

Lieutenant Governor Attends the launch of Dr AH Shah's Book “Sharda to Sansad”

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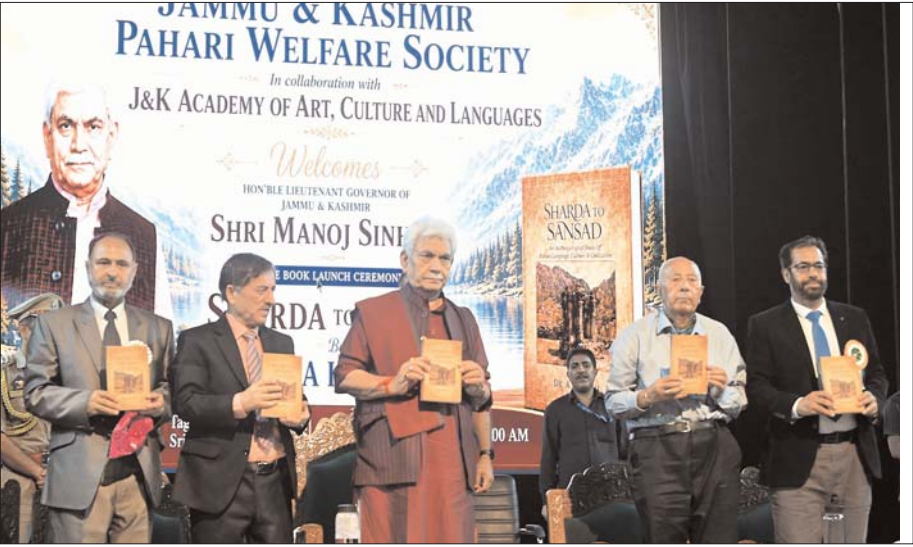
Lieutenant Governor, Shri Manoj Sinha today attended the launch of a book “Sharda to Sansad” authored by Dr. A.H. Shah. The Lieutenant Governor extended his heartfelt congratulations to Dr. Shah for his scholarly contribution. The Lieutenant Governor described the book as not merely a chronicle of history but as a meaningful dialogue between heritage and hope, between the wisdom of the past and the democratic aspirations of the present.

In his address on the occasion, the Lieutenant Governor highlighted the historical background of the Pahari community, their glorious culture, and their resilience in preserving traditions across centuries. He emphasized that the book offers a fresh perspective on the continuity of the ancient civilization of Sharda Peeth and the vitality of modern India's democratic institutions.

“Books related to history, civilization, and culture often serve as bridges between generations. Through “Sharda to Sansad”, Dr. Shah has built such a bridge, reminding us that history and culture never truly pass away. They remain alive within us,” the Lieutenant Governor said.

The Lieutenant Governor also highlighted how literature and scholarship illuminate the human spirit and connect different eras. He drew a powerful parallel between Sharda Peeth, the ancient seat of learning, and Parliament, the symbol of collective consciousness in modern India.

“If Sharda nurtured the wisdom of society, Parliament has worked to fulfil the aspirations of the nation,” he said.



The Lieutenant Governor observed the historic transformation brought about under the leadership of Hon'ble Prime Minister Shri Narendra Modi, after the abrogation of Article 370, which connected Jammu Kashmir's aspirations with those of the nation. He noted that the empowerment of the Pahari community, along with other marginalized groups, marked a turning point in India's democratic journey. “Future generations will remember this transformation well,” he said.

Reflecting on India's civilizational legacy, the Lieutenant Governor said that India's strength has always lain in its intellectual confidence, its courage to ask questions, and its culture of dialogue. He recalled centres of learning such as Nalanda, Takshashila, and Vikramshila, which once illuminated the world, and emphasized that while buildings may be destroyed, the pursuit of knowledge in Indian civilization is eternal.

The Lieutenant Governor praised the Pahari community for preserving its language, folklore, folk music, and traditions with dignity and patience, he noted that their oral literature and rich

traditions are powerful expressions of courage, harmony, and human values.

“The journey from Sharda to Sansad is not merely the journey of a community but it is the journey of India itself. It is the journey of a civilization that carried its ancient knowledge tradition into the institutions of democracy while keeping its faith in both equally intact. I believe culture is a living force. Every generation inherits cultural heritage as a bequest and passes it on to the next generation with its own distinct identity, and this is the foundation of a strong and vibrant democracy,” he said.

The Lieutenant Governor also urged the scholars, teachers, artists, and citizens to invest in preserving India's civilizational heritage.

“There are villages whose stories remain unwritten, dialects whose grammar is yet to be studied, and folk songs that have not been recorded. Each of these efforts will enrich our national archive,” he said.

The Lieutenant Governor also emphasized the importance of inspiring the younger generation to innovate while staying rooted in tradition.

“Continuity and change together have preserved the human aspiration for dignity, knowledge, and peaceful coexistence. I hope this book will encourage dialogue, inspire new research, and deepen respect for India's rich cultural fabric,” he observed.

Responding to the issues raised by the Chairman of J&K Pahari Welfare Society, the Lieutenant Governor stated that even after the implementation of the law, certain elements are deliberately causing trouble. He assured that a robust mechanism will be put in place to relieve people from this distress.

Shri Zafar Iqbal Manhas, Chairman, J&K Pahari Welfare Society; Dr. AH Shah, author; Shri Khush Dev Maini, Dr Jahangir Danish, and other prominent literary personalities, and members of various Pahari organisations attended the book launch ceremony.

Dr Sajjad Shafi, Member of Legislative Assembly from Uri; Ms. Safina Baig, former DDC Chairperson, Baramulla; Shri Rajiv Pandey, DIG CKR; Dr. GV Sundeeep Chakravarthy, SSP Srinagar; Ms Harvinder Kour, Secretary JKAACL and senior officials were also present.

CM Omar-led Govt approves Rs 18.96 cr Water Supply Scheme for Pulwama town

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Continuing its efforts to strengthen essential public infrastructure across Jammu & Kashmir, the Chief Minister Omar Abdullah-led Government has accorded administrative approval to an ₹18.96

crore Water Supply Scheme for Pulwama town.

The project is aimed at augmenting and modernising the town's water-supply infrastructure to ensure a more reliable, efficient and sustainable supply of safe drinking water to the residents. The scheme is expected to

address the growing demand for potable water while enhancing the overall quality and dependability of water services in the town.

The initiative reflects the Government's continued commitment to up-grading essential civic infrastructure and improving the quality of

life for people by ensuring access to basic amenities.

Once completed, the project will significantly strengthen the drinking water distribution network in Pulwama, benefiting households through improved water availability and service delivery.

Pulwama virtually joins Nationwide launch of ‘Nasha Mukta Yuva for Viksit Bharat Sankalp Abhiyan’

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District Administration Pulwama, in collaboration with MY Bharat, today organised a mega event at Circuit House Pulwama to virtually join the nationwide launch of ‘Nasha Mukta Yuva for Viksit Bharat Sankalp Abhiyan’.

The programme featured the live streaming of the address of Hon'ble Prime Minister Shri Narendra Modi, marking the commencement of the 100-week nationwide Jan Bhagidari campaign against substance abuse. The campaign aims to inspire youth to stay away from drugs, promote healthy lifestyles, and encourage them to become ambassadors of positive social change in their communities through sustained public participation and awareness activities.

The event witnessed participation from officers of the Civil Administration, Police and Defence, besides representatives of MY Bharat, NSS, youth clubs, schools, colleges, NGOs, industry associations, spiritual organisations and a



large number of youth from across the district.

Speaking on the occasion, officers highlighted the pivotal role of youth in combating the menace of substance abuse and stressed the need for collec-

tive community action to build a drug-free society. They urged the participants to actively spread awareness among their peers and within their communities and contribute towards making the campaign a

mass movement.

The programme concluded with a collective pledge by all participants to support the Nasha Mukta Bharat campaign and work towards the shared vision of Viksit Bharat 2047.

ASTRO ZINDAGI

(Weekly Horoscope Aug 03 - 09, 2026)

ARIES :

This week, love blends passion with purpose as Venus and Mercury work in tandem. Singles may encounter someone who stimulates both the heart and the mind as there is good chemistry, but depth will require patience. For couples, shared goals and future planning come into focus. Whether it's aligning on finances or deepening your commitment, practical steps now strengthen the bond. Financially, pressure may rise, especially around midweek. A setback or delay could trigger reflection, but Saturn is pushing you to break free from limiting money patterns. Stay calm, a small financial win or pleasant surprise may land by the weekend. Professionally, it's a prime time for skill-building. Refresh your resume, update your knowledge, or tweak your pitch as small changes now lead to big shifts. In education, your outlook expands. Group discussions and creative thinking offer breakthroughs. Health-wise, your body craves rest and gentle care. Tune in as timely rest will restore your strength.

TAURUS :

This week, your emotional bonds especially with someone you love are likely to grow stronger.. If you are not in a relationship, you might meet someone who shares your future goals. Let things happen naturally and don't rush; Venus supports patience in matters of the heart. When it comes to money, things are looking good. Your careful and practical approach is bringing steady improvement. If you have been saving and spending wisely, you will start to see the results. With Jupiter sending lucky energy your way, you might come across surprise chances to boost your income. In your job, it's a great time to take thoughtful risks. Thanks to Mars, your determination is strong, and you may start to see real progress. Whether it's a new project or positive feedback, you are on the right track. For students, your hard work is going to pay off. Mercury helps sharpen your focus and memory this week. Your health is also in the spotlight. Keeping your body and mind balanced is key now.Romance

GEMINI :

This week brings a calm yet meaningful shift for you, With the Mercury lighting up your communication zone, you will feel a pull toward deeper, more heartfelt conversations, especially in love. Venus supports emotional honesty, making it easier to express what really matters to you. If you're single, someone unique may catch your eye, stay open but trust your instincts. In finances, steady improvements are possible, especially if you cut back on non-essential spending. Avoid impulse buys midweek and review your goals toward the weekend. In career and business, Mercury sharpens your focus. It's a great time to finish pending tasks or organize your schedule. Recognition may come from something subtle you've done well. For students, reviewing past lessons rather than rushing ahead works best now. A mentor's advice may prove valuable. Health-wise, listen to your body, energy may rise and fall. Light routines, rest, and small wellness habits make a big difference. Saturn guides your deeper growth this week.

CANCER :

This week invites emotional depth, urging you to approach relationships with care and honesty. The Moon's influence may stir sensitive feelings, if you are in a relationship, misunderstandings could arise. Patience, empathy, and open communication will be key to resolving tension and strengthening your bond. If you are single, reflections on past relationships may surface. Use these insights to guide your choices and foster emotional healing. Financially, Saturn supports long-term planning. You are more focused on responsible money habits, and it's a great time to start or refine a savings or investment plan. Avoid risks and stick to slow, steady progress, minor gains are likely if you are consistent. In your career, growth opportunities emerge from the groundwork you have laid. Stay aligned with your bigger vision and don't overextend yourself. Saturn's energy highlights wise decision-making, trust your instincts and seek feedback where needed. Academically, you are entering a productive phase. Your focus sharpens, helping you absorb complex ideas. End the week with rest and reflection. Prioritize both emotional resilience and physical vitality to stay balanced.Language Resources

LEO :

The week begins with a joyful spark in your love life. With the Sun lighting up your social charm, your warmth draws others in easily. Whether you're in a relationship or single, embrace playfulness and spontaneity, love thrives on laughter now. By midweek, as the North Node influences your emotional depth, you may feel a pull to be more authentic. Flirting is fun, but showing your real self brings deeper connections. Financially, Venus encourages careful planning—track expenses and avoid hasty choices. A small earning opportunity may arise, but weigh it with caution. In career matters, Mars supports recognition for your past efforts. It's a strong time to present ideas or lead a project. Collaborations can open doors, just pace yourself to avoid burnout. By the latter half of the week, the South Node stirs a sense of completion in learning or long-term tasks. Celebrate your growth and reflect calmly. End the week focusing on wellness, listen to your body and nourish both your emotional and physical energy.

VIRGO :

The week begins with the Moon in harmony with Mercury, helping you express yourself clearly and handle tasks efficiently. You may feel more organized and productive, especially in work-related matters. This is a good time to plan or sort out practical issues. By midweek, Venus aligns with Mars, bringing emotional warmth and creative energy into your life. You might enjoy social interactions or feel drawn to spend quality time with someone special. However, avoid overthinking things, let your heart guide you. Financial decisions may also surface, and it's wise to act with balance. In the latter half of the week, the influence of the South Node may stir deep thoughts or hidden feelings. You could reflect on past emotional patterns or question long-held beliefs. This is a good time for inner healing or letting go of emotional baggage. The North Node's energy supports forward movement, encouraging personal growth and clarity about what truly matters.Psychology

LIBRA :

This week begins with love and relationships taking center stage. Harmony returns, helping couples reconnect after recent tensions. Simple, joyful moments like spending time outdoors or cooking together will deepen your bond. If you are single, your quiet charm draws others in, and meaningful conversations may lead to new romantic interest based on honesty and

shared values. By mid-week, the North Node shifts your focus toward financial matters. New opportunities to increase your income or explore different work options could appear, but be sure to carefully evaluate any offers. Open and clear communication around money, especially shared finances, is important. Setting boundaries will protect your peace of mind. In the latter half of the week, the South Node encourages you to rethink your habits and work routines. Constructive feedback helps you make needed adjustments. Though progress may feel slow, these changes will build a stronger foundation for success. Stay patient and keep refining, better days are ahead.

SCORPIO :

This week, emotional honesty takes center stage as Venus and Saturn harmonize, encouraging deeper relational bonds. If you are in a relationship, now is the time to speak truths that have been lingering. Your emotional maturity creates a space where vulnerability is met with understanding. For singles, South Node's influence may bring someone unexpectedly sincere into your life, someone who reflects your emotional depth without drama. Financially, Jupiter's movement through your income sector may bring bonuses or new earnings potential. While gains are possible, Mercury advises caution in joint finances, avoid impulsive purchases and focus on debt reduction or budgeting. Strategic planning ensures long-term security. Career-wise, Mars activates fast-moving opportunities. Contracts, offers, or crisis situations may arise, and you'll need both instinct and sharp judgment. For business owners, this is a prime time to seek funding or seal a deal. Don't overextend, clarity is your power. In studies and wellness, stay focused. the Moon enhances your drive for learning, while outdoor activity and mindful routines support emotional balance and vitality.Communications & Media Studies

SAGITTARIUS :

This week opens with emotional introspection as Venus and the Moon highlight deeper relationship themes. If you are in a partnership, hidden dynamics around trust or emotional support may surface, choose thoughtful dialogue over assumptions. Singles may feel stirred by memories or encounters from the past. Financially, Mercury and Saturn urge restructuring. It's a great time to simplify accounts, cancel forgotten subscriptions, and clarify your savings goals. A side hustle or quiet effort could begin to show real promise. Discipline and patience drive long-term success. Career-wise, Mars brings a test of integrity. You may need to choose between the easy path and the one that aligns with your values. Lean into leadership, structure, and long-term thinking—your professionalism is being noticed. Academically, North Node supports deep concentration. This is a peak week for exams, submissions, or solo study. Recognition may come if you've been working diligently. Health-wise, South Node rewards your recent self-care efforts. Energy and focus improve, but listen to your body—balance activity with mindful recovery, especially for your back or legs.

CAPRICORN :

This week opens with a call for emotional recalibration influenced by the grounding energy of Moon and the stabilizing effect of Venus. If you are in a relationship, allow space for yourself and your partner—presence matters more than rushing to solve every emotional wave. Singles may experience a slow romantic start, intuitively filtering out shallow connections. Financially, under Mercury's practical watch, patience is key. Delays or unclear payments may cause frustration, but staying organized and persistent pays off. Redefine boundaries if you've been supporting others to avoid burnout. Be cautious with joint ventures—commitment levels may vary. Career focus deepens with Saturn encouraging skill refinement and leadership. You might mentor others or improve operations. Negotiations require patience and clarity, while networking supports your goals. Prioritize tasks to avoid burnout. Mental clarity peaks with Jupiter's influence, boosting productivity in logical or analytical tasks. Visual aids help you see the bigger picture and sharpen goals. The week closes with a need for emotional detox guided by the South Node. Address stress through gentle movement like yoga and mindful eating.Romance

AQUARIUS :

The week opens on a gentle emotional note as Venus enhances your sensitivity to love's subtleties. Singles may feel a soulful pull toward someone who resonates on a deeper level—not just charm, but emotional truth. Midweek, the South Node may bring a vulnerable moment that leads to unexpected emotional growth—don't avoid it. Financially, your focus shifts toward long-term security. Research into savings, insurance, or debt repayment feels worthwhile. An unexpected sum—perhaps from a side gig or refund—could offer relief, but avoid impulsive splurges. Let your intuition guide you through complex offers or decisions, especially midweek. In your career, change is likely, but your creativity helps you adapt. A leadership opportunity may emerge—accept it with humility. The North Node supports practical teamwork and careful contract handling. Academically, shifting methods or topics revives your curiosity. Balance deep study with movement and rest. Health-wise, pay attention to digestion and hydration. Gentle movement, fiber-rich meals, and screen-free evenings restore your energy and inner balance.

PISCES :

This week, Venus brings emotional balance, ideal for healing love. Couples reconnect through shared memories grounded in the present, while singles may revisit old feelings but must seek genuine compatibility. Emotional insight guides healthy connections. Saturn aligns ambitions with financial discipline. Revisit goals with a clearer mindset—creative solutions and negotiation opportunities arise. Avoid impulse spending; focus on long-term stability. A breakthrough in earning perspective may come by weekend. Mercury sharpens focus for impactful decisions. Problems resolve, opening space for progress. Honest communication benefits managers and client roles. Unexpected midweek challenges require calm problem-solving. Business owners should review pricing and contracts carefully. Moon emphasizes emotional depth in learning. Explore philosophy, arts, or psychology with reflective and group study. Use varied methods to enhance retention. Balance creativity with discipline for steady growth. Jupiter encourages rest and recovery. Gentle yoga, nourishing meals, and mindful breathing reduce tension. Limit caffeine and screens before bed to improve sleep and recharge fully.Social Sciences