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LIFE & TIMES

TWITTER ALLOWS USERS TO DIRECTLY SHARE TWEETS ON SNAPCHAT

Twitter has made it possible for its users to now share their tweets directly on Snapchat. Till date, one had to take a screenshot of the tweet ...

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PANORAMA

Children of divorce do a little bit worse on educational attainment, have slightly more behaviour problems, and are slightly more likely to suffer from anxiety and depression.



CHILDREN OF DIVORCE:

P8

OBSEVER OUTPOST

DOCTORS OF AIIMS, OTHER HOSPITALS JOIN IMA CALL FOR PROTEST WITH BLACK RIBBONS

The IMA has given a call for withdrawal of non-essential and non-COVID services ...



Wisdom

Quote!

"It doesn't matter where you are coming from. All that matters is where you are going."
—Brian Tracy

news

DIGEST

Grenade Lobbed On CRPF Camp In Srinagar

SRINAGAR: Militants on Friday lobbed a grenade on a CRPF camp in Noor-bagh area of the city, police said.
No loss of human life or injury has been reported in the incident. The mili-tants lobbed the grenade on the camp at 6:40 am. The grenade exploded outside the camp, killing a stray dog, a police official said.

Cop Injured In Road Accident Dies

SRINAGAR: A policeman, who was injured on Wednesday in a road accident in Bijbehara area of Anantnag district, succumbed to his injuries at a hospital here on Friday.
Head Constable Joginder Singh died at the SK institute of medical sciences here on Friday morning after battling with life for two days, a police official said. Singh, he said, was injured when he lost control over his car (JK14D-1905) at Tulkhan area of Bijbe-hara on Wednesday. [➡ More On P2](#)

Burglars Make Bid To Loot Bank

SRINAGAR: Burglars made an abortive bid to loot Jammu and Kashmir bank's branch in Kalam-abad Mawar Handwara area in north Kashmir's Kupwara district, officials said on Friday.
A police officer said the bur-glars entered the Bank during the intervening night of December 11 and 12 as is evident from the broken window of the branch, reported news agency GNS. [➡ More On P2](#)

Hideout Busted In Shopian

SRINAGAR: The government forces busted a hideout in a forest area in south Kashmir's Shopian district, reports said Friday.
Special operation group (SOG) of police and army's 62 Rashtriya Rifles in a joint search opera-tion busted a militant hideout in the upper forest belt of Herpora in Shopian, news agency KNT reported Friday. [➡ More On P2](#)

Winter Vacations In Schools From Dec 21

SRINAGAR: The authorities on Friday ordered winter vacation in all the Government Educational Institu-tions including recognized Private Schools upto Higher Secondary Level functioning in the Kashmir Division and winter zone of Jammu Division from December 21 till February 28.
"It is hereby ordered that all the Government Educational Institutions including recognized Private Schools upto Higher Secondary Level functioning in the Kashmir Division and winter zone of Jammu Division shall [➡ More On P2](#)

Leh-Jammu Flight Operations Resume

JAMMU: Flight operations between Leh and Jammu, capital cities of union territories of Ladakh and Jammu and Kashmir, have resumed after remaining suspended for months due to the coronavirus pan-demic, officials said on Friday.
The Ministry of Civil Aviation had suspended domestic passenger flights across the country in March this year to restrict travel and check the spread of the virus.
Paying heed to a request by the Ladakh Autonomous Hill Development Council (LAHDC), the Ministry of Civil Aviation resumed Air India flight [➡ More On P2](#)



J&K REPORTS 11 MORE DEATHS

FULL STORY ON [➡ P2](#)

A HEALTH WORKER collects swab samples from a woman for Covid-19 test, at TRC Srinagar on Friday. —KO Photo: Abid Bhat

Wet Weather In J&K Till Saturday: MeT Dept

SRINAGAR: Gulmarg and Pahalgam were the only places in Kashmir which recorded sub-zero night temperatures on Friday, even as the MeT office predicted moderate rains or snowfall over the high-er reaches of the Union Territory from tonight.
The minimum tempera-ture across Kashmir, except in Gulmarg in the north and Pahalgam in the south, stayed above the freezing point on Friday, officials said.
They said the mercury in Gulmarg settled at a low of minus 5.2 degrees Celsius, while Pahalgam recorded a low of minus 0.8 degrees Celsius. [➡ More On P2](#)

CBI Submits Action Taken Report In HC

PROCESS OF HEARING REVIEW PETITIONS INITIATED


JAMMU: The CBI on Friday sub-mitted its Action Taken Report (ATR) in the Jammu and Kashmir High Court on the progress in cases registered to probe alleged irregularities in the Roshni Act as the process of hearing review petitions from various individuals was initiated.
CBI counsel Monika Kohli sub-mitted the status report in a sealed cover before the division bench of Acting Chief Justice Rajesh Bindal and Justice Sanjay Dhar.
The Jammu and Kashmir ad-ministration had approached the high court with an urgent hearing motion for preponement of the date in the Roshni Act which was scrapped by the court on October 9 by an order and was also de-

ROSHNI SCAM

clared "illegal, unconstitutional and unsustainable". The court had also asked the CBI to probe the al-lotment of the land under this law.
During the physical hearing, the counsel handed over the ATR in a sealed cover after the court took note of the progress of the investi-gation carried out by the CBI so far.
Kohli also sought court's direc-tions to all individuals seeking review of the October 9 case for providing copies of their petition.
The CBI has so far registered nine FIRs, known as Regular Cases (RC) in agency's parlance, so far in its Jammu and Srinagar branches, besides four Preliminary Enquiries (PEs) to probe the allotment.
The CBI has booked former Jammu and Kashmir minister Taj Mohiuddin in connection with al-leged illegal regularisation of en-croached forest land in his name under the Roshni Act. The case also names Mohammeda Ramzan Thakur, former deputy com-missioner Shopian, Mohammed Yousuf Zargar, the [➡ More On P2](#)

'Power Supply To Improve In Baramulla, Kupwara'

AUGMENTATION OF DELINA GRID TO BE COMPLETED BY JAN 31: KANSAL



KUPWARA: The power scenario in north Kashmir's twin districts of Baramulla and Kupwara will improve significantly with the augmentation of Delina Grid Station from existing 160 MVA to 320 MVA from next month, Rohit Kansal, Principal Secretary to Government, Power Development Department said Friday.
Chairing a review meeting here, Kansal, as per an official spokesperson said that the aug-mentation of the capacity of Grid station at Delina Baramulla will be completed within [➡ More On P2](#)

NC Worker Shot At In Pulwama, Hospitalized

SRINAGAR: Unidentified gun-men on Friday shot at and injured a worker of National Conference (NC) in Wasura village of south Kashmir's Pulwama district.
Mushtaq Ahmad Dar was fired upon by unknown gunmen near his house in Wasura village on Friday evening, reports said. Dar, who recieved gunshot injury in his leg was removed to the District hospital Pulwama for treatment. However, the doctors there, referred him to Srinagar for advanced treatment.
According to the reports, Dar was an NC worker and had acted as a polling agent of Peoples Alliance for Gupkar Declaration (PAGD) backed National Conference candidate Mukhtar Ahmad Bandh in [➡ More On P2](#)

Kashmiri Students Shocked As Jamia Announces Online Exams

4G Ban Extended In J&K Till Dec 25

SRINAGAR: Jammu and Kashmir government on Friday extended ban on the high-speed 3G and 4G internet services in all but two districts of J&K till De-cember 25.
The internet speed is re-stricted to 2G only in Jam-mu and Kashmir except in the districts of Ganderbal and Udhampur.
Referring to recent snap-ping of internet services during polls, the govern-ment said that it was done due to [➡ More On P2](#)

Athar Arshid Lone, who is pursuing a Masters in Political Science, hails from DangiWacha area of Baramulla district said that amid a ban on high-speed internet facility, "the people are not able to open the mail here and how is it possible for them (students) to appear in the examinations."
He said there are almost 200 students across Jammu and Kashmir, who are going to appear in the examinations at JMI.
"Our association has sent a written letter to the CEO and Vice-chancellor but they didn't pay any heed to it," he said, adding that the students who want the varsity should hold open book examinations like JNU and Delhi University. "We don't want any special favour from the varsity, but our only request [➡ More On P2](#)

'Why Am I Anxious': Inside 'Hope Sessions' Of Kashmiri Troika-I

HAMEEDA SYED



In a frosty fall day in Kashmir, a tired voice full of anguish and concern started speaking hesitantly through the earphones.
"I have tried my level best to reason with my parents," it said as others play captive audience.
"My cousins tell me I am being dis-respectful. But is it disrespectful to not allow myself to be defined by how everyone else wants to define me? Is my worth defined by my productivity in school or in a job? I feel so useless, so utterly useless. I don't know what to do. I'm so tired. I have slipped into depression. I barely eat. I barely sleep. I don't know what I'm saying. I'm sorry."
The listeners were silent. Some, even shocked. The tale of woes etched in this speaker's life was sordid and sad. How could they have endured this by themselves all along? How were they living day by day with this con-stant pain and worry?
It was unfathomable. But faintly understandable.

For this was the reality of living in the strife-stricken valley. On top of the dominated lives, the speaker and the listeners had to bear the brunt of silent societal oppression that suffocated their dreams and led them to a path of eventual surrender and imposed mediocrity.
Another day, another cold night. Another cross to bear.
The line went quiet for a few sec-onds before the speakers left the Zoom meeting. It was obvious that they had been triggered, that it had been too much for them to speak out. Others un-muted themselves and spoke in a flurry of passionate support, unaware that their responses were to an empty seat.
The moderator, Zarqa Binti Zia, real-ising the chaos that had unfolded in a mere few seconds, cleared her throat and gently drew a line.
"I don't think they are in this meet-ing," she said. "Perhaps they wish for some time before they join us again, which we will be happy to give them. Let's remember what [➡ More On P2](#)

“ We as Kashmiris need to learn how to give a helping hand, how to be kind to oneself and to others”

Kashmir celebrates International Mountain Day-2020 with Fervor

SRINAGAR, DEC 11: The International Mountain Day- 2020 was celebrated with great fervor by the Adventure lovers in Kashmir Valley with the main function organized by the Directorate of Tourism, Kashmir at TRC, Srinagar.

Hundreds of Adventure lovers, boys and girls participated in the Seminar organized by the Directorate of Tourism Kashmir at TRC Hall, Srinagar. During the seminar, various short films were screened to showcase the potential of adventure tourism in the valley.

Aparna Kumar (IPS) was the chief guest on the occasion. Born in 1974, Aparna Kumar is an IPS Officer of 2002 batch of Uttar Pradesh Cadre. She is a proud recipient of the prestigious Tenzing Norgay National Adventure Award 2018 for her outstanding mountaineering achievements, presented to her by the Hon'ble President of India.

She is the 1st woman Indian Police Service (IPS) officer to complete "Seven Summits" Challenge. After successfully conquering the South and North Poles, She scaled the highest peak in North America, Mount Denali to achieve the rear feat. She is an inspiration to women of India and the world.

On the occasion Kumar said Kashmir is blessed with majestic mountains which makes it one of the top destinations for mountain based adventure activities. She also spoke about her journey with mountaineering. She said a strong resolve, focus and commitment is needed to achieve the unthinkable and keep on going forward despite failures to reach your goals.

She was very impressed by the presence of a large number of girls amongst the participants and said that adventure knows no gender "If one has the passion and will, nothing is impossible," she said. She also exhorted on preserving mountain biodiversity by practicing sustainable tourism and adventure tourism activities. Aparna Kumar said she would also promote Kashmir's adventure among countrymen and urge them to visit Kashmir for experiencing mountains like here.

Speaking on the occasion, Director Tourism, Nisar Ahmad Wani highlighted the Mountain Biodiversity of Kashmir and the various forms of Tourism activities associated with Mountains. Wani said the department has been conducting various mountain based sports and nature activities to promote adventure sports among

local youth. He said besides other tourism products, adventure tourism in Kashmir has immense potential for which the department has been promoting it outside JK through print and electronic media, social media besides participating in travel trade meets. On the occasion, he also assured full support to local associations and youth in the promotion of eco-friendly mountain based activities.

International Mountain Day was celebrated with fervor in Srinagar, Gulmarg and Pahalgam. On Saturday, Snow Cycling Slalom at Gulmarg, Ski Mountaineering at Kongdori will also be held as part of the International Mountain Day Celebration. The programmes were organized by Directorate of Tourism Kashmir in association with J&K Tourism Development Corporation (JKTDC) | Jammu and Kashmir Ski Mountaineering Association (JK SMA). Besides a large number of adventure enthusiasts, the representatives from travel trade also participated in the function.



Seminar, Mountain Biking, Sport Climbing organized to mark the day

FROM FRONT PAGE

Cop Injured ...

A resident of Udhampur, Singh was initially shifted to Bijbehara hospital for treatment. However, the doctors there referred him to SKIMS Srinagar for advanced treatment. "He succumbed to his grievous injuries today morning at SKIMS Soura", the official added.

Burglars Make ...

However, the officer said that no cash has been looted even as some damage has been caused to computers etc. Police have registered a case, the officer said. "Efforts are on to identify the miscreants," the officer said. Sources said that CCTV footage is being accessed besides other efforts are undertaken to identify the burglars.

Hideout Busted ...

Quoting an unnamed official, the report said that blankets, utensils, and some foodstuff were recovered from the hideout. The report added that the hideout was dismantled by the search team.

Winter Vacations ...

observe winter vacation w.e.f 21st of December, 2020 to 28th of February, 2021," reads the order. However, as per order, winter tutorials for class-11 to 12 and online classes for all classes shall be held by strictly adhering the SOPs of Covid-19 issued by the Government from time to time. The online classes will be voluntary in nature for both Teachers and students

"Any default on part of the Head of the School(s) in observance of the calendar and SOPs of Covid-19 shall attract strict action under rules," the order added. (PTI)

Leh-Jammu ...

operations between Leh and Jammu sectors from Thursday, the officials said. The flights will operate every Sunday, Wednesday and Friday, they said. The resumption of flights between Leh and Jammu will also be beneficial for a number of students and patients, they added. During winter months, Leh-Srinagar and Leh-Manali roads are closed due to heavy snowfall and people of Ladakh rely solely on flights to travel to other parts of the country.

Sharma Reviews....

Commissioners of Jammu and Kashmir, Secretary State Election Commission, Anil Salgotra and other officers participated in the meeting held via video conferencing, an official spokesperson said. The meeting, he said, discussed the arrangements and manpower for the counting of the polls which would be held on December 22 from 9 am. "The SEC received one-by-one feedback from all the deputy commissioners and the arrangements so far taken for the counting day," the official spokesperson said.

The SEC, he said, directed the concerned DCs to make available all the counting halls and the staff as the counting would be done manually by counting ballot papers on the counting assigned counting tables.

4G Ban Extended ...

of the data services by the "anti-national elements to disrupt the democratic process by creating a scare among the voters, carrying out attacks on security forces, targeting of contesting candidates and the workers."

"In view of the credible inputs and as a matter of abundant caution, the access to internet had to be restricted on the day of poll in the areas going for polling," reads an order issued by Principal Secretary to Home Department Shaleen Kabra.

"There have been continuous attempts to radicalize the youth through multiple method, most importantly through videos using social media, which rely on high speed internet for easy dissemination of such material," the order reads, while announcing extension in the ban till December 25 in all districts barring Ganderbal and Udhampur.

FROM FRONT PAGE

CBI Submits ...

then additional deputy commissioner, Hafizullah Shah, the then assistant commissioner revenue and Gulam Hassan Rather, the then tehsildar.

It is alleged that the land encroached upon by Mohiuddin belonged to the Forest Department which had raised objections to its regularisation under the Jammu and Kashmir State Lands (Vesting of Ownership to Occupants) Act also known as the Roshni Act.

The J-K administration had filed the review petition on December 4 for modification of the nearly two-month-old judgment stating that a large number of common people would suffer unintentionally, including landless cultivators and individuals who are themselves residing in dwellings on small areas.

It said there was a need to distinguish between the common people and the wealthy land grabbers among the beneficiaries, and it favoured that landless labourers or those with one house in personal use be allowed to keep the allotted land under the Roshni Act.

The Supreme Court on Thursday had asked the Jammu and Kashmir High Court to decide the pleas seeking review of the October 9 verdict scrapping the Roshni Act which had conferred proprietary rights on the occupants of the state land.

A bench headed by Justice N V Ramana considered the oral assurance of Solicitor General Tushar Mehta, who appeared for the Jammu and Kashmir administration and said that no coercive action will be taken against those petitioners who have approached the top court in the matter as they are not "land grabbers or unauthorised people".

The Roshni Act was enacted in 2001 with the twin objective of generating resources for financing power projects and conferment of proprietary rights to the occupants of state land.

During the hearing conducted through video-conferencing, the bench said that to avoid conflicting orders, the petitioners should go to high court for review.

"All petitioners should approach the review bench and all of them should be heard by the high court. We will direct accordingly," the bench observed.

The Roshni Act initially envisaged conferment of proprietary rights of around 20.55 lakh kanals (102,750 hectares) to the occupants of which only 15.85 percent land was approved for vesting of ownership rights.

On November 1, the Union Territory administration cancelled all land transfers that took place under the Roshni Act.

According to the high court order, a total of 6,04,602 kanals (75,575 acres) of state land had been regularised and transferred to the occupants. This included 5,71,210 kanals (71,401 acres) in Jammu and 33,392 kanals (4174 acres) in the Kashmir province.

According to the order, complete identities of influential people, including ministers, legislators, bureaucrats, government officials, police officers and businessmen, their relatives or persons holding benami for them, who have derived benefit under the Roshni Act, will be made public within a period of one month. (PTI)

Power Supply ...

this month and it will in turn significantly enhance the power supply position to Baramulla and Kupwara districts and bring relief to the people of the twin districts.

"With this augmentation, the capacity of Delina Grid Station would double from existing 160 MVA to 320 MVA," he said.

Later in the day, the official spokesperson said, Kansal visited the Grid Station, Delina and took stock of 160 MV augmentation project. He complimented the engineers and staff for the efforts and exhorted them to complete the work by Dec 31, 2020.

In another significant decision, the official spokesperson said, it was decided that 10.5 MW small hydro electric project would be constructed at Mohra, Baramulla.

"Secretary PDD said that Mohra HEP shall be taken up for construction by J&K Power Development Corporation and the work is expected to be allotted as early as March 2021," he said.

Earlier in the day, he said, the Principal Secretary also reviewed in detail the power scenario of two remote districts of Kupwara and Baramulla and issued directions to the engineering staff to streamline the power system and remove the difficulties by taking additional measures.

"He called upon all the officers to ensure that there is proper and swift mechanism in place for replacement and repair of damaged transformers and that damaged transformers are replaced immediately from the buffer stock kept available in all districts. He also emphasized that the damaged transformers must be repaired at the designated departmental workshops in the quickest time possible. Instructions were given for quick transportation of damaged transformers from Districts to work shops twice a week to replenish the buffer stock and improve the turn-around and repair time of transformers. In order to improve the schedule of repair of

damaged transformers, he also sanctioned two trunk-mounted cranes one each for Kupwara and Sopore," he said.

The official spokesperson further said that Kansal also gave directions to augment the capacity of District level workshops so that 400KVA transformers are also repaired without referral to the Central workshop. He also stated that the overall objective of the department is to minimize the power outages during winters so that the people do not face inconvenience.

"Reviewing the progress of ongoing works, the Principal Secretary, asked the engineers to complete all ongoing projects under languishing projects head by Feb 15, 2020. He also directed that the projects under DDUJY and PMDP Urban must be completed by end of March 2021 in all towns and immediately handed over to the distribution corporation for installation of meters in these towns to achieve the target of 100% metering," he added.

Kansal, as per official spokesperson, also instructed the department functionaries to attend to the grievances and demands of general public received through the call-centre set up by the Power Development Department.

"The meeting also reviewed the revenue realization in the twin districts and the engineers and other field staff were directed to improve revenue realization and to take action against wilful defaulters. Instructions were given for improving billing efficiency and taking action for non-payment of dues against habitual offenders," he said.

He added that Kansal inspected the ongoing construction of 33/11 KV Galizo Kupwara, Sub Station being constructed under IPDS/PMDP Project.

"On the occasion, the Principal Secretary was informed that Project is being constructed at a cost of Rs 4.28 cr and shall be completed by 31st January 2021. He was further informed that after Commissioning of the Project, it will relieve load on Tikker station and improve power supply in the district," the official spokesperson added.

NC Worker Shot ...

Thursday's fifth round of DDC elections in Litter Constituency.

Meanwhile, a police spokesperson said that a case has been registered in this regard under relevant sections of law. "Investigation is in progress and officers continue to work to establish the full circumstances of this crime. Area has been cordoned and search in the area is going on," the police spokesperson said.

J&K Reports 11 More Deaths, 434 New Cases

SRINAGAR: As many as eleven more people died of Covid-19 in Jammu and Kashmir on Friday, even as 434 new cases of coronavirus were detected in the Union Territory, including twenty-one travelers, four minors and two soldiers.

Officials said Friday that Kashmir valley witnessed four more coronavirus deaths, while in Jammu division six more people, including a woman, under secretary to Home Department, succumbed to the deadly infection.

Among the victims from Valley included a 35-year-old man from Tangmarg Baramulla while three others were from Srinagar—an 80-year-old woman from Khwaja Bazar, a 70-year-old woman from Harwan and an 87-year-old man from Nigeen.

Among others the victims

from Jammu besides the Under Secretary ranked woman includes a 65-year-old from Janipora and a 79-year-old woman from Talab Tilloo.

With these deaths, the total fatality count in the Valley has reached 1145 and 641 in the Jammu region. Srinagar district with 433 deaths tops the list followed by Jammu (324), Baramulla (166), Budgam (105), Pulwama (87), Kupwara (87), Anantnag (82), Doda (58), Bandipora (56), Udhampur (53), Kulgam (52), Rajouri (52), Kathua (45), Ganderbal (40), Shopian (37), Samba (34), Poonch (22), Ramban (21), Kishtwar (20), and Reasi (11).

Meanwhile, twenty-one travelers, four minors and two soldiers were among 434 fresh novel coronavirus cases reported in Jammu and Kashmir in the last

24 hours, taking the overall tally of the persons infected with the virus in J&K to 115207.

Among the cases, 202 were from Jammu Division and 232 from Kashmir Division, officials said.

Giving the district wise details, they said, Srinagar reported 98 cases, Baramulla 19, Budgam 36, Kupwara 25, Pulwama 17, Anantnag 6, Bandipora 11, Ganderbal 11, Kulgam 1, Shopian 8, Jammu 101, Udhampur 13, Rajouri 17, Doda 10, Kathua 28, Kishtwar 13, Samba 7, Poonch 2, Ramban 8 and Reasi 3.

Moreover, the y said, 422 more COVID-19 patients have recovered and were discharged from various hospitals—226 from Jammu Division and 196 from Kashmir Valley. (With GNS inputs)

Kashmiri Students Shocked As Jamia ...

..... Contd. from page 1

follow the other varsities," he said. Sameer Ahmad, another student from north Kashmir's Kupwara district said that the varsity has asked the students to make sure they make their own arrangements for uninterrupted power and good internet.

"We have been told that students would themselves be responsible for any lapses on this front so they are advised to make sure adequate backup is in place. How is it possible to arrange uninterrupted electricity at a time when the people across Kashmir have been witnessing frequent power cuts. Besides, there is no high-speed internet here," he said.

Sameer said the students have been told that laptops are mandatory for the examinations and the mobile phones will not be allowed for appearing in the examinations.

"It is just highhandedness of the varsity officials, nothing else," he said while appealing to the authorities at varsity to fulfil the demands of students from J&K.

According to Divisional Commissioner Kashmir, PK Pole high-speed internet facility was already available at various places. "But still if the students have

concerns in this regard, they should approach me so that I would look into the matter," he said.

Meanwhile, two major mainstream parties National Conference and Peoples Democratic Party (PDP) criticized Jamia Millia Islamia for its decision to conduct on-line exams

"The announcement of the university to go for an on-line examination is incognizant of the ground realities in J&K, where 2G internet speed and frequent clampdowns on the internet service are common. The guidelines that students would be responsible for ensuring electricity and internet for the complete duration of the test and the students would be responsible for any lapses on that front, are elitist in nature defeating the inclusiveness that JMI stood for since its inception," NC President Farooq Abdullah said.

Echoing similar views, PDP Chief Mehbooba Mufti said that the announcement of holding online exams was problematic for students of Jammu and Kashmir.

"Jamia University's decision to hold exams in proctored online mode which requires laptops & high speed data for 3 hours is

deeply problematic for students hailing from J&K. Request them to look for alternatives so that these bright minds don't suffer," Mehbooba wrote on her Twitter page.

She sought intervention of Dr RP Nishank to ensure these students don't become casualties for no fault of theirs. (With KNO inputs)

Wet Weather ...

The night temperature in Srinagar settled at a low of 2.3 degrees Celsius. The Met office has said there is a possibility of another wet spell from tonight. It has predicted widespread moderate rain or snowfall with heavy falls at isolated places, especially in the higher reaches.

The rain/snow is likely to continue on Saturday as well after which the weather is likely to remain dry till December 20, the officials said. The authorities have also issued a medium danger avalanche warning for the higher reaches of Ramban, Anantnag, Baramulla, Kupwara, Bandipora and Ganderbal districts. A low-level avalanche alert has also been issued for the upper reaches of Poonch, Doda, Kishtwar and Kulgam districts of J-K, and Kargil district of Ladakh UT, officials said.

'Why Am I Anxious': Inside 'Hope Sessions' Of Kashmiri Troika-I

..... CONTD FROM PAGE 1

they've said about their issues and realise that such academic and cultural pressure on a student can be extremely traumatising."

It is better, she continued, that we, as Kashmiris, realise this sooner or later and do our best to mentally help those around us who are having a hard time.

"You never know what someone is going through," she said.

Soon after, the session ended and everyone went back to the familiar recesses of the mind to make sense of this unsettling verdict. What did Zarqa mean by saying how traumatising such pressure could be? Was it just a surface observation she had made or was there more to the story?

Unbeknownst to them, Zarqa dialled

a familiar number and waited patiently for the person to pick up, her mind racing with thoughts of distress and a deep affection for her community. They needed help, and she wanted to.

"Hello?"

"Hey, did you see what happened?"

A sigh. "Yes. It was sad, hearing all of this..."

"Right? I have a suggestion."

The voice perked up with curiosity.

"Go ahead. I'm all ears."

"Let's teach them about anxiety."

A short pause. "Hmmm..."

"What that person spoke about, Hameeda, was anxiety, only that person didn't know it was anxiety."

We need to make them aware of the different mental illnesses. We need to teach them the definition, the signs,

the symptoms, the course of treatment so that they can at least have the tools

to deal with their issue. Professional help is still a stigma."

I was quiet, mulling over her words, noticing how my own mind nodded fervently back. She was right. We needed to teach them. We needed them to understand. This could be a matter of mere life or die by suicide,

and we needed to do our best as middle-women in the battlefield.

"You're right, Zarqa," I said

confidently. "Let's do this. Let's teach them about mental health."

"But you'll have to make a power-point presentation for it."

We both chuckled. "Oh well," I said.

"As long as it helps them."

"Yes," she replied, satisfied. "That's all that matters."

And so, our journey began.

TO BE CONCLUDED

Workshop on customized packaging of handmade products on Dec 21

SRINAGAR- In order to boost global exports of handicrafts and handloom products from J&K, the Directorate of Handicrafts and Handloom, Kashmir, in collaboration with the Indian Institute of Packaging, Mumbai, is organizing a one-day workshop on customized packaging here on December 21.

As many as, 50 craftsmen and entrepreneurs associated with handicrafts and handloom business are expected to participate in the workshop which shall focus on innovation and aesthetic value in packaging which shall help in brand building of exquisite hand-made products from Kashmir that hold sway, both in domestic and global markets.

In a statement issued here today, Director, Handicrafts & Handloom, Kashmir, Musarat Islam said the workshop will help improve marketability of traditional crafts like Kani & hand embroidered Pashmina shawls, stoles and

scarves, walnut wood carving, silk and woollen carpets, Khatam Band ceiling, copperware and papier machie products. This, he said will go a long way in enhancing the products' saleability and appeal, both in domestic and international markets. "The IIP team from the Ministry of Commerce shall hold a series of workshops later also to address all issues related to customized packaging of various handmade products made in Kashmir," he added.

The principal stakeholders from handicrafts and handloom sector shall be imparted training by a team of experts from IIP Mumbai, which is a specialized institution playing a vital role in developing innovative and aesthetic packaging that provides extended shelf-life, better safety standards and appeal in the targeted markets.

The workshop is being held at Conference Hall of Sanat Ghar, Bemina, Srinagar.

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As many as, 50 craftsmen and entrepreneurs associated with handicrafts and handloom business are expected to participate in the workshop which shall focus on innovation and aesthetic value in packaging which shall help in brand building of exquisite hand-made products from Kashmir that hold sway, both in domestic and global markets.

In a statement issued here today, Director, Handicrafts & Handloom, Kashmir, Musarat Islam said the workshop will help improve marketability of traditional crafts like Kani &

hand embroidered Pashmina shawls, stoles and scarves, walnut wood carving, silk and woollen carpets, Khatam Band ceiling, copperware and papier machie products. This, he said will go a long way in enhancing the products' saleability and appeal, both in domestic and international markets. "The IIP team from the Ministry of Commerce shall hold a series of workshops later also to address all issues related to customized packaging of various handmade products made in Kashmir," he added.

The principal stakeholders from handicrafts and handloom sector shall be imparted training by a team of experts from IIP Mumbai, which is a specialized institution playing a vital role in developing innovative and aesthetic packaging that provides extended shelf-life, better safety standards and appeal in the targeted markets.

JKB security guard hailed for bravery

Srinagar, Dec 11: Jammu and Kashmir Bank Chairman and Managing Director R K Chhibber felicitated a security guard for successfully foiling an attempt of miscreants to loot the bank's Auto-Teller Machine (ATM) at Pakherpora Budgam. The CMD presented a cash-reward and certificate-of-appreciation to the guard for the brave act in presence of Executive President G N Teeli and Zonal Head Kashmir Central II Syed Shujaat Hussain Andrabi at Bank's corporate headquarters.

While appreciating the guard for being alert and watchful in the dead of the night to keep the miscreants at the bay, the CMD said, "You have acted boldly for which you deserve appreciation and felicitation. You put your life to risk to ensure J&K Bank's property isn't damaged. This act of yours will surely inspire your colleagues across the organisation to remain vigilant and alert to any such situation."

SAVE PRECIOUS LIFE

A person has been diagnosed with the failure of both the kidneys the financial condition of the person is worst and is not able to best the expense for her kidney treatment so it is requested to all those who have the means to donate for this noble cause so that the precious life could be saved Name **Shafiq Bano** W/o Imtiyaz Ahmad Dar R/o Buchpora Dar Mohalla Srinagar

A/C No: 0173040150000537 J&K BANK
Branch Anchar Buchpora IFSC CODE JAKAO ANCHAR
CONTACT NO: 9797665000, 9419378547

ادفتر نائب تحصیلدار یا گام با اجلاس جاوید احمد حکیم صاحب

درخواست خانہ :- بھٹیلا یا نوذ مہ غلام علی الدین میر وغیر الہی الدین مر و شتی الدین و سکان علی الدین دفتر غلام محمد الدین میر ساکان مدورہ تحصیل اہل ناگ بھڑھصول بیک وارڈا یا میر شریف اہل آراء 294

ایشیادرمزاد کا ہی پر عوام حاصل

معاہدہ مزید عنوان الصد میں ساکان صدر نے ایک درخواست بھڑھصول بیک وارڈا یا میر شریف اہل دفتر بازہ میں پیش کیا ہے حسب رپورٹ پٹواری حلقہ تحصیل افراد تہذیب بدین درج ہے :-

نام صاحب کیذم و عہدیت	عمر	پیشہ	آمدنی
غلام محمد علی الدین غلام رسول میر	48 سال	مزدوری	5000
بھٹیلا یا نوذ مہ غلام علی الدین میر	45 سال	آپٹیک ماڈر و ڈاکٹر	5100
غوالی علی الدین دفتر	22 سال	زیر تعلیم	
میر و شتی الدین دفتر	20 سال	---	
مسکان علی الدین دفتر	16 سال	---	
میر و شتی الدین دفتر	11 سال	---	

اسکے عہادہ اور کوئی فرد کہہ نہیں ہے ساکن کا کہہ بیٹھ پھر دہ سالوں سے ہاڑہ میں رہا بیٹھ پڑے ہاڑہ ساکن کی کنیکس سالانہ آمدنی 1312000 تک ہے اس حوالے سے اگر کسی شخص یا شخص کو کوہر و سر قریب اجرا کرنے میں کوئی ہڈر یا معارض ہو تو دہ سات دن کے اندر مدعا پر اعتراض دفتر بازہ میں پیش کریں ۔ معاہدہ گزرنے کے بعد کوئی بھی معارض قابل قبول نہیں ہوگا۔

تحریر الصد نائب تحصیلدار یا گام

MJA

Bullet Hits Elderly Lady Near Airport Village in Budgam

Budgam: Protests erupted in Ichgam village in Central Kashmir's Budgam district after a woman was hit by a stray bullet on Friday.

Residents alleged that firing range at the nearby airfield has become a nuisance for them. They said stray bullets often hit roof tops, windows, water tanks in the area, but today one of the

stray bullets hit the leg of an elderly woman.

The victim identified as Fatima wife of late Ghulam Rasool Rather was shifted to District Hospital Budgam for treatment.

The lady is said to be stable, sources said. An attendant was quoted by news agency KNT saying residents had recently approached District Development

Commissioner Budgam requesting him to relocate firing range at Airport.

Angry residents took to roads and staged protests against the incident. "We feel insecure here. You don't know when a stray bullet will hit us," said one of the protesters.

When contacted, a police official said that they are ascertaining facts.

Div Com tours Srinagar to take stock of ongoing projects

SRINAGAR, DECEMBER 11- The Divisional Commissioner Kashmir Pandurang K Pole today conducted an extensive tour to take stock of pace and progress in the work process on various developmental projects in Srinagar.

The Div Com was accompanied by Chief Engineer R&B, Irrigation, PHE, KPTCL , Director ERA,GM JKPCC, GM SIDCO, SE CPWD, ZM NPCC, GM NBCCEE Tourism and others concerned.

Stressing on the speedy work execution, the Div Com visited toNIT Srinagar to take stock of work progress of under-construction developmental projects including high-Tech Auditorium, Guest house and Sports Facility Complex. He also visited the proposed boys and girls hostel sites at NIT.

Emphasizing on the early completion of work, the Div Com also visited Dargah Hazratbal Shrine and instructed concerned to ensure work on Umbrella installation, marble work, construction of shops, public convenience, boundary wall and inbuilt security pocket and parking complex is completed within the stipulated time.

He instructed concerned to get design of non-mechanized canopy vet from the NIT first before setting up the same at Dargah.

On a visit to the newly constructed 100 bedded State Cancer Institute at SKIMS Soura, the Div Com stressed on the early installation of required machinery and equipment for smooth OPD functioning and to ensure better



health services to the people.

The Div Com also visited to Under Construction LalDed Maternity Hospital Block , 120 bedded additional hospital block at Bone and Joint Hospital Barzulla, 200 bedded maternity hospital Bemina, Comprehensive Sewerage Scheme Project Eidgah, 150 MVA 132/ 33 KV GIS Grid Station Tenggpora, 1000 MVA 123/ 33KV Grid Sub Baghi Ali Mardan and took on spot stock of the pace and progress made on these projects.

He also visited Bakhshi Stadium where he emphasized on execution of the work process.

Expressing his displeasure

at the slow pace of work on some projects , the Div Com directed concerned to impose delay penalty fine on concerned contractors for failing to complete the work within the stipulated time frame.

He instructed concerned to ensure early completion of the work process and submit monthly progress reports to ensure there are no unnecessary delays in the execution of work.

The Div Com further directed the concerned to list details on department wise issues causing delay or bottlenecks in the work process on these projects for their resolution.



Lic Introduces Advanced Customer Centric Initiatives...

Allows Online Switching of ULIPs,Goes Multilingual on Call Centre

LIC OF INDIA, the country's largest life insurer is devising better methods to provide services to its esteemed policyholders in pandemic times. LIC policyholders can now avail of its improved customer centric initiatives. Online facility for Switching of Funds under ULIP policies has been introduced through LIC's Customer Portal for policyholders registered for Premier Services, on policies on their own life and on the lives of their minor child/children w.e.f. 07.12.2020. This facility is available for LIC's New Endowment Plus (Plan 935), LIC's Nivesh Plus (Plan 849) and LIC's SIIP (Plan 852), the three plans currently being sold. This facility of Online switching of funds is free of Cost and no charges are required to be paid for availing this facility. One switch is allowed per day per policy through an OTP based Authentication system. All rules applicable to offline requests are applicable on the Online system also. LIC has also extended the bi-lingual Customer care through call centre support to Regional content and the services are now additionally available in Marathi, Tamil and Bengali. The call centre services of LIC of India had commenced as a Bi-lingual operation in English and Hindi with effect from September 28, 2018 with Integrated Voice Response Systems and enquiry support from Call Centre Executives by dialling 68276827. LIC proposes to expand this multilingual connect to its growing customer base through voice and Call Centre Executive support by adding more Regional languages to the application in near future. LIC also has a Conversational Artificial Intelligence/Machine Learning enabled bi-lingual Chatbot, LIC MITRA on LIC website www.licindia.in which is a one stop platform for providing information regarding premium due date, various products of LIC including newly launched plans and customer queries (FAQs) related to policy servicing and claims. The Chatbot has answered 1,20,75,440 queries so far since its launch in January 2020

LIC is well advanced with digital transformation and has responded to the pandemic with great speed and agility. Dated at Mumbai on the 11th December, 2020

For further Information please contact: Executive Director (CC)
LIC of India, Central Office, Mumbai Email id: ed_cc@licindia.com
Visit us at www.licindia.in

Government of Jammu And Kashmir

OFFICE OF THE TRANSPORT COMMISSIONER J&K, JAMMU

Sub: "Jammu & Kashmir Transport Subsidy Scheme" for replacement of old Buses.

ADVERTISEMENT NOTICE

The govt. In the Transport Department has introduced scheme for phasing out of old buses over 15 years of age vide Govt. Order no 73-TR Of 2019 issued under endorsement NO. TR-19/MVD/2017-11 Dated 20-11-2019 . Accordingly , applications are invited from the owners of the Buses (Except Mini Buses/ Matadors) of J&K UT for purchase of new bused in private sector under the Jammu and Kashmir Transport Subsidy Scheme" for replacement of Old Buses.

Terms. & COnditions :-

1. The Bus aged above 15 years shall be eligible for availing the subsidy.
2. The existing vehicle should have cleared all Government dues including token tax, passenger tax, fitness fee, permit fee, bank liability etc.
3. The vehicle should have a valid permit renewed upto date along with valid insurance certificate.
4. For availing of subsidy the concerned owner would be required to condemn the vehicle and get it scraped and after cancellation of registration Mark, he shall be allowed to avail the subsidy.
5. The subsidy shall be provided to only those applicants who shall avail loans to raise capital for purchase of these buses.

The applications along with all requisite supporting documents should reach in the Regional Transport Office, Jammu/Kashmir/Kathua within a period of 15 days positively.

SD/-
(Pardeep Kumar), KAS
Transport Commissioner,
J&K, Jammu

NO: TC/ JK/MV/2271 Dated: 16-10-2020

DIPK-10269/20

DIAL-EMMA



- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092,2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488,245222,2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081

AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311 

RAILWAYS



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

HIGHWAY STATUS



- Sgr-Jammu highway - (Open)
- Mughal Road - (Open)
- Srinagar- Leh- (Open)



HIJRI CALENDAR

26 Rabi-us-Sani
1442

PRAYERS

FAJR	5: 54
ZUHR	12: 22
ASR	3:45
Magrib	5:25
ISHA	6:50

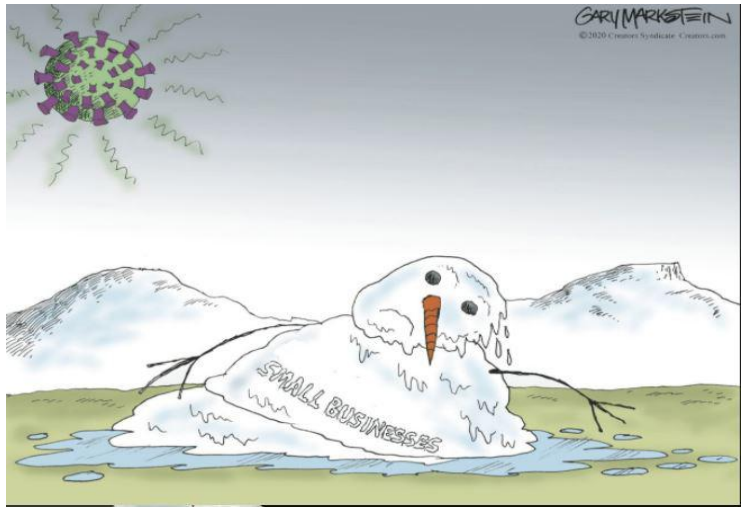
This Day In History

- 627 -Battle at Nineveh: Byzantine Emperor Heraclius beats Sassanid forces during Byzantine-Sassanid War
- 1098 -1st Crusaders capture & plunder Mara Syria
- 1408 -Order of the Dragon: The Order of the Dragon was first created on December 12, 1408 by Emperor Sigismund, then King of Hungary, and his wife Queen Barbara of Celje following the battle for possession of Bosnia.
- 1474 - Isabella crowns herself queen of Castile & Aragon
- 1479 - Jews are expelled from Schlettstadt Alsace by Emperor Frederick III
- 1524 - Pope Clement VII approves Organization of Jewish Community of Rome
- 1527 - Composer Adrian Willaert moves from Milan to Venice
- 1653 - English "Barebones" Parliament ends
- 1677 - Brandenburgs army occupies Stettin
- 1694 - The Royal Society censures Edmond Halley for suggesting in a paper titled 'Some considerations about the cause of the universal deluge' that the story of Noah's flood could be an account of a cometary impact
- 1643 - English Civil War: The Battle of Alton takes place in Hampshire.
- 1668 - Jean Racine's "Britannicus" premieres in Paris.
- 1734 - Britain & Russia sign trade agreement
- 1861 - Battle of Alleghany Summit, WV
- 1862 - Battle of Fredericksburg, VA (Marye's Heights)
- 1864 - Battle of Ft McAllister, GA
- 1916 - Avalanche kills 10,000 Austrian & Italian troops in 24 hrs in Tyrol.
- 1918 - US army of occupation crosses Rhine, enters Germany.
- 1920 - League of nations establishes International Court of Justice in The Hague.
- 1920 - Netherland breaks contact with Kingdom of Serbia, Croatia & Slavia. forbid National Front & Netherland Union.
- 1941 - Lawine battlers destroy Haaraz, Peru; about 3,000 die.
- 1962 - Relay I communication satellite launched.
- 1966 - 1st US bombing of Hanoi part of Operation Rolling Thunder during the Vietnam War.
- 2008 - Andrei Klepach, a deputy economics minister of Russia, states that Russia has entered the recession, with two quarters of contraction expected, meaning Russia will fall short of reaching the 6.8% growth forecast for 2008
- 2013 - The United States announces sanctions on the two dozen companies who assisted Iran with their nuclear program
- 2014 - UN climate change talks in Peru continue past scheduled time as negotiations continue to stall
- 2014 - Over 200 pro-democracy activists arrested in Hong Kong
- 2015 - COP21 climate change summit in Paris reaches a deal between 195 countries to limit the rise in the global average temperature to less than 2°C above pre-industrial levels
- 2015 - First women ever elected in Saudi Arabia in municipal council elections

KASHMIR
OBSERVER

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NO HOLDS BARRED



Kashmir based major regional parties who oppose erasure of J&K autonomy have banded together to take on the BJP. This has made the election into a contest between the BJP that repealed the autonomy and the PAGD that wants it restored.

Battle for DDCs

The election will broadly determine and define the contours of the post-Article 370 politics of J&K

RIYAZ WANI

The significance of the DDC polls is beyond the debate about boycotting the exercise. Being the first election to be held following the repeal of Article 370, it has become a veritable popular referendum on big political questions about the region

The way the BJP has gone about the ongoing District Development Council polls in J&K, the exercise for the party seems no less important than an Assembly election. The major BJP leaders have been deployed to the region to campaign - Mukhtar Abbas Naqvi, Shah Nawaz Khan, Smriti Irani, Anurag Thakur have travelled far and wide to address election rallies. The home minister Amit Shah has also weighed in by framing the election as a battle between nationalist and anti-national forces, the BJP's favourite electoral trope. He called the People's Alliance for Gupkar Declaration (PAGD) «a gang», a label that is since being reiterated by other BJP leaders.

On the other hand, the PAGD has accused the administration of preventing its candidates from campaigning. The PDP leader Mehbooba Mufti has tweeted videos of her being barred from leaving her house to campaign.

This offers a telling glimpse of the post-Article 370 Kashmir. The DDCs have been introduced to create a new elected system of governance at the district level. But far from strengthening the grassroots governance the arrangement is out to dilute the powers of the Panchayats and Block Development Councils (BDCs). Also, given the way they have been constituted, the DDCs are certain to undermine the authority of a future Assembly too.

Being directly elected, the DDCs are required to exercise the complete authority over the district. This makes them like mini-assemblies. And going by the number of the districts, there will be twenty of them in J&K. The party which controls them will control the union territory. It wouldn't matter much which party controls the Assembly, considering the fact that an MLA will have no sway over a DDC, despite being its member. The new rules have given him no role in the election of the DDC chairperson and vice chairperson or in their removal. The divergence will be starker when the MLA and the DDC chairperson are from different parties. They will, in all likelihood, work at



cross-purposes.

True, the DDCs are supposed to be development centered but this in no way shall detract from their conspicuous political function. A party or an alliance that wins the majority of the DDCs will see it as a vote for its political ideology, much like the party in an absolute majority in the Assembly would. The DDCs are also electorally more important as its members will be more closely in touch with their constituents and in a better position to address their grievances. So, a party not in control of the majority of the DDCs will find it exceedingly difficult to dominate the Assembly.

As far as the mainstream politics, contesting and winning the DDC polls will thus be a pre-requisite to making a mark in an Assembly election. This should explain the PAGD's decision to take part in the ongoing exercise, ignoring a significant section of opinion in the Valley that would have wanted the grouping to boycott. And this should also explain why the BJP is deploying all its resources to corner a larger share of the DDCs.

Much is at stake - again in the realm of the mainstream politics. This politics operates within a pro-India framework.

Expecting boycott from the PAGD is to apply a yardstick reserved for the separatist struggle. In the worldview of mainstream parties, boycotting an election enables the other parties - in this case the BJP - to poach upon their workers and as a consequence erode their support base. This, in turn, is believed to weaken the cause the mainstream politicians stand for. Mehbooba Mufti said as much in his recent interview to a newspaper. So did Sajad Lone, another top PAGD leader.

The significance of the DDC polls, at the same time, is also beyond the boycott debate. Being the first election to be held following the repeal of Article 370, it has become a veritable popular referendum on big political questions about the region.

Kashmir based major regional parties who oppose erasure of J&K autonomy have banded together to take on the BJP. This has made the election into a contest between the BJP that repealed the autonomy and the PAGD that wants it restored. This includes the Congress which is in a loose seat-sharing alliance with the anti-BJP political grouping.

If the BJP loses the election as the popular mood in the Valley and in the

significant parts of Jammu would tell you, it will be an unequivocal popular disapproval of the August 2019 decision. This will certainly have big ramifications as a win for the PAGD would vindicate that the constitutional changes were made without the consent of the local population.

But it is too soon to write the BJP off. The slick electoral machine that the saffron party has become over the past six years have been enabling it to win polls independent of its performance and contrary to what the people at a place think of it. This was once again proved in recent Bihar election where the BJP did well in areas with a large concentration of migrant workers who lost jobs during Modi government's badly implemented lockdown and who had to walk hundreds of kilometres to their homes from various parts of the country.

In J&K, there's a predominant majority of people who are deeply aggrieved by the loss of autonomy - and this includes a major chunk among the BJP's non-Muslim support base in Jammu. So normally the BJP should do poorly in the DDC polls. But will it? It looks unlikely as of now. The party, as is the known fact now, goes to any extent to mobilize the public opinion in its favour: it runs a loud, aggressive campaign, uses media of all kind to set the discourse, deploys now time-honored diversionary and divisive rhetoric to create an alternate reality where fear and hatred reigns. This obscures the real issues. Elections are held in a manufactured environment favourable to the BJP. The party has deployed the same tactics in Kashmir and more: the PAGD has accused it of denying it the level playing field by not letting its candidates campaign freely.

So, it will be really interesting to see which party or the alliance takes the majority of the DDCs. There's so much riding on the face-off. The election will broadly determine and define the contours of the post-Article 370 politics of J&K.

The author is the Political Editor of Kashmir Observer

Stop listening to Obama

YANNICK GIOVANNI MARSHALL

Obama, himself, admitted that he was the kind of person who read Frantz Fanon and Gwendolyn Brooks not for what they meant to our lives but to pick up women. In this, he models the fleeting, parasitical interest in the intellectual labour of Black radical thinkers that is not always convertible to useful activism

genuinely affected by George Floyd's death in a life-changing way are now radical and will not be turned away by what may feel to some as a too-angry chant or too impractical demand.

Those, on the other hand, who were pushed by the swell of a crowd forced to sit and watch an eight minute and 46-second killing so nakedly discriminatory it debilitated, for a moment, their go-to excuses of "bad apples" and see-through calls for retraining, are now relievedly ebbing away with that crowd back to their settled places of faith in "America, the fundamentally good". To devote one's talents to the work of getting them back is a fool's errand.

Instead of appealing to the people

who can always stomach a bit more anti-Black state violence, it may be better to rally those who have had enough. Those who are not moved due to the efficacy of slogans but by their disgust with institutionalised and constantly legitimated white supremacist violence.

Liberal support is not indispensable to the cause of Black freedom. In fact, liberalism is one of the most effective tools in keeping Black liberation at bay. It glorifies waiting peacefully for justice. Not even dogs are asked to sit during their abuse.

And it is liberals Obama has in mind when he speaks about a potential audience. As a man who has had his effigy lynched and is called an American-hating terrorist more than any person alive, he knows better than most that conservatives do not come around no matter how much deference is shown, how many times magnanimity is performed, or how many times a Black hand reaches across to "the other side".

Maybe slogans designed to save our lives should not be designed, primarily, for others. Maybe direct and forthright statements have longer longevity, provide better comfort and inspiration to those they are intended to serve than the ones watered down to please an audience ambivalent on the question of justice.

The black glove-fisted chants of "Black Power" may, in the end, prove to have done more good for the cause of freedom than "keep hope alive". Maybe #landback addresses a specific injury, agitates for material reparations, and is a necessary cutting through the colonising culture that trained its young to sing "this land is your land, this land is my land".

The bugle has sounded but the liberal reinforcements are not coming. Instead,

they have pretty much carried on with their lives save the occasional nod to the phrase "the country is going through a racial reckoning". A phrase that suggests the demand for "accountability" is the equal and opposite reaction to a hemisphere's half a millennium of anti-Black asphyxiation.

It is not clear how we would arrive at a criminal justice system that treats everybody fairly in a country where half of the electorate voted for the re-election of a white supremacist administration. Some of these 73 million are senators, wardens, police union presidents, security guards, judges and correctional officers. It is no more likely that they are interested in an equitable society than yesterday's segregationists and confederates whose monuments they fight to preserve.

Revolutionaries, when they are white, are held up as models by politicians like Obama. Even when their "snappy slogans" are a good deal more aggressive, polarising and threatening than "Defund the Police". Patrick Henry's "Give me liberty or give me death!" was likely not warmly received by British loyalists and yet he is praised.

Obama's implication that substantial change only comes about after a door-knocking campaign and recruitment from those who have shown a passing interest in Black survival is not supported by historical evidence. It is a nationalist myth. One that shouts we are in this together as one American people instead of bearing witness to society as it is: a concatenation of local struggles, warring classes and interests, historical patterns of discrimination, and an entrenched and popular disinterest in justice for Black people.

The liberals are not coming. Their war horses will never leave the stable no matter how flowery the invitation. We would do well to stop listening to Obama and get on with the business of uncompromising struggle for freedom.

Al Jazeera

If you believe, as I do, that we should be able to reform the criminal justice system so that it's not biased and treats everybody fairly, I guess you can use a snappy slogan, like "Defund the Police", but, you know, you lost a big audience the minute you say it."

The quote above is taken from an interview the former United States President Barack Obama gave to Snapchat show Good Luck America.

If there must be leaders - and leaders on fairness - they should not be men who once presided over an imperialist state. There is no fairness in drone strikes, deportations and detention, the attempted felling of democratically-elected leaders or being the chief caretaker of colonial land theft and the institutional violence that renders Indigenous and Black populations at the greatest risk of succumbing to poverty and police violence.

It is problematic for the former president to perform the role of communication sage when his own sloganeering of "hope" and "change" did not prove sufficient to meet the hopes for an end to torture and deaths in custody. Or change in any satisfactory way discriminatory systems of punishment and civil asset forfeiture. Or stymie the efforts of the succeeding, less racial-equity-minded administration to resume a killing spree on death row via the resumption of federal executions or the deliberate mismanagement of a pandemic that disproportionately kills non-white people.

Problematic, too, is associating activists' articulation of a programme to immediately divest from and incapacitate a classist and historically anti-Black institution with a marketing strategy.

Far worse, however, is Obama's work to reinforce the myth that campaigns for Black lives will always prove elusive. Polls have shown that the increase in support for the uprising against racist killing is a chimera, vanishing almost as soon as it becomes measurable. Those

language as Obama suggests we should, there would be no record of our truth, nor our fundamental and passionate disagreement with the state of things. Unadulterated radical Black imagining and voicings of a future free from anti-Blackness would be erased from history. The only record we would have of our dissent is sheepish pleadings to a racist society, sanded down to fit inoffensively into fragile liberal ears.

There exists no audience that would be roused from the edges of their seats by a clever, well-crafted motto. None who were not already elbowing their way to the front lines of struggle as soon as they heard about George Floyd, or Atlatiana Jefferson or the Zong massacre. It is not so much that our demands risk losing a big audience, as the big audience window-shops our struggle. We have entirely too much faith in the revolutionary will of those who respond to the ten-thousandth racist murder with "it is so sad".

Obama, himself, admitted that he was the kind of person who read Frantz Fanon and Gwendolyn Brooks not for what they meant to our lives but to pick up women. In this, he models the fleeting, parasitical interest in the intellectual labour of Black radical thinkers that is not always convertible to useful activism.

One wonders if Toni Morrison might have wriggled out of their photographed embrace if she knew Obama may have sprayed the CliffsNotes of her novels on himself like cheap cologne.

The great white whale of support for Black lives will always prove elusive. Polls have shown that the increase in support for the uprising against racist killing is a chimera, vanishing almost as soon as it becomes measurable. Those

How Will My Divorce Affect My Kids?

KIM HALFORD

Children of divorce do a little bit worse on educational attainment, have slightly more behaviour problems, and are slightly more likely to suffer from anxiety and depression.

A minority of children of separated parents have long-term problems, which can affect them through their childhood and into adult life. But it's conflict between separated parents, and not the separation itself, which accounts for many of the problems children of separated parents experience.

Immediately before and after parental separation, children are often upset. But for most children, their adjustment improves across the next year or two. Studies show most children adjust reasonably well in the longer term.

On average, children of separated parents do just a little bit worse than children of parents in intact families. This effect is evident across multiple outcomes. For example, children of divorce do a little bit worse on educational attainment, have slightly more behaviour problems, and are slightly more likely to suffer from anxiety and depression.

While the average effect of parental separation is small, children of separated parents have twice the rate of serious mental health problems and substance abuse, and are twice as likely to attempt suicide, as children of parents in intact families. These statistics reflect that a minority of children from separated parents have very poor adjustment.

The strongest predictor of poor child adjustment after separation is conflict between the separated parents. Poor long-term outcomes for children occur when parental conflict is severe (such as verbal abuse or physical violence), is frequent, and occurs in front of the child.

Children are particularly affected when the conflict is about them, or issues around parenting. Many children blame themselves for parental conflict, particularly when the conflict is about parenting or child behaviour. If the child believes they have caused the conflict, or should be able to stop the conflict, then they are particularly likely to suffer adjustment problems.

Severe parental conflict in front of the children is also associated with child adjustment problems in intact families. In high conflict parental relationships, separation sometimes reduces children's exposure to parental conflict. So staying in a relationship does not necessarily protect children from parental conflict.

As well as parental conflict, poor child adjustment is predicted by men-



tal health or substance abuse problems in a parent. Many separated parents re-partner and these new relationships sometimes end. Frequent changes in the child's living arrangements, and changes in who cares for the children, are also associated with poor child adjustment.

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When parents separate there has to be an agreement about how the children will be cared for. Agreements have to address issues such as where the child will live, how much time each parent will spend with the child, and how and where the parents will communicate about parenting decisions.

About 30% of separating parents reach a co-parenting agreement without assistance. Another 30% seek advice from professionals such as family lawyers, psychologists, or family counsellors, and then negotiate an agreement acceptable to both parents. But about 40% of separated parents have disagreement about parenting arrangements they're unable to resolve.

If mediation does not produce an agreement, then the parents can apply

to the Family Court to make a decision. In some circumstances, the parents can go straight to court without having to attempt mediation. Examples of such circumstances are if there is family violence, or if one of the parents has a mental health problem that is seen to make mediation inappropriate.

Family mediation usually involves four or five hours of sessions with a professional mediator. Typically the mediator conducts a separate individual interview with each parent to assess the family background, and identify the current issues of dispute around parenting. There might also be a session talking with the child or children asking them their views. Then there would be a conjoint session between the mediator and the two parents.

Of separated parents who undertake mediation, about two-thirds reach a co-parenting agreement. The remaining third usually go to the Family Court to have a judge or magistrate determine what the parenting arrangements will be.

As most parents will realise, parenting arrangements need to change as children's circumstances change. Parenting agreements need to allow for

decision-making as new circumstances arise, and to be renegotiated across time. For example, a child who usually stays weekends with her mother might get interested in a weekend sport that occurs near her father's home, and the child might want to change around where she spends her weekends.

Due to the ongoing nature of co-parenting, separated parents often have contact with each other for 20 or 30 years after they separate. Developing collaborative co-parenting can be challenging for separated parents. If separated parents allow conflict to occur in front of their children, the children suffer. If parents manage to be mutually respectful and keep their child's best interests as their shared focus, then the child is likely to do well.

Numerous services are available to assist separated parents to develop more effective co-parenting. These include parenting education, counselling, and legal advice.

*By arrangement
with The Conversation*

Why our Sense of Time is So Skewed by the Pandemic

Suzanne Degges-White

Well, we're less than three weeks from the last day of 2020, New Year's Eve is three weeks out, and I'm wondering if I made any resolutions last year that I've misplaced along the way. I also wonder how many of us are already thinking about New Year's Resolutions this year. What do you hope to see happen in the coming year? What do you hope to do better – or at least different? We've all had a year to reflect on what we want to accomplish in 2021 – and much of our hopes may simply be the delayed hopes for 2020.

A year ago, none of us had even heard of COVID-19 and it was on New Year's Eve that the very first official case was reported and the news raced around the world.

Mid-March, though, brought a "twist" that many of us never imagined – naively, many of us probably believed that the world was safe from the virus and our medical experts would have what it takes to stop the spread before it reached our shores. And if New Year's Eve 2019 seems like a million years ago or just yesterday, I get it.

After nine months of this strange form of suspended animation, time has become harder than normal to pin down. Without the regular interactions and comings-and-goings that are standard fare of normal daily routine, our brains become challenged to anchor themselves in the day, the week, or even the month. When everyday feels like "blursday," weekends aren't much different from weekdays, and all those summer months



inside were a lot like winter months inside. Keeping time has become such a taxing challenge for our stressed out mental bookkeeping systems.

Usually, the older we get, the more quickly time passes. With each advancing year, the days fly by faster and major holidays seem to show up sooner every year. But for younger folks, waiting 365 days between birthdays seems like an eternity. That's because our brains use novel experiences to "slow down time," so to speak.

As we age, we experience increasingly fewer new experiences, so time speeds merrily along. For kids, though, every day is a new adventure so time advances more slowly and just meanders along its course. The relativity factor also plays a role – by 45, you've experienced over 16,000 days. Eight-year-olds haven't experienced 3,000 yet. One day to a 45-year-old is a blink of an eye compared to a day to a child.

So while age shortens the days and youth lengthens the months, the pan-

demic totally upended even that expectation. The older we are, it's been found, the slower we have felt time to be moving since the pandemic began.

The more frustration and stress we've felt during the past nine months, as social engagements and time with others has diminished, the longer the days have become, as well.

It's the younger ones among us who are experiencing a "fast forward" sense of time perception now. Many people who were already using virtual means

of social connections didn't feel quite the same disruption as others when quarantine and isolation periods were mandated.

The lack of comings and goings in the real world seemed to move time along faster with days flying by – "What, it's already Friday? I thought yesterday was Monday," some might wonder. Time is definitely a relative construct.

However, virtually all of us have had our time perceptions skewed by the shift in routine during the last nine months. Our chronological anchors have all been

The lack of comings and goings in the real world seemed to move time along faster with days flying by – "What, it's already Friday? I thought yesterday was Monday," some might wonder. Time is definitely a relative construct.

unmoored and we all seem to be feeling that Monday is Thursday, December is July, and backwards is now forwards. That's all ironically normal.

So, before you begin to count down the days left in this ridiculous year, you might as well accept that you'll likely lose count before you are halfway done.

Use of social media linked to developing depression: Research

Young adults who increased their use of social media were significantly more likely to develop depression within six months, according to a new national study authored by Dr Brian Primack, Dean of the College of Education and Health Professions and professor of Public Health at the University of Arkansas.

Compared with participants who used less than 120 minutes per day of social media, for example, young adults who used more than 300 minutes per day were 2.8 times as likely to become depressed within six months.

The study, which will be published online December 10 and is scheduled for the February 2021 issue of the American Journal of Preventive Medicine, is the first large, national study to show a link between social media use and depression over time.

"Most prior work in this area has left us with the chicken-and-egg question," said Primack.

"We know from other large studies that depression and social media use tend to go together, but it's been hard to figure out which came first. This new study sheds light on these questions, because high initial social media use led to increased rates

of depression. However, initial depression did not lead to any change in social media use," added Primack.

In 2018, Primack and his colleagues at the University of Pittsburgh sampled more than 1,000 U.S. adults between 18 to 30.

They measured depression using the validated nine-item Patient Health Questionnaire and asked participants about the amount of time they used social media on platforms like Facebook, Twitter, Reddit, Instagram, and SnapChat.

Their analyses controlled for demographic factors like age, sex, race, education, income and employment, and they included survey weights so the results would reflect the greater U.S. population.

"One reason for these findings may be that social media takes up a lot of time," said Dr. Cesar Escobar-Viera, assistant professor of psychiatry at the University of Pittsburgh and co-author on the study.

"Excess time on social media may displace forming more important in-person relationships, achieving personal or professional goals, or even simply having moments of valuable reflection," added Escobar-Viera.

The authors suggest that social

comparison may also underlie these findings. "Social media is often curated to emphasise positive portrayals," said Jaime Sidani, assistant professor of medicine at the University of Pittsburgh and co-author of the study.

"This can be especially difficult for young adults who are at critical junctures in life related to identity development and feel that they can't measure up to the impossible ideals they are exposed to," Sidani added.

The findings are of particular importance given that depression was recently declared to be the leading global cause of disability by the World Health Organization and accounts for more disability-adjusted life years than all other mental disorders.

"These findings are also particularly important to consider in the age of Covid-19," Primack said.

"Now that it's harder to connect socially in person, we're all using more technology like social media. While I think those technologies certainly can be valuable, I'd also encourage people to reflect on which tech experiences are truly useful for them and which ones leave them feeling empty," added Primack. -Agencies



Twitter allows users to directly share tweets on Snapchat

Twitter has made it possible for its users to now share their tweets directly on Snapchat. Till date, one had to take a screenshot of the tweet and then share that on the photo-sharing platform Snapchat.

Currently available for iOS users, press the share button on a public tweet (private tweets aren't

supported) and select the Snapchat icon from the share carousel, reports The Verge. The users can then create a snap of the tweet and share it with people, or add it to their stories on Snapchat.

"Twitter also says that a small group of iOS users will be able to test sharing tweets to Instagram

Stories soon", the report said on Thursday. The feature will be rolled out to Android users later, according to the report.

Earlier this month, Twitter turned off its threaded replies experiment as it made conversations hard to read and shut down its beta app called twttr, designed for

experiments like threaded replies.

The threaded replies experiment was meant to make replies easier to read and follow but users gave negative feedback. The microblogging platform is now exploring the next steps for the app as it develops future plans to test new products. -Agencies

Fatty residues on ancient pottery reveal meat-heavy diets of Indus Civilisation: Study

An analysis of fat residues in ancient ceramic vessels from settlements of the Indus Civilisation in present-day Haryana and Uttar Pradesh suggests that the prehistoric people of the time consumed meat of animals like cattle, buffalo, sheep, goat, and pigs as well as dairy products.



The study, published in the Journal of Archaeological Science, involved extraction and identification of fats and oils that have been absorbed into ancient ceramic vessels during their use in the past.

Based on the analysis, the scientists, including those from the University of Cambridge in the UK, unravelled how these ancient vessels were used and what was being cooked in them.

"Our study of lipid residues in Indus pottery shows a dominance of animal products in vessels, such as the meat of non-ruminant

animals like pigs, ruminant animals like cattle or buffalo, and sheep or goat, as well as dairy products," said study co-author Akshyeta Suryanarayan former PhD student at the Department of Archaeology, University of Cambridge. Suryanarayan, who is currently a postdoctoral researcher at CNRS,

France, said her team found a pre-dominance of non-ruminant animal fats in the vessels -- even though the remains of animals like pigs were not present in large quantities. "It is possible that plant products or mixtures of plant and animal products were also used in vessels, creating ambiguous results," she added.

Despite the high percentages of the remains of domestic ruminant animals found at these sites, the archeologists said there is very limited direct evidence of the use of dairy products in the vessels.

"The products used in vessels across rural and urban Indus sites in northwest India are similar during the Mature Harappan period (c.2600/2500-1900 BC)," said Cameron Petrie, senior author of the study from the University of Cambridge.

"This suggests that even though urban and rural settlements were distinctive and people living in them used different types of material culture and pottery, they may have shared cooking practices and ways of preparing foodstuffs," Petrie said.

The scientists believe the findings highlight the resilience of rural settlements in northwest India during the transformation of the Indus Civilisation, and during a period of increasing aridity. "There is also evidence that rural settlements in northwest India exhibited a continuity in the ways they cooked or prepared foodstuff from the urban (Mature Harappan) to post-urban (Late Harappan) periods," Petrie said.

He said this was particularly during a phase of climatic instability after 2100 BC, suggesting that daily practices continued at small rural sites over cultural and climatic changes.

"These results demonstrate that the use of lipid residues, combined with other techniques in bioarchaeology, have the potential to open exciting new avenues for understanding the relationship between the environment, foodstuffs, material culture, and ancient society in protohistoric South Asia," Suryanarayan concluded. -PTI

Now edit Office documents directly from Gmail attachments

Google has announced a new integration of Gmail with Microsoft Office files to allow users to directly edit documents that they receive in attachments.

Now one can edit Word, Excel, and PowerPoint files without ever leaving Gmail, and while maintaining the document's original file format.

"Starting today, you can also open Office files for editing directly from a Gmail attachment, further simplifying your workflows. For example, when you receive a Word document as an email attachment, you can open it and start editing in Docs with a single click while still preserving the Word file format," the company said in a statement.

With the new change, Microsoft Office attachments will have a new "edit" option and when edits are complete, there will be a new option to share the document via email.

The update is rolling out to users now, although Google says it may take up to two weeks before it shows up for everyone.

Google is also working to help ensure that Office files work more smoothly in Google Docs, with the launch of a new Macro Converter add-on for Google Workspace. -Agencies

India leads the world in AI adoption, thanks to COVID-19

The pandemic that hit the world a year ago crippling the lives of both individuals as well as organisations, has created a winner -- high technology adoption across the globe, with Indian organisations leading such upgrades.

According to a global study by PwC India, the highest increase in the use of artificial intelligence (AI) during COVID-19 times has been witnessed in India.

The study also showed that 94 per cent of the over 200 chief executives in India surveyed said they've either adopted or are planning to implement AI in their companies.

While the survey for India was conducted between August and September, globally it was conducted among 670 high ranking officials in September-October.

The study said India witnessed the highest increase in AI use compared to major economies like Britain, Japan and the US, with over 70 per cent of Indian organisations having implemented AI in some functional areas in 2020 as compared to around 62 per cent last year.

Also, over 90 per cent of companies are implementing or planning

to invest in AI solutions to address current business concerns, the survey said.

According to the survey, AI adoption in India was led by the travel and hospitality sector with 89 per cent of the surveyed firms doing so, followed by telecom, media & technology firms (86 per cent), financial services (82 per cent), and 73 per cent of healthcare and pharma companies adopting it during the year.

AI is deployed across business functions like customer service, finance and tax, HR, IT and cybersecurity, manufacturing and operations, R&D, risk, legal and compliance, sales and marketing, supply chain and logistics, among others.

The survey also shows that optimism with regard to AI in reducing cost and maximising revenue has gone up significantly from 72 per cent to 92 per cent in India, and 45 per cent of organisations have increased the use of AI since the pandemic hit them.

Further, 94 per cent of the respondents have either implemented or are planning to implement AI in their organisations.

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I have lost the RCs of my Vehicles Bearing Registration No.Jk03A 6493,Jk03B 5990 Ashajipora to Janglatmandi anantnag.Now applied for its duplicates if anybody has any objection in this regard may file at ARTO Anantnag within Seven (7) days after that no objection shall be entertained.

mja

Office of the Superintending Engineer, O&M Circle-2nd, KPDCI

(Near Ce ntral Market) Srinagar

Email: Se2mrekmr@yahoo.com- tel.fax- 0194-2471994

Grouping of Non metered Feeders

Group A1(Curtailment 9 hrs in 24 hours)

Budgam F1(Jawalapora) F6(Bemina) KremshoreF2(Raithan)F4 (Shamsabad)Kanir F1(Zoohama)F3(Hashroo),BranwarF1 (Branwar) Ichgam F1 (Ichgam)Nagam F3(Hayatpora), Chadoora F1(Rangar) F2 (Panzan) Ch. Sharief-2 F3 (Colony)Charisharief-1 F1(Kakoring) F2(Town)Khanda F1(Wagoora)F2(Khanda) B K Pora F1(Kenihama)Sanoor F1(Sanoor) F2(Redbugh) Hanjoora F2 (Dadompura)

Group A2(Curtailment 9 hrs in 24 hours)

Budgam F2(Old Budgam) F3(Nasrullapora) F4(Shoolipora)Kremshore F1(Kremshore) F3(Watrehail)F5(Dreygam),Kanir F2(Kanir) Branwar F3(Surasyar),Ichgam F2 (Qazibagh) F3(Ichhoot), NagamF1(Badipora) F2(Nagam) ChadooraF4(Wathora) F5 (Bugam) F6 (Daulatpora)Ch. Sharief-2F4(Yousmarg)Charisharief-1 F4(Hafroo),KhandaF3(Wadipora), B K Pora F3(Chattergam), SanoorF3(Malpora), Hanjoora F1(Hanjoora

Group B1 (Curtailment 12 hrs in 24 hours)

WatrihailF3(Samsan), KhansahibF1(Khansahib) F4(Raithan), WadwanF3(Rusoo) F4(Gotapora), NarbalF4(Kawoosa) F5(Mazhama)

Group B2 (Curtailment 12 hrs in 24 hours)

Watrihail F1 (Watrihail) Khansahib F2 (Shanipora) F3(Yarikhah)Wadwan F1(Wadwan) F2(Daharmuna)Narbal F1(Narbal) F2(Lawaypora) F3(Sozeith)

Group C1 (Curtailment 14 hrs in 24 hours)

BeerwahF1(Arizal) F4(Arwah) F6(Chewdara) F7(Town) Khag F1(Khag), F2(Poshker) F3(Suresh) Arizal F1(Zanigam)F3(Raiyar), MagamF1(Old Sanoor) F3(Aripanthan)

Group C2 (Curtailment 14 hrs in 24 hours)

Beerwah F1(Arizal) F2(Gondipora) F3(Old Beerwah) F5(Najin) F6(Chewdara) F8(Sonpah), Khag F3(Suresh) F4(Sujin) Arizal F2(Arizal) F3(Raiyar), MagamF2(Magam)F3(Aripanthan)

Group C3 (Curtailment 14 hrs in 24 hours)

Beerwah F2(Gondipora) F3(Old Beerwah) F4(Arwah) F5(Najin) F7(Town) F8(Sonpah), Khag F1(Khag), F2(Poshker) F4(Sujin) Arizal F1(Zanigam)F2(Arizal) MagamF1(Old Sanoor) F2(Magam)

Grouping of Metered Feeders (Curtailment 6 hrs in 24 hrs)

Group D1 ChadooraF3(Town), Budgam F8(JNV)Group D2 Budgam F5(Town),

Group D3 B K PoraF2(B K Pora)SIDCO F1(Colony)Group D4 SIDCO F2(Ompora)B K PoraF4 (Aribagh)

Curtailment Schedule of Receiving stations (with average curtailment of 9 hrs per 24 hrs on each feeder) of District Budgam

Timing	6:00 AM To 9:00 AM	9:00 AM To 12:00 N	12:00 noon To 3:00PM	3:00 PM To 6:00 PM	6:00 PM To 8:00 PM	8:00 PM To 10:00 PM	10:00 PM To 12:00 MN
Sunday	A1	A2	A1	A2	A1	A2	A1
Monday	A2	A1	A2	A1	A2	A1	A2
Tuesday	A1	A2	A1	A2	A1	A2	A1
Wednesday	A2	A1	A2	A1	A2	A1	A2
Thursday	A1	A2	A1	A2	A1	A2	A1
Friday	A2	A1	A2	A1	A2	A1	A2
Saturday	A1	A2	A1	A2	A1	A2	A1

Curtailment Schedule of Receiving stations (with average curtailment of 12 hrs per 24 hrs on each feeder) of District Budgam

Timing	6:00 AM To 9:00 AM	9:00 AM To 12:00 N	12:00 noon To 3:00PM	3:00 PM To 6:00 PM	6:00 PM To 8:00 PM	8:00 PM To 10:00 PM	10:00 PM To 12:00 MN	12 MN To 3 AM	3 AM To 6 AM
Sunday	B1	B2	B1	B2	B1	B2	B1	B2	B1
Monday	B2	B1	B2	B1	B2	B1	B2	B1	B2
Tuesday	B1	B2	B1	B2	B1	B2	B1	B2	B1
Wednesday	B2	B1	B2	B1	B2	B1	B2	B1	B2
Thursday	B1	B2	B1	B2	B1	B2	B1	B2	B1
Friday	B2	B1	B2	B1	B2	B1	B2	B1	B2
Saturday	B1	B2	B1	B2	B1	B2	B1	B2	B1

Curtailment Schedule of Receiving stations (with average curtailment of 14 hrs per 24 hrs on each feeder) of District Budgam

Timing	6:00 AM To 8:00 AM	8:00 AM To 10:00 N	10:00 AM To 12:00 NOON	12:00 NOON To 2:00 PM	2:00 PM To 4:00 PM	4:00 PM To 6:00 PM	6:00 PM To 8:00 PM	8 PM To 10 PM	10 PM To 12 MN	12 MN TO 2 AM	2 AM TO 4AM	4 AM TO 6AM
Sunday	C1	C2	C3	C1	C2	C3	C1	C2	C3	C1	C2	C3
Monday	C2	C3	C1	C2	C3	C1	C2	C3	C1	C2	C3	C1
Tuesday	C1	C2	C3	C1	C2	C3	C1	C2	C3	C1	C2	C3
Wednesday	C2	C3	C1	C2	C3	C1	C2	C3	C1	C2	C3	C1
Thursday	C1	C2	C3	C1	C2	C3	C1	C2	C3	C1	C2	C3
Friday	C2	C3	C1	C2	C3	C1	C2	C3	C1	C2	C3	C1
Saturday	C1	C2	C3	C1	C2	C3	C1	C2	C3	C1	C2	C3

Curtailment Schedule of Receiving stations Budgam/Chadoora/B.K.Pora/SIDCO (METERED FEEDERS) of District Budgam

Timing	6 AM TO 8 AM	8 AM TO 10 AM	10 AM TO 12 NOON	12 NOON TO 2 PM	4 PM TO 6 PM	6 PM TO 8 PM	8 PM TO 10 PM
Sunday	D1	D3	D2D4	D1D3	D2D4	D1D3	D2D4
Monday	D1	D4	D2D3	D1D4	D2D3	D1D4	D2D3
Tuesday	D1	D3	D2D4	D1D3	D2D4	D1D3	D2D4
Wednesday	D1	D4	D2D3	D1D4	D2D3	D1D4	D2D3
Thursday	D1	D3	D2D4	D1D3	D2D4	D1D3	D2D4
Friday	D1	D4	D2D3	D1D4	D2D3	D1D4	D2D3
Saturday	D1	D3	D2D4	D1D3	D2D4	D1D3	D2D4

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