

DC conducts surprise inspection of SDH Kupwara

Took stock of healthcare services, construction of Critical Care Block

HIMALAYAN MAIL NEWS
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Deputy Commissioner Kupwara (DC), Shrikant Suse today conducted a surprise inspection of Sub-District Hospital (SDH) Kupwara to assess the functioning of healthcare services and the availability of medical staff and facilities.

During the visit, the Deputy Commissioner inspected various sections of the hospital, including patient wards, emergency services, registration counters, and other healthcare units. He interacted with patients and attendants to obtain firsthand feedback regarding the quality of services being provided.

The Deputy Commissioner directed the hospital administration to ensure strict punctuality and round-the-clock availability of doctors, paramedical staff, and other employees so that patients receive timely and efficient healthcare services. He emphasized that any laxity in duty attendance would be viewed seriously.

He also stressed the importance of maintaining proper cleanliness and sanitation in hospital wards, corridors, and around the hospital premises to provide a hygienic environ-



ment for patients and visitors. The concerned officials were instructed to undertake regular cleanliness drives and ensure effective waste management.

Further, the Deputy Commissioner directed the hospital authorities to prominently display duty rosters of doctors and staff members at designated locations for public information and transparency.

Reacting the recent reports of concerns raised by

the public regarding the quality of services in USG section and Laboratory section, the Deputy Commissioner directed to MS SDH to submit a detailed report so that corrective measures would be taken and accountability fixed to the negligent officials. Further deputy commissioner directed the hospital authorities to ensure the functionality of CT Scan on priority.

While inspecting of Critical

Care Block, the executing agency was directed to ensure the completion of building in stipulated time so that the patient care would be upgraded.

Reiterating the administration's commitment to strengthening healthcare services, the Deputy Commissioner urged the hospital staff to work with dedication and professionalism to ensure quality healthcare delivery to the people of the district.

ASTRO ZINDAGI

(Weekly Horoscope June 08 - 14, 2026)

ARIES :

This week, Mercury's steadying influence brings mental clarity to your love life. If you've been unsure about a connection or your own feelings, the fog starts to lift. Singles may have some confusions about what they truly want in a partner, releasing outdated patterns in the process. Couples are encouraged to reevaluate their direction and communicate more openly. Venus helps you bring compassion to these conversations. Financially, the North Node highlights a need for a reset. Whether it's overspending or unexamined habits draining your resources, the truth becomes visible now. Professionally, transformation is key. Let go of what's outdated. A moment of reckoning could bring a breakthrough so trust that it's leading you to better ground.

TAURUS :

This week brings calm and clarity in many areas of your life, with the steady influence of Venus supporting emotional balance. In love, you are more focused on building trust and emotional connection. The Jupiter enhances your self-awareness, helping you understand your relationship needs. Let conversations flow naturally without pressure, and avoid forcing romantic outcomes. Financially, Saturn encourages you to be practical. Temptation to spend may rise, but long-term planning matters more now. If you are considering investments, Mercury urges careful research. Smart budgeting decisions now will support future security. In your career, Mars helps keep you motivated.

GEMINI :

This week brings a lighthearted, refreshing energy, as Mercury and Venus boost your charm and communication. In love, you are feeling more playful and easygoing, perfect for deepening bonds through laughter and shared fun. Couples will enjoy a best-friends vibe, while singles may find unexpected sparks in casual chats. Money-wise, you are getting smarter without feeling restricted. New budgeting tips or small changes can help you feel more in control. A long-wanted item might tempt you, but logic is your financial ally now, and a patient mindset pays off, especially if you are waiting on news.

CANCER :

As week begins, the Moon reminds you to stay grounded emotionally. In love, small misunderstandings may arise, especially for those in relationships. Take things slowly and listen with patience. Singles may feel unsure about someone's true intentions, let time reveal the truth rather than rushing in. Mid-month, your attention turns to finances. This is a good time to review your budget and make wise choices. Avoid risky purchases and instead focus on saving and planning. North Node's energy may delay financial outcomes slightly, but don't worry, things will balance out in your favor. In the latter half of the week, career and studies take the spotlight.

LEO :

At the start of the week, with the calming influence of the Moon, your focus shifts to emotional grounding in love. Stability and consistent small acts of care matter more than dramatic displays. If you are single, someone calm and emotionally steady may catch your eye, this quiet connection could be very lasting. Midweek, Mercury encourages practical financial habits. Organize your accounts carefully, track spending, and consider extra income opportunities thoughtfully. Avoid risky investments and approach money talks with patience and honesty to maintain balance. Later in the week, adaptable Mercury and diplomatic Venus help you manage unexpected changes in teamwork and business.

VIRGO :

As the week begins, Venus encourages you to reflect on the balance of love in your relationships. You may notice where you give more than you receive, now is the time to express your needs with quiet confidence. Singles are advised to seek genuine connection, not temporary comfort. Emotional boundaries matter, and honoring them builds deeper trust. By midweek, Mercury and Mars highlight financial growth opportunities. Exploring freelance work or side income can be fruitful, but careful planning is essential. Seek guidance from trusted voices, and avoid impulsive decisions. Honest conversations around money especially with family or partners, keep things smooth and grounded.

LIBRA :

As the new week begins, the Moon in a supportive position helps you feel emotionally steady, but maintaining balance remains essential. In relationships, one of you may be carrying more emotional weight, take time to check in and share support. A minor misunderstanding may arise, but Mercury's clear influence midweek makes resolution easy through open, respectful dialogue. If single, Venus encourages attraction, but the North Node warns against confusing entanglements. Stay true to your values and seek clarity over intensity. Midweek, Saturn's grounding energy sharpens your financial focus.

SCORPIO :

This week brings a calming emotional flow guided by Moon and Venus, fostering clarity and reassurance in relationships. Committed couples find it easier to express needs and reconnect through shared goals, while singles attract peaceful, trustworthy connections. Emotional consistency replaces intensity, reminding you that safety and trust are truly beautiful. Financially, Saturn's steady influence supports building momentum through career growth or side projects. Focus on disciplined budgeting, debt reduction, and strategic planning. Clear communication in partnerships is key to safeguarding your interests. Career-wise, Jupiter encourages letting go of outdated roles or tasks to optimize your path. Business owners benefit from streamlining operations for greater impact, while job seekers should remain patient, right opportunities are on the horizon.

SAGITTARIUS :

The week begins with a soft, steady glow in your love life as Venus nurtures emotional security. If you are in a relationship, you will feel more grounded and appreciative of your partner in quieter, more meaningful ways. Shared values matter more now than shared adventures. Singles may meet someone through a community or shared interest—there is no drama, just a calm, sincere connection that feels real. By midweek, Mars and Mercury stir ambition in your career and finances. You are ready to ask for more—whether it's a raise or a new opportunity. Confidence is key, but facts will seal the deal. A side hustle might begin showing promise, but avoid spending on image-invest in your future. The latter half of the week calls for better boundaries as Saturn tests your discipline. Say no when needed, and focus only on what matters most.

CAPRICORN :

The week begins under the steady influence of Saturn, highlighting emotional awareness and responsibility in your relationships. If committed, small, consistent gestures help address emotional needs and deepen bonds without heavy talks. Singles are guided by Venus in a cautious, discerning mood-favoring slow, genuine connections over fleeting charm. Financially, Mercury urges practical reassessment. Revisit plans like savings or business ideas with clearer focus. Streamlining expenses and consolidating debts align with Saturn's discipline. Avoid impulsive spending despite social pressures.

AQUARIUS :

At the week's start, Venus brings playfulness to your love life. Singles enjoy lighthearted flirting that could deepen into something meaningful, especially through shared interests. Couples reconnect like best friends, deepening their bond through simple joys and creative dates. Midweek, Mercury sharpens your financial clarity—reassessing spending habits and goals leads to stronger confidence. Watch for communication glitches around money; double-check details carefully. Mars energizes your problem-solving skills, helping you navigate unexpected challenges with innovative solutions.

PISCES :

During this week, romantic clarity arrives through the calming influence of the Moon and Venus encouraging stillness and self-reflection. Early in the week, if you feel emotionally drained, pause and honestly assess whether you are being authentic in your relationships or sacrificing your needs for harmony. Financially, Mercury and Saturn bring structured, pragmatic energy. It's a good time to evaluate long-term goals and explore new ideas around investments or budgeting. Be open to advice and resources that might support smarter decisions. Late-week, unexpected expenses may appear—keep a small cushion ready and stay realistic.

YS&S Bandipora organises 'Sunday on Cycle' under Fit India Run 2026 Initiative

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Department of Youth Services and Sports (YS&S), Bandipora successfully organised "Sunday on Cycle" under the banner of Fit India Run 2026.

The cycling event was conducted from Kangri Chowk to Forest Ground Chatternaar, Bandipora, promoting fitness, healthy lifestyle and environmental awareness among youth and the general public.

A huge number of participants from different areas enthusiastically took part in the event, making it a grand success. The initiative aimed to encourage physical activity and spread the message of "Fit India, Healthy India" among the masses.

Officials from YS&S



Bandipora appreciated the active participation of students and youth and expressed gratitude to all

stakeholders for making the event successful.

The programme concluded on a positive note

with a strong message to continue such fitness-oriented activities in the future.

Army organises medical camp for civilians at Narla in Rajouri

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Indian Army organised a Medical Camp for civilians at Narla (Mathianigala) under Sampark Activity, with an aim to provide accessible healthcare support to residents of remote areas.

The camp was conducted under the supervision of the Regimental Medical Officer and witnessed a positive response from the local population. A total of 106 beneficiaries, including men, women and children, received medical consultation, basic health check-ups and treatment for common ailments. Essential medicines were also distributed to the patients as per medical requirement.

During the camp, residents were sensitised on the importance of hygiene, sanitation, preventive health-



care and timely medical consultation. The initiative proved beneficial for people living in far-flung areas where access to regular medical facilities remains limited. The local community appreciated the efforts of the Indian

Army for reaching out with timely healthcare assistance. The activity further strengthened the bond of trust and cooperation between the Indian Army and the civilian population.

Army organises Yoga awareness camp at Reasi

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Indian Army organised an Art Essay Competition and Yoga Awareness Programme at Himalayan Public School and Government Higher Secondary School, Dharmari, under Operation Sadbhavana.

The event witnessed enthusiastic participation of

150 students, who actively engaged in activities aimed at promoting creativity, self-expression, healthy living and holistic development.

The Art Essay Competition provided students an opportunity to express their thoughts, imagination and ideas through writing and artwork, encouraging confidence and creative

thinking among young minds.

A dedicated Yoga Awareness Programme was also conducted to highlight the importance of physical fitness, mental well-being, discipline and balanced living.

Students were sensitised on the benefits of yoga, breathing practices and adopting healthy habits in

daily life.

The initiative was well received by students and school staff.

It reflects the Indian Army's continued commitment towards youth empowerment, community engagement and strengthening bonds with the local population through constructive outreach initiatives.

Army conducts lecture on ending plastic pollution at Gundna in Doda

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Indian Army conducted an awareness lecture on the global theme "Ending Plastic Pollution" at Gundna, Doda, Jammu and Kashmir. The initiative aimed to educate students about the harmful effects of plastic pollution on the environment, human health and future generations.

During the session, students were sensitised on the importance of reducing the use of single-use plastics and adopting sustainable alternatives in daily life. They were encouraged to contribute towards environmental conservation through responsible disposal of plastic waste, recycling initiatives, proper



waste management and active participation in cleanliness drives.

The lecture also highlighted the collective responsibility of individuals and communities in protecting nature and promot-

ing a cleaner and greener environment. The interactive session witnessed active participation from around 30 students, who showed keen interest in learning about practical steps to reduce plastic

waste. The students appreciated the efforts of the Indian Army in spreading environmental awareness and fostering a sense of responsibility among young minds.