

DYSSO Bandipora organises mega ‘Har Ghar Tiranga’ Rally at Guzerbal

HIMALAYAN MAIL NEWS
JAMMU, AUG 09

The Department of Youth Services and Sports (DYSS), Bandipora, organised a mega ‘Har Ghar Tiranga’ Tiranga Rally at Guzerbal as part of the on-going campaign to promote the spirit of patriotism, national unity and pride in the Tricolour.

A large number of students and youth enthusiastically participated in the rally, carrying the National Flag (Tiranga) and raising patriotic slogans. The rally witnessed vibrant participation from students, officials and sports personnel, creating an atmosphere of national pride and unity.

The rally aimed to sensitise the younger generation about the significance of the National Flag and encourage active participation in the Har Ghar Tiranga campaign. The participants marched through the designated route carrying the Tri-



colour with great enthusiasm and respect. The event stressed the importance of nurturing patriotism, unity, discipline and a

sense of national responsibility among the younger generation. The event concluded with a renewed commitment from the par-

ticipants to uphold the honour of the National Flag and spread the message of “Har Ghar Tiranga” across the community.

SKUAST-K achieves breakthrough in Captive Breeding of Vulnerable Himalayan Snow Trout

HIMALAYAN MAIL NEWS
JAMMU, AUG 09

In a major boost to freshwater fish conservation in Jammu and Kashmir, scientists at Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) have successfully standardized an induced-breeding and larval-rearing protocol for the vulnerable Himalayan snow trout (Schizothorax plagiostomus), locally known as Khont.

The breakthrough, achieved by scientists of the Divisions of Fisheries Resource Management and Fish Genetics and Biotechnology, Faculty of Fisheries, is expected to pave the way for captive seed production, river-restocking and restoration of declining wild populations of the indigenous cold-water fish.

The research team, led by Prof. (Dr.) Farooz Ahmad

Bhat, Dean, Faculty of Fisheries, SKUAST-K, successfully induced spawning of mature snow trout broodstock under controlled conditions using an optimized hormonal protocol.

The scientists recorded high fertilization, hatching and larval-survival rates, demonstrating the feasibility of producing quality seed of the species under captive conditions.

The achievement assumes significance as natural populations of snow trout have declined considerably over the years owing to habitat degradation, water pollution, riverbed mining, construction activities, overexploitation, climate change and disruption of natural breeding grounds.

The species is also facing growing ecological pressures amid concerns over fish mortality incidents reported from different parts of Kashmir, including Panzath Nag in Qazigund,

Sherbagh, Ganderbal and Verinag in Anantnag. Scientists, however, stressed that the causes of individual mortality events require detailed scientific investigation.

According to the research team, captive breeding of *S. plagiostomus* has remained challenging because of its specialized habitat requirements and the limited availability of mature broodstock in the Jhelum during the natural spawning season.

The standardized protocol now provides a dependable approach for seed production and opens up possibilities for conservation breeding, stock enhancement and sustainable aquaculture.

Developed under the Holistic Agriculture Development Programme (HADP), the technology is expected to support future river-restocking programmes and reduce dependence on wild stocks,

while strengthening efforts to conserve Kashmir's native aquatic biodiversity.

Congratulating the scientists, Vice-Chancellor, SKUAST-K, Prof. Nazir Ahmad Ganai, said the achievement goes beyond a scientific milestone and represents an important contribution towards safeguarding Kashmir's native aquatic biodiversity.

He expressed confidence that continued collaboration among research institutions, the Department of Fisheries and local communities would help translate captive seed production into effective conservation and restoration programmes for Himalayan freshwater ecosystems.

The breakthrough reinforces SKUAST-K's commitment to developing science-based and sustainable solutions for conserving Jammu and Kashmir's cold-water fisheries resources and aquatic biodiversity.

Power Shutdown by KPDCL

SRINAGAR, AUGUST 09: Chief Engineer, Distribution, KPDCL has informed that the Shutdown of 33 kV Arampora Handwara Old line will be observed due to which power supply to Handwara Town, Marathgam, Kulangam, Kandi, Chogal, Sagipora and adjoining areas will be

affected from 08 AM to 02 PM on 10 & 13 August 2026.

Similarly, shutdown of 33 kV JVC/PC Depot line will be observed due to which power supply to Boatman Colony, Bemina JVC Hospital, Children Hospital, State Motor Garage, Hajj House, Foren-

sic Science Lab, PC Depot, Qamarwari, Barthana and adjoining areas will be affected from 08 AM to 02 PM on 11 August 2026.

Likewise, shutdown of 33 kV JVC/ PC Depot line will be observed due to which power supply to Boatman Colony, Bemina JVC Hospital, Children Hospital,

State Motor Garage, Hajj House, Forensic Science Lab, PC Depot, Qamarwari, Barthana,

SRTC, Underconstruction High Court, State Motor Garage, Director Health Services and adjoining areas will be affected from 08 AM to 02 PM on 22 August 2026.

DIET Shopian concludes 3-Day Capacity Building Programme on Experiential Learning in Mathematics

HIMALAYAN MAIL NEWS
JAMMU, AUG 09

The District Institute of Education and Training (DIET) Shopian successfully concluded a three-day Capacity Building Programme on “Experiential Learning in Mathematics” on Saturday, August 08, 2026.

The programme, which commenced on August 06, 2026, witnessed enthusiastic participation from Mathematics teachers drawn from various schools across Shopian.

The training programme was aimed at strengthening the pedagogical competencies of Mathematics teachers by equipping them with experiential, learner-centred and activity-based approaches to teaching Mathematics. The programme focused on transforming conventional mathematics classrooms into spaces that encourage active participa-



tion, inquiry, collaboration, critical thinking and practical learning.

The programme was formally inaugurated by Principal DIET Shopian, Neetu Gandotra, who highlighted the objectives, structure and expected outcomes of the three-day programme. She emphasised the sig-

nificance of experiential learning in making mathematical concepts more engaging, meaningful and accessible to learners.

During the course of the training, participants were exposed to various experiential learning methodologies and innovative classroom practices. Special

emphasis was laid on developing a deeper understanding of experiential learning in Mathematics, promoting learner-centred and activity-based teaching strategies, and enhancing teachers' appreciation of practical approaches for explaining mathematical concepts.

The programme also encouraged active participation, peer learning and collaborative engagement among teachers, while motivating them to adopt innovative pedagogical practices in their respective classrooms. The sessions provided teachers with opportunities to explore ways of connecting mathematical concepts with real-life situations and meaningful learning experiences. The programme culminated in a valedictory session and certificate distribution ceremony, marking the successful completion of the capacity-building initiative.

ASTRO ZINDAGI

(Weekly Horoscope Aug 10 - 16, 2026)

ARIES :

Your love life can be lively and but somewhat unpredictable this week, with Mercury adding a spark of curiosity and spontaneity. Singles might meet someone who stimulates both mind and spirit. Let the event unfold slowly, don't rush based on chemistry alone. For couples, it's time to get out of the routine and dive into something new together. Shared experiences, spontaneous or planned will reignite your bond. Financially, you are entering a more grounded phase. With the South Node encouraging cleanup, it's an ideal time to organize finances, streamline accounts, or revisit a pending decision. In your career, momentum surges. You will be in demand, but balance is key hence structure your time or risk burnout. Mars indicates that be ready for sudden pivots or late-in-the-game opportunities.

TAURUS :

This week, your relationships are likely to grow stronger and become more understanding. Whether you are in a serious relationship or just starting to date, good communication will help clear up any confusion. Still, Venus reminds you to take your time, let things develop naturally without rushing. Money matters look steady overall, but keep an eye out for surprise expenses. With Saturn encouraging patience and discipline, staying focused on your long-term financial goals will keep you on the right path. At work, you are moving forward slowly but surely. Keep your attention on your responsibilities and avoid distractions. If you own a business, now is a good time to review and refine your long-term plans.

GEMINI :

This week makes emotionally and mentally stable. The Sun and Mercury help you understand what truly matters in your relationships, romantic or otherwise. If you are in relationship, it's a great time to clear misunderstandings and grow together. Singles may feel drawn to someone with shared values or goals. Midweek, a vulnerable moment could open up deeper trust. Let honesty lead. In money matters, your focus is practical. With Mars influencing finances, resist any pressure to act quickly. A past money decision might resurface, learn from it and refine your plans. In your career, your natural ability to organize and communicate shines.

CANCER : This week brings a sense of grounding and emotional security, especially in your love life. With Venus encouraging stability, you will find comfort in familiar routines and heartfelt conversations. Couples may feel closer through shared goals or future planning. If you are single, you may be drawn to someone emotionally steady and genuine, trust the slow, natural unfolding of connection. Financially, it's a week to pause and organize. Under Saturn's influence, take time to reassess your budget, address debts, and avoid unnecessary expenses. Small changes now can bring lasting stability. In your career, shifting priorities call for practical thinking. Focus on refining plans, paying attention to details, and maintaining patience.

LEO :

The week begins with emotional depth as the South Node stirs your inner world, encouraging honest self-reflection in matters of the heart. Whether partnered or single, you're urged to speak your truth. Open conversations can dissolve past confusion and create stronger bonds. Midweek, as Mercury sharpens your thoughts, clarity grows around your values in love. Financially, the week may bring a few surprises, unexpected expenses or delays could rattle your plans. Stay grounded. Mars suggests a cautious, steady approach. On the career front, delays may test your patience. This slowdown is temporary; use it to review details, refine strategies, and gather support through networking.

VIRGO :

The week opens with Mercury, forming a supportive aspect with the Moon, boosting communication in both personal and financial matters. You begin the week feeling emotionally balanced and ready to express yourself with clarity especially in relationships. Love feels nurturing now, with quiet affection and mutual appreciation making bonds stronger. Mid-week, Venus and Mars work together to enhance both romance and finances. If you're in a relationship, thoughtful gestures mean a lot now. Singles may find new connections based on shared values. Financially, this is the perfect time to review your long-term plans. An unexpected opportunity may arise, but the stars urge caution, research before taking action.

LIBRA :

The week begins with a peaceful, steady energy in your relationships. Emotional security and loyalty take priority, making it a great time to feel settled with your partner or plan a shared future thanks to Venus. This calm doesn't mean boring, it means safe and lasting. If you are single, someone consistent and emotionally grounded may catch your eye,

perhaps someone you hadn't noticed before. Trust your instincts; slow-growing love now has strong potential. Midweek brings a financial reality check.

SCORPIO :

This week begins with supportive energy from the Sun and Venus, helping you feel emotionally stronger in relationships. You are choosing peace over drama, and shared goals in love come more naturally now. For singles, the South Node's influence brings closure to past heartbreaks, making room for deeper, healthier bonds. By mid-week, Mercury and Mars align to boost your work life. Leadership roles, successful pitches, or project breakthroughs are likely. Stay grounded and guide others with wisdom, not pressure. Financially, watch for surprises especially around mid of the week. New income streams may emerge, but need analysis before committing. Toward the latter half, Jupiter's expansive energy inspires you to think big whether it's learning something new, pursuing higher education, or planning your future. If you are in school or research, expect a meaningful breakthrough.

SAGITTARIUS : The week begins with strong emotional and financial grounding. You may feel more connected in relationships, with shared goals and emotional clarity coming into focus. For singles, a new connection could begin on steady footing, trust your calm inner voice. Financially, Mars energizes your income zone, pushing you to take bold but thoughtful action. Whether it's pitching ideas, asking for a raise, or investing in growth tools, logic must guide your choices. By midweek, Mercury sharpens your mind. Delays lift, and decisions become clear especially around career and contracts. If you've been waiting to launch or confirm something important, now is the time. Business and creative efforts also receive recognition.

CAPRICORN :

This week brings emotional insight guided by the influence of Moon and Venus. If you're in a relationship, past misunderstandings may clear as you revisit conversations with more stability. Singles might meet someone who challenges their usual type-stay open, as curiosity can blossom into genuine connection. Financially, under the steady guidance of Mercury and Jupiter, your mindset sharpens for long-term planning. New tools or systems can simplify money management, and revisiting contracts or subscriptions now brings clarity. Unexpected ideas for income may surface through casual talks. Career-wise, Saturn encourages balance between ambition and caution. Transparent communication and diplomacy help navigate challenges, while careful financial review maintains stability.

AQUARIUS :

This week begins with a sense of emotional maturity in love, as Venus aligns with your evolving sense of self. Singles may feel more selective-not out of fear, but from newfound clarity. Midweek, the South Node highlights the importance of balance: let go of connections that drain you, and welcome those that honor your values. For couples, conversations around space and autonomy may surface. Financially, shared resources or joint ventures take center stage. Clear agreements are key, especially in splitting expenses or managing collaborative projects. Mercury encourages honest discussions-assumptions may lead to confusion, so be upfront.

PISCES :

This week, Mars empowers your emotional authority in love. Couples clarify shared goals and commitments; speak up if you feel undervalued. Singles attract authenticity-choose consistency over potential. Inner peace is non-negotiable; release what dims your worth. Venus highlights teamwork in finances. Clear communication in shared budgets or contracts prevents misunderstandings. Shift from scarcity to resourcefulness by tracking spending and automating payments. Financial harmony depends on mutual expectations. Saturn urges focus and smart planning. Streamline projects and heed mentor advice. Prepare carefully before launching new ventures. Your love life can be lively and but somewhat unpredictable this week, with Mercury adding a spark of curiosity and spontaneity. Singles might meet someone who stimulates both mind and spirit. Let the event unfold slowly, don't rush based on chemistry alone. For couples, it's time to get out of the routine and dive into something new together. Shared experiences, spontaneous or planned will reignite your bond. Financially, you are entering a more grounded phase. With the South Node encouraging cleanup, it's an ideal time to organize finances, streamline accounts, or revisit a pending decision. In your career, momentum surges. You will be in demand, but balance is key hence structure your time or risk burnout. Mars indicates that be ready for sudden pivots or late-in-the-game opportunities.

155 screened during health camp at Lok Bhawan

CHANDIGARH, AUG 09:

Around 155 patients were screened and 55 units of blood were collected during a free health camp and a blood donation camp by Lok Bhavan Employees Cultural and Sports Association, Punjab at the Sri Guru Nanak Dev Auditorium, Lok Bhavan, Chandigarh.

The camp was organized with the support of Park Grecian Hospital, Punjab Red Cross Society, Chandigarh, Mirchia's Laser Eye Centre, Dr. Agarwal's Eye Hospital, Dental Artistry, and Women and Child Care Welfare Foundation. It was inaugurated Pun-



jab Governor and Chandigarh Administrator Gulab Chand Kataria, who appreciated the Association's initiative to promote voluntary blood donation and preventive healthcare

among government employees and their families.

During the camp, Park Grecian Hospital played a key role in providing comprehensive specialist healthcare services. A team

of experienced doctors and healthcare professionals from Park's multiple specialties provided free consultations and health screenings. Diagnostic services including blood pressure, blood sugar, ECG, uroflowmetry, pulmonary function test, and bone mineral density were also conducted free of cost by Park Hospital.

As part of its continued commitment to accessible and affordable healthcare, Park Grecian Hospital also extended a special Privilege Card to Lok Bhavan officers, employees and their families during the initiative.