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US-Iran Talks Put On Hold Over Lebanon



Agencies

Zurich — The first major test of the newly signed U.S.-Iran peace agreement encountered turbulence on Friday as planned talks in Switzerland were postponed after Israel continued military operations in Lebanon, prompting Tehran to suspend participation in the next phase of negotiations.

Iran said ongoing Israeli attacks were incompatible with the memorandum of understanding (MoU) signed this week and warned that implementation of

the accord could not move forward while fighting persisted.

The delay dealt an early setback to Washington's effort to quickly launch high-stakes negotiations with Tehran under the agreement, which opened a 60-day window to negotiate a permanent understanding on Iran's nuclear programme while restoring oil traffic through the Strait of Hormuz to prewar levels.

Vice President JD Vance had been prepared to make an overnight flight to Switzerland on Friday to meet Iranian counterparts at a | [More on P6](#)

Over 22,500 Youth Enter Formal Workforce Under PM-VBRY In J&K: LG

'1,522 employees, 304 employers benefit; over 3,300 establishments registered'

Observer News Service

Srinagar: More than 22,500 youth in Jammu and Kashmir have entered the formal workforce under the Pradhan Mantri Viksit Bharat Rozgar Yojana (PM-VBRY), Lieutenant Governor Manoj Sinha said on Friday, asserting that the employment-linked incentive scheme is transforming the Union Territory's employment landscape and expanding social security coverage.

The remarks came as Prime Minister Narendra Modi disbursed incentives worth Rs 2,400 crore to over 15 lakh beneficiaries across the country under the PM-VBRY scheme. Simultaneous outreach programmes were held at 200 locations nationwide, including multiple venues in Jammu and Kashmir.

In the Union Territory, 1,522 employees received incentives amounting to Rs 74 lakh,



while around Rs 25.42 crore was directly transferred into the bank accounts of 304 employers under the scheme.

Addressing the UT-level programme through virtual mode, Sinha expressed gratitude to Prime Minister Modi for giving a new impetus to job creation, employability and social security in Jammu and Kashmir.

"This historic occasion is

not merely a programme for distributing financial benefits under a government scheme but a celebration of Jammu and Kashmir's transformative journey. It is a celebration of the dreams, aspirations and opportunities that are giving a new direction to the lives of our youth," the Lieutenant Governor said.

Highlighting the impact of the scheme, Sinha said

over 3,300 establishments in Jammu and Kashmir have registered under PM-VBRY, bringing more than 22,500 young people into the formal employment system for the first time.

He said over 31,000 job opportunities in the Union Territory have qualified for incentives under the scheme, positively impacting the lives of more than 53,000 citizens.

The Lieutenant Governor said the Government of India, under the leadership of Prime Minister Modi, has consistently worked to strengthen job creation and social security mechanisms across the country.

"Pradhan Mantri Viksit Bharat Rozgar Yojana stands as a historic example of this endeavour. It embodies the resolve to build a Viksit Bharat where formal employment becomes the norm, social security reaches | [More on P6](#)

70 Lakh Jobs Created Under PM-VBRY: PM



Press Trust Of India

Pradhan Mantri Viksit Bharat Rozgar Yojana (PM-VBRY) has created over 70 lakh jobs

across the country so far, Prime Minister Narendra Modi said on Friday as he transferred incentives worth Rs 2,400 crore for 15 lakh first-time employees | [More on P6](#)

NEET RE-EXAM NTA To Hold Nationwide Mock Drill Today

Press Trust Of India

New Delhi: The National Testing Agency (NTA) will conduct a nationwide mock drill on Saturday ahead of the NEET-UG re-examination the day after as part of its preparations to ensure the smooth, secure and transparent conduct of the test, official said on Friday.

The NTA also issued a statement, saying it is fully prepared for the NEET (UG) 2026 re-examination on Sunday (June 21) with district administrations, police forces and escort teams tasked with securely transporting confidential materials related to the test.

The re-examination will be conducted from | [More on P6](#)

Classes Suspended In 60 Kashmir Schools

Observer News Service

Authorities in Kashmir have suspended classwork in 60 schools designated as examination centres for the NEET-UG re-examination scheduled to be held on June 21. According | [More on P6](#)

HC Declares July 1 Working Day

Dec 19 Non-Sitting Day

KO Web Desk

Srinagar: The High Court of Jammu & Kashmir and Ladakh has issued a notification declaring July 1, 2026 (Wednesday) as a working day for the High Court, while December 19, 2026 (Saturday) has been designated as a non-sitting day.

According to an official notification issued by the Office of the Registrar General, Srinagar, July 1 was originally listed as a holiday on account of Guru Hargobind Singh Ji's Birthday. However, the holiday has now been converted into a working day for the High Court of J&K and Ladakh.

In lieu of this change, the High Court has declared December 19, 2026 (Saturday) as a non-sitting day.

The notification, issued under the authority of Registrar General M.K. Sharma, stated that the | [More on P6](#)



Water sports athletes perform floating yoga on Pokhribal Lake in Srinagar ahead of International Yoga Day. KO Photo By Abid Bhat

Kashmir Police Gear Up For 57-Day Amarnath Yatra

Stay Vigilant, Uphold SOPs: IGP Birdi To Security Personnel

Observer News Service

Srinagar: Ahead of the annual Amarnath Yatra beginning next month, Inspector General of Police (IGP), Kashmir, V.K. Birdi on Friday directed police personnel to remain vigilant and maintain a high level of operational readiness to ensure the safe and smooth conduct of the pilgrimage.

Chairing a briefing of zonal and sector officers deployed for the yatra, Birdi reviewed security arrangements, coordination mechanisms and operational preparedness along the pilgrimage routes, a police spokesperson said.

The meeting was attended by senior police officers, including the DIG Central Kashmir Range, DIG South

Kashmir Range, DIG Armed Kashmir, SSP PCR Kashmir, staff officers and officers deputed for yatra duties.

During the briefing, the IGP stressed the importance of maintaining the highest standards of professionalism, vigilance and public service during the 57-day pilgrimage.

"Stay vigilant and strictly adhere to the established Standard Operating Procedures," Birdi told officers, urging them to remain prepared to meet any security or logistical challenge that may arise during the yatra.

He directed zonal officers to conduct regular briefings of sector officers and jawans to ensure that all personnel remain fully aware of their responsibilities | [More on P6](#)

Fear, Stigma Fuel Late Cancer Diagnosis In J&K: Experts

Breast, lung, oesophageal and stomach cancers among the most common malignancies in the region

Agencies

Srinagar: Amid a growing burden of cancer cases in Jammu and Kashmir, public health experts have called for greater awareness, early screening, and timely medical intervention to reduce mortality and improve patient outcomes. A public awareness initiative by Government Medical College (GMC) Srinagar highlights that early detection remains one of the most effective tools in the fight against the disease.

According to data presented as part of the awareness campaign, cancer incidence in J&K has shown a rising trend over the past decade, mirroring

national and global patterns. Health experts warn that changing lifestyles, tobacco use, dietary habits, environmental factors, and delayed diagnosis are contributing to the growing cancer burden.

The campaign identifies several cancers as particularly prevalent in the region. Among men, lung cancer, oesophageal cancer, stomach cancer, colorectal cancer, prostate cancer, and oral cancer are among the most commonly diagnosed malignancies. Among women, breast cancer remains the leading cancer, followed by cervical cancer, ovarian cancer, colorectal cancer, thyroid cancer, stomach cancer, | [More on P6](#)

5 Booked In Migrant Land Fraud Case In Baramulla

Observer News Service

Srinagar- The Economic Offences Wing (EOW) Kashmir on Friday said it has booked five accused in a major migrant land fraud case involving 14 kanals and 3 marlas of land in Baramulla.

In a statement, a spokesperson said the Economic Offences Wing Kashmir of Crime Branch J&K conducted a house search at Banit Beerwah, District Budgam, in connection with an FIR registered under relevant sections of law at Police Station EOW Kashmir.

He said the case pertains to an alleged land fraud and cheating involving migrant land measuring 14 kanals

and 03 marlas situated at Goshugh Pattan in District Baramulla, which was sought to be sold through fraudulent means, fake agreements, and criminal conspiracy.

"During investigation, five accused persons were found involved in duping the complainant of crores of rupees on the pretext of sale of the land without the consent of the actual owner. The search was conducted as part of further investigation into the case. Further investigation into the matter is underway."

The spokesperson for the general public is advised to remain vigilant against economic fraudsters and report any such | [More on P6](#)

When The Therapist Is A Chatbot

Why Young People Are Turning to AI for Emotional Support

Malika Salim

Srinagar: It is 2 a.m. A university student lies awake staring at the ceiling, unable to sleep. Assignments are piling up. Money is tight. A friendship has fallen apart. There is a knot of anxiety sitting somewhere between the chest and the stomach, but no clear explanation for it.

At this hour, there is no counsellor available. Booking a therapy appointment means waiting days, perhaps weeks. Calling a friend feels like a burden.

So the student opens an AI chatbot and begins typing. "What is wrong with me?"

Within seconds, a response



appears. What would have seemed unusual only a few years ago is becoming increasingly common. Across the world, young people are turning to AI chatbots such

as ChatGPT, Gemini, Replika and Character.AI to discuss stress, loneliness, anxiety and personal struggles. Some seek advice. Others simply want a place to unload | [More on P6](#)



To place an advertisement
CALL +91-194 2502327
 Monday - Saturday (9am - 6pm)
 No 5- Dal Lake Boulevard Srinagar, 190001, Kashmir

Integrated Wound-Care Centres To Boost Treatment, Monitoring Of Chronic Wounds

Press Trust Of India

As India grapples with a growing burden of diabetes and chronic wounds, a network of specialised wound-care centres of excellence is set to be rolled out across the country over the next two to three years, offering integrated diagnosis, treatment and long-term monitoring for patients with chronic and non-healing wounds. The centres are being developed under the Wound Heal Plus initiative of IHL MedTech, which has received an initial investment of USD 3 million from Singapore-listed UltraGreen.ai, with the potential for additional investments that could take the total amount to up to USD 12 million, subject to mutually agreed milestones and other conditions. The funding will support the expansion of IHL MedTech's Wound Heal Plus and iLiveConnect platforms. IHL MedTech, an Indian medtech company building technology-driven healthcare delivery platforms, said the centres would bring together wound screening, advanced imaging, treatment, rehabilitation and digital follow-up services under one roof, addressing what experts describe as a major but often neglected area of healthcare. The investment will also support the expansion of iLiveConnect, a doctor-led, AI-enabled continuity-care platform designed to extend healthcare beyond hospital walls. Combining wearable biosensors, predictive analytics and physician



oversight, the platform is designed to identify early signs of medical deterioration and enable timely intervention, officials said. "One of the biggest challenges in India, and indeed across the world, is that wound care remains a largely neglected area of healthcare," Dr Rahul Chandola, cardiovascular surgeon and founder and managing director at IHL MedTech, said. There are very few facilities that bring together all aspects of wound diagnosis, treatment and rehabilitation under one roof, he said. "Our centres aim to fill that gap while ensuring that patients continue to receive expert care through digital monitoring and on-going clinical support," Dr Chandola said. "Through iLiveConnect, our vision is to build a continuity-care ecosystem that combines artificial intelligence, predictive analytics and clinical expertise to keep patients connected to their healthcare teams throughout their journey," he added. Ravinder Sajwan, CEO at UltraGreen.ai, said, "We believe the future of healthcare lies at the intersection of advanced technology, clinical intelligence and continuous patient engagement." iLiveConnect and Wound Heal Plus represent innovative approaches to major global healthcare challenges, he said. "We are pleased to support IHL MedTech's next phase of growth and look forward to combining our capabilities to improve patient outcomes," Sajwan added. India, often referred to as the diabetes capital of the world, has lakhs of people living with the disease, many of whom are at risk of developing diabetic foot ulcers because of complications such as neuropathy and poor blood circulation, Dr Chandola said. "A significant number of diabetic patients develop complications such as neuropathy and vasculopathy, which increase their risk of developing diabetic foot ulcers. Millions of people suffer from such chronic wounds, which can severely affect their quality of life, and, in many cases, lead to amputations if not treated properly," he said. The Wound Heal Plus centres will offer a multidisciplinary approach involving vascular surgeons, plastic surgeons, podiatrists, orthotists, nutritionists, physiotherapists and rehabilitation specialists.

PUBLIC NOTICE
 I, Bashir Ahmad Magloo, S/O Ghulam Qadir Magloo, R/O Kulbug, Budgam, proprietor of M/s Alamdar Tour and Travels, intend to open a commercial office under the name and style of M/s Alamdar Tour and Travels located at Kulbug, Budgam. If any person/general public has any objection regarding the opening/registration of the said tour and travel office, they may file their objection in writing to the concerned authorities (Department of Tourism / District Administration, Budgam) within a period of 7 days from the date of publication of this notice. No objection will be entertained after the expiry of the stipulated period.
 mcb

PUBLIC NOTICE
 I, Aamina Bano, W/O Ghulam Nabi Bhat, R/O Ichikoot, Tehsil and District Budgam (UT of Jammu and Kashmir), that my name has been wrongly recorded as Amina Beigum in my Aadhar card. My actual and correct name is Aamina Bano. I am publishing this notice to rectify my name from Amina Beigum to Aamina Bano for all future and official purposes. Objections, if any, may be conveyed to the concerned authorities within 7 days from the date of publication of this notice.
 mcb

PUBLIC NOTICE
 Notice is hereby given to the general public that we, WASIM RAJA S/O AB AHAD DAR, R/O Golgam, Tehsil Kowarhama, District Baramulla, UT of Jammu & Kashmir, and MUSHTAQ AHMAD RATHER S/O MOHAMMAD AKBAR RATHER, R/O Ogmuna, Tehsil Kowarhama, District Baramulla, UT of Jammu & Kashmir, intend to establish and operate a Tour & Travel business under the name and style of "ENJOY THE RIDE TOUR AND TRAVEL". The office of the said business shall be situated at Kunzer, District Baramulla, UT of Jammu & Kashmir. Any person, firm, company, or organization having any objection to the use of the aforesaid trade name may submit the same in writing to the undersigned within 15 days from the date of publication of this notice. Failing which, it shall be presumed that no objection exists and the business shall be carried on under the said name. This notice is being published for the information of the general public and for submission before the Tourism Department and other concerned authorities.
 fko

PUBLIC NOTICE
 It is hereby notified for the information of the general public that the birth of my daughter, namely RUTBA ASHRAF, D/O MOHAMMAD ASHRAF GANIE, R/O Malapora Sangram, Tehsil Kunzer, District Baramulla, was born on 17-10-2014 at home and has not been registered in the office of Registrar Births & Deaths, Block Kunzer. I intend to register her birth before the competent authority for issuance of a Birth Certificate. If any person has any objection regarding the registration of the said birth, he/she may submit the same before the concerned authority within the prescribed period. Otherwise, the birth shall be registered accordingly.
 MOHAMMAD ASHRAF GANIE
 S/O ABDUL AHAD GANIE
 R/O Malapora Sangram, Tehsil Kunzer District Baramulla, JK
 fko

PUBLIC NOTICE
 I, Mumtaza Begum W/o Khazir Mohammad Wani R/o Wanigam, Tehsil Tangmarg, District Baramulla, hereby notify that the name of my ward has been wrongly recorded in Aadhaar Card as "Abid" instead of "Abid Ahmad Wani", father's name as "Khazir Mohammad Wani" instead of "Khazir Mohammad Wani", and address as "Chandil (Wani Gam)" instead of "Wanigam".
 The correct particulars are:
 AABID AHMAD WANI
 S/O KHAZIR MOHAMMAD WANI
 R/O WANIGAM, TEHSIL, TANGMARG, DISTRICT BARAMULLA
 The corrections are being made as per official records. Any objection, if any, may be conveyed to the concerned authority.
 Sd/-
 MUMTAZA BEGUM
 fko

PUBLIC NOTICE
 I, Khurshid Ahmad Parrey and Syed Shazia, residents of Bongam, Kunzer, intend to start a business under the name Hudson Tour & Travel Agency at Kunzer. Any person having any objection may contact the undersigned within the prescribed period. If no objection is received, it shall be deemed that there is no objection to the said business.
 Contact: 6006020155
 Sd/-
 Khurshid Ahmad Parrey
 Syed Shazia
 R/O Bongam, Kunzer
 fko

**Government of Jammu and Kashmir
 Office of The Naib-Tehsildar Palhallan
 Executive Magistrate 1st Class.**
PUBLIC NOTICE
 It is hereby notified for information of the general public that the Block Development Officer (BDO) Pattan has forwarded the case file for issuance of Birth certificate in favour of Rihan Hial D/o Hial Ahmad Hajam R/O Raipora Palhallan With Date of Birth 08-03-2014. Objections, if any, regarding the details furnished by the applicant may be submitted in writing in the office of the Naib Tehsildar, Palhallan within 07 days from the date of publication of this notice. If no objections are received within the stipulated time, the case shall be processed for issuance of the Birth certificate as per rules in vogue.
 Naib Tehsildar
 Palhallan
 fko

**Government of Jammu and Kashmir
 OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER
 POSHAN PROJECT TRAL
 ADVERTISEMENT NOTICE No. 03 of 2026**

Subject: Advertisement for recruitment of Sahayika's (Anganwadi Helpers) in Anganwadi Centre's of Poshan Project TRAL.
 Reference:
 1. Govt. Of J&K Social Welfare Department Order No. 222-JK (SWD) of 2022 dated 30-11-2022
 2. Govt. Of J&K Social Welfare Department Order No. 103-JK(SWD) of 2023 dated 28-04-2023.

Approval has been accorded vide Mission Director Poshan J&K letter No: MD/Poshan/22282-89 dated:- 18.06.2026 for filling up of vacancies of Sahayika's (Anganwadi Helpers) in below mentioned Anganwadi Centres of Poshan Project Tral and as such applications on prescribed Proforma (Annexure-I) are hereby invited from the eligible married female candidates of the Panch wards/Municipal Wards shown against the below mentioned Panchayat/Halqa/Municipal Wards, for the engagement of Sahayika's (AWH's) against these Anganwadi Centres of POSHAN Project Tral on "Honorarium basis". The applications along with required documents shall be deposited in the Office of undersigned i.e., the Child Development Project Officer Poshan Project Tral within 15 days from the date of Publication of this advertisement notification in leading newspapers, against proper receipt.

S.No	Name of District	Name of the Poshan Project	Name of the Panchayat/Municipality Ward	Vacancy of Sahayika's (Anganwadi Helpers)	
				No. Of Panch Ward/MC ward	Name of AWC
01	Pulwama	Tral	Amirabad	Ward No 06	Amirabad B
02	Pulwama	Tral	K-Koot	Ward No 06	K-Koot B
03	Pulwama	Tral	Nigeenpora	Ward No 01	Reshipora
04	Pulwama	Tral	Satoora	Ward No 05	Satoora C
05	Pulwama	Tral	MC Tral	Ward No 07	Brantal
06	Pulwama	Tral	Gadpora	Ward No 02	Gadpora
07	Pulwama	Tral	Dadsara B	Ward No 01	Dadsara D
08	Pulwama	Tral	Noorpora A	Ward No 01	Noorpora B
09	Pulwama	Tral	Dadsara B	Ward No 01	Dadsara D

Criteria for Selection of Sahayika's (Anganwadi Helpers) shall strictly remain as envisaged in the Govt Order NO. 103 JK(SWD) OF 2023 Dated 28.04.2023 i.e.,
 ♦ Married women candidates in the age group of 18-37 years shall be considered eligible for the honorary post.
 ♦ The selection of Anganwadi Helper shall be restricted to the electoral ward here AWC is located.
 ♦ The candidate should be a domicile of the UT of J&K.
 ♦ The candidate should be a resident of the Electoral Ward, where the vacancy accrued for the AWC, is located.
 ♦ Minimum Educational qualification for AWH shall be Matriculation.
 ♦ In case no matriculate candidate is available in the ward, candidates with qualification not less than 8th standard shall be considered.
 ♦ The selection committee shall select the most destitute/neediest married women of the ward as AWH from amongst those who fulfill the qualification criteria. **In case no married candidate is available, unmarried candidate may be considered and the selection shall be done purely on the basis of marks obtained in 10th class.**

Self-attested copies of documents to be attached with the application form:
 ♦ Panch Ward Certificate /present /continuous, ward residence certificate issued by BDO concerned.
 ♦ Domicile Certificate issued by Tehsildar concerned.
 ♦ Date of Birth Certificate.
 ♦ Academic Qualification Certificates with Marks card of 10th class.
 ♦ Non employment Certificate from a Gazetted Officer.
 ♦ Self-Addressed envelope with postage stamp of Rs 5/-
 ♦ An Affidavit duly attested by 1st Class Judicial Magistrate that the documents submitted by the eligible candidate are correct and without any mismatch and if the submitted documents are found incorrect/fake at any stage, the candidature of the candidate shall be cancelled ab-initio and she shall be liable to appropriate action under law.

Sd/
 Child Dev. Project Officer
 Poshan Project Tral
 Dated:- 19.06.2026
 No: -CDPO/POSHAN/TRAL/Estt/Adv/2026/ 250-61
 (ANNEXURE-I) S.NO:
APPLICATION FORM FOR ENGAGEMENT OF SAHAYIKA'S (ANGANWADI HELPER)

- Name of the District: - Pulwama
- Name of the ICDS Project: -
- Name of the Anganwadi Centre for which engagement as AWH sought.....
- Panch Ward/MC Ward Name..... Panchayat Halqa/MC Ward No.....
- Name of the Candidate (In Block Letters as per D-O-B Certificate)
- Father's Name (In Block Letters)
- Marital Status: - Married /Un Married
- Husband's Name (if married)
- Place of Permanent Residence.....
 Mohalla.....Village.....
 Panch Ward Constituency.....
 Name of the Panchayat Halqa.....
 House No..... (As per latest Panchayat Ward Electoral) Block:.....
- Address for Correspondence..... Mobile No:.....
- Date of Birth.....

D	D	M	M	Y	Y	Y	Y
---	---	---	---	---	---	---	---
- Age as on 01-01-2026.....
- Academic Qualification

S.No	Examination passed	Board/School	Year of passing	Marks Obtained	Max. Marks	%age
1	10 th					

14. Documents attached.
 ♦ Panch Ward Certificate /present /continuous, ward residence certificate issued by BDO.
 ♦ Domicile Certificate issued by Tehsildar concerned.
 ♦ Date of Birth Certificate.
 ♦ Academic Qualification Certificates with Marks card of 10th.
 ♦ Non employment Certificate from a Gazetted Officer.
 ♦ Self-Addressed envelope with postage stamp of Rs 5/-.

Signature of Candidate

I.....D/O/W/O.....R/O.....
 do hereby certify that the contents of the application given above are correct and true to the best of my knowledge. In case any of the above contents is found incorrect, the selection committee shall have the right to reject my application and similarly revoke my engagement order.

Signature of Candidate

DIPK-2358/26
 DATED: 19-06-2026

PUBLIC NOTICE
 It is hereby notified that we, the parents of Qudsiya Chesti who is studying in Class 5th (Yellow) under Admission No. 6351-20M in Mallinson Girls School, Sheikhbagh, Srinagar, are applying for correction in her father's name. The correction is as follows: From Father's Name Naveed Ahmad Chesti To eer Naveed Ahmad Chesti. If anyone has any objection, they may contact the office of the Principal, Mallinson Girls School, Sheikhbagh, Srinagar within a period of (07) days from the date of publication of this notice. No objection will be entertained after this period.
 Peer Naveed Ahmad Chesti & Gousiya Nissa
 Parents of: Qudsiya Chesti
 R/o. 17-90ft Road, Ahmed Nagar, Srinagar
 Contact: 9906681502
 ABKO

**NORTHERN RAILWAY
 E-TENDER NOTICE**
 Sr. DSTE/FZSR acting for and on behalf of The President of India invites E-Tenders on <https://www.ireps.gov.in> against Tender Notice no. 433-Sig-T-21-26-27 Closing Date/Time 10.07.2026 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against this tender, and any such manual offer received shall be ignored.
 Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through online payment modes available on IREPS portal like Net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed.
 NIT HEADER

Contract Type	Works
Replacement of over aged Earth Leakage Detector (ELD) on age cum conditional basis over Firozpur division.	
Tender Closing Date/Time	10.07.2026 15:00
Date Time of Uploading Tender	19.06.2026 10:31
Advertised Value (Rs.)	15469977.18
Bidding Start Date as per IREPS	26.06.2026
Earnest Money (Rs.)	309400.00
Period of Completion	6 Months

NOTE: Tenderer should keep himself updated about the Tender amendments, Corrigendum, etc. by remaining in touch regularly with the website.
 Tender Notice No: 433-Sig-T-21-26-27 Date: 19/06/2026 Closing Date/Time 10/07/2026 15:00 2111/2026
SERVING CUSTOMERS WITH A SMILE

PUBLIC NOTICE
 I Waseem Qadir S/o Gh. Qadir Dar R/o Vihara Lawdara Bandipora is applying for upgrade of Government Contractor from BEE Class to AAY Class bearing Registration No. SE(R&B)SB/BEE/ 1838 of 2018-19 at the Office of the Chief Engineer JKPDC Bemina. Anybody having any objection may contact above Office within seven days from the date of this advertisement after which no objection will be entertained
 ab

PUBLIC NOTICE
 M/S Mushtaq Construction Prop. Mushtaq Ahmad Turk S/o Ghulam Mohammad Turk R/o Chontimula Bandipora is applying for upgrade of Government Contractor from BEE Class to AAY Class bearing Registration No. 501/BEE/(Civil/Sanitary)/CE/CID/PDC/2025-26 Dated 29-12-2025 at the Office of the Chief Engineer JKPDC Bemina. Anybody having any objection may contact above Office within seven days from the date of this advertisement after which no objection will be entertained.
 ab

PUBLIC NOTICE
 Mohammad Yousuf Matta S/o Mohammad Subhan Matta R/o Aloosa Ghat Bandipora is applying for upgrade of Government Contractor from BEE Class to AAY Class bearing Registration No. SE(R&B)SB/1483/BEE of 2018-19 at the Office of the Chief Engineer JKPDC Bemina. Anybody having any objection may contact above Office within seven days from the date of this advertisement after which no objection will be entertained.
 ab

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 Bilal Ahmad Bhat Business Manager (M) : 9469820088

Office Of The Naib Tehsildar Pattan
 Sub... Issuance of registration order in respect of delayed birth..
PUBLIC NOTICE.
 The registrar birth EO MC pattan has submitted a case file pertaining to birth of Mohammad Afan Khan s/o Mohammad Akbar Khan R/o Nowpora Tehsil Sopore district baramulla with verified date of birth 30/05/2020 occurred at SDH pattan in this connection if any body having objection for issuance of said certificate he may contact to this office within 04 days after that no objection shall be entertained.
 Sd
 fko Naib Tehsildar Pattan

Office Of The Naib Tehsildar Pattan
 Sub... Issuance of registration order in respect of delayed birth..
PUBLIC NOTICE.
 The registrar birth BDO pattan has submitted a case file pertaining to birth of Rehber Ahmad Mir s/o Nazir Ahmad Mir R/o Kalseri Nehalpora Tehsil Pattan district baramulla with verified date of birth 04/02/2015 in this connection if any body having objection for issuance of said certificate he may contact to this office within 04 days after that no objection shall be entertained.
 Sd
 fko Naib Tehsildar Pattan

Safai Karamcharis meet Advisor Nasir Aslam Wani at Raabita

Observer News Service

Srinagar: A delegation of Safai Karamcharies of Urban Local Bodies (ULBs) met Advisor to Chief Minister, Nasir Aslam Wani at Chief Minister's Raabita Office regarding their demands for regularisation of Casual Safai Karamcharis working in different ULBs.

The Union apprised Advisor of its various demands, including regularisation of Casual Safai Karamcharis who have been working for several years in different ULBs. The Advisor informed the delegation about the steps being taken by the Government and assured to address all genuine demands of the ULB employees in a time bound manner.

The issue of pending promotions in the Urban Local Bodies (ULBs) of Kashmir Division also came up for discussion during the meeting. It was decided that all ULBs in the Division shall furnish complete promotion cases to the concerned directorate on an

urgent basis to facilitate the timely convening of the Departmental Promotion Committee (DPC) and expedite the promotion process.

Following the assurance extended by the Advisor, the Safai Karamchari Union of the ULBs agreed to call off its strike and assured its full co-operation for ensuring proper sanitation arrangements during the forthcoming Shri Amarnathji Yatra.

A separate delegation of Safai Karamchari Union of Jammu Municipal Corporation also met Nasir Aslam Wani and raised their issues relating to their promotion and regularization. The Advisor stated that with the notification of Recruitment Rules for both Gazetted and Sub-ordinate Services of the JMC, decks have been cleared for promotion of the eligible employees as well as filling up of vacant posts and also assured that further modifications shall be considered in the Recruitment Rules to facilitate promotion of existing employees wherever required.



KO Photo : Abid Bhat

Pokhribal Lake Hosts Maiden Floating Yoga Event

Observer News Service

Srinagar: Maiden floating yoga event on the waters of Pokhribal Lake on Friday added a unique dimension to the pre-celebration activities ahead of International Yoga Day on June 21.

According to the details available with KNO, in a first-of-its-kind initiative, internationally acclaimed water sports coach Bilquees Mir led a floating yoga session on the waters of Pokhribal Lake in Srinagar.

The unique event brought together students and water sports athletes who performed yoga postures while floating on the lake, blending the principles of wellness with Kashmir's rich aquatic sporting culture.

Mir said the initiative was aimed at promoting both yoga and

water sports while encouraging young people to embrace a healthy and active lifestyle.

Meanwhile, in Srinagar, scores of young participants gathered for a yoga session organised as part of the pre-celebration activities. The event witnessed enthusiastic participation from students and fitness enthusiasts, reflecting the growing popularity of yoga among the younger generation.

Yoga coaches said awareness about yoga has increased significantly across Kashmir over the years. "Across the Valley, there is now an atmosphere of promoting yoga. Since International Yoga Day was declared by the Prime Minister, efforts have been intensified to spread awareness about yoga and its benefits," a coach said.

Another coach, Basit, said yoga

not only helps maintain physical fitness but also contributes to mental well-being, making it especially relevant in today's fast-paced lifestyle.

Participants said preparations for Yoga Day begin well in advance to maximise public awareness and participation.

"We prepare in advance with pre-celebrations. We practise many asanas ourselves and take part in regular sessions. The idea behind International Yoga Day is to raise awareness, and through these preparations we try to make people more conscious about yoga and healthy living," said Saqib, a participant.

Notably, the events are part of a series of programmes being organised across Jammu and Kashmir ahead of International Yoga Day, which is observed annually on June 21.

Suspended Policeman Held With Heroin-Like Substance

Observer News Service

Srinagar: A suspended Jammu and Kashmir Police constable was apprehended during an overnight naka checking operation in Srinagar and found in possession of a heroin-like substance, officials said on Friday.

The accused has been identified as Asif Rehman Reshi, son of Abdul Rehman Reshi, a resident of Bonpora, Batamalo. Officials said he

was serving as a constable in Jammu and Kashmir Police and has remained under suspension since 2025.

During a naka checking operation conducted by a police party from Police Station Shergari at Alochi Bagh Bund, the suspect was intercepted and subjected to personal search.

Police said approximately seven grams of heroin-like substance was recovered from his possession during the search.

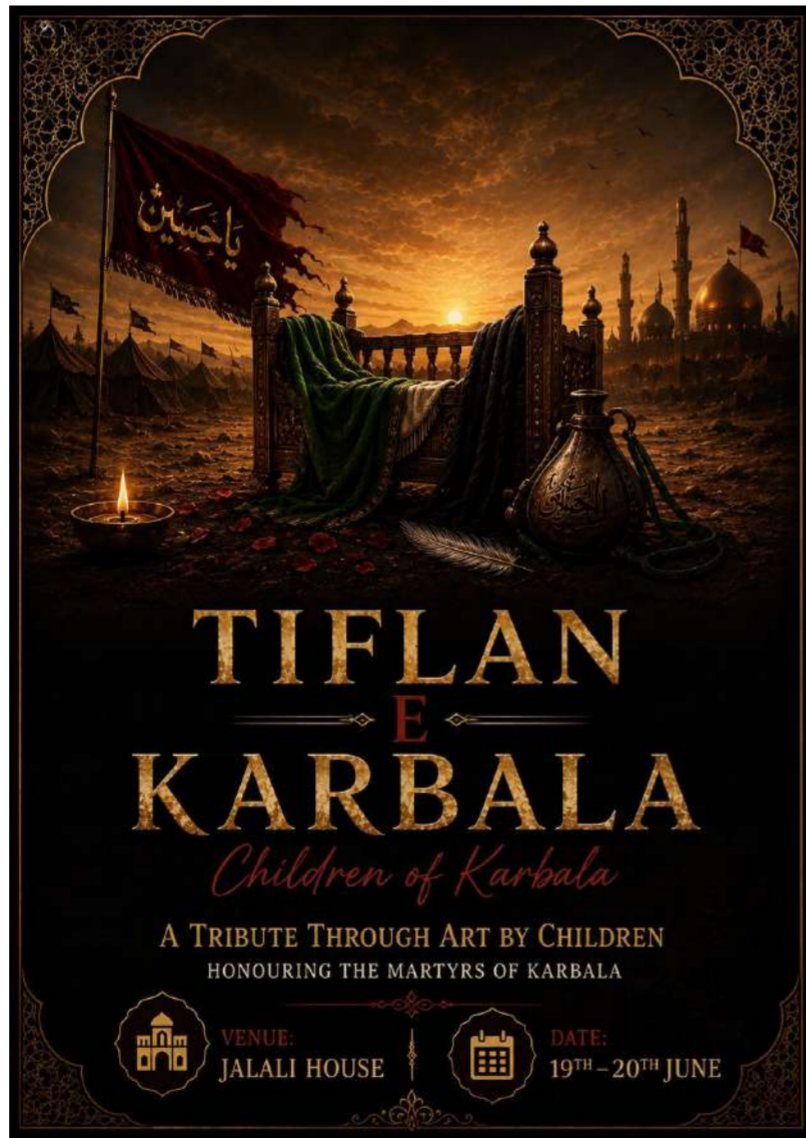
Man Injured in Road Accident Succumbs at SMHS Hospital

Observer News Service

Srinagar: A retired headmaster who sustained critical injuries in a road accident near Security Line Batmaloo in Srinagar on Wednesday has succumbed to his injuries at SMHS Hospital, officials said.

The deceased has been identified as Sharief-ud-Din Wani (72), son of Ghulam Hassan Wani, a resident of MIG Colony, Bemina.

Officials said Wani was injured after the scooter he was riding met with an accident in Batmaloo. Following the mishap, he was shifted to SMHS Hospital, Srinagar, where he was admitted to the Neurosurgery Ward for specialized treatment.



PUBLIC NOTICE

I, Mohd Amin Bhat S/O Gh Mastafa Bhat R/O Shaheed Gunj, Srinagar, wish to inform the general public that my name has been wrongly recorded as "Mohmad Amin Bhat" in my Character Roll / Service Record due to a clerical error. However, my correct name as per JKBOSE Matriculation Certificate and other official records is "Mohd Amin Bhat."

I am applying for correction of the said error in my service records. If any person has any objection to this correction, they may submit the same to the concerned authorities within 7 days from the date of publication of this notice.

Mohd Amin Bhat S/O Gh Mastafa Bhat R/O Shaheed Gunj, Srinagar. x

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Government of Jammu & Kashmir
OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER POSHAN PROJECT HAJIN

Subject: Final Selection List of Candidates for engagement to the posts of Sahayikas (AWHs).
NOTIFICATION

Whereas, in pursuance to the Govt Order No. 103-JK(SWD) of 2023 Dated: 28-04-2023 and approval conveyed by Mission Director, Mission Poshan J&K vide No. MD/Poshan/Recruitment/2025-26/47128-34 dated: 24-12-2025, and posts Advertised by this office vide Advertisement Notice No. 01 of 2026 dated 21-01-2026, published through department of information vide DIP No. #DIPK-10263/25 in daily newspaper Kashmir Images, Srinagar Times & The Counsellor Magazine on 23-01-2026 for selection of (09) Sahayikas (AWHs) for (09) Anganwadi Centres of Poshan Project Hajin.

Whereas, in response to the said advertisement notice, (28) application forms were received from (09) Panch Wards within Cut-off date and after proper scrutiny of application forms by Block Level Selection Committee (BLSC) constituted vide Govt Order No. 222-JK(SWD) of 2022 Dated:- 30.11.2022, the tentative merit cum Provisional selection list for 04 posts out of 09 has been published vide #DIPK-615/26 in daily newspapers Kashmir Observer, Brighter Kashmir, Kashmir Express and Chattan on 22-04-2026 and tentative merit cum provisional list of candidates for remaining 05 posts has been published vide #DIPK-978/26 in daily newspapers Kashmir Rays & Kashmir digest on 03-05-2026 for inviting of objections, if any, within the stipulated period.

Whereas, no objection/representation has been received against the said tentative merit cum provisional selection lists within the prescribed time period.

Now, therefore, the final selection list of candidates for engagement as Sahayikas (Anganwadi Helpers), as contained in "Annexure A" is hereby published for information of all concerned.

ANNEXURE "A"

S. NO	Name of the candidate (with Spouse Name)	D.O. B	Name of Panchayat	Name of AWC against which provisionally selected	Marital Status	Marks obtained in Class 10th	Percentage
1	Afreena Ashraf W/o Mohmad Ashraf Rather	07-08-1992	Ajas (B)	Rather Mohalla Ajas Ward No. 05	Married	230/500	46.00%
2	Bisma Ashraf W/o Sameer Ahmad Dar	14-02-2000	Gund Prang	Chringpora (B) Ward No. 01	Married	248/500	49.60%
3	Salma w/o Mohd Ishaq Dar	25-10-2000	S.K.Payeen	S.K.Payeen (E) Ward No. 1	Married	211/500	42.20%
4	Qurat Ul Ain W/o Irshad Ahmad Bhat	01-03-1998	Ajas (A)	Matipora (B) Ajas Ward No. 02	Married	222/500	44.40%
5	Munazah Manzoor W/o Ajaz Ahmad Sheikh	01-01-2005	S.K.Bala (B)	Sadur Mohalla S.K.Bala Ward No. 7	Married	292/500	58.40%
6	Rukhsana Bano W/o Saif Ud Din Ganie	10-03-1992	Ajas (B)	Ganie Mohalla Ajas Ward No. 07	Married	245/500	49.00%
7	Maiser Ara w/o Adil Bashir	10-10-1996	Madwan (B)	Hanji Mohalla Mukdmyari Ward No. 01	Married	257/500	51.40%
8	Roza Bano W/o Tahir Ahmad Wani	27-12-1995	Andergam	Andergam (B) ward No 04	Married	184/500	36.80%
9	Ruksana Rasool W/o Shahid Ahmad Wani	17-05-1999	Goshbugh (A)	Goshbugh (B) Ward No. 07	Married	456/600	76.00%

No: CDPO/H/Rec/2026/342
Dated: 18-06-2026

DIPK-2333/26 dated: 19-06-2026

Shahidien
Child Development Project Officer
Poshan Project Hajin

• TRAFFIC POLICE : 9419993745, 01998-266686
• PCR: 0194-2452092,2455883
• PDD: 0194-2450213
• FIRE AND EMERGENCY SERVICES : 2479488,2452222,2452155
• CAPD: 18001807011
• SMC HEALTH OFFICER: 9469409081
• Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS
SHIEK UL ALAM AIRPORT: 01942303311 ✈️

RAILWAYS
• SRINAGAR: 0194-2103259
• ANANTNAG: 01932-228243
• BARAMULLA: 0194-102029
• BIJBERA: 01932-228243
• PAMPORE: 01933-294132
• PATTAN: 01954-293507
• QAZIGUND: 01951-296153

HIGHWAY STATUS
• Sgr-Jammu highway - (Open)
• Mughal Road - (Open)
• Srinagar- Leh- (Open)

PRAYERS

FAJR 3: 34
ZUHR 12:32
ASR 5: 32
Magrib 7: 48
ISHA 9: 30

HIJRI CALENDAR
04 Muharram
1448

This Day In History

- 451 - Battle of the Catalaunian Plains: Roman and Visigoths forces defeat Attila the Hun in north east France
- 1212 - French and Spanish crusaders unite against the Almohaden at Toledo
- 1214 - The University of Oxford receives its charter
- 1530 - German Parliament joins to Augsburg together
- 1547 - Count Philip van Hessen captured
- 1567 - Jews are expelled from Brazil by order of regent Don Henrique
- 1582 - Bishop Domingo de Salazar of Manila suppresses the Philippines
- 1591 - Mauritius and Willem van Nassau occupy Devent
- 1631 - The sack of Baltimore: the Irish village of Baltimore is attacked by Algerian pirates

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Syed Nissar H. Gilani

Kashmir's Age of Isolation

Stories of betrayal, late-life separation and growing loneliness reveal how economic progress and social change are transforming the meaning of family in Kashmir.



Then something astonishing happened. After half a century together, the wife initiated a separation. Friends struggled to comprehend the decision. The aftermath paints a heartbreaking portrait of modern ageing.

She initially moved into her elderly mother's village home. Within a year, her mother died. Loneliness deepened into depression. Seeking companionship and structure, she relocated to a high-end senior care home in New Delhi.

Her former husband continues to live in a palatial apartment in Pune, accompanied by two or three paid helpers. Their story challenges many assumptions about family life.

Long marriages do not automatically guarantee emotional fulfilment in old age. Financial comfort cannot substitute for human connection. Children who build lives in distant countries often leave ageing parents facing decades of solitude.

These experiences reveal a striking paradox: material prosperity has expanded for many families, but emotional fulfilment has become increasingly elusive.

Grand houses stand where crowded multigenerational homes once stood. Professional success commands admiration, while financial independence creates opportunities that previous generations never possessed.

Despite these gains, many people experience profound loneliness within relationships or after their collapse.

Distance amplifies this reality. Adult children pursue careers and opportunities thousands of miles away, grandparents miss the daily joys of family life, and couples confront ageing with fewer social supports.

Long-buried personality differences can intensify within the silence of an empty home. Betrayals rooted in moral failure can destroy young families in a single day.

Money eases many burdens. It can purchase a room in an elegant care facility, hire attendants, and secure independence for a woman rebuilding her life after devastating betrayal.

But companionship, trust and moral integrity cannot be purchased.

Those qualities formed the foundation of family life in the Kashmir that Younghusband described more than a century ago. They remain equally important today.

Whenever I think about the woman in Delhi, the man in Pune and the young mother whose life changed with a newspaper headline, I see a society wrestling with a profound transformation.

Economic progress continues, as do educational achievement and personal freedom. Family life, however, depends on something deeper than prosperity.

Strong households are built on loyalty, responsibility, and mutual respect. Without those qualities, even the finest homes can feel lonely.

The author is a former civil servant from the administrative service. He can be reached at nisargilani57748@gmail.com.

A few years ago, I translated Sir Francis Younghusband's 1908 book Kashmir into Urdu. The project became a labour of love and later received the Maulana Abul Kalam Azad Award from the Uttar Pradesh Cultural Academy.

During that journey, I spent months immersed in Younghusband's observations of Kashmiri society. Many passages continue to resonate with me. One observation, in particular, has returned to my mind repeatedly.

Younghusband described Kashmiri Muslims as hardworking family men deeply devoted to their wives and children.

Marital disputes appeared infrequently, while divorce occupied almost no place in social life.

Kashmiri Pandit families displayed similar stability, nurturing households with remarkable commitment and care. Family served as the emotional, economic and social centre of existence.

Whenever I revisit those accounts, a troubling question emerges: What happened to that culture of mutual devotion?

Three recent stories continue to haunt me because each captures a different aspect of the answer.

One concerns an elderly woman living in a high-end senior care home in New Delhi. Another concerns her former husband, who spends his remaining years in a spacious apartment in Pune with only paid attendants for company. The third concerns a young mother of two whose life collapsed one morning when she opened a newspaper and discovered that her husband had been arrested for a horrific crime.

Spanning different generations, these stories are united by a common theme: the growing isolation that now pervades family life.

Many discussions about marriage focus on the younger generation. Such talks usually point toward changing expectations, expanding opportunities and shifting social norms. Those changes have transformed relationships in important ways.

Education and global exposure have strengthened individual confidence. Ambition has expanded, while personal identity occupies a larger place in people's lives.

Those developments have enriched society in countless ways, but they have also altered the nature of compromise within marriage.

Relationships flourish when self-respect coexists with humility. Trouble emerges when pride hardens into rigidity.

Many couples struggle because neither partner wishes to take the first step

Grand houses stand where crowded multigenerational homes once stood. Professional success commands admiration, while financial independence creates opportunities that previous generations never possessed. Despite these gains, many people experience profound loneliness within relationships or after their collapse.

toward reconciliation. Simple words such as "I am sorry" become surprisingly difficult to say.

Economic change has also transformed family life in profound ways.

Earlier generations relied on deep material interdependence, with family bonds often rooted in shared necessity. Today, education and employment have given women greater freedom and choice.

Financial independence allows many to leave abusive, neglectful, or incompatible relationships, a significant social gain. It has also shifted family relationships toward mutual respect, emotional connection, and shared purpose rather than economic dependence.

Another powerful change involves the disappearance of the traditional joint family.

Younghusband observed a society where marriages rarely existed in isolation. Parents, grandparents, uncles and aunts remained actively involved in family life. Elder family members frequently stepped in during moments of tension. Their intervention often prevented disagreements from escalating into crises.

Today's nuclear households operate differently. Couples face many challenges on their own. Friction that once

KO VIEW

Weekends Onscreen Now

There was a time when weekends in Kashmir meant something more than a break from work. They served as a bridge between people.

After a demanding week, families would gather over noon chai, visit relatives across town, spend long afternoons in conversation, or head to a nearby garden and return home with stories rather than photographs. The weekend belonged to relationships.

That idea is changing before our eyes.

Urban Kashmir is especially living through a period when many households are stretching every hour of the day in pursuit of financial stability. A growing number of people juggle additional assignments, side businesses, freelance projects, and extended work schedules. The result appears in places where statistics rarely look.

Family visits happen less often, shared meals grow shorter, and friendships depend increasingly on notifications. Time itself has become a scarce commodity.

A Kashmiri proverb says that a garden flourishes when it receives regular care. Human relationships follow the same principle. They thrive through presence, exchange, and shared experiences. Earlier generations understood this instinctively.

Sundays often brought families together under one roof. Children played with cousins, and elders exchanged news and wisdom.

Every visit strengthened a social fabric that gave communities their warmth.

Today, weekends often come wrapped in a different culture. Cafés overflow with customers, hill stations fill with cars, and Instagram stories present a valley constantly on the move.

At first glance, recreation seems alive and well. But beneath the glossy images lies a deeper question: Are people truly resting, reconnecting, and recovering, or are they simply changing locations while remaining tethered to screens and expectations?

The answer matters because recreation was never merely entertainment.

Across cultures, leisure has served a larger purpose. It refreshed the mind, renewed relationships, and prepared people for the week ahead. European cities built public parks around this idea. Traditional Kashmiri life expressed it through gatherings, picnics, family visits, and evenings spent in company.

Social media has introduced a new layer to the weekend experience. Outings now compete for visibility, meals are becoming content, and views seek an audience.

The pursuit of moments increasingly shares space with the pursuit of documenting them.

And somewhere along the way, the simple joy of being present risks becoming a performance.

Kashmir has never lacked beautiful places. What gave meaning to those places was companionship.

A day beside a stream mattered because of the people sitting nearby. A family visit mattered because it strengthened bonds that would endure long after the tea cups were cleared away.

Perhaps the question facing Kashmir today is larger than how people spend their weekends. It concerns what people hope to gain from them.

Recreation reaches its fullest value when it leaves people refreshed, connected, and ready for another week.

As the valley changes, that timeless lesson remains worth holding close.

The Disease of Disorder

Modern buildings and advanced equipment mean little when patients spend hours trapped in crowds, confusion, and a system that struggles to manage the basics.



Faizaan Bashir

A visit to a government hospital in Kashmir often begins with hope and ends in exhaustion.

The buildings look better than they did a decade ago. Fresh paint, improved infrastructure, advanced diagnostic facilities, specialist departments, landscaped grounds, and expanding treatment options signal progress.

Anyone passing through the gates of major institutions such as SKIMS, SMHS, or the Government Medical Colleges could reasonably conclude that public healthcare is moving in the right direction.

But that impression changes quickly inside. Patients stand in long queues, attendants wander through crowded corridors searching for answers, registration counters overflow, consultation schedules lose meaning, nurses juggle an endless stream of demands, and doctors confront far more people than any appointment list suggests.

Voices rise, tempers flare, and confusion becomes part of the treatment experience.

The central problem is not a lack of medical expertise. Kashmir has talented doctors, committed nurses, and hospitals that perform procedures once unavailable in the region.

The deeper problem is disorder. A healthcare system can possess skilled professionals and modern equipment while still failing patients through poor organization.

Few examples illustrate this better than the handling of appointments.

A patient may receive a consultation slot for 10 a.m. and arrive on time, only to wait until afternoon.

The date survives, but the schedule does not. Several patients receive the same slot. Additional patients appear through personal connections. Others come carrying recommendations from influential figures. Soon, a queue becomes a crowd.

Delays beget more delays, while exceptions steadily weaken the system.

Patients who have travelled long distances, often while ill or in pain, spend hours waiting without clear information. Doctors face growing pressure as the number of people outside their doors expands. Nurses struggle to manage competing demands. Hospital staff absorb the frustra-

Kashmir's healthcare debate often centres on new buildings and infrastructure. Equally important are efficient administration, clear communication, strong accountability and better coordination across facilities.

tion generated by a process they do not control. Order is not a cosmetic feature of healthcare. It is part of healthcare itself.

A crowded outpatient department increases the likelihood of missed details, rushed consultations, and administrative errors. Overloaded wards place pressure on beds, equipment, and personnel. Patients end up occupying corridors and temporary spaces because the available capacity has already been consumed. Under such conditions, efficiency suffers and clinical judgment operates under constant strain.

Many of these pressures originate outside the hospitals themselves.

Large tertiary-care institutions increasingly serve patients who should receive treatment much closer to home. Sub-district hospitals frequently transfer cases because essential specialists or support staff are unavailable at certain hours.

An absent anesthesiologist in the evening can send a patient on a long journey to Srinagar. Minor injuries that should be managed locally arrive at facilities designed for more complex cases.

Transfers deepen the strain on healthcare facilities already grappling with heavy caseloads. These recurring challenges raise important questions about healthcare planning.

Building bigger hospitals alone will not solve the problem. Kashmir needs a stronger healthcare network, where primary and secondary facilities can manage most cases, leaving tertiary hospitals to provide the specialized care they are meant for.

Money is part of the story, too. Ayushman Bharat gives families health coverage, and many expect it to open more treatment options. But patients often run into difficulties at private hospitals.

Questions about reimbursements, delayed payments and financial sustainability remain unresolved.

And when private care becomes harder to

access, more patients end up turning to government hospitals.

In healthcare, no part of the system works in isolation. Pressure in one area is quickly felt across the rest.

The exhausted nurse, the frustrated doctor, the irritated sanitation worker, and the patient searching for a bed all experience different symptoms of the same illness.

Disorder spreads through the system much like a disease. It wastes time, drains energy, and weakens confidence in public institutions.

Kashmir's healthcare debate often centres on new buildings and infrastructure. Equally important are efficient administration, clear communication, strong accountability and better coordination across facilities.

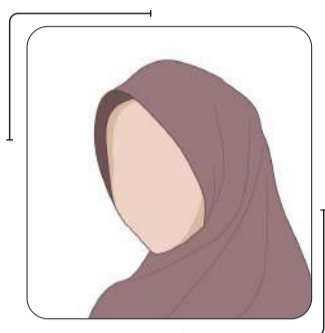
Healthcare, for patients, is experienced through timely care, clear guidance and confidence in the system.

Kashmir has expanded its medical capacity. The next step is ensuring that every part of the healthcare system works smoothly, efficiently and with the patient at its centre.

The author holds a Master's degree in History and can be reached at peerfaizanbashir@gmail.com.

What Comes After the First Cry!

The arrival of my daughter filled me with a love beyond language, but motherhood truly began in the difficult days that followed, when joy, fear, doubt and devotion shared the same room.



Noorain Ansari

No one tells you that the first cry is the easiest part. My daughter arrived two weeks late, after forty-two weeks of waiting. By then, anticipation had settled into my bones. Every hour felt longer than the last, and every heartbeat seemed to ask the same question: when will I finally meet you?

Then, suddenly, she was there. The doctor lifted her into the air, and for a moment she seemed suspended between two worlds. Her eyes blinked against the brightness, mine filled with tears.

She looked bewildered by the light, the sounds and the movement surrounding her. I looked at her and felt something equally overwhelming: the realization that a person I had never met already occupied the entire landscape of my heart.

She surveyed the operating theatre with wide, searching eyes. As I watched her, forty-two weeks of discomfort vanished from my thoughts. The nausea, the sleepless nights, the back pain, the exhaustion and the waiting all lost their hold on me.

One glance from her accomplished what months of endurance could not.

A nurse placed her on my chest. Her tiny body rested against my skin, warm and impossibly soft. I kissed her forehead and felt a peace I had never experienced before.

Then she moved into her father's arms. He held her with such care that it seemed he wanted to shield her from the whole world.

Pain lost its importance in that moment. Labour, surgery and fear receded into the background. My

daughter had arrived safely, and that single fact eclipsed everything else.

She was beautiful. Thick black hair framed her tiny face. Her dark eyes seemed filled with curiosity and calm. Looking at her, I finally understood something I had heard people describe for years: Motherhood is not an idea until it becomes a person. Then it transforms everything.

The body finds reserves it never knew existed. The heart expands beyond its former limits. Love comes all at once and changes the scale of your life.

That was the beginning. The days that followed taught me what came next.

Popular stories about motherhood often stop at birth. They stop at the first cry, the first photograph and the first embrace. Life, however, continues beyond those moments.

A different journey begins when visitors leave, hospital doors close and a new mother finds herself alone with responsibility she can neither postpone nor hand to someone else.

My daughter was born in Ireland. During those early days, I recovered from an emergency C-section while learning how to care for a newborn.

Simple movements brought pain, holding her felt precious and terrifying at the same time, feeding her required patience, and changing her demanded confidence I had not yet developed.

Nurses surrounded me, though loneliness still found a place beside my bed.

My arms held the child I had prayed for, while my thoughts raced through questions I could not answer.

Every cry prompted fresh uncertainty, and every period of silence created a different concern: Was she comfortable? Was she healthy? Could I meet her needs? Could I become the mother she needed?

Postpartum life contains contradictions that rarely appear in public discourses. Love can fill a room while loneliness occupies the same space. Gratitude can coexist with exhaustion, while happiness can sit beside fear.



Day by day, I learned how to hold her more confidently. I learned how to soothe her cries. I learned how to trust my instincts. Small victories accumulated until they began to feel like transformation.

That complexity deserves honesty. Advice came from many directions. Family, friends and strangers shared opinions with good intentions. Their words often landed heavily. Motherhood began to feel like an examination everyone else had prepared for in advance. Confidence

became harder to access, and self-doubt became easier to hear.

Nighttime intensified everything.

I watched my daughter sleep and counted her breaths. I wondered about the future, and whether I would measure up to the image of motherhood I had carried for years.

Feeding became a particular source of anxiety.

Breastfeeding did not unfold the way I expected. Latching difficulties brought frustration and tears. Bottles entered the picture, and expectations collided with reality.

My body felt overwhelmed by changes it had scarcely begun to process. Milk came slowly, pressure built, and discomfort grew.

I pumped constantly, hoping for progress, hoping my daughter would receive everything she needed.

Then came the comments. Why use a bottle? Why pump? What if she becomes accustomed to that?

Questions like these may sound harmless, but a new mother often hears them differently.

During postpartum recovery, confidence remains under construction. Casual observations can feel like verdicts. A mother already questioning herself rarely needs more scrutiny. She needs patience.

Eventually my milk supply improved. Relief followed, but doubt remained close by.

Whenever my daughter cried, assumptions appeared before understanding. People searched for explanations. I searched for confidence.

Questions repeated themselves in my mind: Is she full? Is she content? Am I doing enough?

A common saying tells us that it takes a village to raise a child. Experience taught me that the quality of the village matters as much as its size.

Many mothers need encouragement more than instruction. They need trust more than constant evaluation, and room to learn their children through experience rather than commentary.

Motherhood is a process of becoming. Knowledge grows through practice, confidence grows through

repetition, and love grows through attention.

A mother feeding her child through breast, bottle or both still nourishes that child with devotion. Love remains present throughout all those choices.

Leaving the hospital did not instantly change my emotional landscape. Confusion followed me home. Some days felt heavier than others. Emotions rose and fell without warning.

Postpartum depression occupies a real place in many women's lives, and I felt its presence.

My husband stood beside me through those difficult weeks. He held our daughter when I needed rest. He soothed her during long nights. His presence helped me challenge the fears that crowded my thoughts.

Faith sustained me as well. Believing that God had guided me to this chapter gave me strength to continue through uncertainty.

Day by day, I learned how to hold her more confidently. I learned how to soothe her cries. I learned how to trust my instincts. Small victories accumulated until they began to feel like transformation.

The greatest lesson came from my daughter herself.

When I look into her eyes today, I see the same gaze that met mine in the operating theatre. Those eyes still teach me something important.

Birth did not create only a child. It created a mother too.

People celebrate the first cry because it marks the arrival of a new life. My experience taught me that another story begins immediately afterward.

A woman steps into unfamiliar territory, balancing love, fear, exhaustion, hope and responsibility. She learns through mistakes and discoveries. She grows through uncertainty, and becomes someone new.

My daughter entered the world that day.

So did I.

—The author is an accomplished educator and media professional.

The Question Karbala Leaves Behind

A moment of defiance centuries ago still frames how the world understands integrity in the face of power.



Ansar Hussain

Imam Hussain ibn Ali looked straight at Yazid and spoke words that still cut through time: "A person like me can never pledge allegiance to a person like you."

He did not seek a throne or a piece of land. He defended the core of his faith and the conscience of his community.

In 680 CE, on the dry plains of Karbala, Hussain stood with a small group of family and friends against a vast army. They faced thirst, encirclement, and overwhelming force. He could have submitted and lived.

Instead he rose to reform the community of his grandfather, the Prophet Muhammad, peace be upon him.

That choice turned a military defeat into a moral victory that echoes across centuries.

The story moves people because it pits two clear visions against each other. One side wielded raw power stripped of ethics, the other carried moral clarity without armies. History records which side people still honour.

Every year Muharram brings the memory back to life. Processions fill streets, voices recite the events, and hearts turn toward the same questions Hussain faced: When power turns cruel, what do ordinary people do? When numbers favour the strong, does truth lose its voice? When survival demands compromise, does conscience bend?

These questions strike deep in the valley. Decades of discord, loss, and uncertainty have tested this land and its people. Families have known separation, communities have endured hardship, and daily life has carried the weight of division.

But through it all, Kashmiris



gather each Muharram to remember Hussain. They see in him a model of steadfastness amid adversity. The real honour, however, lies beyond the processions and the elegies.

It appears when neighbours support one another across lines of difference, when the comfortable reach out to those in need, when people speak truth even when fear presses close, and when justice is pursued without feeding hatred.

Karbala teaches that silence before oppression equals participation in it. Numbers alone never settle what is

right. A single voice rooted in conviction can outlast empires built on force.

Hussain's stand shows dignity holds greater value than life purchased through surrender.

These lessons travel beyond any single place or time. They speak to every situation where conscience collides with convenience, where the vulnerable call out, and where the powerful grow deaf.

Today the world still sees children caught in violence, the poor pushed aside, truth twisted for advantage, and people judged by sect or origin

rather than their shared humanity.

In such conditions Karbala feels immediate. It urges each generation to locate its own battlefield, in classrooms, workplaces, courtrooms, media, and neighborhoods. The test remains the same: Will we defend truth when it costs us comfort? Will we shield the weak when it brings risk? Will we reject division even when it seems easier to pick sides?

One persistent danger clouds the message.

Some voices try to lock Hussain inside narrow sectarian lines. They

shrink a universal figure into a factional symbol. That effort misses the point entirely. Hussain belongs to the whole Muslim community. Tears for him flow from Sunni and Shia eyes alike. Love for him lives in every heart devoted to the Prophet.

From South Asia through the Middle East to Africa and Europe, millions honour his sacrifice. The principles he upheld—justice, truth, human worth, resistance to cruelty—do not wear sectarian labels.

Whenever Muharram sparks rivalry instead of shared reflection, it drifts from Hussain's actual purpose.

Scholars, religious leaders, and public voices carry special responsibility here. They can turn Muharram into a season of unity and moral renewal. They can focus on common values rather than points of friction. They can compete in service instead of influence.

Communities stay strong when they stand together around principles. Internal fractures hand victory to outsiders. Karbala points the opposite direction: solidarity grounded in ethics.

Kashmir needs this spirit now more than statements.

When people help neighbours despite old tensions, they live Hussain's example. When the prosperous aid the struggling, they echo his compassion. When citizens demand fairness without bitterness, they carry his courage.

The land has shown remarkable patience and faith through difficult years. That same faith can fuel fresh commitment to justice and mutual care.

—The author is a Multimedia Editor at Kashmir Observer.



Some voices try to lock Hussain inside narrow sectarian lines. They shrink a universal figure into a factional symbol. That effort misses the point entirely. Hussain belongs to the whole Muslim community. Tears for him flow from Sunni and Shia eyes alike. Love for him lives in every heart devoted to the Prophet.

J&K's Sirajul Uloom Comes Under NCLT After Being Declared Illegal

Press Trust Of India

Srinagar: The National Company Law Tribunal (NCLT) has taken over the assets of the Sirajul Uloom Welfare Foundation, an educational institution in Jammu and Kashmir's Shopian district, after it was declared an illegal entity by the authorities earlier this year, officials said on Friday.

In an order, the provisional

liquidator said all properties and assets in the name of the Sirajul Uloom Welfare Foundation have been vested in the National Company Law Tribunal, Chandigarh.

The Sirajul Uloom, which imparted both formal and religious education, was declared an illegal entity on the basis of a dossier alleging that it had covert links with the banned Jamaat-e-Islami

and promoted anti-national ideology.

The provisional liquidator warned that any interference with or encroachment upon the properties would amount to a violation of the tribunal's orders and would invite action under the relevant legal provisions.

The order further stated that trespassers would be prosecuted.

Prosecution Sought Against Duo In Shopian Over Allegedly Misbranded Pesticides

Agencies

Shopian: The Law Enforcement Wing in South Kashmir's Shopian has sought prosecution against two persons for allegedly stocking and distributing misbranded pesticides in the district, officials said.

The Law Enforcement Inspector, Shopian, has recommended institution of prosecution before the Court

of Chief Judicial Magistrate, Shopian, under provisions of the Insecticides Act, 1968 and the Insecticides Rules, 1971.

The action pertains to the alleged sale and distribution of a fungicide identified as SUPER M 45 (Mancozeb 75% WP), Batch No. SP-1902, which authorities have classified as a misbranded pesticide under Section 3(k)(iv) of the Insecticides Act.

The accused have been

identified as Samiul Rehman Nangroo, proprietor of Nangroo Pesticides at Kachdoora, Shopian, and Gowhar Ahmad Dar, stated to be the responsible person of MQW Nutricitals Pvt Ltd, Chawan, Shopian.

Official records indicate that enforcement authorities seized 168 kilograms of the pesticide from one accused and 70 kilograms from the other, taking the total quantity seized to 238

kilograms.

The Law Enforcement Wing has sought sanction for prosecution, stating that the accused allegedly contravened provisions of the Insecticides Act and Rules governing the stocking, sale and distribution of pesticides.

The matter is expected to be placed before the competent court after the required approval process is completed. [KNT]

CONTD. FROM FRONT PAGE

US-Iran Talks

mountainside resort in the village of Obburgen and begin technical negotiations.

His staff and a small group of journalists had gathered at Joint Base Andrews outside Washington in anticipation of the trip. Meanwhile, White House officials, advance teams and media personnel had already arrived in Switzerland to prepare for Vance's expected arrival.

However, on Thursday evening, the trip was abruptly called off.

The White House said Vance and his delegation remained ready for talks but that plans could not be finalised.

"The logistics of these negotiations have never been simple or predictable," the White House said.

The announcement followed reports that Iran was delaying dispatching its delegation because of Israel's ongoing military campaign in Lebanon.

Iranian Foreign Ministry spokesman Esmaeil Bagaqi later confirmed the postponement, saying consultations were continuing through mediators regarding the next phase of negotiations.

"Necessary consultations are being conducted through mediators for this purpose. If the required conditions for the start of negotiations are met, an announcement will be made," Bagaqi told reporters on Friday.

According to Bagaqi, the memorandum establishes specific conditions that must be implemented before negotiations on a final agreement can begin.

"According to the text of the memorandum of understanding, the commencement of final agreement negotiations is contingent upon the initiation and continuation of the implementation of provisions outlined in clauses 1, 4, 5, 10 and 11 of the MoU," he said.

Meeting No Longer Urgent
Hours before the postponement, Vance had hinted that plans remained uncertain.

"Our plan is to go to Switzerland, I don't know exactly when," Vance told reporters. "We think these technical negotiations start sometime this weekend. That's still the plan. But that could change."

Shortly afterward, Iran's Supreme Leader Ayatollah Mojtaba Khamenei endorsed direct negotiations with the United States in a brief statement carried by state media.

"It is obvious that the face-to-face negotiations that will be held in the future will not mean accepting the enemy's opinion," Khamenei said.

The statement appeared intended to reassure domestic audiences and provide political cover for direct engagement with Washington.

Bagaqi noted that one of the principal objectives of the Switzerland meeting had already been achieved through the digital signing of the agreement earlier this week by the presidents of Iran and the United States.

"One of the main objectives of the Switzerland meeting on Friday was the signing of the text of the memorandum on ending the imposed war," he said.

"Given that the signing of the memorandum of understanding was carried out digitally in the early hours of June 18, holding the meeting in Switzerland is not urgent. However, we are planning to hold a meeting in the coming days."

From Signing Ceremony to Technical Talks
Vance had originally been expected to attend a formal signing ceremony in Switzerland.

Instead, U.S. President Donald Trump signed the agreement during a state dinner with French President Emmanuel Macron at the Palace of Versailles, while Iranian President Masoud Pezeshkian signed the accord separately.

Full Story on Kashmirobserver.in

Over 22,500 Youth

every citizen and every young person gets an opportunity to realise their dreams," he said.

Sinha said the scheme operates on two pillars, providing financial incentives to first-time employees entering the organised sector while also rewarding employers who expand their workforce and generate new jobs.

"When industries grow, employment opportunities increase and society prospers. Through these two components, more than 3.5 crore employment opportunities across the country are expected to be incentivised over the next two years," he said.

Referring to social security reforms in Jammu and Kashmir, the Lieutenant Governor said workers in the region were deprived of comprehensive social security protections before the implementation of the Employees' Provident Fund and Miscellaneous Provisions Act, 1952, in the Union Territory in November 2019.

"Following its implementation, lakhs of workers in Jammu and Kashmir were integrated into the national social security fold for the first time," he said.

At the national event held at Vigyan Bhavan in New Delhi, Prime Minister Modi said PM-VBRY was aimed at empowering first-time employees and strengthening the link between

youth and industry.

"Pradhan Mantri Viksit Bharat Rozgar Yojana is much more than an employment scheme. It is an initiative designed to strengthen the aspirations of young people entering their first jobs while creating a robust bridge between industry and the workforce," the Prime Minister said.

The PM-VBRY is a flagship employment-linked incentive scheme aimed at promoting formal employment, supporting first-time entrants into the organised workforce and incentivising employers to create additional jobs. Under the scheme, eligible first-time employees receive financial assistance equivalent to one month's wage, up to Rs 15,000, while employers receive incentives for generating additional employment.

The programme in Jammu and Kashmir was organised at the Convention Centre Jammu, Lok Bhavan Srinagar, NIFT College SIDCO Industrial Complex in Budgam and Bari Brahmana Industrial Association in Samba.

During the event, employers distributed 20 appointment letters to newly employed workers at the Convention Centre Jammu, while six appointment letters were handed over to newly recruited employees in Samba.

Members of Parliament Jugal Kishore Sharma and Sat Sharma, senior government officials, EPFO officers, industry representatives, employers and beneficiaries attended the programmes held across the Union Territory.

70 Lakh Jobs Created

and their employers.

The amount will be transferred to the beneficiaries through the direct benefit transfer.

Addressing the event, Modi said that when the government, the youth and the industry work together, job creation grows multi-fold.

He informed that Pradhan Mantri Viksit Bharat Rozgar Yojana has created 70 lakh jobs and provided social security cover for the beneficiaries under the scheme.

The government encourages those institutions or employers who generate new jobs, Modi said, adding that the Pradhan Mantri Viksit Bharat Rozgar Yojana forms a bridge between the youth and the industry for first-time job seekers.

He said, "Through PM Viksit Bharat Rozgar Yojana, we are supporting employment generation, empowering youth and building a stronger workforce for the future."

The scheme is about empowering first-time employees and building a bridge between the youth and the industry, he stated.

The aspirations, skills and potential of our youth shape the path to a Viksit Bharat, he said.

Modi further said that India's youth will be at the forefront of driving global growth, innovation and entrepreneurship in the years to come.

In the 21st century, opportunities will belong to nations that nurture skilled talent, foster innovation and uphold the highest standards of quality, he said, adding that India has unprecedented capability in these three areas.

Under PM-VBRY, the government has provided an outlay of Rs 99,446 crore and targeted 3.5 crore job creation in two years.

Under the scheme, up to Rs 15,000 is provided for first-time employees. Employers get up to Rs 3,000 per month per new employee under the scheme.

To boost employment in the manufacturing sector, extended benefits are being provided for up to four years under the scheme.

NTA To Hold

2 pm to 5.15 pm in pen-and-paper mode in 551 cities across India and 14 cities abroad for over 22.79 lakh candidates.

Candidates with disabilities (PwD/PwBD) eligible for compensatory time will be allowed to write the examination till 6.20 pm, it said.

According to the NTA, the re-exam involves close coordination among multiple agencies and levels of administration, with 674 city coordinators overseeing city-level operations and 6,669 observers deployed for independent oversight at examination centres. Centre superintendents and invigilators have been appointed at every examination centre.

In all, over 2 lakh personnel, including police and district administration officials, have been mobilised to ensure the smooth and fair conduct of the re-examination, the NTA said.

"To ensure a fair and transparent examination, the NTA has put in place a multi-layered security framework, including end-to-end secure handling of confidential materials under sealed protocols, GPS-enabled vehicles with police escorts for movement of examination materials, CCTV surveillance at all examination centres linked to centralised control rooms, and Aadhaar-based biometric authentication to prevent impersonation," the agency said.

It said mandatory frisking through high-sensitivity metal detectors will be conducted before entry to examination centres, with strengthened manpower and equipment deployed at every centre. "The examination will also be monitored in real time through centralised control systems."

"Real-time monitoring through centralised control systems is also being undertaken," it

added.

The agency said active monitoring of social media platforms is underway to curb misinformation and prevent malpractice. "NTA has filed complaints with cyber-crime authorities, including 14C/MHA and CBI. Strict action is being taken against all those involved," it said.

"Per NTA's advisory, candidates whose biometric verification cannot be completed at the examination centre due to technical malfunction of devices, poor fingerprint quality, UIDAI connectivity issues, or any physical inability will not be denied entry to the examination hall.

"Such candidates will be required to sign a written undertaking the format of which will be made available at the centre with the Centre Superintendent or Observer and will then be permitted to write the examination without disturbance," the agency said.

Manual identity verification will be carried out using valid documents, it said.

The NTA said it has made a range of candidate-centric arrangements at all examination centres in view of the large number of candidates and prevailing summer conditions. These include reliable power backup, adequate electricity, lighting and fans, wall clocks in examination rooms, drinking water, sanitation facilities and on-site medical support.

Candidates will be allowed to carry a transparent water bottle, while diabetic candidates may bring sugar tablets and fruits such as bananas, apples and oranges along with a transparent water bottle, in accordance with NTA guidelines, it said.

The agency said additional biometric machines and trained personnel have been deployed to expedite verification, while travel and weather advisories have been issued in advance, urging candidates to plan their travel early and verify centre addresses from their admit cards.

Candidates have been asked to report to their examination centres between 11 am and 1.30 pm. "Entry gates will close sharp at 1.30 pm, and no candidate will be permitted entry thereafter under any circumstance," the NTA said.

It advised candidates wearing customary or religious attire, as well as those wishing for full-sleeved clothing or woollens, to report early to allow time for thorough frisking.

Candidates have also been asked to verify the exact address of their examination centre from the admit card, as map applications may show incorrect pins for some centres and should not be relied upon as the sole reference.

The NTA said candidates must carry a printed copy of the admit card, one original valid photo identity card and two passport-size photographs for affixing on the attendance sheet.

Candidates appearing for the re-examination have been advised to reach their examination centres well before the reporting window, keeping traffic and weather conditions in mind.

The NTA has asked candidates to strictly follow the dress code and permissible items advisory on neet.nta.nic.in.

"Carry only permitted items; mobile phones, smart watches, Bluetooth devices, calculators, wallets, jewellery, metallic accessories and food packets are not allowed inside the examination hall," the agency said.

Candidates have also been advised to rely only on official communications issued through the NEET website and avoid misinformation from unauthorised sources, the NTA said.

Advising candidates to rely only on official communications, the agency asked them not to fall prey to rumours or fraudulent claims regarding question paper leaks and to immediately report suspicious messages or channels to the NTA or cyber-crime authorities.

"Trust their preparation and remain calm. For concerns related to mental well-being, NTA has shared official helplines including Tele-MANAS (14416), the 24x7 national mental health helpline," it said.

The agency reiterated its commitment to conducting the examination with "integrity, transparency and operational efficiency" and thanked state governments, Union Territory administrations, district authorities, police forces, examination functionaries and candidates for their cooperation.

"The entire administrative machinery stands ready to ensure the smooth and fair conduct of the examination across India and abroad on June 21, 2026," it added.

Classes Suspended

to an order issued by the Directorate of School Education Kashmir (DSEK) on Friday, classes in all schools serving as NEET examination centres will remain suspended on June 20 to facilitate preparations for the conduct of the examination.

"In view of the upcoming NEET examination scheduled on June 21 (Sunday), the class-work in schools designated as centres for NEET Examination shall remain suspended on June 20 (Saturday)," the order stated.

The schools identified as examination centres are spread across six districts of the Valley. Of the 60 schools, 21 each are located

in Srinagar and Anantnag districts, five each in Baramulla and Kupwara, and four each in Budgam and Pulwama.

The DSEK directed all concerned institutions to ensure strict compliance with the order, warning that any deviation would invite legal action against the defaulting institution.

The NEET-UG re-examination is scheduled to be conducted on June 21 following the cancellation of the earlier examination held on May 3 amid allegations of a paper leak.

The controversy surrounding the examination had triggered nationwide protests and demands for a transparent investigation. Subsequently, the Centre handed over the probe into the alleged irregularities to the Central Bureau of Investigation (CBI).

Officials said the temporary suspension of classes is aimed at ensuring smooth conduct of the examination and making necessary logistical arrangements at the designated centres.

Kashmir Police

and the prevailing security situation. He also emphasized continuous supervision and effective communication at all levels of deployment.

The IGP instructed officers to maintain close coordination with other security and civil agencies to facilitate seamless information sharing and ensure a coordinated response mechanism throughout the pilgrimage period.

Highlighting the importance of public service, Birdi asked officers and personnel to extend all possible assistance to devotees and ensure their safety, convenience and well-being. He said a people-friendly approach should be maintained while discharging duties.

The meeting also reviewed contingency plans and coordination measures aimed at ensuring a peaceful and incident-free yatra.

The annual pilgrimage to the holy Amarnath cave shrine is scheduled to commence on July 3 through the twin routes of Pahalgam in south Kashmir's Anantnag district and Baltal in central Kashmir's Ganderbal district. The yatra will conclude on August 28, coinciding with Raksha Bandhan.

Fear, Stigma Fuel

liver cancer, and endometrial cancer. Breast cancer accounts for the highest relative burden among major cancers, followed by lung, oesophageal, and stomach cancers.

Medical experts urge people to remain vigilant about common warning signs, including persistent changes in bowel or bladder habits, non-healing sores, unusual bleeding or discharge, unexplained lumps, difficulty swallowing, chronic indigestion, noticeable changes in moles or warts, and persistent cough or hoarseness. "Any symptom that persists for several weeks should be evaluated by a healthcare professional. Early consultation can make a critical difference in treatment outcomes," the campaign notes.

The campaign highlights that approximately one in nine men and one in twelve women in India are likely to develop cancer during their lifetime, but nearly 30 to 50 per cent of cancers can be prevented through lifestyle modifications, including avoiding tobacco, limiting alcohol, maintaining a healthy weight, adopting a nutritious diet, regular physical activity, and receiving recommended vaccinations.

Women are encouraged to perform regular breast self-examinations and follow mammography recommendations based on age and risk factors. HPV vaccination for girls aged 9 to 14 is strongly recommended for cervical cancer prevention, with women aged 30 to 65 urged to undergo periodic screening through Pap smear, VIA, or HPV DNA testing. Annual oral examinations are advised for early detection of oral cancer, particularly among tobacco users.

The campaign points out that a large number of cancer patients in J&K continue to seek medical attention only after the disease has advanced due to lack of awareness, fear and social stigma, reliance on self-medication and home remedies, financial constraints, transportation difficulties in remote areas, inadequate screening facilities, and shortages of specialists. Public health experts advocate a streamlined referral pathway from Health and Wellness Centres to Regional Cancer Centres.

The campaign calls for a three-pronged approach to cancer control: prevention, early detection, and quality treatment. Experts estimate nearly one-third of cancers can be prevented and another one-third successfully treated if diagnosed early. For patients with advanced disease, palliative care remains critical for pain relief, symptom management, and psychosocial support.

"Every cancer patient deserves dignity, comfort and compassion, regardless of the stage of illness," the awareness message states. The campaign concludes with: "Be aware, get screened, live healthy, support patients and spread hope. Early detection saves lives." People seeking information and support can contact the National Cancer Helpline at 1800-11-2299. (KNO)

5 Booked In

incidents directly to SSP EOW Kashmir, Crime Branch J&K. Victims of economic fraud may also send their complaints to the official

email: sspeow-kmr@jkpolice.gov.in.

Why Young People

thoughts they feel unable to share elsewhere. The trend is raising an important question: are young people replacing therapists with artificial intelligence, or are they turning to AI because professional mental health support remains too expensive, too difficult to access, or simply unavailable when they need it most?

Why AI Feels Like the Easier Option
The attraction of AI is easy to understand. Unlike therapy, it is available around the clock. There are no appointments to schedule, no waiting rooms and often no costs involved. A conversation can begin instantly, whether it is midday or midnight.

For many young adults, particularly students, access to professional mental health care remains limited. Therapy sessions can be expensive, counselling centres are frequently overstretched and waiting periods are common. When someone is struggling in the moment, being told to return weeks later can feel less like support and more like another obstacle.

In that gap between needing help and receiving it, AI has found a place.

One student described using chatbots not because they believed the technology genuinely understood them, but because it helped organise overwhelming thoughts. The responses did not necessarily solve problems, they said, but the act of writing things down and receiving a reply helped bring a sense of clarity during stressful moments.

For a generation raised online, talking to a chatbot can feel as natural as sending a text message. The technology is familiar, immediate and free from many of the social pressures that come with opening up to another person.

The Appeal of Being Unjudged
Mental health conversations remain difficult for many young people. Fear of being misunderstood, dismissed or judged often prevents people from speaking openly about emotional struggles. Even among friends and family, discussing anxiety or depression can feel uncomfortable.

AI offers something that appears safe. A chatbot does not interrupt, react with visible discomfort or suggest that someone is overthinking their problems. It does not get tired of listening or change the subject. As a result, many users find themselves sharing thoughts with AI that they may never voice aloud to another person.

For some, the experience creates a sense of relief. Not because they believe the chatbot truly understands them, but because it provides a space where they can express emotions without worrying about how another person might react.

Yet the very quality that makes AI attractive also reveals its limitations.

More Than Just a Digital Diary
Despite the concerns surrounding AI, many mental health professionals acknowledge that these tools can be useful when used appropriately.

People often turn to chatbots to organise confusing thoughts, reflect on difficult experiences or better understand their emotional patterns. Some use them as guided journals. Others use them to learn coping techniques for stress or anxiety. For individuals who feel hesitant about seeking counselling, interacting with AI can sometimes help them recognise that they need support in the first place.

In this sense, AI is increasingly being viewed as a bridge rather than a substitute. It can offer temporary support while someone waits for therapy or encourage them to take the first step towards professional help.

For someone feeling isolated, even a simple conversation can provide comfort. That does not make AI therapy, but it helps explain why many young people keep returning to it.

Where the Limits Become Clear
A chatbot can generate supportive language, but it does not genuinely understand suffering. It does not experience empathy, recognise subtle emotional cues or perceive what remains unsaid.

Human therapists do much more than listen to words. They observe silence, body language, tone, hesitation and behavioural patterns. Often, these signals reveal more than the words themselves.

According to counselling psychologist Mohamad Saleem Mir, comparisons between AI chatbots and professional counselling are ultimately misleading.

"When a person sits with a counsellor, they know there is a real human being listening and trying to understand them," he says. "Psychologists pay attention to facial expressions, body language, cultural context and ethical considerations. These are things AI cannot fully understand or respond to."

Mir also points out that counsellors can involve parents, caregivers or support systems when necessary and are guided by professional ethics and training. AI, by contrast, can only generate responses based on patterns in data. It cannot take responsibility for a person's wellbeing.

Full sotry on kashmirobserver.net

Ayushman Bharat Services Face Disruption as Private Hospitals Stick to Exit Plan

Observer News Service

SRINAGAR: The Jammu and Kashmir Private Empanelled Hospitals and Dialysis Centres Association (JKPHDA) has reiterated its decision to proceed with a mass de-empanelment of private hospitals and dialysis centres from the Ayushman Bharat PM-JAY and SEHAT Scheme from July 1, 2026, alleging that the government has failed to address long-pending issues despite repeated assurances.

As per KNO, the association said several meetings have been held with the administration since the proposed withdrawal was announced, but no concrete measures have been taken to resolve the challenges faced by empanelled healthcare institutions.

While reaffirming its commitment to the objectives of the Ayushman Bharat scheme, JKPHDA expressed concern over what it termed the scheme's "most non-performing phase" since March 2024. It said private hospitals have been grappling with delayed claim settlements, inadequate package rates, cumbersome authorisation procedures and mounting financial liabilities.

"Since our announcement regarding mass de-empanelment, we have received only verbal assurances. No tangible action has been taken to streamline the scheme or address the issues affecting healthcare providers," the association said.

According to JKPHDA, hospitals continue to face severe financial

stress as large payments remain pending with the State Health Agency (SHA). The association claimed that dues running into several hundred crores of rupees have created major working capital challenges, particularly for small and medium-sized healthcare institutions.

Hospital administrators warned that delayed reimbursements are affecting their ability to procure medicines, purchase medical consumables and maintain adequate staffing, potentially impacting healthcare delivery. The association also voiced

concern over the possible impact on dialysis patients, describing them as among the most vulnerable groups likely to suffer if private dialysis centres withdraw from the scheme. It noted that thousands of economically weaker patients currently receiving free dialysis under SEHAT could lose access to cashless treatment.

JKPHDA urged the government to immediately release pending payments, revise package rates in line with rising healthcare costs and simplify

pre-authorisation procedures to ensure the scheme's long-term sustainability.

"We do not wish to discontinue treatment for poor and deserving patients. However, healthcare services cannot be sustained indefinitely without a financially viable framework," the association said.

The association appealed to Lieutenant Governor Manoj Sinha, Chief Minister Omar Abdullah and Health Minister Sakeena Itoo to intervene and resolve the issues. It also urged the LG to chair the Governing Council meeting scheduled for June 23 to prevent disruption of services for thousands of beneficiaries across Jammu and Kashmir.



Lavender Farming Gains Momentum in Kashmir

Observer News Service

SRINAGAR: Lavender farming is steadily gaining momentum in Kashmir, with the sprawling Sirhama Lavender Farm in Bijnbehara area of south Kashmir's Anantnag district emerging as a major learning hub for farmers interested in cultivating the aromatic and medicinal crop.

Farmers from different parts of the Valley regularly visit the farm to gain first-hand knowledge of cultivation practices, crop management, and the commercial potential of lavender, which is increasingly seen as a viable alternative to conventional farming.

The farm, spread over 620 kanals, has drawn attention for its successful cultivation model, encouraging growers to explore lavender farming on both agricultural and barren land.

Nazir Ahmad Khatana, a farmer from Nagras Qazigund, told KNO, the exposure visit organised by the Agriculture Department helped him understand the vast economic potential of lavender cultivation.

"Farmers can earn two to four times more income from lavender compared to many traditional crops. The biggest advantage is that the crop is planted only once and can continue producing for nearly 15 years," he said.

Khatana said lavender can also be

grown in vacant spaces within apple orchards, making better use of available land while helping reduce the presence of rodents and other pests.

He said the crop is particularly suitable for hilly areas because its strong fragrance discourages wild animals, such as monkeys and bears, from entering orchards and damaging crops.

Calling for better marketing facilities, Khatana urged the government to establish a dedicated collection and marketing centre for lavender produce to help farmers access larger domestic and international markets.

Farm In-charge Kamal Bhat said the department provides complete training and technical guidance to farmers before they take up lavender cultivation. He said the crop requires minimal inputs and is largely grown using organic manure, reducing dependence on chemical fertilisers and pesticides.

"We regularly organise lavender festivals and awareness programmes to educate farmers about the crop and its economic value," Bhat said. He said around 3.5 lakh lavender saplings were distributed free of cost among farmers under the Holistic Agriculture Development Programme (HADP) last year.

Bhat said the farm has previously exported 45 boxes of lavender, each weighing

Rain, Hailstorm Lash J&K Parts; MeT issues Advisory

Observer News Service

SRINAGAR: Several parts of Jammu and Kashmir witnessed rain and thunderstorms on Friday afternoon as the Meteorological Department forecast more wet weather over the next few days and warned of possible flash floods, mudslides and hailstorms in vulnerable areas.

According to the MeT Centre Srinagar, a spell of rain and thundershowers affected many places across Kashmir division and parts of Jammu division, including Ramban, Doda, Kishtwar, Rajouri, Reasi and Udhampur.

The weather office told KNO that some areas experienced brief intense showers accompanied by thundershowers, hailstorms and gusty winds. Similar conditions were reported along the Sonamarg-Baltal-Holy Cave axis and the Pahalgam-Holy Cave axis, the two routes leading to the annual Amarnath Yatra.



The department cautioned that intense showers in parts of south and central Kashmir and districts such as Ramban, Doda and Kishtwar could trigger flash floods and mudslides in vulnerable locations.

It advised people to remain indoors during thundershowers and lightning activity, avoid standing near electric poles, wires, old trees and other vulnerable structures, and suspend boating and shikara operations during adverse weather conditions.

For the coming days, the MeT Department has forecast generally cloudy weather with intermittent spells of light rain, brief

Dalai Lama to Visit Ladakh on June 28

LEH/JAMMU: The Leh administration reviewed preparations on Friday for the upcoming visit of the 14th Dalai Lama to Ladakh, scheduled for June 28. Officials stressed the need for coordinated efforts to ensure the event proceeds smoothly.

Officials said a high-level preparatory meeting was held in Leh between top officials and representatives of various departments and stakeholders, including the Ladakh Buddhist Association (LBA), Ladakh Gompa Association (LGA), Health Department, Police, Tibetan Refugee representatives and other agencies.

As per PTI, the meeting also held discussions to celebrate His Holiness the Dalai Lama's 91st birthday on July 6.

Officials said stakeholders discussed security deployment, route planning, crowd management, traffic regulation and logistical coordination for the visit.

LBA President Tsering Dorjay Lakrook highlighted key requirements and informed the meeting that further coordination meetings would be held in the coming days to finalise preparations.

Officials said the Health Department has been directed to ensure adequate deployment of medical personnel and emergency response facilities.

The meeting further reviewed arrangements at venues associated with the visit, including livetsal, where teachings are scheduled, and His Holiness residence.

The departments were instructed to maintain cleanliness, sanitation, water supply and other civic amenities at the highest standards.

Officials also decided to convene another review meeting to assess security enhancement measures, inspect CCTV surveillance systems at key locations and finalise arrangements for vehicle passes and access control. (Observer News Service)

ACB files Chargesheet against Fire Services Official in NOC bribery case

SRINAGAR: The Anti-Corruption Bureau (ACB) on Friday said it has filed a chargesheet before the Special Anti-Corruption Court, Baramulla, against a Fire & Emergency Services official accused of demanding and accepting a bribe for issuing a Fire Safety No Objection Certificate (NOC) in Sopore.

In a statement issued to Kashmir Observer, a spokesperson said the Anti-Corruption Bureau (ACB), Jammu and Kashmir, has today filed a charge sheet before the Court of Special Judge, Anti-Corruption, Baramulla, against accused public servant Nisar Ahmad Wani, then Senior Fireman (Belt No. 1748), Fire & Emergency Services, Sopore, in connection with FIR No. 16/2024 registered at Police Station ACB, Baramulla.

He said the case was registered on December 16, 2024, under Section 7 of the Prevention of Corruption Act, 1988 (as amended in 2018), following a written complaint lodged by a resident of Baramulla alleging demand of illegal gratification by Nisar Ahmad Wani, then Senior Fireman posted at Fire & Emergency Services, Sopore.

"The complainant alleged that the accused had demanded illegal gratification for facilitating the issuance of a Fire Safety No Objection Certificate (NOC) required for establishing a timber sale depot at Janbazzora, Baramulla. It was further alleged that the accused had already obtained Rs. 1,500 from the complainant towards application-related expenses and subsequently demanded Rs. 5,000 as illegal gratification under the pretext of fuel charges and other incidental expenses," said the spokesperson. (Observer News Service)

Woman Delivers Baby on Roadside 'Minutes After' Discharge from Hospital



Observer News Service

SRINAGAR: Serious questions have been raised over the functioning of maternal healthcare services in Bandipora after a pregnant woman allegedly delivered her baby on a roadside just minutes after being discharged from the district hospital.

The woman, identified as Hafeeza Begum, a resident of Chechnar area of Alosa in north Kashmir's Bandipora, was admitted to the hospital on June 17 following the expected date of delivery (EDD) recorded in her medical file. According to her family, she remained under observation in the hospital's labour room for the entire night.

According to a written complaint submitted by Hafeeza Begum's husband, the patient was subsequently taken back and kept under observation. After spending the night at the hospital, she was discharged on June 18 at around 4 pm.

The family claims that the attending doctors informed them that labour had not yet started and advised them to return home, stating that the delivery was still expected after approximately two weeks.

However, while travelling back home, Hafeeza Begum reportedly began experiencing severe labour pains. Within a short span of time, she delivered a baby on the roadside near Alosa, barely minutes after leaving the hospital.

The unexpected delivery

created panic among family members and passersby, who rushed to assist the mother and newborn.

The incident has triggered widespread outrage among residents, who have questioned how a woman who spent the night under observation in a labour room could be discharged only to give birth shortly thereafter outside a medical facility.

Many locals described the incident as another example of the challenges facing maternal healthcare services in the district.

"This is not merely an isolated incident; it raises serious concerns about the quality of medical evaluation and monitoring of pregnant women. Every expectant mother deserves safe and dignified childbirth under proper medical supervision," Owais Ahmad, a local resident, told KNO.

The family has requested a thorough inquiry into the matter and appropriate action against those found responsible.

Taking cognizance of the incident, the Chief Medical Officer (CMO), Bandipora, has constituted a five-member inquiry committee to examine the circumstances leading to the roadside delivery.

According to an official order issued by the CMO, the committee has been tasked with conducting a detailed investigation and submitting a factual report within two days.

4 Paramedical Institutes in Dock for Conducting 'Unauthorized' Courses

Observer News Service

SRINAGAR: The State Allied and Healthcare Council, Jammu & Kashmir (SAHC-J&K), has issued show cause notices to four private educational institutions for allegedly conducting and facilitating Allied and Healthcare courses without obtaining the mandatory approvals and recognition from the competent authorities.

The notices, according to KNO, have been served to Boston Institute of Medical Science and Technology, Pulwama; NIMS Lawyapora, Srinagar; MM College of Paramedical Sciences and Technology, Sopore; and GD Goenka Healthcare Academy, Srinagar/Jammu.

According to the Council, a preliminary scrutiny of records and available material indicates that these institutions have been conducting, promoting, and facilitating admissions to various Allied and Healthcare programmes in Jammu and Kashmir, purportedly under affiliations or collaborations with universities and institutions located outside the Union Territory.

However, the institutions allegedly failed to secure the required permissions, approvals, recognition, or registration from the State Allied and Healthcare Council, J&K, or the erstwhile Paramedical Council.

The Council stated that such activities, if established, would be in violation of the provisions of the National Commission for Allied and Healthcare Professions (NCAHP) Act, 2021, particularly Section 40, which prohibits institu-

tions from starting courses, admitting students, or operating educational programmes without prior approval from the competent authority.

In the notices, SAHC-J&K observed that unauthorized operation of study centres, training centres, franchise centres, learning centres, and off-campus centres poses serious concerns for students pursuing professional healthcare education. The Council warned that qualifications obtained through unapproved programmes may not be recognized under the law, potentially affecting students' registration, employment prospects, and career progression.

The institutions have been directed to explain within seven days why their courses and programmes should not be declared unauthorized and unrecognized. They have also been asked to clarify why action should not be initiated for allegedly conducting educational activities without lawful approval and why recommendations should not be made for civil, criminal, or other legal proceedings wherever warranted.

The Council has sought extensive documentation from the institutions, including copies of approvals and recognitions, affiliation agreements, admission records, faculty details, infrastructure and laboratory facilities, hospital affiliations, publicity materials, details of centres operating within Jammu and Kashmir, and information regarding qualifications already awarded to students.

OFFICE OF THE CHIEF PROJECT OFFICER, FISHERIES, GAGRIBAL SGR

DASTI QUOTATION NOTICE

Sealed quotations are hereby invited from reputed/authorized suppliers/firms for the supply of the following aquarium fishes, as per the details given below. The interested suppliers/firms are requested to submit their quotations to this office within five (05) days from the date of issuance of this notice.

S.No.	Scientific Name	Common Name	Size	Number
01	Carassius auratus	Red Gold	3"-4"	10
02	Carassius auratus	Red Gold	1"-2"	20
03	Cyprinus carpio	Koi carp	4"-6"	30
04	Cyprinus carpio	Milky koi	4"-6"	20
05	Carassius auratus	Black moor gold fish	3"-4"	20
06	Red cap oranda	Hooded Gold fish	4"-6"	10
07	Carassius auratus	Red white gold fish	4"-6"	10
08	Trichopterus trichopterus	Blue Gourami	3"-6"	24
09	Trichopterus leeri	Pearl Gourami	3"-6"	20
10	Balantiocheilus melanopterus	Silver shark	2"-4"	10
11	Epalzeorhynchus frenatum	Albino rainbow Shark	3"-5"	10
12	Epalzeorhynchus bicolor	Red tailed black shark	2"-3"	20
14	Cichlids	Cichlids	2"-3"	30
15	Cichlids	Flower Horn	3"-5"	06
16	Astronotus ocellatus	Black Oscar	2"-3"	10
17	Astronotus ocellatus	Albino Oscar	2"-3"	10
18	Astronotus ocellatus	Copper Oscar	2"-3"	10
19	Astronotus ocellatus	Fire mouth Oscar	3"-4"	10
20	Barbonymus schwanenfeldii	Tinfoil barb	3"-4"	20
21	Barbonymus schwanenfeldii	Albino tinfoil	3"-4"	20
22	Hypostomus plecostomus	Suckermouth catfish	3"-4"	20
23	Poecilia sphenops	Molly	1"-2"	50
24	Notopterus notopterus	IndianKnife fish	3"-4"	20
25	Parrot fish	Red Parrot	3"-4"	10
26	Parrot fish	Yellow Parrot	3"-4"	10
27	Parrot fish	Green Parrot	3"-4"	10
28	Pracheirodon innesi	Coloured tetra	1"-2"	100
29	Pracheirodon innesi	Neon Tetra	1"-2"	20
30	Corynopoma risei	Sword tetra	1"-2"	50
31	Pterophyllum scalare	White angel	1"-3"	20
32	Pterophyllum scalare	Black Angel	1"-2"	20
34	Pomacentrus semicirculatus	Zebra Angel	1"-2"	20
35	Osteoglossum bicirrhosum	Silver Arowana	3"-5"	04
36	Poecilia reticulata	Guppy		100
37	Betta splendens	Betta		20
38	Cyprinus carpio	Milky carp	Big	10
39	Scatophagus argus	Scat		20
40	P. conchonius	Rosy barb		50

Terms & Conditions:

- The supplier shall provide healthy, disease-free, and active aquarium fishes of the species and quantity specified in the supply order.
- All fishes supplied must be of good quality, free from visible injuries, deformities, infections, or diseases.
- The supplier shall ensure proper packing, transportation, and handling of fishes to minimize stress and mortality during transit.
- The delivery shall be made at the Aquarium-cum awareness Center, Gagrival within the stipulated time period mentioned in the supply order.
- Any mortality exceeding the acceptable limit (if any) at the time of delivery shall be replaced by the supplier at no additional cost.
- Any fish found unsuitable or not conforming to the specifications shall be liable for rejection.
- The rates quoted shall be inclusive of all taxes, transportation charges, packing charges, loading/unloading charges, and any other incidental expenses.
- The quotation should reach this office on or before 12:30 at PM

No.CPO/G/Adm/2026-27/476-79
Dated : 19-06-2026

DIPK-2337-26
DT: 19/06/2026

Chief Project Officer
Gagrival Srinagar



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