International Day against Drug abuse and illicit trafficking

Every year the world comes together on 26th June to observe international day against drug abuse and illicit trafficking, a powerful global initiative established by united Nations 1987.
This day is not merely symbolic it is the firm reminder of a shared responsibility to fight against global drug crises that devastates millions of lives each year.

For 2025 the observance carries the theme "Breaking the chains prevention, treatment, and recovery for all." The theme applies a holistic approach a shift from punishment to prevention, from stigma to support and from disappear to recovery.

As nations grapple with growing addiction rates, the rise of synthetic drugs and the deep rooted criminal networks behind trafficking. The day becomes a rallying call for government's communities and individuals to act with urgency and empathy.

The international day is not arbitrarily chosen. It is actually Lin Zexu, a Chinese stand against the opium trade in 19th century. His destruction of one thousand (1000) tons of opium on June 25th, 1839 in Humen Guangdong sparked the first opium war.

According to UN on drug and crime – 2096 million people globally used drugs in 2021, 23% increase in previous decade. Opium including heroin account for 2/3 of drug related death.

Synthetic drugs especially fentanyl and Methanphotamine is surging with devastating consequences.
In 2025, situation is to be going worse, covid-19, geo-economic conflicts, wars and economy down turns and rising mental health issue have all contributed to growth of addiction and trafficking.

Addiction is not a crime, but it is a public health issue. Trafficking is not a distant problem. It is the threat to humanity. Recovery is not possible it is happening everyday in every corner of the world. Whether you are a policymaker, parent, teacher, student, activist a concerned human being we have a role to play. Together let us build a future where every individual has a right and opportunity to live free from drug abuse and illicit trafficking.

"Say No to Drugs"

Thanks.

Yours
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Artificial Intelligence

Introduction:- Artificial Intelligence (AI) is a rapidly evolving field that aims to create intelligent machines capable of performing tasks that typically require human intelligence. It encompasses various subfields like machine learning, natural language processing, and robotics.

Understanding Artificial Intelligence:- AI systems learn from data to make decisions and predictions, mimicking human cognition. Machine Learning algorithms enable computers to recognize patterns and make decisions without explicit programming.

Advancements and Applications:-   AI has transformed industries ranging from health care to finance. AI assists in disease diagnosis and treatment planning, enhancing patient care. In finance, AI algorithms analyze vast amounts of date to predict market trends, aiding investment decisions.

Conclusion:- In conclusion, Artificial Intelligence holds immense potential to revolutionize diverse sectors of society. However ethical considerations regarding data privacy, bias and job displacement require careful consideration as AI continues to advance. Despite concerns AI continues to advance, offering exciting possibilities for making our lives easier and interesting.

Radiology, the silent backbone of Modern Healthcare

In the ever-evolving landscape of healthcare, radiology has emerged as one of the most vital pillars supporting accurate diagnosis, effective treatment and patient centered care. Often working behind the scenes, radiology plays a critical role in nearly every medical specially from emergency trauma care to chronic disease management, cancer treatment, maternal health and beyond.

Unlocking the human body through image radiology is the medical specialty that uses imaging technologies to visualize the internal structures of the body. Techniques such as X-rays, CT (Computer Tomography) scans, MRI (Magnetic Resonance Imaging) , Ultrasound and PET scan allows healthcare professionals to see what the human eye cannot. These images provide crucial insights that guide decisions, often making the difference between early detection and delayed diagnosis.

Radiology doesn't stop at diagrams and treatment; it plays a continuous role throughout the patient journey. Follow up scans hub monitor the effectiveness of treatments and check for disease recurrence. In chronic illnesses, periodic imaging can track the progression or remission of conditions like arthritis, heart disease, or cancer allowing healthcare providers to adjust treatment strategies in real time.
Radiology is more than just a tool. It is a critical enabler of modern medicine. It empowers clinicians with information, supports minimally invasive care and plays a vital role in saving lives every day. As technology advances and healthcare becomes more date-driven, the role of radiology will only grow stronger. In the quiet of hum of imaging machines and the sharp focus of diagnostic scans, the story of healing continues to be written one time at a time.

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GLOBAL WATER CRISIS.

THE future water crisis is a looming global challenge driven by a combination of population growth, climate change, overexploitation of water resources, pollution, and mismanagement.

Let's have a detailed exploration of the topic, covering its causes, impacts, regional variations, potential solutions, and the role of technology and policy in mitigating the crisis.

Understanding the Future Water Crisis:A water crisis refers to a situation where the availability of potable water is insufficient to meet the demands of human populations, agriculture, industry, and ecosystems. The future water crisis is projected to intensify over the coming decades due to increasing pressures on finite freshwater resources.According to the United Nations, by 2050, nearly 5.7 billion people could be living in areas with water scarcity for at least one month per year, and 1.8 billion people may face absolute water scarcity.Key Dimensions of the Crisis Water Scarcity: Lack of sufficient freshwater to meet demand, often due to overuse or reduced availability.Water Stress: When demand exceeds supply periodically, straining ecosystems and human activities.Water Pollution: Contamination of water sources, rendering them unsafe for consumption or use.Water Inequity: Unequal access to clean water, disproportionately affecting marginalized communities.

Causes of the Future Water Crisis.

Population Growth and Urbanization:-

The global population is projected to reach 10.4 billion by 2100, increasing demand for water for drinking, sanitation, and food production. Urbanization concentrates water demand in cities, straining infrastructure. For example, megacities like Delhi, São Paulo,

and Lagos face chronic water shortages due to rapid urban growth. Climate Change Altered Precipitation Patterns:

Climate change disrupts rainfall, leading to droughts in some regions (e.g., Sub-Saharan Africa) and floods in others (e.g., South Asia).Glacier and Snowpack Decline: Melting glaciers in the Himalayas, Andes, and Alps reduce freshwater availability for rivers that billions depend on, such as the Ganges and Indus.Rising Sea Levels: Coastal aquifers face salinization, reducing potable water supplies in places like Bangladesh and the Nile Delta.Extreme Weather: More frequent droughts and heatwaves exacerbate water scarcity, as seen in California (2011–2017) and Australia's Millennium Drought.

Overexploitation of Water Resources Groundwater Depletion: Over-pumping of aquifers, particularly in India, China, and the U.S. Great Plains, is depleting reserves faster than they can recharge. For instance, the Ogallala Aquifer in the U.S. is being depleted at unsustainable rates for agriculture.

Surface Water Overuse:

 Rivers like the Colorado and Yellow River often run dry before reaching the sea due to excessive withdrawals.

 Pollution and Contamination Industrial discharge, agricultural runoff (e.g., pesticides, fertilizers), and untreated sewage pollute rivers, lakes, and groundwater. For example, the Ganges River in India is heavily polluted, affecting millions who rely on it.Emerging contaminants like microplastics and pharmaceuticals further degrade water quality.

Inefficient Water Management Agricultural Waste: Agriculture consumes ~70% of global freshwater, often inefficiently due to outdated irrigation practices (e.g., flood irrigation).Aging Infrastructure: Leaky pipes and outdated systems lead to significant water loss. In some cities, up to 40% of water is lost to leaks.

Lack of Policy Coordination: Fragmented governance and lack of transboundary cooperation exacerbate conflicts over shared water resources, such as the Nile or Mekong River basins.

Socioeconomic and Political Factors Inequitable access to water disproportionately affects low-income communities,women,and rural populations.Water conflicts,such as those in the Middle East over the Jordan River, may escalate as resources dwindle. Impacts of the Water Crisisa. Human Health and Well-being Waterborne Diseases: Contaminated water sources contribute to diseases like cholera and dysentery, killing an estimated 829,000 people annually (WHO). Malnutrition: Water scarcity limits agricultural productivity, exacerbating food insecurity. For example, droughts in East

Africa have triggered famines.Gender Disparities: Women and girls, particularly in developing nations, spend hours daily fetching water, limiting education and economic opportunities.

Economic Consequences Agricultural Losses: Reduced water availability threatens global food security, as irrigation-dependent crops like rice and wheat face shortages.Industrial Impacts: Water-intensive industries, such as textiles and electronics, face production constraints, affecting global supply chains.Economic Inequality: Water scarcity deepens poverty, as poor communities often pay more for water from private vendors.

Environmental Degradation Ecosystem Collapse: Over-extraction and pollution harm wetlands, rivers, and lakes, threatening biodiversity. For example, the Aral Sea has nearly disappeared due to irrigation diversions.Desertification: Reduced water availability accelerates land degradation, particularly in arid regions like the Sahel.

Social and Political Instability Conflicts: Competition over water resources can fuel tensions, as seen in disputes over the Nile River between Ethiopia, Sudan, and Egypt.Migration: Water scarcity drives displacement, with "water refugees" moving to urban areas or across borders, straining resources elsewhere.

Regional Variations;Sub-Saharan Africa Challenge:

Limited infrastructure and reliance on rain-fed agriculture make the region vulnerable to droughts and climate variability.Example: The Sahel region faces recurring droughts, with Lake Chad shrinking by 90% since the 1960s, affecting 30 million people.

South Asia Challenge: High population density and overexploitation of groundwater (e.g., India's Punjab region) exacerbate scarcity.Example: India's per capita water availability has dropped from 5,200 cubic meters in 1951 to ~1,500 cubic meters today, nearing water stress thresholds.c. Middle East and North Africa (MENA)Challenge: The MENA region is the world's most water-scarce, with countries like Jordan and Yemen facing severe shortages.Example: Yemen's capital, Sana'a, could become the first major city to run out of water, potentially by 2030.

North America and Europe Challenge: While relatively water-rich, these regions face localized crises due to droughts, pollution, and aging infrastructure.Example: California's prolonged droughts have strained agriculture and urban water supplies, prompting strict conservation measures.

Australia and Oceania Challenge: Extreme climate variability and reliance on groundwater make Australia prone to water stress.Example: The Murray-Darling Basin, a key agricultural region, faces ongoing water allocation disputes.

Potential Solutions:

Sustainable Water Management Integrated Water Resources Management (IWRM): Coordinate water use across sectors and borders to ensure equitable and sustainable allocation.

Watershed Protection:

Preserve ecosystems that regulate water flow, such as forests and wetlands.

Transboundary Cooperation: Agreements like the Indus Water Treaty can prevent conflicts over shared rivers.

Technological Innovations Desalination: Advances in energy-efficient desalination (e.g., reverse osmosis) can provide freshwater in coastal regions, though costs remain high.Water Recycling: Treating and reusing wastewater for agriculture and industry, as practiced in Israel, where 90% of wastewater is recycled.Smart Irrigation: Drip irrigation and precision agriculture reduce water waste. For example, India's adoption of micro-irrigation has saved 20–50% of water in some regions.Leak Detection: AI and IoT sensors can identify and fix leaks in urban water systems.Atmospheric Water Harvesting:

Technologies to extract water from air humidity are being piloted in arid regions.

Policy and Governance Water Pricing: Implement tiered pricing to discourage wasteful use while ensuring access for low-income households.Regulations: Enforce stricter standards on industrial and agricultural pollution.

Public Awareness: Educate communities on water conservation practices, such as rainwater harvesting.

Climate Adaptation Infrastructure Upgrades: Build resilient water systems, such as reservoirs and flood defenses, to cope with climate variability.

Drought-Resistant Crops:Promote crops that require less water, like millet or sorghum, in vulnerable regions.

Reforestation: Restore watersheds to regulate water cycles and reduce erosion.

Community and Equity-Focused Solutions Decentralized Systems: Community-managed water systems, like rainwater harvesting in Rajasthan, India, empower local solutions.

Gender-Inclusive Policies: Involve women in water management decisions to address their unique needs.

Subsidies for Access: Ensure affordable water for marginalized groups through targeted subsidies.

The Role of Technology and AI Data Analytics:

AI can predict water demand, optimize distribution, and detect contamination. For example, IBM's AI models help monitor water quality in real-time.

Climate Modeling: Advanced simulations improve forecasting of droughts and floods, aiding preparedness.

Blockchain for Transparency: Blockchain can track water usage and ensure equitable distribution in shared river basins.

Remote Sensing: Satellites monitor groundwater levels and deforestation, informing policy decisions.

Case Studies.

Israel's Water Success..

Israel transformed from a water-scarce nation to a water-surplus one through desalination, recycling, and efficient irrigation. It now produces 20% more water than it consumes, offering a model for others.

Cape Town's "Day Zero" Crisis (2018)Cape Town narrowly avoided running out of water through aggressive conservation campaigns, reducing per capita use by half. This highlights the power of public engagement.

India's Groundwater Crisis:India's over-reliance on groundwater for agriculture has depleted aquifers, prompting initiatives like the Atal Bhujal Yojana to promote sustainable use through community participation. Challenges to Implementation Cost: Technologies like desalination and smart irrigation require significant investment, often unaffordable for developing nations.

Political Will: Resistance to water pricing or regulation reforms can stall progress.

Global Inequities: Wealthier nations have more resources to adapt, leaving poorer ones vulnerable.

Cultural Barriers: Traditional practices, like flood irrigation, may resist change.

Future Outlook Without urgent action, the water crisis could lead to widespread food insecurity, health crises, and conflicts by 2050. However, with concerted global efforts, including technological innovation, policy reform, and community engagement, it's possible to mitigate the crisis.

The UN's Sustainable Development Goal 6 (Clean Water and Sanitation) provides a framework for progress, but achieving it requires unprecedented cooperation.
CONCLUSION:

The future water crisis is a multifaceted challenge requiring a holistic approach. By addressing its root causes—overexploitation, pollution, and climate change—and leveraging technology, policy, and community action, humanity can secure water for future generations. The urgency cannot be overstated: water is life, and its sustainable management is critical to global stability and prosperity.

Shahnawaz Ahmad Loun Teacher

HSS D H PORA

STORY OF MEHAR AZIZ –AN INSPIRATION

Meher Aziz was only 6 months old when her mother expired. Her father Abdul Aziz Sheikh had only one child Meher and he started to look after her and take care of her as mother as well as father. Since economic condition of the family was not good, her father was working as a labourer at Srinagar and was putting up at a rented room at Ilahibagh. Since there was none behind to look after Meher, her father continuously was taking Meher along to his work place, keeping her at a distance, working and simultaneously taking care and feeding her at times during the day. When Meher attained the age of schooling her father admitted her in a local school Usmania Model High school Buchpora Srinagar for schooling. Meher passed 7th class from the school and withdrew from there as her father decided to discontinue his work at Srinagar.

 They returned to their native village Nandimarg a far flung area of Tehsil D H Pora. Meher was admitted at Haji Aalam u Din Public School in 8th Class, she passed her 10th from there with 468/500 Marks. Since Haji Aalamu Din Public School D H Pora which was almost 6 Kilometers from her residence, she had to travel by foot on the days her pocket did not allow her to opt for transport.After passing 10th Meher took admission in Government Higher Secondary School D H Pora for 11th and 12th and passed Class 12th examination with 464/500 marks. Thereafter Meher joined KIE Srinagar for a crash course but after three months the coaching centers were closed due to Covid lock down. Meher had to return home and started self study. Meher appeared in NEET in 2021 but could not qualify. The failure did not diminish her spirits and she started preparing again for NEET 2022 . As the ill luck would have it , her uncle living in their neighborhood expired and her studies were affected. She could not make it in 2022 also.

Meher did not stop here , her resolve , determination and will power is inspiration for the students aspiring for various competitive exams. Extreme poverty, living in a far flung area

where electricity and internet always play spoilsport, doing domestic chores daily and simultaneously preparing for NEET could have been a herculean task. But her determination and resolve did not stop her from achieving what she was aspiring for. Meher Aziz appeared in NEET 2023 and qualified the same with 571 score. This writer visited Meher along with Principal HSS D H Pora (as Meher has been student of our institution) to congratulate her for her brilliant success in spite of all odds. We could not control our emotions when we saw the dismal economic condition of the family. Two rooms , walls yet to be repaired and what not. Meher will tomorrow become a doctor
, but her story is a success story which we rarely see in our society. We ought to appreciate such struggles so that these type of stories become inspiration for other aspirants. Meher you are real star.

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My School My Pride

Govt. Model higher secondary school D H Pora Noorabad is the premier educational institution of Noorabad. Noorabad, as the very name suggests, the abode of light is picturesque beautiful mountainous area interspersed by evergreen forests, crystal clear waters, rills and springs mesmerizing meadows and breath taking waterfalls and captivating mountain peaks, flanking district Kulgam on its south western front about fifteen kms, district headquarter.

Govt. Model Higher Secondary D H Pora is the fountain head of light and knowledge of Noorabad the land of light. It has been spreading the light of education to the near and far off areas of Noorabad ever since its inception. It has chiseled out its otherwise very talented human resource into a gem of products who have served the area and the state in varied fields with distinction and this pursuit continues.

Govt. Model Higher Secondary D H Pora though cramped for space provides quality education to its students and strives very hard to help attain their students excellence in academic, intellectual, moral, spiritual, physical, mental domains of their personality to shape them into useful open minded harmonious, wholesome individuals as would serve the society and the humanity at large.

Education is not dynamism chiseled to perfection, it is a pattern carved out of imperfection by the artistic touch of a teacher and his imaginations. Our teachers are busy day in and day out to chisel and create patterns in our young impressionable minds to awaken their imaginations and ignite their creativities and hone up their intellect through curricular, co-curricular and extra-curricular endeavors and pursuits. We inspire them to dream big and help them follow and achieve their life goals.

Schools are temples where the intellect and not the statues are kept. Here hope is brewed, ignorance is dispelled and superstitions are out swept. This treasure hunt of knowledge and cherishing the higher order goals, aims and values is the joint venture of our spirited team of learned teachers, who are always interested in the excellence of their taught. We are alive to the fact that yet not winged days be spent in vain, when once gone no gold can buy them back again. Our class room is the place to cash these winged days and add wings to our future generation custodians. Schools are the places were destinies of nation are shaped and aggrandizement of humanism is claimed.

Good leaders are an inspiration; to our good luck we have an inspirational leader our principal Mr. Khalid Amin Kohli. He motivates his colleagues in an artistic way with aura of professionalism. He is the leader for whom they say.

The boss drives his men, the leader coaches them. The boss depends on authority, the leader on goodwill. The boss inspires fear, the leader inspires enthusiasm. The boss assigns the task, the leader sets the pace. Our leader is our guide and our students are our pride.

پھلا پھولا رہے یا رب چمن میری امیدوں کا

جگر کا خون دے دے کر یہ بوٹے میں نے پالے ہیں

Ab. Rashid Shiekh
Lecturer Chemistry (Hss D H Pora)