings should move firmly towards closure. Each objection should have a statutory disposal period. Appeals should carry strict outer limits. There should ordinarily be only one revision. Adjournments should require recorded reasons. A public dashboard could show, village by village, the stage reached, objections filed, cases pending and time consumed. Consolidation should be measured in months, or at most a few years - never across generations.

From better records to deeper reform

For two decades, land-record reform in India has understandably focused on digitization by scanning records, computerising mutation, digitising maps and moving revenue services online. These are necessary reforms. But digitisation is not structural reform. A fragmented holding does not become economically efficient merely because each fragment has acquired a precise digital coordinate. Bihar is now unusually well placed to move further. Its Special Survey is creating the foundational certainty over parcels that earlier consolidation lacked. Transparent, rules-based allocation can reduce administrative discretion. A rewritten Consolidation Act can impose the finality the earlier system lacked.

The gains would extend beyond agriculture. Fewer and clearer parcels can reduce boundary disputes, simplify inheritance and partition, improve access to institutional credit, and make infrastructure planning and land acquisition easier. Consolidation is therefore as much a governance reform as an agricultural one. Sourcing Sustainable Farming Supplies

The Special Survey should not be treated as the end of Bihar's land-reform journey. It could be the platform for the reform that follows. The governing principles are straightforward. Put survey before consolidation. Use the aerial and cadastral data already created, supplementing it where useful with AgriStack. Undertake field verification only where necessary. Replace discretion with published rules wherever possible. Protect genuine rights through adequate notice. Impose statutory finality on the process. As the Special Survey moves towards settled records, the State should now ask the more consequential question, i.e., must those accurately mapped parcels remain fragmented forever? The Special Survey will tell Bihar where every fragment lies. The real reform would begin only when the state uses that knowledge to put the fragments back together. If Bihar can do that, it will not merely complete a survey. It could provide India with a new model of land reform.

Shahid Kapoor Resumes Shooting for 'Farzi 2' After Italy Vacation, Returns as Sunny



Actor Shahid Kapoor has officially returned to the sets of the much-awaited "Farzi 2" after spending a holiday

in Italy, marking the beginning of the next phase of filming for the highly anticipated crime thriller series.

The actor has resumed work with an outdoor shooting schedule in Mumbai and is once again stepping into the role of Sunny, the talented artist who turns to counterfeiting in a desperate bid to survive.

According to reports, Shahid has joined the cast and crew for an extensive outdoor schedule that will continue over the coming weeks. The second season is expected to pick up from the dramatic events of the first installment and take Sunny's story into darker and more dangerous territory.

Shahid returns as fan-favourite Sunny

The first season of Farzi introduced audiences to Sunny, a gifted but financially struggling artist who becomes involved in producing counterfeit currency. His life changes dramatically as he enters the world of crime while trying to outsmart law enforcement and powerful criminals.

Shahid's performance received widespread appreciation, with critics and viewers praising his intensity, humour and emotional depth. The role also marked his successful debut in the OTT space, making Farzi one of the most talked-about web series of its time.

With Farzi 2, fans are eager to see how Sunny deals with the consequences of his actions and the new

challenges that await him.

New season expected to raise the stakes

Although the makers have kept the storyline under wraps, industry insiders suggest that the second season will feature a bigger canvas, higher stakes and more action-packed sequences. The Mumbai schedule is expected to include several outdoor scenes, chase sequences and dramatic confrontations.

The upcoming chapter is likely to continue exploring the conflict between Sunny and the law enforcement agencies pursuing him, while also introducing new twists and characters.

The series is expected to retain its signature mix of crime, suspense, humour and emotional drama that made the first season a major success.

Raj & DK continue the crime thriller franchise

Farzi 2 is once again being helmed by filmmaker duo Raj Nidimoru and Krishna DK (Raj & DK), who created the original series. The duo is known for blending gripping storytelling with quirky humour and realistic characters, a style that helped Farzi earn a strong fan following.

The new season is also expected to bring back several familiar faces from the first installment, adding continuity to the story while

expanding the universe further.

Shahid's busy schedule

Apart from Farzi 2, Shahid Kapoor has been busy with multiple film projects and continues to balance work between theatrical releases and streaming platforms. The actor recently returned from a vacation in Italy before diving straight into the demanding shooting schedule of the series.

Known for constantly experimenting with different genres, Shahid has built a career spanning romantic dramas, action thrillers and intense character-driven roles. His return as Sunny is considered one of his most awaited performances in the OTT space.

Release date yet to be announced

While shooting for Farzi 2 is now underway, the makers have not yet announced an official release date. Details regarding the storyline, additional cast members and streaming plans are expected to be revealed in the coming months.

With production progressing in Mumbai and Shahid Kapoor back on set, excitement surrounding Farzi 2 continues to grow, as fans eagerly await the next chapter of Sunny's high-risk journey in the world of counterfeit crime.

Disha Patani Was the First Choice for 'Awarapan 2', Says Producer Vishesh Bhatt

Disha Patani was the makers' first choice to play the female lead in the much-awaited "Awarapan 2", producer Vishesh Bhatt has revealed. The upcoming film marks the first on-screen collaboration between Disha Patani and Emraan Hashmi, making their pairing one of the key talking points surrounding the project.

The sequel to the 2007 romantic action drama Awarapan has generated considerable interest among Bollywood audiences, particularly because of the return of Emraan Hashmi and the fresh pairing with Disha. While the makers have kept several details about the film under wraps, Bhatt has now opened up about why Patani was chosen for the female lead.

According to the producer, Disha's career journey, personality and screen presence made her particularly suitable for the role. He believes that her qualities matched the character, which has been written as a modern woman with a contemporary outlook and a life that is different from the female protagonist portrayed by Shriya Saran in the original film.

Vishesh Bhatt recalls meeting Disha

Explaining the casting decision, Vishesh Bhatt praised Disha's body of work and recalled meeting the



actress early in her career.

"Disha has a good body of work. I've seen her in Mohit Suri's 'Malang.' I met her in 2012 or 2013, when she was just starting," Bhatt said.

The producer suggested that his familiarity with Disha's work and personality helped the team understand that she could bring

the right qualities to the character. While her beauty was certainly an advantage, Bhatt emphasised that the actress also possesses a distinctive personality that sets her apart.

According to him, the role required an actress who could represent a contemporary character without simply repeating the template of

the female lead from the first film.

A different character from the original

The female character in Awarapan 2 is reportedly designed to reflect modern times. Unlike the character played by Shriya Saran in the original film, the new protagonist has a different background and lifestyle.

Bhatt explained that the character lives in another country and is connected to the realities of today's world. The makers therefore wanted someone who could naturally fit into a modern setting while also bringing individuality to the role.

He felt that Disha's personality and previous performances made her a natural fit for the part. Her experience in films across action, romance and drama also gives her the ability to handle the varied emotional requirements of the character.

Fresh pairing with Emraan Hashmi

One of the biggest attractions of Awarapan 2 is the pairing of Disha Patani and Emraan Hashmi. The two actors have never previously shared the screen, making their collaboration a fresh combination for Bollywood audiences.

Bhatt believes that watching the two actors together will be particularly interesting because of their

contrasting screen personalities and the fact that they are coming together for the first time.

Their on-screen chemistry has already become a subject of discussion among audiences, even before the film's release. The makers are expected to explore a relationship that combines romance with the emotional and dramatic elements associated with the Awarapan franchise.

Carrying forward the legacy of 'Awarapan'

The original Awarapan, directed by Mohit Suri and starring Emraan Hashmi, became known for its intense emotional storytelling and memorable music. The film developed a loyal following over the years and remains an important title in Hashmi's filmography.

With Awarapan 2, the makers are attempting to build on that legacy while creating a new story and introducing a different female protagonist.

Disha's casting is therefore not simply a continuation of the original pairing but an effort to give the sequel its own identity. As production and promotional activities progress, audiences will be watching closely to see how the new characters and storyline connect with the emotional world established by the first film.

Can your daily workout really undo 8-10 hours of sitting?

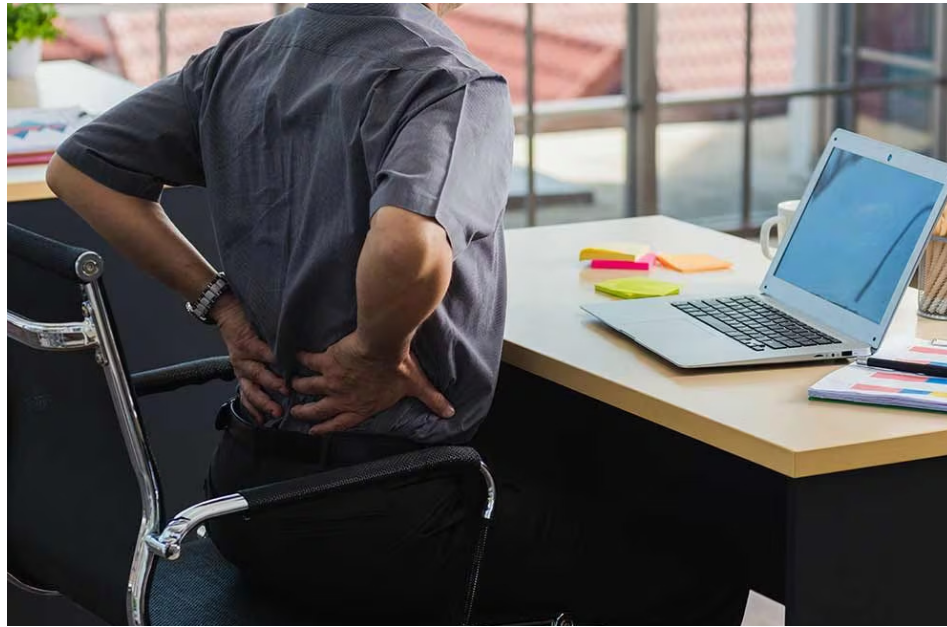
Cardiologist explain the 'active but sedentary' trap

Dr Anshul Kumar Jain

Many specialists' daily routines are endless: long hours at the office, boring traffic jams, and watching TV at home. Thus, a prescribed daily workout session from thirty to sixty minutes would apparently improve one's cardiovascular system; however, doctors believe that one daily workout cannot fully compensate for long hours of uninterrupted sitting. This is where the phrase "active but sedentary" comes in. There is a subtle distinction between physical activity and a sedentary lifestyle. One can fulfil the exercise requirements and still sit for most of the day. Long-term sitting is believed to be hazardous.

Why does prolonged sitting matter?

When people are in a sitting position for hours on end and are not very active, the muscles become inactive. This will also influence the way blood and glucose are transported in the organism, as well as the way fats are processed. If this behaviour is repeated for a long period of time, this can lead to other problems and consequently, to gaining too much weight/being overweight and developing many disease risks, including high blood pressure, obesity, and other cardiovascular issues. The point is that sitting in one position for some time is not harmful, but being inactive over long periods of time is the real danger.



So, can exercise undo the damage?

Regular exercise is believed to be one of the most effective methods of reducing the risk of heart disease. Numerous studies show that people who exercise regularly are healthier than those who do not exercise at all. This includes aerobic and resistance training and can improve blood pressure, cholesterol levels, sensitivity to insulin, and other parameters of fitness.

However, one should note that exercise should be considered as only one element of an active

lifestyle rather than as a compensatory measure for a day of little-to-no activity. For example, thirty minutes of exercise followed by eight hours of sitting at work are not the same as breaking up passages of prolonged sitting with moments of standing or short light movements.

The 'active but sedentary' trap:

There is a common misconception about exercising being good enough to simply mark off your exercise for the day. Doing this ignores the fact that there is really more to think about with regard to your exercise or movement during the day. Instead of

only asking the question of whether you did exercise that day, doctors suggest asking yourself how much you were moving during your day, rather than just trying to fit in your exercise.

The "Every 30 Minutes" Rule: Those in the health profession advise taking a break every 30 minutes of inactivity to allow your body to maintain proper circulation and make sure that even small physical activities promote metabolism. You can change your routine to reflect a more active lifestyle. You can take breaks at your workplace, avoid sitting while talking on the phone, try to walk rather than drive to short distances, or use stairs whenever possible.

What should a healthy routine look like?

The best approach is to integrate regular structured exercise along with everyday movement; the goal is to promote cardiovascular activity and strength training, while decreasing the time spent sitting. For instance, if you work at a desk during the day, it is a good idea to get up periodically to stretch or take short walks during lunch. There really is no need to think of exercise and sitting as an either-or proposition. Exercise certainly is important, but it helps even more when one moves throughout the rest of the day. The idea here is to become a person who moves regularly, rather than a person who just "works out."

Popping a painkiller every month to get through work? Why doctors say you shouldn't ignore it

For millions of women, the monthly routine looks the same: cramps arrive, a painkiller goes down with breakfast, and the day carries on - barely. It's so common that it rarely gets a second thought. But doctors are increasingly pushing back on the idea that this is simply "how periods are." Pain severe enough to send someone reaching for medication every cycle, or to make them cancel plans and call in sick, isn't something to shrug off. Sometimes, it's the body signalling that something more is going on underneath.

There's an important line here, and it matters. Ordinary period cramps - the dull, manageable kind - are completely normal and don't need a medical workup. The concern is with pain that keeps repeating in a disruptive way, month after month, without anyone ever asking why.

A simple test: Can you actually function?

Doctors often suggest a practical way to tell the difference between everyday discomfort and something that needs attention. Ask yourself:

"Does the pain make you miss work or college?"

"Do you cancel plans every month because of it?"

"Does it wake you up at night?"

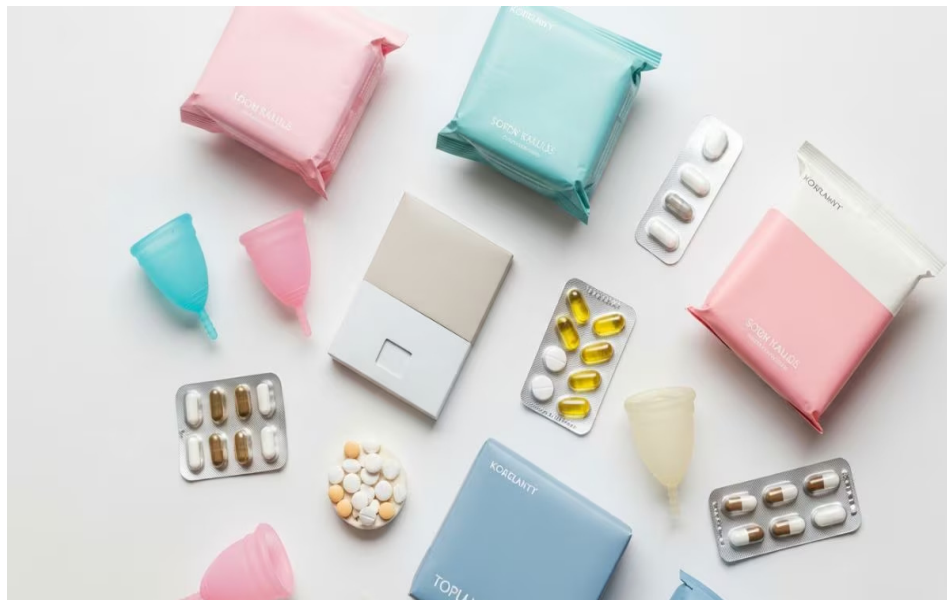
"Do you struggle to walk, stand, or concentrate?"

"Do you need medication just to get through the day, every single cycle?"

"Has the pain been getting worse over time?"

A "yes" to several of these isn't proof of a serious condition - but it is a strong enough pattern to warrant a conversation with a doctor.

When cramps might be something else



"Persistent, disabling period pain can sometimes point to underlying conditions such as endometriosis, adenomyosis, uterine fibroids, pelvic inflammatory disease, or ovarian cysts. Here's the tricky part: how much pain someone feels doesn't always match what shows up on a scan. Endometriosis in particular is notoriously hard to spot on routine imaging, which is one reason it often goes undiagnosed for years," said Dr Parul Chandra, Consultant - Obstetrics & Gynaecology, Madhukar Rainbow Children's Hospital.

Is taking a painkiller every month a red flag?

Not on its own. NSAIDs like ibuprofen or naproxen are standard, effective treatments for menstrual pain, and using them occasionally isn't cause for alarm. The real issue is when a painkiller becomes the only strategy - used cycle after cycle to push through pain that never gets investigated. Beyond masking a

potential underlying problem, frequent or excessive NSAID use carries its own risks, including effects on the stomach, kidneys and heart in susceptible people.

The message isn't "stop taking painkillers." It's that relying on them every month deserves a follow-up question: why is this happening in the first place? said Dr Chandra.

Other signs worth mentioning to a doctor

According to Dr Anjali Kumar, director, obstetrics & gynaecology, CK Birla Hospital, Gurgaon, certain patterns raise the likelihood of an underlying cause: pain that keeps getting worse, sudden severe pain after years of manageable periods, pain that starts before bleeding and lingers after, pain during sex, pain while using the bathroom around period time, unusually heavy or prolonged bleeding, bleeding between periods, or pelvic pain even outside of menstruation. Heavy bleeding is worth flagging on its own too - large

clots, soaking through protection quickly, or ongoing fatigue can point toward iron-deficiency anaemia linked to blood loss.

Myth vs Fact

Myth 1: Severe period pain is just something women have to live with

Fact: Pain that disrupts daily life deserves evaluation, not endurance.

Myth 2: A normal ultrasound means nothing is wrong.

Fact: Some conditions, including endometriosis, often don't show up clearly on routine scans.

Myth 3: Needing a painkiller every month means dependency.

Fact: Appropriate use is fine - the real question is whether the recurring pain has ever been properly checked.

The workplace silence

Missing work because of period pain is common, yet rarely spoken about openly. Many women quietly take sick leave or work from home rather than explain why. That silence can make severe pain feel more "normal" than it should - and less likely to be raised with a doctor at all.

What a doctor visit actually involves

Consultations typically include a detailed history of pain and bleeding patterns, questions about bowel, bladder or sexual symptoms, a physical exam where appropriate, and imaging if needed. There's no single test that rules out every possible cause - which is exactly why the conversation matters more than any one scan.

The goal isn't to make anyone fearful of period pain or medication. It's about recognising when pain has crossed from manageable discomfort into a recurring symptom that deserves an honest explanation - not just another tablet.

Natrang Stages Powerful Adaptation of Munshi Prem Chand's Kafan



**SYSTEM OBSERVER
JAMMU**

Natrang presented a powerful theatrical adaptation of Munshi Prem Chand's celebrated short story *Kafan* today at Natrang Studio Theatre as part of its Sunday Theatre Series. The production was directed by Neeraj Kant.

Written decades ago by one of India's most celebrated and visionary writers, *Kafan* remains remarkably relevant and timeless. The story continues to convey a powerful message to the present generation and to generations to come.

Sharing his thoughts on the production, Natrang Director Balwant Thakur said that *Kafan* is a sharp and poignant satire on the degradation of human values, while also exposing the darker realities of poverty, despair and addiction. He said that Natrang has consistently endeavoured to bring the

world's immortal literary works to the stage, and the present production was yet another effort in that direction.

Before the performance began, the Natrang family observed a two-minute silence in memory of eminent Indian theatre personality Satish Anand, who passed away yesterday following a brief illness.

The play revolves around Ghisu and Madhav, a father and son who work as labourers in a village and live in extreme poverty. Madhav's wife is in the final stages of pregnancy and desperately needs medical attention, which the impoverished family is unable to afford. As she cries out in unbearable pain, Ghisu and Madhav remain helpless spectators. Eventually, she dies during childbirth, leaving the father and son to confront an even deeper crisis.

With no money or means to perform her last rites, they are faced with the grim reality of her

dead body lying in their hut. They approach the villagers for financial assistance and, after considerable effort, manage to collect enough money to purchase a shroud for the deceased woman.

However, when the time comes to buy the shroud, Ghisu and Madhav abandon the idea and spend the donated money on liquor instead. To ease their guilt, they rationalise their decision by convincing themselves that a dead woman has no use for a piece of cloth and that what she needs is only blessings.

The production brings into sharp focus the destructive monster of alcoholism, making Prem Chand's story strikingly relevant even in contemporary times. It highlights how addiction can destroy not only an individual's life but also the lives of those dependent upon them. People trapped in alcoholism may have nothing to eat or nothing with which to feed their families, yet may go to extraordinary lengths to arrange money for liquor.

Kafan, which translates as *Shroud* in English, presents a disturbing picture of the degradation of human values and takes the audience to one of the lowest depths of human existence. The production leaves a deeply unsettling yet thought-provoking impression, compelling viewers to reflect on poverty, addiction, social apathy and the erosion of human compassion.

The young Natrang actors who performed in the play were Pawan Verma, Kushal Bhat, Aryan Sharma, Aadesh Dhar and Narinder Verma.

The lights were designed and executed by Neeraj Kant, while the music was rendered by Pawan Verma.

Modi Govt transformed India, 'Seva Sankalp Abhiyan' to be massive people-centric campaign: BJP

**SYSTEM OBSERVER
JAMMU**

Jammu and Kashmir BJP held a one-day workshop at party headquarters, Trikuta Nagar, Jammu, to chalk out a comprehensive roadmap for the 'Seva Sankalp Abhiyan', marking Prime Minister Narendra Modi's birthday and 25 years of his uninterrupted public service, while taking the development achievements and welfare initiatives of the Modi Government to the grassroots.

J&K BJP President and Rajya Sabha MP Sat Sharma, former BJP state President and former Minister in the Haryana Government and former National Secretary, BJP, O.P. Dhankar, the main speaker in the workshop, and BJP General Secretary (Organization) Ashok Koul chiefly addressed the workshop.

Former Deputy Chief Minister Dr. Nirmal Singh, Rajya Sabha MP Er. Ghulam Ali Khatana, General Secretaries Sanjita Dogra, Baldev Singh Billawaria and Gopal Mahajan (J&K in-charge of the Abhiyan) also addressed the workshop.

BJP office bearers, Morcha Presidents, District Presidents and members of the Abhiyan teams from across Jammu and Kashmir participated in the workshop.

Sat Sharma, addressing the workshop, said that the Narendra Modi era has rewritten India's development story, transforming the nation from a country struggling with policy paralysis into a confident, self-reliant and rapidly developing global power.

Sat Sharma said that 2026 marks 25 years since Narendra Modi entered the highest levels of public service as Gujarat Chief Minister in 2001 and subsequently took the responsibility of leading the nation as Prime Minister. "For 25 years, Narendra Modi has devoted himself to the service of the nation and its people. His politics is defined not by power, but by performance, service and the empowerment of the last person in society," he said.

He said that the unprecedented public support and respect enjoyed by Prime Minister Modi is rooted in the transformational work undertaken by his governments. From welfare delivery and infrastructure development to strengthening national security, empowering the poor, women, farmers and youth, the Modi Government has placed 'Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas' at the centre of governance.

Sat Sharma said the Seva Sankalp Abhiyan will be a month-long campaign from September 17 to October 17, through which BJP workers will reach people with the message of development and service. "This is not merely a celebration of the Prime Minister's birthday; it is an opportunity for every BJP worker to dedicate himself to society and ensure that the benefits of government schemes reach those who need them most," he said.

O.P. Dhankar, through a detailed PowerPoint presentation, elaborated on the campaign's programmes, including Ashirwad Ka Diya, Sapnon Ka Bharat, Namo Seva Gatha, Aangan Utsav, Kahani Badlav Ki, Viksit Bharat Sankalp Yatra, Seva Jyoti Yatra, Seva Mera Yogdan, Rangoli Rashtra, Seva Setu Abhiyan, Jan Sevak Mahakumbh at Panchayat and Parliament levels, and the Rashtriya Innovation Challenge.

Dhankar said BJP workers would organize cleanliness drives, medical and blood donation camps, plantation programmes and activities in government and private schools, including drawing and speech competitions. Special programmes would also be conducted at Anganwadi centres, while elected representatives would take a collective Sankalp for dedicated service to the nation and society.

Ashok Koul, while presenting the organizational blueprint, said the campaign would be taken to every district, Mandal and booth through a coordinated organizational mechanism. He said Gopal Mahajan, along with BJP Vice-Presidents Adv. Rekha Mahajan and Dr. Shehnaz Ganai, Secretaries Dinesh Sharma and Manjeet Razdan, MLA Mohan Lal Bhagat, BJYM President Arun Prabhat and Spokesperson Dhanish Bhat would oversee various programmes across the districts.

Koul directed District Presidents to immediately conduct preparatory workshops and prepare detailed district-wise programmes, ensuring maximum public participation and effective grassroots outreach.

Arvind Gupta inaugurates Rs 80 lakh development works in Ward 32

"People-Centric Development Is my Priority": Gupta

**SYSTEM OBSERVER
JAMMU**

Jammu West MLA Shri Arvind Gupta inaugurated development works estimated at Rs 80 lakh in Ward No. 32, including the upgradation and construction of the Cremation Ground and Shed at Pouni Chak, along with allied civic works in Ajit Colony and Tirlokpur.

Speaking on the occasion, MLA Arvind Gupta said, "Our priority is to ensure that every basic civic requirement of the people is addressed and that development reaches every locality. The Pouni Chak cremation shed was a long-pending demand of the residents, and we are committed to providing people with clean, dignified and better civic facilities."

He further said that people-centric development and strengthening basic infrastructure across Jammu West will continue to remain his focus.

The Rs 80 lakh project is aimed at improving the overall



infrastructure and facilities at the cremation ground, providing local residents with a cleaner, better-maintained and more dignified facility.

The cremation shed at Pouni Chak had been a long-standing demand of the local residents, and its development is expected to address an important public requirement in the area.

The programme was attended by Mandal President Anil

Angral, former Deputy Mayor Dharamveer Singh Jamwal, Sanjay Sharma, Rajesh Saini, Samardeep Singh, Vicky Kumar and Ashwani Kumar, besides officials from JMC 3rd Division, including the XEN and JE.

MLA Arvind Gupta reiterated that development works will continue across Jammu West with a focus on essential civic amenities and resolving issues raised by local residents.

Lieutenant Governor Inaugurates 3rd CII J&K Health Conclave

- ◆ Lieutenant Governor highlighted the vision of “Health Services Anytime, Anywhere”
- ◆ With new AIIMS, medical colleges, and digital health missions, J&K is becoming a hub of innovation and resilience in health sector: LG



**SYSTEM OBSERVER
SRINAGAR**

The Lieutenant Governor, Shri Manoj Sinha inaugurated the 3rd edition of the CII Jammu & Kashmir Health Conclave today. The Lieutenant Governor emphasised the transformative vision of “Health Services Anytime, Anywhere” and highlighted the role of innovation, resilience and inclusive growth in shaping the future of healthcare.

Extending best wishes to Ujala Cygnus for its new initiative, the “Peace and Wellbeing Foundation,” the Lieutenant Governor noted that the conclave is a platform for discussion and a collective opportunity to redefine healthcare delivery in Jammu Kashmir and other states.

Citing the example of an ASHA worker using tele-consultation to connect patients in remote villages with district hospitals, the Lieutenant Governor said that telemedicine is a revolutionary step that eliminates geographical barriers. He stressed that technology must serve humanity, ensuring that even the most remote communities have access to timely medical care.

The Lieutenant Governor said that modern tools should inspire solutions for easy accessibility of best possible healthcare to all the citizens. He urged stakeholders to make Jammu Kashmir a laboratory for low-cost, high-impact innovations such as drone-based delivery of medical supplies and solar-powered cold chains for high-altitude health centres.

The Lieutenant Governor

outlined three pressing challenges confronting global health systems including rising healthcare expenditure. He called for a shift towards prevention, early intervention and regular screening to reduce dependence on costly treatments.

“We need to move beyond a system that treats illness to one that protects and promotes health. We must prioritise regular screening, easy access to primary healthcare services and timely treatment,” the Lieutenant Governor said.

He also emphasized expanding training capacity, supporting wellbeing of medical staff and leveraging telemedicine to extend reach.

“We need to expand training capacity in medical and nursing education and ensure access to health services in rural and remote areas through telemedicine. Most importantly, we must also take care of the wellbeing of our health workers. Better staffing, reduced administrative burden and mental-health support are fundamental requirements of a strong health system,” he said.

The Lieutenant Governor said under the leadership of Hon’ble Prime Minister, Shri Narendra Modi accessibility, affordability and universal insurance coverage has been ensured and health inequality has been eliminated.

“Under the leadership of the Hon’ble Prime Minister, efforts are being made to link health records across the country through a secure digital system. This will enable any authorised doctor, wherever they may be, to access a patient’s health history within moments. At the same

time, patients retain control over who can view their information and how much information they can access,” he said.

The Lieutenant Governor noted significant progress in Jammu Kashmir’s healthcare infrastructure including 2 new AIIMS institutions, 10 new medical colleges, 2 State Cancer Institutes, specialized hospitals including Bone & Joint and Paediatric facilities, 52 nursing colleges, 23 paramedical colleges and 5 pharmacy colleges, which are historic steps towards social justice and equitable healthcare.

The Lieutenant Governor urged the conclave to deliberate on key priorities of developing modern primary health centres in every village linked to district networks, harnessing AI for early detection of diseases while supporting doctors’ decisions, strengthening disease surveillance, genomic capacity, and local manufacturing of diagnostic kits and building a robust health workforce through nursing and paramedical institutions, continuous skill development and strong collaboration between government and private sector.

“Private hospitals and industries associated with the health sector must also join this effort, recognising it as an important task of nation-building. I believe that the strongest health systems are those in which the government and the private sector work together for public welfare, combining their capabilities, speed and innovation,” the Lieutenant Governor said.

The Lieutenant Governor reiterated that the true measure of success lies in improved lives. He envisioned a future where families in Kupwara need not travel hours for routine care, workers in Rajouri are free from financial fear and medical graduates can build their careers within the Union Territory of Jammu Kashmir.

“Advanced treatment and modern health facilities must be accessible to all so that we may establish the principles of social justice and equality. The health of an individual or a family affects opportunities, productivity and overall well-being of the society,” he said.

Shri Iqram Ali Shafiee, Chairman, CII J&K UT Council; Dr. Shuchin Bajaj, Founder Director, Ujala Cygnus Hospitals; Shri Siddhant Choudhary, Vice Chairman, CII J&K; Dr. Pervez Ahmad Sofi and Shri Arafat Ahmad Bhat, Members, Board of Directors, Peace and Wellbeing Foundation; Shri Sajad Hussain Lone, members of Confederation of Indian Industry (CII) and healthcare professionals attended the inaugural ceremony.

Dr. GV Sundeep Chakravarthy, SSP Srinagar; Shri Akshay Labroo, Deputy Commissioner, Srinagar and senior officials were also present.

Div Com reviews preparations for 1st International Film Festival of J&K

**SYSTEM OBSERVER
SRINAGAR**

Divisional Commissioner Kashmir Anshul Garg on Saturday chaired a high-level review meeting at the Sher-i-Kashmir International Convention Centre (SKICC) to review preparations for the upcoming 1st International Film Festival of Jammu & Kashmir (IFFJ&K).

During the meeting, the Divisional Commissioner directed all concerned departments to ensure befitting, comprehensive and meticulous arrangements for the successful conduct of the festival and to execute their assigned responsibilities with utmost efficiency.

He instructed designated Nodal Officers to remain stationed at their respective venues and maintain close coordination with all stakeholders. He observed that the presence of officers on-site would facilitate prompt resolution of issues and help streamline arrangements.

Emphasising that there should be no gaps in preparations, the Divisional Commissioner stressed the importance of comprehensive venue management, proper sequencing of events and detailed crowd-management plans at SKICC and INOX.

He also reviewed arrangements for night screenings, floating cinema, the gala dinner and other proposed activities and issued necessary directions for their smooth and successful conduct.

The Tourism Department was directed to finalise brochures and audio-visual content showcasing the tourism potential of Jammu & Kashmir for promotion during the festival. The Handicrafts & Handloom Department was asked to prepare and share brochures containing relevant information for guests and participants regarding stalls, craft and artisans.

The Higher Education Department was directed to establish dedicated registration desks for students participating in the festival, while the RTO Kashmir was asked to sensitise hired drivers regarding the festival schedule, sightseeing packages for guests, tour packages and timely participation in scheduled programmes.

The meeting was informed that films from 40 countries will be screened during the festival, underlining its international character and significance.

The Divisional Commissioner directed all departments to extend full support to the event management team and emphasised the need for effective micro-traffic management and robust security arrangements while ensuring minimum inconvenience to guests, participants, filmmakers and the general public.

He further directed the concerned agencies to ensure comprehensive arrangements at the airport and establish attractive selfie points at the SKICC back lawns and INOX premises.

For effective inter-departmental coordination, the Director Information was directed to ensure close coordination among all concerned departments. The Joint Director Information Kashmir was asked to remain stationed at SKICC as the single-point Nodal Officer for coordination and communication.

The Divisional Commissioner also stressed the need for conducting a comprehensive dry run ahead of the festival to identify and address any gaps in arrangements. He called for a seamless and horizontal flow of communication among all stakeholders for the smooth execution of the festival.

GBHSS Nadihal Bandipora Celebrates National Sports Day 2026 with Great

**Enthusiasm
SYSTEM OBSERVER
SRINAGAR**

Boys Higher Secondary School Nadihal Bandipora today celebrated the National Sports Day 2026 with great enthusiasm, energy and sporting spirit. The day-long celebration was organized by the Sports Wing of GBHSS Nadihal to commemorate the birth anniversary of the legendary Indian hockey player Major Dhyan Chand and to promote the importance of sports, physical fitness, teamwork and a healthy lifestyle among students.

The programme witnessed enthusiastic participation of Principal GBHSS Nadihal, teaching and non-teaching staff members and students, who came together to make the celebration a memorable and vibrant sporting occasion.

On the occasion, Principal GBHSS Nadihal, Mohammad Hussain Magrey appreciated the efforts of the Sports Wing for organizing the event and encouraged students to actively participate in sports and recreational activities.

Project Director Samagra Shiksha reviews centrally sponsored schemes in Doda



**SYSTEM OBSERVER
DODA**

Project Director, Samagra Shiksha, J&K, Bhawani Rakwal today reviewed the implementation and progress of various Centrally Sponsored Schemes (CSS) of the School Education Department in District Doda during a comprehensive review meeting held at the Meeting Hall of the Chief Education Office, Doda. Chief Education Officer, Doda, Bhushan Kumar Pathak welcomed the Project Director and apprised him of the progress achieved by the district under various components of School Education.

The meeting focused on the status of civil works, infrastructure development, digital initiatives and student-centric programmes being implemented across the district. Reviewing the ongoing developmental

works, the Project Director directed the concerned officers and Heads of Institutions to accelerate the pace of execution and ensure timely completion of projects while maintaining prescribed quality standards and transparency in the utilization of government funds.

The implementation of key digital and educational initiatives, including the Prashast App, Digital Chatbots under VSK initiatives, Aadhaar-related activities, Mandatory Biometric Update (MBU), PM POSHAN and ULLAS was also reviewed in detail.

Emphasizing the importance of effective use of technology, the Project Director stressed that digital platforms and technology-driven interventions should be meaningfully utilized at the school level for academic support, real-time monitoring, timely data updation and

improved learning outcomes, rather than being treated merely as compliance-related exercises.

Stressing the importance of accountability, coordination and regular monitoring, he directed all concerned officers and field functionaries to ensure effective implementation of the schemes and timely compliance with the directions issued during the review.

Later, the Project Director held a review meeting with the Heads of Institutions of Educational Zone Bhaderwah at Dak Bungalow, Bhaderwah. He also conducted a field visit and interacted with students and zonal-level officers to assess the availability of basic facilities and review the implementation of various educational initiatives at the grassroots level.

The meetings were attended by the District Education Planning Officer (DEPO), Principals of Government Higher Secondary Schools, Zonal Education Officers (ZEOs) of District Doda, besides other concerned officers and officials of the School Education Department.

Concluding the review, Bhawani Rakwal called upon all officers and field functionaries to discharge their responsibilities with dedication, commitment and a result-oriented approach, ensuring transparency, quality and accountability in the implementation of Centrally Sponsored Schemes. He stressed that every government intervention should translate into tangible and meaningful benefits for students and contribute towards strengthening the overall quality of school education in District Doda.

FDA conducts 140 inspections; 55 food samples lifted across J&K

**SYSTEM OBSERVER
SRINAGAR**

The Food & Drugs Administration (FDA), J&K, conducted food safety enforcement activities across various districts of Jammu and Kashmir. During the drive, 140 inspections were conducted and 55 food samples were lifted for testing of quality and safety parameters. The samples included Milk and Milk Products, Edible Oils and Spices, besides other food commodities.

As part of the enforcement action, 17 Improvement Notices were issued to various Food Business Operators under Section 32 of the Food Safety and Standards Act, 2006, and 11 cases were compounded under Section 69 of the Food Safety and Standards Act, 2006, involving a total penalty of ₹11,000. Further, 97 food labels were scrutinized for compliance with the prescribed labelling requirements, out of which two labels were found non-compliant with the applicable labelling provisions. Besides, one food business registration was cancelled in Reasi district for contravention of the provisions of the Food Safety and Standards Act, 2006.

The enforcement activities covered food business establishments, e-commerce establishments dealing with food items, milk and milk products, edible oils, spices and imported food items. Food supplied through PDS, MDM and ICDS channels was also covered during the exercise. The activities were carried out in the districts of Jammu, Doda, Kathua, Samba, Reasi, Udhampur, Srinagar, Anantnag, Kupwara, Bandipora, Ganderbal and Budgam.

The concerned Designated Officers and Food Safety Officers have been instructed to continue inspections, sampling, label scrutiny and enforcement activities and to take action against violations in accordance with the provisions of the Food Safety and Standards Act, 2006 and the regulations made there under.

Consumers have been requested to remain vigilant and report any suspected case of unsafe, adulterated or sub-standard food through Toll-Free Helpline No. 104 or by email at cfsjandk.fnd@jk.gov.in.

Sakeena Itoo visits Check-e-Samad, held

**public outreach camp
SYSTEM OBSERVER
SRINAGAR**

Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, today visited Check-e-Samad in Kulgam district, where she held an extensive public outreach camp and laid foundation stone for a road project.

The Minister interacted with the local residents to listen to their grievances and developmental concerns. The people from Check-e-Samad and adjoining villages projected several developmental demands and highlighted issues requiring immediate attention.

The Minister gave a patient hearing to the concerns raised by the public and assured them that all genuine demands would be addressed in a phased and time-bound manner.

Addressing the gathering, Sakeena Itoo said that public welfare remains the top priority of the Government, adding that the present dispensation is committed to ensure inclusive and equitable development across all regions of J&K.

The Minister emphasised that public outreach programmes and direct interaction with people are central to the Government's approach towards ensuring responsive, transparent and accountable governance. She urged the concerned departments to work in close coordination and ensure the timely completion of developmental projects.

During the visit, the Minister laid the foundation stone for 1.2 KM Check-e-Samad road project, to be constructed at an estimated cost of Rs 86.27 lakh.

On the occasion, Sakeena Itoo also announced several new developmental projects for Check-e-Samad and neighbouring villages.

The Minister was accompanied by Superintending Engineer, Fayaz Ahmad Kar; Chief Education Officer CEO Kulgam, Fayaz Ahmad Mir, District Social Welfare Officer DSWO, Rameez Ahmad Ganai and other concerned officers and officials.

VOW Club Organises Three-Day Children's Theatre Workshop in Akhnoor

**SYSTEM OBSERVER
AKHNOOR**

VOW Club (Regd.), Gandharwan, Akhnoor, organised a three-day children's theatre workshop at Little Pearls Play Way School, Mandrian, Akhnoor, with the aim of nurturing creativity, confidence and theatrical skills among children.

Ravinder Sharma, Managing Director of Little Pearls Play Way School, was the Chief Guest, while social activist and poetess Komal Sharma attended as the Guest of Honour. Principal Preeti Sharma presided over the programme.

The workshop was conducted under the direction of play directors Archana Sharma and Preeti Sharma, with Jasbir Singh extending support and guiding the children in various basic techniques of theatre. During the workshop, the participants were introduced to important aspects of acting, dialogue delivery, expression, stage presence and teamwork. The children were also encouraged to practise regularly and develop dedication and confidence in their performances.

As part of the workshop, a patriotic play titled "Operation Sindoor" was prepared by the participants. The final presenta-



tion of the play was held at the premises of Little Pearls Play Way School, Mandrian, where the children showcased their talent before an enthusiastic audience.

The performance received appreciation from the Chief Guest, Guest of Honour and other members of the audience. The guests appreciated the confidence, expressions and teamwork displayed by the young performers and emphasised the importance of introducing children to theatre at an early age.

The audience also urged VOW Club to organise more

such theatre workshops to provide young minds with opportunities to develop their creativity, communication skills and interest in performing arts.

The programme commenced with a welcome address by VOW Club President Balwinder Singh Pawar, who welcomed the guests and participants and thanked all those who contributed to organising the workshop. He said the patriotic play not only inspired the participating students but also conveyed a meaningful message to the audience.

Lieutenant Governor Attended National Sports Day Function; Paid Tributes to Major Dhyan Chand

- Sports is the most honest teacher in life, shaping discipline, unity, and nation-building among youth: LG Sinha
- Lieutenant Governor emphasized that champions are forged through sweat, discipline, and community support, and urged corporates to nurture talent early
- A healthy, fearless, and sporting India is the foundation of an invincible nation: LG Sinha



SYSTEM OBSERVER
SRINAGAR

The Lieutenant Governor, Shri Manoj Sinha today paid solemn tribute to Major Dhyan Chand, the wizard of hockey, on the occasion of National Sports Day. Recalling his legendary performance, the Lieutenant Governor described Major Dhyan Chand as one of India's deepest and most enduring symbols, whose brilliance compelled the world to pause and acknowledge India's immense sporting talent.

In his address on the occasion, the Lieutenant Governor observed that every stroke of Major Dhyan Chand's hockey stick symbolised discipline, dedication, and willpower. He emphasized that sports are not merely about medals but about cultivating resilience, unity, and the spirit of nation-building.

"Sport is life's most honest teacher. The playing field never lies; rather, it tells you precisely where you stand today and what you must do to become better tomorrow. There are no shortcuts in sports. Even on the hockey turf, there is no place for excuses. There is only hard work,

opportunity, and a test of your character.

Sports cultivate the fundamental strength of nation-building that society needs. Sports produce young people who know how to fall and then rise again to hoist the flag of victory. Sports nurture the spirit and sentiment that teach us to believe in shared triumph," he said.

Highlighting the role of youth, the Lieutenant Governor said that sports give wings to dreams. He expressed confidence in the young athletes of Jammu Kashmir, noting that they represent the bright future of India. He envisioned a future where every Gram Panchayat harnesses the power of sports, where academies in small towns nurture talent, and where farmers' daughters receive the same scientific training as athletes in Centres of Excellence in big cities.

The Lieutenant Governor also underlined the importance of sports science, management, and technical expertise in universities and institutions, which would produce trainers, physiotherapists, and managers for the future. He expressed hope that Jammu Kashmir would not only participate in international sporting

events but also host them, showcasing its talent to the world.

"It is a resolve filled with infinite possibilities. Our achievements in sports over the past six years prove that if young people are prepared for sports with dedication, the region will create an entire era of champions," the Lieutenant Governor said.

Calling upon youth to contribute to building Viksit Bharat of 2047, the Lieutenant Governor stressed that champions are forged through discipline and effort, not shortcuts. He urged corporate houses to support athletes at the stage of talent recognition, rather than only after they win medals. He emphasized the collective responsibility of society, coaches, support staff, and parents in shaping champions.

The Lieutenant Governor outlined three duties for youth, calling them to lead by example, compete with dignity, accept defeat gracefully, and inspire future generations.

He asked the youth to use the unity of sports to transcend differences of language and faith. The Lieutenant Governor called upon youth to give Back to Society by guiding and mentoring the next generation, repaying the community

that supports every athlete.

He commended the youth for their participation in the Drug-Free Campaign, setting an example for the nation. He reiterated that development is not measured by GDP alone but by the health, energy, and confidence of citizens.

"A healthy India is a fearless India. A sporting India is a confident India. And a confident India is an invincible India. Major Dhyan Chand, the wizard of hockey, gave the entire world one message to find your goal. That must be our message today as well. Whatever field we stand in, whether it is the field of sports, science, or public service we must identify our goal, move towards it, and achieve it together," the Lieutenant Governor said.

On the occasion, the Lieutenant Governor administered the National Sports Day pledge and felicitated the top-performing sportspersons of the 69th National School Games.

MoUs were also exchanged between the Directorate of Youth Services and Sports, J&K, and Abhinav Bindra Foundation, Dani Sports Foundation and Common Services Centres, for promotion of sports in J&K.

Shri Ashwani Kumar, Additional Chief Secretary, Power Development Department; Dr Shahid Iqbal Choudhary, Commissioner Secretary, Youth Services and Sports; Prof. Nazir Ahmad Ganai, Vice Chancellor SKUAST Kashmir; Shri Anshul Garg, Divisional Commissioner Kashmir; Shri Sujit Kumar, IGP Kashmir; Shri Akshay Labroo, Deputy Commissioner Srinagar; Ms. Anuradha Gupta, Director General, Youth Services and Sports; senior officials, representatives of Abhinav Bindra Foundation, Dani Sports Foundation, Common Services Centre, sportspersons and youth in large number attended the celebrations at Shalimar Campus, SKUAST Kashmir.

Central University of Jammu Ignites Entrepreneurial Spirit with Udhyam Jagriti 5.0 Campaign

SYSTEM OBSERVER
JAMMU

The Central University of Jammu today successfully conducted the "Udhyam Jagriti 5.0" campaign, a flagship initiative under the Government of Jammu & Kashmir's Mission YUVA, aimed at fostering an entrepreneurial mindset, innovation, and self-reliance among the youth. The event was organized under the guidance and mentorship of the Hon'ble Vice Chancellor, Prof. Sanjeev Jain, and under the supervision of Prof. Vinay Kumar, Dean, School of Basic and Applied Sciences. The program witnessed a confluence of academic leaders and a successful entrepre-

neur who shared their insights with enthusiastic students. The campaign focused on key areas including Innovation & Entrepreneurship, Start-up Ecosystem Awareness, Skill Development & Capacity Building, and building an Atmanirbhar (self-reliant) tomorrow. The event commenced with a welcome address by the Programme Chair, Prof. Vinay Kumar, followed by an address from Dushyant Singh, Career Counseling Officer, who discussed Mission YUVA in detail, setting the tone for a day of learning and inspiration. The event featured insights from a distinguished team of experts including Prof. Jaya Bhasin

and Dr. Shahid Mushtaq and representatives from the District Employment and Counselling Centre (DECC), Samba, including Mr. Dushyant Singh, Career Counseling Officer, Ms. Anmol Sharma, Business Help Desk Coordinator, and Ms. Anisha Devi, Small Business Development Unit Coordinator, who provided practical insights on establishing new enterprises. A highlight of the program was an inspiring address by a successful entrepreneur Ms. Maqsood Akhter who shared her journey of securing a loan and establishing a bakery business. She credited the "hand-holding" and support pro-

vided by the Mission YUVA team for her success and encouraged students to "Think Big. Start Now. Shine Always," demonstrating that with the right guidance, turning an idea into a sustainable business is achievable. Students were also made aware of the "Innovation & Sustainability Challenge" launched under Mission YUVA. This initiative provides a platform for young innovators with technology-driven ideas to access funding support: Up to ₹2 Lakhs from the Government of J&K, Expert Mentorship: From IIMs and other institutions Incubation Support: Including access to IIM-Jammu and Market Access

& Networking to help commercialize their innovations. Eligible participants, including students (age 18+), are encouraged to apply online. The "Udhyam Jagriti 5.0" campaign successfully served as a platform to connect the university's academic community with practical entrepreneurial resources, reinforcing the university's commitment to the Prime Minister's vision of a self-reliant India. Faculty members including Prof. Suram Singh, Prof. Balaji Rao Ravuri, Prof. Kamni Pathania, Dr. Praveen Kumar, Dr. Vishal Pathania, Dr. Pragati Kumar, and others attended the event.

Relief Commissioner reviews delivery of essential services in the migrant camps



**SYSTEM OBSERVER
JAMMU**

A meeting was held under the chairmanship of Dr. Arvind Karwani, Relief and Rehabilitation (M), J&K to review the status of delivery of essential services in the migrant camps, ongoing developmental works and proposed maintenance, upkeep, and repair works for the current financial year in migrant camps. The progress of extension of social sector schemes to the eligible migrant beneficiaries was also reviewed.

The meeting was attended by senior officers of the Relief Organization and Nodal Officers from the allied Government Departments like Jal Shakti Department, Public Works Department(R&B), Jammu Power Development Corporation, Urban Environmental Engineering Department, Health Department, School Education, Garden & Parks Department, Jammu Municipal Corporation, Labour & Employment Department, Skill Development Department and Rural Development Department. The sildars / Camp Commandants of respective areas also attended.

While reviewing the status of basic amenities like safe drinking water, power supply and sanitation in the camps, the Relief & Rehabilitation Commissioner instructed the officers of the Jal Shakti Department to take all requisite measures to ensure uninter-

rupted water supply in the migrant camps and press adequate water tanker supply in the operation to supplement the water shortage. It was apprised by the concerned Executive Engineers that both the short term and long term measures are being taken to redress the water supply issue. As a long term solution, the Department is conceiving a major project with tentative financial implication of about Rs 10 Cr for improvement/augmentation of the water supply in Jagti Township. Dr Karwani also emphasised upon conducting of water quality tests at frequent intervals to ensure clean and hygienic drinking water supply.

The Executive Engineer PWD(R&B) apprised that the major/renovation works in all migrant camps which, inter-alia includes repair/renovation of more than 200 building blocks and about 5000 flats and community halls etc in all migrant camps in Jammu will be taken up shortly, as tender finalisation is in closing stages. Pertinent to mention that the Government has recently accorded administrative approval involving financial implications of Rs.82.45 Cr for these works. Besides, PWD(R&B) is formulating a comprehensive project for development of internal roads/lanes, development of parks and face lifting of all migrant schools, health dispensaries and Sub-District Hospital Jagti. Dr Karwani emphasised upon conducting a structural audit of all buildings. The PWD (R&B) was

instructed to ensure repair/renovation works are taken up in order of priority basis to be fixed in due consultation with the public and concerned camp commandants.

The UEED apprised that Sewage Treatment Plants involving financial implications of about Rs 11.5 Cr have been finalised for Migrant Camps Nagrota, Muthi-Buta Nagar and Purkhoo, on the lines of similar STP functional at Jagti township and work will be started shortly. Regarding extension of social sector schemes, it was observed that nearly 2600 families have availed benefits of social sector schemes, subsequent to the digitization and integration of the migrant ration cards into the national database. It was also decided that another round of extensive outreach camp shall be conducted from the second week of September at various locations in Jammu to create awareness/facilitation in filling of applications about various social sector/welfare schemes, self employment and skill development schemes of the Government.

Senior officers of the Relief Organization were directed to ensure weekly visits in the camps assigned to them as per the duty roster and take stock of all development works and grievances of the camp inmates including those related to immovable properties in Kashmir Valley. The officers were also directed to supervise door to door campaign launched to reach out to all potential eligible beneficiaries of social sector/welfare schemes and facilitate them with documentation and filling of online applications for these schemes. Dr. Karwani emphasised upon all the officers to ensure due adherence to the directions issued by the General Administration Department regarding responsibilities to various Government departments for Transit Migrant Camps at Jammu and Kashmir.

DM and SSP chair NCORD meeting in Doda

**SYSTEM OBSERVER
DODA**

District Magistrate Doda, Krishan Lal and Senior Superintendent of Police Doda, Kartik Shrotriya today jointly chaired a meeting of the District Level Committee under the National Coordination Committee for Drug Law Enforcement (NCORD) at the DC Office Complex, Doda to review measures being taken to curb drug abuse and strengthen enforcement against the illegal drug trade in the district.

The meeting held a detailed review of the prevailing drug situation, enforcement activities, preventive measures, awareness programmes and inter-departmental coordination to tackle the menace of drug abuse.

During the meeting, various issues were discussed including installation of CCTV cameras at vulnerable spots, action against drug peddlers, strengthening of surveillance and intensification of awareness programmes.

District Social Welfare Officer, Doda briefed the chair about the detailed Action Taken Report on the directions issued during the previous NCORD meeting. He also highlighted the achievements under the anti-drug drive including training of counsellors, Information, Education and Communication (IEC) campaigns and other initiatives undertaken under the Anti-Drug Abuse Campaign. The District

Magistrate stressed the need for a coordinated and sustained approach involving all concerned departments to prevent drug abuse, particularly among youth. He directed the officers to intensify awareness activities in educational institutions and vulnerable areas and ensure effective implementation of measures aimed at making the district drug-free.

SSP Doda stressed the need for strict action against illicit cultivation, possession, transportation and supply of narcotic substances. He directed that information regarding illicit cultivation and the transportation of narcotic substances through courier services be promptly shared with the concerned officers and SHOs. He called for enhanced surveillance, intelligence sharing and close coordination among enforcement agencies to identify and dismantle drug networks.

The DM and SSP called upon all stakeholders to work collectively towards creating a safe and drug-free environment in the district, with special focus on protecting young people from the harmful effects of substance abuse.

The meeting was attended by ACD Doda, DSWO Doda, concerned BMOs, Narcotics Officers, Agriculture Officers and other concerned officials. ADC Bhaderwah, SDMs, Tehsildars, BDOs and Police Officers participated virtually.

GCW Parade organises awareness programme on Udhayam Jagruti 5.0 College Hackathon under Mission Yuva

**SYSTEM OBSERVER
JAMMU**

Government College for Women (GCW), Parade Ground, Jammu in collaboration with the Institutional Innovation Council (IIC) and Career Counselling and Placement Cell, organised a one-day awareness programme on Udhayam Jagruti 5.0 College Hackathon under Mission Yuva.

The programme was organised with the objective of creating awareness among students about entrepreneurship, innovation, start-up opportunities and the Udhayam Jagruti 5.0 College Hackathon, encouraging young minds to transform innovative ideas into viable entrepreneurial ventures.

The programme was conducted by the Directorate of Employment, Jammu & Kashmir. Navdeep Kour, Career Counselling Officer, District Employment and Counselling Centre, apprised the students

about Mission Yuva and the opportunities available under the initiative. Neha Dogra, Business Help Desk Lead, Jammu and Sanjana Singh, BHD Coordinator, sensitised the students about the support mechanisms and facilitation available to aspiring entrepreneurs.

A special interactive session was conducted by Vishali Gupta, who shared her inspiring entrepreneurial journey with the students. She spoke about her experiences, challenges and learnings as an entrepreneur and encouraged students to develop an entrepreneurial mindset, take calculated risks and pursue their ideas with confidence and perseverance.

Principal Dr Naveen Anand interacted with the participating students and encouraged them to actively engage with initiatives that promote innovation, entrepreneurship and skill development. He emphasised

the importance of developing an independent and creative approach towards career building and urged students to make the best use of the opportunities being provided through Mission Yuva and the Udhayam Jagruti initiative.

Around 150 students from different disciplines participated in the awareness programme. The interactive sessions provided students with insights into ideation, innovation, entrepreneurship and the various avenues available for converting ideas into sustainable ventures.

The programme was coordinated by Dr Gurpreet Kour, Convener, Institutional Innovation Council along with the team of IIC and the Career Counselling and Placement Cell including Prof Sonia Bhau, Prof Pooja Devi, Dr Manjulla Gupta, Dr Deepti Salotra, Dr Kulwinder Kour and Prof. Shvaita Saroop were also present during the programme.

DC Ramban reviews preparedness for Digital Crop Survey

**SYSTEM OBSERVER
RAMBAN**

Deputy Commissioner Ramban, Mohammad Alias Khan today reviewed the preparedness for the Digital Crop Survey (DCS) for Kharif 2026, stressing the need for the conduct of time-bound and error-free survey across the district.

The Deputy Commissioner also addressed participants during a capacity-building programme on DCS for Kharif 2026 held at Ramban. The programme was organised to sensitise and train officials and field functionaries including surveyors and supervisors, who will be involved in the upcoming survey.

ACR Ramban, Shokat Hayat Mattoo, Tehsildar Batote Vijay Sharma and Master Trainer Naib Tehsildar Sanasar Aakash Mahajan were present on the occasion.

The session focused on key aspects of DCS including deployment and mapping of surveyors, supervisors and verifiers, operation of the DCS application, plot capturing, submission, approval and verification, besides handling map- and GPS-related issues and troubleshooting. The guidelines envisage completion of all pre-survey arrangements before commencement of the field survey.

The DC directed the concerned officers to ensure 100 per cent participation in the training and timely completion of all preparatory activities. He stressed close coordination among all stakeholders for the smooth and error-free conduct of the survey.

Smartphone Addiction and Westernised Lifestyle Eroding Cultural and Family Values: Sadguru Madhu Paramhans Ji



**SYSTEM OBSERVER
AKHNOOR**

Sahib Bandgi's Sadguru Madhu Paramhans Ji Maharaj, while delivering a spiritual discourse at Sungal Road, Akhnoor, expressed concern over the gradual

erosion of India's traditional values, family bonds and devotion, saying that excessive dependence on smartphones and the growing influence of a Westernised lifestyle were adversely affecting society.

Addressing the congrega-

tion, Sadguru Madhu Paramhans Ji Maharaj said that people in earlier times were known for mutual love, honesty, truthfulness and strong moral values. He said joint families remained united despite having several members, while people

maintained deep respect for parents and elders. According to him, the social fabric of the country was once based on cooperation, compassion and mutual respect.

He clarified that he was not advocating a return to the past in its entirety, as society had also witnessed several social evils that needed to be discarded. Instead, he stressed the need to harmonise the virtues of the past with the positive aspects of modern life.

Sadguru Madhu Paramhans Ji said children in earlier times spent their leisure playing traditional games such as Gulli-Danda, Kho-Kho and hide-and-seek. Today, he observed, many children remain glued to smartphones, resulting in reduced social interaction and a weakening of traditional cultural practices.

He also highlighted the growing dependence of modern life on the internet and technology. While acknowledging the benefits of technology, he cautioned that

excessive dependence could create vulnerabilities in essential sectors such as banking, communication and transportation.

The spiritual leader further expressed concern over weakening family relationships and declining respect for parents. He said increasing materialism, deceit and selfishness were contributing to the deterioration of social values.

Referring to India's glorious past, he recalled the reputation of the country as the "Golden Bird" and highlighted the historic importance of Nalanda, where thousands of students once pursued education, including scholars from different parts of the world.

Sadguru Madhu Paramhans Ji also urged people to pay greater attention to devotion and spirituality, saying that material progress alone cannot provide lasting peace and fulfilment. He called upon people to preserve India's cultural heritage while embracing useful aspects of modern development.

HC Staff Welfare Association Hosts Farewell for Retiring Officers



**SYSTEM OBSERVER
JAMMU**

The High Court Staff Welfare Association of the High Court of Jammu & Kashmir and Ladakh organised a farewell function to honour Smt. Anita Kumari, Deputy Registrar, and Sh. Sanjeev Dogra, Chief Administrative Officer, Subordinate Court, on the occasion of their retirement after years of dedicated service to the Registry.

The farewell programme was attended by Hon'ble Justice Mrs. Sindhu Sharma, Hon'ble Justice Mr. Sanjay Dhar, Hon'ble Justice Mr. Rahul Bharti, Hon'ble Justice Mrs. Moksha Khajuria

Kazmi, Hon'ble Justice Mr. Wasim Sadiq Nargal and Hon'ble Justice Mr. Shahzad Azeem. Ms. Swati Gupta Registrar Judicial, Jammu Wing, Mr. Meyank Gupta Joint Registrar (Judicial), Jammu, Secretary, Mr. Sunil Kumar, High Court Legal Services Committee besides other officers and officials of the Registry, were also present on the occasion.

Speaking on the occasion, Ms. Anuradha, Assistant Registrar, shared her experiences of working with the retiring officers and appreciated their dedication, sincerity and professional commitment during

their long tenure in the High Court. In an emotional address, Smt. Anita Kumari expressed her gratitude to the High Court, the Hon'ble Judges and the entire Registry for organising the farewell in her honour. Recalling her journey of nearly 28 years, she said that she had joined the institution as a Junior Assistant in 1998 and, through dedication and committed service, rose to retire from the post of Deputy Registrar.

Appreciating her contribution, Hon'ble Justice Mrs. Sindhu Sharma lauded Smt. Anita Kumari for her dedication, honesty and commitment to duty. She observed

that the staff of the judiciary constitutes the 'invisible force' that enables judges to effectively discharge their constitutional responsibility of adjudication and delivery of justice. Justice Sindhu Sharma also appreciated the cooperation extended by the Registry staff and acknowledged their invaluable, though often unseen, contribution to the justice delivery system.

As a token of love and appreciation, the Hon'ble Judges present on the occasion presented mementoes to the retiring officers and wished them a happy, healthy and fulfilling retired life. The function concluded with

expressions of gratitude and appreciation for the long and dedicated service rendered by the retiring officers to the High Court and the judiciary. The programme was conducted by Syed Anwer Shaheen, President, High Court Staff Welfare Association, along with Nitesh

Singh.

The programme was organised with the coordination of Tapeswar Singh, General Secretary; Sourabh Raina, Vice President; Altaf Hussain Janjua Legal Advisor; and Mukesh Bakshi, Member, of the High Court Staff Welfare Association.

Media exposure tour from Ahmedabad to Jammu begins

A media delegation from Ahmedabad arrived in Jammu on Sunday as part of a press tour organised by Press Information Bureau (PIB) to familiarise journalists with the region's cultural heritage, developmental initiatives and major infrastructure projects. The media delegation comprising 10 journalists, is currently on a four-day visit to the Jammu Division.

Upon arrival, the delegation was received at the Jammu Airport by the officials from PIB, Jammu. As part of its tour, the team visited the historic Amar Mahal Palace, where the media persons were taken on a guided tour and briefed about the palace's historical and cultural significance. The delegation also visited Raghunath Temple.

The delegation is scheduled to visit several important institutions and developmental projects across the Jammu Division. These include IIT Jammu, and major infrastructure projects being undertaken by the National Highways Authority of India (NHAI), including the Delhi-Amritsar-Katra Expressway. The delegation is also expected to visit Chenab rail bridge, Salal Hydroelectric project in district Reasi, and Biotech Park in Kathua, among other significant projects.

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