



P3 CITY

ARRANGEMENTS FOR SHAB-E-MEHRAJ CONGREGATION AT HAZRATBAL REVIEWED

Mayor Srinagar Municipal Corporation Junaid Azim, Mattu along with Commissioner of the Corporation Athar Amir Khan Thursday visited Dargah Hazratbal Mosque and oversaw the arrangements

THINK

SRINAGAR FACING A GARBAGE CRISIS

Srinagar City, the summer capital of Kashmir is famous worldwide for its natural environment, gardens, waterfronts, and houseboats. Emperor Jahangir (a Mughal king in the 17th



P11 SPORTS

INDIA FOOTBALL CAPTAIN SUNIL CHHETRI TESTS POSITIVE FOR COVID-19

Indian football team captain and star striker Sunil Chhetri on Thursday said he has tested positive for COVID-19, a development that is set to rule him...



Widom Quote!

Beginnings are such delicate times.
—Frank Herbert

NEWS DIGEST

LG Grets People On Shab-e-Meraj

JAMMU: Lieutenant Governor, Manoj Sinha on Thursday extended his heartiest greetings to people of the Union Territory of Jammu and Kashmir on the eve of Shab-e-Meraj. In his message of felicitations, the Lt Governor hoped that the auspicious occasion would spread the message of peace and promote the spirit of brotherhood. ● More On P10

J&K Logs 75 Cases, One Death

SRINAGAR: Jammu and Kashmir reported on Thursday 75 fresh cases of coronavirus, even as the deadly disease consumed another life in the Union Territory during the last 24 hours. According to the officials, the victim belonged to Kashmir Valley and the latest casualty has taken the total death count to 1969-729 in Jammu and 1240 in the Valley. ● More On P10

CRPF Man Shoots Himself Dead

SRINAGAR: A Central Reserve Police Force (CRPF) personnel on Thursday committed suicide by shooting himself dead in central Kashmir's Budgam district. Constable Amar Jyoti of CRPF 79 battalion shot himself dead with the service rifle of his colleague at a hotel in Humhama area of the district on Thursday morning, reports said. The deceased ● More On P10

Cop Killed In Hit And Run Case

SRINAGAR: A railway cop on Thursday was knocked to death by an unknown vehicle in Qazigund area of south Kashmir's Kulgam district. 38-year-old Pervaiz Ahmad of Hatmulla, Anantnag was mowed down by an unidentified vehicle at Damjan area of Qazigund on early Thursday morning, officials said. Station House Officer (SHO), Qazigund Irshad Reshi ● More On P10

Decomposed Body Found In Kishtwar

SRINAGAR: Police on Thursday recovered a decomposed male body along the banks of river Chenab in Kishtwar district, officials said. They said the decomposed male body was recovered by the police soon after being informed by locals who spotted it. The body was shifted to Mortuary Room of district Hospital Kishtwar. The police has also ● More On P10

2 Militants Killed In Overnight Encounter: Police



File Photo

Observer News Service

SRINAGAR: Police claimed on Thursday to have killed two local militants of Jaish-e-Muhammad (JeM) in an overnight gunfight in Bijbehara area of south Kashmir's Anantnag district.

JeM militants Adil Ahmad Bhat and Zahid Ahmad Rather were killed on Thursday morning by the joint team of police, army's 3 RR and CRPF in Kandipora village of Bijbehara in the exchange of gunfire that ensued when

the former rejected repeated surrender offers and fired upon the state forces to break the cordon, a police spokesperson said.

As per police records, he said, both the killed militants were involved in several crime cases including attacks on security forces and "civilian atrocities".

"Incriminating materials including arms & ammunition were recovered from the site of encounter. All the recovered materials have been taken into case ● More On P10

CHARGES FILED AGAINST MILITANT, 3 OGWS

Police on Thursday said that it has filed a chargesheet against a Pakistan based militant and three of his associates, who were arrested from Ganderbal district of central Kashmir. The chargesheet were submitted before the court in a case FIR No 199/2020 registered at the police station Ganderbal, a police spokesperson said. ● More On P10

Civil Secretariat To Go Paperless

Press Trust Of India

JAMMU: The Administrative Council in Jammu and Kashmir has approved the adoption of e-office system in all departments of the Civil Secretariat, an official spokesman said on Thursday.

The time-bound roll out of e-office in government departments at an estimated cost of Rs 67.62 crore will be a step towards the introduction of paperless office, besides, saving on the cost of shifting official records twice a year between both the secretariats at Jammu and Srinagar, he said.

The shift to e-office will bring a considerable improvement in the pace of disposal of official business and establish accountability through monitorable statistics of file movement, thereby improving public service delivery, the spokesman said.

The project entails setting up of wired LAN for Civil Secretariat, Jammu and Srinagar for providing high speed and uninterrupted connectivity, setting up ● More On P10

Rohingya Refugees: Plea In SC Seeks Release Of Members Detained In Jammu

Press Trust Of India

NEW DELHI: A plea has been filed in the Supreme Court seeking immediate release of detained Rohingya refugees in Jammu and restrain the Centre from implementing any order deporting them.

An intervention application has been filed in the pending matter before the top court, which also sought direction to Ministry of Home Affairs to expeditiously grant refugee identification cards through the Foreigners Regional Registration Office (FRRO) for the Rohingyas in the informal camps.

The application filed by Mohammad Salimullah, a Rohingya refugee through advocate Prashant Bhusan, said that it is filed in the public interest in order to secure and protect the right against deportation of the refugees in India.



File Photo

The plea said that it is filed to protect rights guaranteed under Article 14 and Article 21, read with Article 51(c) of the Constitution, against the deportation of Rohingya refugees who have taken refuge in India after escaping widespread violence and discrimination against their community in their home country Myanmar.

"Release the detained Rohingya refugees immediately and direct the Union Territory government and the Ministry of Home Affairs to expeditiously grant Refugee identification cards through the FRRO for the Rohingyas in the informal camps," it said. It sought ● More On P10

SOPORE 'CUSTODIAL DEATH'

HC Seeks Govt's Response On Family's Plea

Agencies

SRINAGAR: Jammu and Kashmir high court has issued notice to the government on a plea by family from Sopore area of north Kashmir's Baramulla district, seeking copy of a magisterial enquiry report and filing of FIR into the alleged "custodial death" of their kin in September last year.

A bench of Justice Ali Mohammad Magrey has sought the response by May 12 after hearing advocate Shafaqat Nazir for the family which alleges that their kin, Irfan Ahmad Dar of Sidiq Colony Sopore, was killed in alleged police custody on the night of September 16 last year as against the official version that the 23-year-old's body was found near a quarry at Tujjar-Sharief

after he "escaped taking advantage of the darkness."

In the petition filed by Irfan's mother—Haja Begum, and his siblings—Tahira Akther (sister) and Javid Akbar Dar (brother)—the family has sought copy of the magisterial enquiry report conducted on the directions by District Magistrate Baramulla, as per petition.

The family has also sought directions to the police to register FIR with regard to "killing of Irfan in Police custody" as well as "adequate compensation the kin of the deceased." The court has issued notice to government through Commissioner cum Secretary General Administration Department, Principal Secretary Home Department, Director General Of Police, ● More On P10

Beacon of Education Reemerges In Gritty Grades of Kashmiri Girls

Rakshanda Afrin

In his celebrated anthology, The Veiled Suite: The Collected Poem, Agha Shahid Ali details his grandmother's "bleeding heart"—which ensured the educational empowerment of the masses in the valley.

Shahid's poem, Prayer Rug in her memory, became a token introduction of "the lady with a lamp"—Begum Zaffar Ali.

this year my grandmother also a pilgrim in Mecca she weeps as the stone is unveiled she weeps holding on to the pillars

Beyond the poem, however, there's a staggering profile of the grand old lady of Kashmir—whose educational service made her legend. "Firmly determined, my



Begum Zaffar Ali with Mohammad Ali Jinnah in this pre-47 pic.

mother-in-law, Begum Zaffar Ali, was a self-made lady, who spent her life relentlessly advocating for women education and empowerment in the

valley," recalls Dr. Shaheena Agha, at her Rajbagh residence.

In the sweeping accolades being showered on the lockdown-hit girls whose recent grades once again made them the shining stars of Kashmir's dented academia, Begum Zaffar Ali found a glorious mention for inspiring generations of girls in the valley.

"My mother-in-law was one of the first Kashmiri girls whose grit made her a beacon of educational excellence," Shaheena continues.

"An untiring activist, Begum Zaffar helped Kashmiri women in one way or another. I take inspiration from her."

In her 60s, Shaheena first met Begum Zaffar as a 26-year-old woman, when she married the celebrated educationist's eldest son, Agha Nasir Ali, in 1986.

"It was an evening of mutual admiration and love," she talks about the first interaction with her ● More On P10



Begum Zaffar Ali



To place an advertisement

CALL +91-194 2502327

Monday - Saturday (9am - 6pm)

No 5- Dal Lake Boulevard Srinagar, 190001, Kashmir

Study finds that misleading people are often easily misled by others



It probably seems intuitive to believe that you can't bullshit a bullshitter, but our research suggests that this isn't actually the case

Agencies

The findings of a new study from the University of Waterloo suggests that individuals who frequently try to persuade or impress others with misleading exaggerations and distortions, often themselves are much likely to be fooled by impressive-sounding misinformation. The researchers found that people who frequently engage in "persuasive bullshitting" were actually quite poor at identifying it. Specifically, they had trouble distinguishing intentionally profound or scientifically accurate facts from impressive but meaningless fiction. Importantly, these frequent BSers are also much more

likely to fall for fake news headlines. The study was published in the British Journal of Social Psychology. "It probably seems intuitive to believe that you can't bullshit a bullshitter, but our research suggests that this isn't actually the case," says Shane Littrell, lead author of the paper and cognitive psychology PhD candidate at Waterloo. "In fact, it appears that the biggest purveyors of persuasive bullshit are ironically some of the ones most likely to fall for it." The researchers define "bullshit" as information designed to impress, persuade, or otherwise mislead people that are often constructed without concern for the truth. They also identify two types of bullshitting-- persuasive and evasive. "Persuasive" uses misleading exaggerations and

embellishments to impress, persuade, or fit in with others, while 'evasive' involves giving irrelevant, evasive responses in situations where frankness might result in hurt feelings or reputational harm. In a series of studies conducted with over 800 participants from the US and Canada, the researchers examined the relations between participants' self-reported engagement in both types of BSing and their ratings of how profound, truthful, or accurate they found pseudo-profound and pseudo-scientific statements and fake news headlines. Participants also completed measures of cognitive ability, metacognitive insight, intellectual overconfidence, and reflective thinking. "We found that the more

frequently someone engages in persuasive bullshitting, the more likely they are to be duped by various types of misleading information regardless of their cognitive ability, engagement in reflective thinking, or metacognitive skills," Littrell said. "Persuasive BSers seem to mistake superficial profundity for actual profundity. So, if something simply sounds profound, truthful, or accurate to them that means it really is. But evasive bullshitters were much better at making this distinction." The research may help shed light on the processes underlying the spread of some types of misinformation, which could have important implications for the fight against this growing problem.

Twitter now tests better image previews for your photos

Agencies

Twitter has announced it is running a test with select iOS and Android users to give people an accurate preview of how their images will appear when they Tweet a photo. Currently, Twitter algorithms automatically crops images to make them display in a more condensed way in the timeline. Going forward, people in the test will see that most Tweets with a single image in standard aspect ratio will appear uncropped when posted. "People will see exactly what the image will look like in the composer tool before it's posted. Very wide or tall images will be center-cropped," Dantley Davis, Chief Design Officer at Twitter said late on Wednesday. Twitter's automatic image cropping has been a problem for photographers and artists. "With this test, we hope to learn if this new approach is better and what changes we need to make to provide a 'what you see is what you get' experience for Tweets with images," Davis said in a tweet. Twitter's algorithm decides which part of an image will get the focus and this has create problems in the past. The algorithm once prioritised white faces over Black ones in its image preview. It once cropped out former US president Barack Obama in one person's tests.

Government of Jammu & Kashmir UT
OFFICE OF THE EXECUTIVE ENGINEER
Mechanical Division, Mechanical Engineering Department, Kashmir, Srinagar

Fax No: 0194-2497093 email: xenmnds@gmail.com website: www.medkashmir.org

GIST OF SHORT TERM E-NIT

NIT No:	MDS/TS /2020-21/ 245 /e-tendering
Date	09.03.2021

For and on behalf of the Lt. Governor, J&K UT e-tenders are invited on item rate basis from registered contractors/firms for the below mentioned work:-

Name of the Work	Cost of Tender Doc. (In Rs)	Earnest Money (In Rs)	Time of Bid	Position of Funds
Repairs to various Electro-Mechanical equipments at various Bore wells under National Mission on Saffron.	1.53	200/-	Bid security declaration	05 days Approved under NMS

1. Downloading of Bids: The Tender document Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the Govt. website www.jktenders.gov.in from 09.03.2021 (18.00 hrs)
2. Submission of Bids: The bidders shall deposit their bids in electronic format on the above website from 09.03.2021 (18.00 hrs) to 17.03.2021 (11.00hrs) in two covers.
3. Opening of Bids: The bid uploaded on the Web Site up to due date and time will be opened on 18.03.2021 (14.00 hrs) in the Office of the Executive Engineer, Mechanical Division Srinagar.

Sd/-
(Er. Rajesh Sharma)
Executive Engineer,
Mechanical Division, Srinagar

No: MDS/ TS- / 9360-64
Date: 09.03.2021
DIPK-14874/20

Public Notice

I want to change the name on electricity bill bearing Consumer ID No: 0206050007525 From Afrin Ahamd S/O Mohd Ashraf Sheikh R/o Lawaypora to Sajad Ahmad Sheikh S/o Mohd Ashraf Sheikh R/o Lawaypora. If anybody having any objection in this regard he/she may file his/her objection in the office of the Concerned PDD office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
Sajad Ahmad Sheikh S/o Mohd Ashraf Sheikh R/o Lawaypora

BMG_R

Jammu And Kashmir Public Service Commission
Resham Ghar Colony, Bakshi Nagar, Jammu

website: <http://jkpsc.nic.in> Jammu: 0191-2566528 (f) 2566530
email: jkpscsecretary@gmail.com Srinagar: 0194-2312629 (f) 2312631

Subject: Revised Eligibility Notice for the post of Lecturer, Bio-Chemistry Government Medical College Jammu in Health & Medical Education Department Notified vide Notification No 03-PSC (DR-P) of 2019 Dated: 19-03-2019

Notification No: 03-SC (DR-P) Of 2020
Dated: 10-03-2021

Whereas, the Health & Medical Education Department vide communication NO.ME/GAZ/187/2014 dated 12.02.2019/21.01.2019, among others, referred 01 post of Lecturer Bio-Chemistry, under OM, for Government Medical College, Jammu; and Whereas, the post was notified vide Notification No-03 -PSC (DR-P) of 2019 dated 19.03.2019, under item No. 10 and against which 21 application forms were received; and Whereas, in the meantime, the Health & Medical Education Department vide communication No. ME-GAZ-109/2019 dated 15.10.2019 clarified that the general notes 2nd & 3rd appended at the end of the Jammu & Kashmir Medical Education (Gazetted) Services Recruitment Rules notified vide SRO 517 of 1979 dated 19th September, 1979 define the ratio of non-medical teachers for non-clinical departments. The notes 2nd and 3rd appended to these rules reads as under:-

"Except in the case of Non-Clinical Departments of Anatomy, Physiology, Pharmacology, Bio-Chemistry and Micro-Biology, where non-medical Teachers to the extent of 30% may be appointed to posts other than the head of the departments (who must necessarily hold a recognized medical qualification), all other teachers must possess the following basic qualifications in addition to the Post graduate qualification mentioned in the above schedule, namely:-

Recognized qualifications included in the First or second Schedule; or Part-II of the Third Schedule (other than licentiate qualification) to the Indian Medical Council Act, 1956. Holder of Educational qualifications mentioned in Part-II of the third Schedule should fulfill the conditions stipulated in sub-section (3) of section 13 of the Indian Medical Council Act, 1956.

However, a Non-Medical Teacher in Bio-Chemistry in a Medical College with Doctorate Qualifications in Bio-Chemistry may also be considered for the post of the Head of the Department of Bio-Chemistry.

Non-Medical M.Sc qualification also be considered as sufficient for the junior teaching posts in the subject (like Lecturers/Demonstrators). For promotion to higher teaching posts they must acquire the Ph.D degree in the subject"

Whereas, the Health & Medical Education Department further intimated that out of the seven (07) faculty members in the discipline of Bio-Chemistry at present in Government Medical College, Jammu, three (03) are from Medical side and Four (04) are from non-Medical side. This would indicate that the non-Medical faculty members are in the ratio of more than 30% of the prescribed upper limit. Accordingly, the Department has intimated that the next candidate to be selected shall necessarily come from Medical side; and

Whereas, the Health & Medical Education Department while forwarding the indent vide letter No. ME/Gaz/187/2014 dated 12.02.2019 had not mentioned specifically the above position and the Notice dated 01.07.2019 was issued strictly as per the indent forwarded by the Department; and

Whereas, in view of the communication No. ME-GAZ-109/2019 dated 15.10.2019 from the Health & Medical Education Department, the selection of Lecturer Bio-Chemistry in Government Medical College, Jammu has to be restricted to the candidates having Medical background only; and

Whereas, the application forms submitted by the candidates in response to the advertisement Notice dated 01.07.2019, were scrutinized on the basis of clarification conveyed by the Health and Medical Education Department and found that out of 20 candidates applied for the post of Lecturer Biochemistry, 14 have been found ineligible as they have non-clinical background and 06 have been found provisionally eligible as they have clinical background.

Now, therefore, keeping in view of the above position, the names of the candidates who have been found eligible/in-eligible for the post of Lecturer-Biochemistry in Government Medical Colleges are hereby notified for information:

i. Candidates found eligible having clinical background:-

S.No.	Name of the Candidate
01	Mrinal Gupta
02	Ahaz Ahmad Mir
03	Palvi Mahajan
04	Mohammad Ghaid
05	Shazia Nazir
06	Ruhi Mahajan

ii. Candidates found ineligible having non-clinical background:-

S.No.	Name of the Candidate
01	Bilal Ahmad Rah
02	Chandni
03	Sunil Jamwal
04	Anil Khurshid
05	Showket Ahmad Bhat
06	Rafiq Ahmad Rather
07	Munni Thaluqtra
08	Sonia Thapa
09	Mosin Saleem
10	Sajna Rani
11	Akansha
12	Mir Kaiser Ahmad
13	Peerzada Sharif Shaheen Khaki
14	Guizar Ahmad Bhat

This notice shall be subject to the outcome of writ petition, if any, pending before any competent court of law.

DIPK-14893/20

No: PSC/DR/Lect/Biochemistry/2019

Secretary, 10.03.2021
J&K Public Service Commission.
Dated: 10.03.2021

GOVERNMENT OF JAMMU AND KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER, MECHANICAL IRRIGATION DIVISION SRINAGAR

NEAR J&K BANK, (Zaldagar)
Telefax No. 0194-2503195 e.mail id: xenmndsrinagar@gmail.com

Gist of Short-Term e-NIT No. 78 OF 2020-21, Dated: 10-03-2021

For and on behalf of Lt. Governor of UT of J&K, Executive Engineer, Mechanical Irrigation Division, Srinagar, invites e-tenders on item rate basis by e-tendering mode from the registered and reputed **Electrical/ Mechanical Contractors/ firms/ SSI Unit Holders** for:-

S. No.	Particulars of the work	Cost of document/ tender fee (In Rs.)	Estimated Cost of work "Rs" in Lacs	Exemption Allowed	Completion Period
1	Replacement of damaged 300mm dia Ci NRV at LIS Takenwari Bangladesh.	200.00	0.89	Yes	05 days
2	Execution of various Electrical Works at Lift Irrigation Scheme Beigh Mohalla Watlar	200.00	1.20	Yes	08 days

The bidding process shall be completed online in **single cover** containing -Tender Document fee, Earnest Money Deposit, Pre-qualification & Financial Bid in the prescribed BOQ.

The critical dates are as tabulated below:-

i	Publish Date	10/03/2021 at 1400 hrs
ii	Document Download/sale start Date	10/03/2021 from 1400 hrs
iii	Clarification start date	N.A
iv	Bid submission start date	10/03/2021 from 1400 hrs
v	Clarification end date	N.A
vi	Bid submission/ Document Download/sale end date	17/03/2021 upto 1400 hrs
vii	Date and time of Bid opening	17/03/2021 at 1600 hrs

The bid uploaded on the website up to due date and time will be opened on scheduled date /time or any other date convenient to the tender opening authority in the office of the Executive Engineer, Mechanical Irrigation Division, Zaldagar Srinagar.

All other terms and conditions shall remain same as laid down in PWD Form No. 25 & 33.

Position of funds	Available
Position of AAA	Accorded under Order No. 150-MCO of 2020-21, Dated:- 08-03-2021

No. MDS/Ts/ 4395-4401
Dated:- 10-03-2021
DIPK-14858/20

Sd/-
Executive Engineer,
Mechanical Irrigation Division,
Srinagar

Arrangements For Shab-e-Mehraj Congregation At Hazratbal Reviewed

Observer News Service

Srinagar: Mayor Srinagar Municipal Corporation Junaid Azim Mattu along with Commissioner of the Corporation Athar Amir Khan Thursday visited Dargah Hazratbal Mosque and oversaw the arrangements made for the devotees. Mattu took on the spot review of the arrangements put in place by Srinagar Municipal Corporation and by other departments including PDD, PHE, Traffic Police, Health Departments for the devotees.



To facilitate worshippers thronging to the place, Mattu passed on directions to the concerned to set up a Municipal Camp for assistance of devotees. He further said that SMC shall set up similar assistance camps at other shrines as well. In view of prevailing whether conditions he asked for making elaborate heating arrangements for devotees, particularly women, who would be coming for obeisance and other supplications. SMC officials were instructed to deploy additional sanitary workers at all required places to ensure proper cleaning of all religious places. Besides, mobile toilets facility is also made available to the devotees.

Srinagar Admin Urges Devotees To Adhere To COVID SOPs

Srinagar: The Deputy Commissioner Srinagar Dr Shahid Choudhary Thursday urged the devotees visiting to attend the Shab-e-Mehraj congregation at Dargah Hazratbal, to strictly adhere to COVID-19 guidelines. He asked people to ensure compliance with preventions and guidelines to prevent spread and contraction of the virus.

A government statement said that the district administration has put in place all required arrangements on the occasion of Shab-e-Mehraj.

In Hazratbal where devotees from across Kashmir throng to take part in the observance at the Dargah extensive arrangements across all domains have been made in order to ensure comfortable observance of the holy occasion.

Besides power and water facilities the administration has also pressed into service adequate transport and parking facilities for devotees to the shrine at Hazratbal.

Yesterday during a meeting convened here the Deputy Commissioner Srinagar Dr Shahid Choudhary reviewed the arrangements finalised for the holy occasion of Shab-e-Mehraj.

He directed for ensuring that all facilities as required were put in place at Dargah Hazratbal and other places of worship where major congregations are expected.

Directions were also passed to launch upgraded Sanitation at various other shrines including Peer Dastagair Sahib, Jamia Masjid, Shaahi Hamdaan, Naqshband Sahib, on the occasion.

CRPF Trooper Dies Of Cardiac Arrest

Observer News Service

Srinagar: A paramilitary CRPF trooper died of cardiac arrest at Court Road area of Kashmir capital Srinagar on Thursday evening.

A CRPF official said that the trooper of F/ 132 Battalion of CRPF, identified as Zalim Singh, was admitted to the SMHS hospital after suffering a heart attack. However doctors declared him dead on arrival.

The officer said that the body of the trooper will be sent to his hometown after postmortem. (KDC)

KU Students Resent Re-Examination Notification

Observer News Service

Srinagar: Bachelor's in Arts 6th semester students Thursday staged a protest asking Kashmir University not to force them for re-examination.

The students, batch 2017 who assembled in Press Enclave Srinagar resented the notification issued by Kashmir University asking students to appear for re-examination.

Our examinations ended on 5 February. Everything went well. We were shocked when after over a month Kashmir University issued a notification asking students to appear for re-examination of 'Sericulture' paper. What about those student who are out of station and what was the need to conduction re-examination, that too after over a month," a protesting student said.

The protesting students said that re-examination of the paper should be made optional. "We don't know why Kashmir University took this decision. Some students who left Valley and are pursuing other courses will face problems," they said and appealed Kashmir University to look into the matter. (KNT)

Erring Traders Fined

Observer News Service

Srinagar: Assistant Director Food Civil Supplies and Consumer Affairs department, Riyaz Ahmad, along with a team of officers during a market checking drive on the eve of Shabi Mehraj booked 10 traders for various violations including lack of proper declarations on pre-packaged commodities and selling of sub-standard commodities.

A composition sum of Rupees Nine thousand seven hundred only was recovered from the offenders on the spot and destroyed 40 Kg rotten vegetable.

Stones Pelted On SMC's Enforcement Team During Demolition Drive

Observer News Service

Srinagar: The Enforcement team of Srinagar Municipal Corporation (SMC) was allegedly pelted with stones during a demolition drive at Ahmad Nagar, 90 ft. area of Soura in the outskirts of Srinagar city on Thursday afternoon.

Reports said that a team of Enforcement wing Thursday afternoon initiated a demolition drive near Al-Khuddam in 90 ft. area of Soura.

Soon after getting a whiff, several people, which only swelled in proportion with time, started to hinder the drive and later on pelted stones on the team. During the pelting, glass panes of several vehicles got damaged, with the officials however barely managing to escape unhurt.

When contacted Ghulam Rasool Dar, Chief Enforcement Officer SMC confirming the incident, said that glasses of several vehicles including that of a JCB and his own vehicle were damaged during heavy pelting by the people present there.

"We were there for a demolition despite an official holiday", he said adding that "However we couldn't do much with forceful restraint shown by the public there."

Nawa Bazar Blaze Renders 13 Families Homeless

Observer News Service

Srinagar: At least 13 families were rendered homeless on Thursday morning after a massive blaze turned six residential houses into ashes in Nawa Bazar area of Srinagar.

A massive fire broke out in one of the residential houses in Nawabazar area at 04:20 AM, officials said, adding that the fire tenders rushed to the spot immediately and doused the flames, but till then six residential houses were gutted completely.

The owners of the affected houses were identified as Mehraj din Khan, Ghulam Rasool Khan, sons of Abdul Gafar Khan, Abdul Majeed Dar, son of Ghulam Ahmad Dar, Nazir Ahmed and Javiad Dar, son of Ghulam Qadir Dar, Abdul Qayoom Khan, son of Mohammad Sadiq Khan, Tawheed Showkat Dar, son of Showkat Ahmad Dar, Muneer Ahmad Dar, son of Abdul Ahad Dar and Muhammad Shafi Dar, son of Ghulam Mohi-ud-din Dar.



Meanwhile, Deputy Commissioner (DC) Srinagar, Dr. Shahid Iqbal Choudhary said that all the thirteen affected families were provided Rs ten thousand each Thursday after a team of the administration visited the spot.

He said that Rs one lakh each will be provided to them within two days, adding that a total of Rs 2.5 lakhs will be provided to each affected family very soon—(KNO)

The workshop was attended by representatives of Handloom Cooperative Societies besides officers/officials of Department of Handicrafts and Handloom, Kashmir.

Dir H&H For Strict Implementation Of Tourist Trade, Quality Control Acts

Observer News Service

SRINAGAR: The Department of Handicrafts & Handlooms Kashmir organised a day long workshop on Publicity and Branding, & Design Innovation and Packaging of Handloom Products at Seminar Hall of Indian Institute of Carpet Technology, Nowshera Srinagar.

Director, Handicrafts and Handloom, Kashmir, Mahmood Ahmad Shah was the Chief Guest at the programme.

On the occasion, Director, IICT, Srinagar, Assistant Director, Handloom, Srinagar and Craft Experts from Craft Development Institute, Pashmina Testing and Quality Certification Centre, Domain expert of TAHAFUZ society, Designer from Block Level Cluster, Hawal, appraised the participants regarding the importance and objective of the Workshop. The experts delivered lectures and presented their theme specific presentations to the audience about G.I Registration, Pashmina Testing and labeling, Design Innovations and Packaging.

The workshop was attended by representatives of Handloom Cooperative Societies besides officers/officials of Department of Handicrafts and Handloom, Kashmir.

Director H&H, Kashmir, in his speech impressed upon the quality control wing to gear up for strict implementation of Tourist Trade Act / Quality Control Act and ensure that the handicraft dealers distinctly label their products as per their makes so as to ensure that no fake products are sold in the name of Kashmir handmade products.



There was no reported injury to any official or employee in the incident, as per the official.

The official in the meantime said that they have sealed a huge illegal structure at Bota Kadal at Moulvi Stop in Lal-Bazar during the ongoing drive.

According to the official, it has been getting a bit tough for them 'to manage the things without any support from police'.

"We had forty police personnel at our help during such drives, however they were withdrawn by the department concerned for their own pre-occupations for two years now", he said adding that "We have as such made a fresh request to Commissioner concerned to allocate us at least ten police personnel for smooth conduct of such drives." (GNS)

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 - (Closed)
- Srinagar- Leh - (Open)

PRAYERS

HIJRI CALENDAR
27 Rajab
1442

FAJR	5: 23
ZUHR	12: 41
ASR	4: 54
Magrib	6: 38
ISHA	7: 59

This Day In History

- 1917 - Stalin, Kamenev & Muranov arrives in Petrograd/St Petersburg
- 1917 - A German submarine sinks an unarmed US merchant ship, the 'Algonquin' on the same day that US President Woodrow Wilson gives executive order to arm US merchant ships
- 1925 - British government of Stanley Baldwin refuses to ratify Geneva agreement.
- 1928 - In California, the St. Francis Dam fails, killing over 600 people.
- 1930 - Mohandas Gandhi begins 200m (300km) march protesting British salt tax
- 1935 - Britain establishes 30 MPH speed limit for towns & villages
- 1938 - Nazi Germany invades Austria (Anschluss)
- 1941 - German occupiers confiscate AVRO studios in Netherlands
- 1942 - British troops vacate the Andaman Islands in Gulf of Bengal
- 1943 - Soviet troops liberate Wjasma
- 1945 - Italy's Communist Party (CPI) calls for armed uprising in Italy
- 1945 - USSR returns Transylvania to Romania
- 1947 - US President Harry Truman introduces Truman-doctrine to fight communism
- 1951 - Communist troops driven out of Seoul
- 1957 - German DR accepts 22 Russian divisions
- 1959 - US House joins Senate approving Hawaii statehood
- 1967 - Indonesian congress strips president Sukarno of authority and names General Suharto as acting President
- 1968 - Mauritius gains independence from Britain (National Day)
- 1968 - US performs nuclear test at Nevada Test Site
- 1969 - 120 cannabis joints found at George & Patti Harrison's home
- 1970 - US lowers voting age from 21 to 18
- 1971 - Hafez al-Assad elected President of Syria
- 1971 - Turkish Government of Demirel forced to resign by Army
- 1971 - Thousands of Belfast shipyard workers march demanding the introduction of Internment for members of the Irish Republican Army
- 1975 - Vietcong conquer Ban me Thuot South Vietnam
- 1976 - South African troops leave Angola
- 1977 - Chile president Pinochet bans Christian-Democratic Party
- 1977 - Egyptian President Anwar Sadat pledges to regain Arab territory from Israel
- 1981 - Soyuz T-4 carries 2 cosmonauts to Salyut 6 space station
- 1982 - PLO chief Yassar Arafat appears on "Nightline"
- 1984 - British ice dancing team, Torville & Dean, become 1st skaters to receive 9 perfect 6.0s in world championships
- 1985 - 11th People's Choice Awards: Clint Eastwood & Meryl Streep win (Motion Picture) and Tom Selleck, Joan Collins & Linda Evans win (TV)
- 1986 - 210.25 million shares traded in NY Stock Exchange
- 1987 - USSR performs nuclear test at Eastern Kazakh/Sempalitinsk USSR.
- 1991 - OPEC announces oil production cut to 22.3 Mbbl/d (3,550,000 m3/d).
- 1992 - Mauritius becomes a republic while remaining a member of the Commonwealth of Nations.
- 1993 - 317 killed by bomb attacks in Bombay
- 1995 - Lara scores 139 in ODI v Australia at Port-of-Spain
- 1999 - Former Warsaw Pact members the Czech Republic, Hungary and Poland join NATO.
- 2002 - Animated film "Ice Age" directed by Chris Wedge and Carlos Saldanha, with voices by Denis Leary and John Leguizamo premieres

From KO Archives

Govt to punish dull teachers

Observer News Service

JAMMU - Government is strictly gauging the performance of teachers in various government schools and punitive action, which may include premature retirement, demotion to the next lower post, withholding of increment, etc. is being taken against the teachers whose result performance remains repeatedly unsatisfactory.

This was stated by Minister for Education Harshdev Singh in reply to a question in the House today. He said government have taken several measures for promoting the Equality of education in the state, which include introduction of Kindergarten system, for the first time in the government I schools. He said minimum age limit for admission in government schools has been reduced from 6 to 4 years and English language introduced as a compulsory subject from first primary. He said school curriculum at secondary and senior secondary levels have been revised so as to catch up with the contemporary needs besides trying to bring it at par with the CBSE syllabi. Some text books upto class 8th have been revised so as to get them in tune with National curriculum framework. Other measures taken up by the government to improve education standard include introduction of new subjects like Biotechnology Bio-chemistry, Environment science, functional English, Islamic studies, Vedic studies besides introduction of vocational subjects at the +2 stage. The Minister said that the slate institute of education is projected to be upgraded to the State Council of Educational Research and Training (SCERT) while the State Institute of Educational Management and training is also being set up.

(Kashmir Observer, 12 March, 2005)

KASHMIR
OBSERVER

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K O V I E W

After ceasefire

The re-affirmation of the 2003 ceasefire agreement along the Line of Control will go a long way to ease the life along of the border dwellers on both sides of the border. Since 2010 when violations of 2003 agreement became common, hundreds of civilians and security personnel have been killed on both sides. What is more, the border residents have had to suffer displacement forcing New Delhi to build concrete bunkers for them away from the border. The situation had become worse since the revocation of Article 370 in August 2019. According to data provided by the Ministry of Defence in Parliament recently, there were 5133 instances of ceasefire violations along the LoC and other areas in Jammu, resulting in 46 fatal casualties, and 3,479 ceasefire violations in 2019. Similarly, according to data from Pakistan, there were 3,097 ceasefire violations in 2020 leading to death of 28 people on Pakistani side and injuries to 257 others. Also, figures from reports in Pakistani press say there have been over 13,600 ceasefire violations since 2003.

So, a halt to the frequent firing exchanges will make a redeeming difference to the lives of lakhs of border residents on both sides of the Line of Control. But it won't change anything as far as the situation in the Valley where militancy continues to reign supreme. In 2020, the number of recruits joining militancy saw a 22 per cent rise to 174 in 2020 from 143 in 2019. Last year also as many as 225 militants were killed by security forces - 207 of them in Kashmir Valley and 18 in the Jammu region.

The issue of militancy can be addressed if India and Pakistan go back to dialogue. Talks could go a long way to reduce the tension between the neighbours. The calm borders had become an important factor in the normalization of the relations between the neighbours, enabling them to start one of the most promising dialogue processes through 2003-2007 which by accounts of the top leaders of the two countries who were at the helm of it was close to a breakthrough on Kashmir.

But the challenge for the two countries would be to sustain a dialogue should it start. In past many such attempts have been aborted by a major attack in India traced to elements in Pakistan or sometimes the rigid negotiating positions of the two countries. It would be interesting to see how the two countries negotiate their respective conditionalities before reaching out to each other. Here's hoping that the anticipated fresh engagement between the parties reaches its logical conclusion in a resolution of all the issues dividing the two countries for the past seven decades.

O T H E R O P I N O N

Food wastage and hunger

A closer look at the cause of human suffering can yield shocking revelations. The United Nations' Food Waste Index Report 2021 showed, for instance, that in 2019, an estimated 931 million tonnes of food were thrown away by households, restaurants and other food services around the world. This, at a time when hunger and malnourishment are global concerns. It is often believed that hunger is the result of inequitable access to food or its underproduction. The UN report, however, tells a different tale. In India, the food wastage per person in a year was estimated to be 50 kilogrammes. One of the consequences of such waste is there for all to see; in last year's global hunger index, India ranked 94 out of 107 nations and was bracketed in the 'serious' hunger category.

The report underscores the need to view hunger holistically: lack of access to food, faulty distribution, chronic poverty, conflict, populous societies and, significantly, food wastage all play a part in aggravating the problem. While the Food Safety and Standards Authority of India launched an initiative to encourage saving and sharing food that might have been wasted, it is unlikely to yield far-reaching results without governments conducting targeted awareness campaigns to sensitize households to the need to cook and consume according to their needs. There is an additional — moral — issue that must not be ignored. The excessive purchase, stocking and consumption of food is increasingly being projected as a signifier of wealth, ostentation and power. According to one estimate, about 10 to 20 per cent of the food at the Great Indian Wedding — and, possibly, at other such social occasions — is wasted. Such pandering to excess, mostly by the rich, in a country that accounted for 22 per cent of the global burden of food insecurity — the highest for any nation — in 2017-19 is shameful. China has launched the 'clean plate' campaign under which efforts are being made to reduce food wastage. Similar policies to curb criminal wastage elude India. In 2018, the Delhi government told the Supreme Court that it was considering imposing restrictions on the number of guests at "extravagant" weddings to minimize food wastage; it is unclear whether the policy has fructified. Meanwhile, there is a push to reduce food subsidies with the Niti Aayog recently recommending the reduction of the rural and urban coverage under the National Food Security Act. In a nation floundering under the weight of starvation, a concerted public campaign fortified with a legislative framework must be in place to prevent and penalize food wastage.

Telegraph India

Miles and Milestones



Manoj Sinha

I would like to reiterate on the occasion of Azadi ka Amrit Mahotsav that we have to provide our youth prospects for the future, invest more in education and skills and strengthen the position of girls and young women in the society

Friends, an individual or a nation turning 75 invites anxiety. What next? That's the query which often acquires the shape of a puzzle. But, for us, India turning 75 is a moment for joy and celebration, and indicates a fresh resolve towards nation building.

A New India — as Prime Minister Narendra Modi had called for in his address to the nation from the ramparts of Red Fort on August 15, 2017— should emerge on the 75th anniversary of Independence in 2022 from the joint strength of all.

Next 75 weeks will lay a spread to celebrate "Azaadi Ka Amrut Mahotsav" to mark 75 years of independence.

The impressions of resistance against Britishers are still young and failed to age in our nation's memory. March 12 is a major milestone in India's freedom struggle against the British imperialism. The day captures Mahatma Gandhi's another non-violent feat to achieve freedom through Dandi March from Sabarmati Ashram in 1930.

The country's destiny is on the cusp of a change. The emerging New India is eager to come out of shackles of impediments that have held the nation hostage from realization of human potential and development which stalwarts like Gandhi had dreamt off.

The celebrations should hold the spirit of freedom movement, express gratitude to the martyrs, and reflect glory of Sanatan Bharat and Modern India which glows under the twin light of spirituality of mystics and contribution of our scientists; Prime Minister Modi had outlined his views on the 75-week long events.

Friends, now is the time for each one of us to take a pledge again on our duties towards the nation — that's what Gandhi and constitution-maker BR Ambedkar had told men and women to vow for post Independence. We all have the rights to life and I'm sure there is scope for more.

But, ponder over what Gandhi told us then which is so relevant even now. "The true source of rights is duty. If we all discharge our duties, right will not be far to seek. If leaving duties unperformed we run after rights, they will escape us like a will-o'-the-wisp. The more we pursue them, the farther they fly".

Make yourself accountable to the J&K and Country's growth.

History testifies that India has stood for "Vasudev Kutumbhakam" every time the crisis has stared at humanity. Latest insight into the country's potential and determination was writ large in the compassionate way we dis-

tributed vaccines to other countries in our fight against covid 19.

Free India also managed a spirited economic recovery offsetting financial costs Britishers had imposed through its various schemes. Over less than seven decades since 1947, India's per capita income reportedly grew six times. Similarly, other economic parameters too jumped up significantly.

Friends, the culture of our country teaches us that one must visit the pilgrimage site before starting the festivities. Today my desire is fulfilled. I'll be visiting the holy birthplace of Brigadier Rajendra Singh, who is an epitome of unmatched valour and sacrifice. I have read the stories of Brigadier Rajendra Singh many a times and

own, a great proponent of what we now popularly call "start-ups" and "atmanirbhar (self-reliance)" India. Tilak took to crowd funding to establish "paisa fund", a corpus for financing village enterprises and local factories. Borrowing from Tilak's vision, Jammu Kashmir has created an ecosystem for startups. Within few months, the administration has registered 69 startups to allow entrepreneurs explore and realize business opportunities in different sectors.

One of the fundamental laws of life is this: dignity to every human being is the master key to bring peace and development. And, I seek the support of every citizen of J&K with the spirit of Jan Bhageedari to usher in a new era of growth. Jan Bhageedari is

One of the fundamental laws of life is this: dignity to every human being is the master key to bring peace and development.

have lived through the tales of his and soldiers' gallantry at Uri in October 1947. If we have been able to save the soul of Jammu and Kashmir from the Pakistani Invaders, it is due to warriors like Brigadier Rajendra Singh.

Like Brigadier Singh, Maqbool Sherwani, Women Self Defense Corps protected the composite culture of Jammu and Kashmir and every inch of the land by putting their lives at stake. With the same spirit, our government is making efforts to develop every inch of the UT's land to the standards of mainstream.

In order to commemorate 75 years of Indian Independence in a befitting manner, the tales of our saviours like Brigadier Rajendra Singh, Maqbool Sherwani, Subedar Major Swaran Singh, Ram Saran and others must reach the entire population of Jammu and Kashmir.

In Mandukya Upanishad, a word, Jagrit, is used to demonstrate awakening. The celebration will be a glory of our cultural heritage with the fragrance of talent pool, strength of our youth power and vision of scientists and technology experts. This occasion too in my mind will sow seeds of a new awakening for the people of Jammu Kashmir.

One of the stalwarts of the freedom movement, Lokmanya Tilak, was much ahead of times. His contribution during the freedom struggle we all respect and cherish. Another visionary but less told facet to his personality was the support he had lent to small entrepreneurs and industrialists to have businesses of their

highly relevant, one could even say imperative, for good governance and inclusive development. Our ancient seers, freedom fighters had taken similar steps to build the idea of New India that is most modern and yet carries the values of people's participation. With this spirit, we have to work towards sustainable and inclusive socio-economic development so that prosperity reaches all. That is the top most priority of my administration.

I would like to reiterate on the occasion of Azadi ka Amrit Mahotsav that we have to provide our youth prospects for the future, invest more in education and skills and strengthen the position of girls and young women in the society.

During the next 75 weeks of celebration, we must demonstrate our shared commitment to the fundamental values of harmony, Sarv Dharm Sambhav, freedom, democracy and the duties. Let us together celebrate 75 years of the country's independence and start building the India our founding fathers wanted.

In Bhagwad Geeta, Krishna says, I am the source of all, Arjuna. From me everything evolves."

On the eve of the nation turning 75, Jammu and Kashmir must strive to reach milestones set out by our founding fathers.

Views expressed in the article are the author's own

The Writer is the Lt. Governor of Jammu & Kashmir



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All our Children are Achievers

Every year, when results are declared for the 10th and 12th standard examinations, we begin to congratulate achievers and overlook those who've not been able to do considerably well.

It is fairly obvious to people of knowledge that merit often depends on one's socio-economic position. Usually, it is those who are already privileged who manage to do the best

due to the availability of the best of resources.

However, the situation in Kashmir is especially special. Here, students don't only face the issues that come with socio-economic conditions only but the political situation also comes in the way of their growth.

Children world over faced difficulties due to the covid-19 lockdown. However, Kashmiri students had it

worse because they had already lost a complete year to the political situation in Kashmir and even had the additional hurdles in their way to get access to education as the curtailed internet speeds made it extremely difficult for them to avail digital education.

Many stories of success in these results were also accompanied by peculiar stories of loss. Therefore, one

cannot grade success in Kashmir. Here, all students have done their very best and we should be proud of them for ace-ing life against all odds.

To our children - May they grow, flourish and prosper in safety, peace, justice and happiness.

Tania Saeed
Taniasaeed@rediffmail

Mindful Fridays

Attention Deficit Hyperactivity Disorder (ADHD): Types, Causes and Treatment

Wasim Kakroo

Attention Deficit Hyperactivity Disorder ADHD is a complex brain disorder that impacts how you pay attention, sit still, and control your behavior because of its impairing effect on the development of the brain's executive functions.

ADHD is one of the most commonly diagnosed mental disorders in children with boys more likely to get diagnosed for it than girls. It's usually identified during the early school years, when a child begins to show problems in paying attention.

It is important to mention that ADHD can't be prevented or cured, but early identification, in addition to having a good treatment and education plan, can help a child or adult with ADHD handle their symptoms.

What are the symptoms of ADHD?

ADHD Symptoms in children:

Symptoms are grouped into three types:

1. Inattentive.

A child with ADHD:

- gets easily distracted
- Doesn't usually follow directions or finish tasks
- Seems lost somewhere
- Doesn't pay attention and makes careless mistakes
- Forgets about daily activities
- Has problems in organizing daily tasks
- Often loses things
- Tends to daydream

2. Hyperactive-impulsive.

A child with ADHD:

- Often fidgets, or bounces when sitting
- Doesn't stay seated
- Has trouble playing quietly
- Is always moving, such as running or climbing on things.
- Talks excessively
- Is always "on the go," as if "driven by a motor"
- Has trouble waiting for their turn
- Blurts out answers before listening to the complete question
- Butts into conversations of other people

3. Combined type.

This involves signs of both types discussed above.

Symptoms in adults

Symptoms of ADHD may change as a person gets older. They include:

- Often being late or forgetting things
- Anxiety
- Low self-esteem
- Problems at work
- Trouble controlling anger
- Impulsiveness
- Substance misuse or addiction
- Trouble staying organized
- Procrastination
- Easily frustrated
- Often bored

- Trouble concentrating when reading
- Mood swings
- Depression
- Relationship problems

Causes:

Experts aren't sure what causes ADHD. Several things may lead to it, including:

1. Genes. ADHD tends to get inherited and run in families.
2. Chemicals. People with ADHD may have an imbalance in their brain chemicals.
3. Brain changes. Children with ADHD have less activity in the areas of brain that control attention.
4. Poor nutrition, infections, smoking, drinking, and substance abuse during pregnancy can affect a baby's brain development leading to ADHD.
5. Toxins, such as lead may affect a child's development of the brain.
6. Damage to the frontal lobe can cause issues in controlling impulses and emotions.

ADHD Diagnosis and Testing:

Clinical Psychologists/Psychiatrists diagnose ADHD in children and adolescents after discussing symptoms in depth with the child, parents, and teachers, and then clinically observing the child's behaviors.

To confirm a diagnosis of ADHD or learning differences, a clinical psychologist may perform a battery of tests to check the neurological and psychological status of the child's condition.

The tests may include:

1. A medical and social history of both the child and the family.
2. An evaluation of intelligence, aptitude, personality traits etc. These are often done with input from the parents and teachers if the child is of school age.

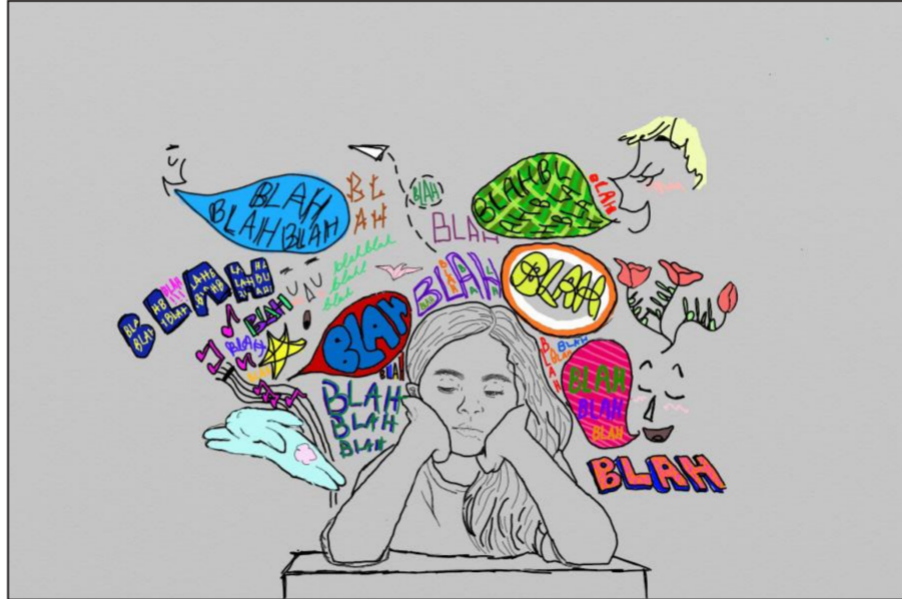
ADHD Treatment

There are several approaches to treating ADHD. But research suggests that for many children, the best way to manage symptoms is a multimodal approach involving multiple methods of treatment that work together. Many symptoms of ADHD can be managed with combination of medication and therapy. Close cooperation among Clinical Psychologists, Psychiatrists, teachers, and parents is very important.

Medication. They can help control hyperactive and impulsive behavior and improve attention span.

Psychotherapy can help someone with ADHD learn better ways to handle their emotions and frustration. It can also improve their self-esteem. Counseling may also help family members better understand a child or adult with ADHD. It can help such children in developing various social skills.

Parenting tips for ADHD:



Parenting a child with ADHD isn't like traditional childrearing as usual rulemaking and household routines can become almost impossible, depending on the type and severity of your child's symptoms. Thus you'll need to implement different approaches. It can become maddening to deal with some of the behaviors resulting from your child's ADHD, but there are ways to make life easier.

By following these guidelines, you can limit destructive behavior and help your child overcome self-doubt and improve his or her self esteem and self efficacy.

1. Encourage and reward good behavior (positive reinforcement) and remove rewards by following bad behavior with appropriate consequences, leading to the extinguishing of bad behavior.
2. Define the rules, but allow some flexibility: Don't be too strict while consistently rewarding good behaviors and discouraging destructive ones as children with ADHD may not adapt to change as well or as quickly as others. Allow them to make mistakes as they learn. Accept odd behaviors that aren't detrimental to your child or anyone else as part of your child's individual personality. Discouraging and rebuking your child for every odd behavior (just because you felt that they are unusual) may prove more harmful than the consequences of that odd behavior.
3. Manage aggression: Try to ignore mildly disruptive behaviors as a way for your child to release his or her pent-up energy or frustration. Always punish destructive, abusive, or intentionally disruptive behavior which goes against the rules you establish punishment certainly has its place. However, punishment should never involve physical or verbal abuse, and it should be used only as a last resort as excessive and consistent use of punishment may turn abusive.
4. Create structure: Simple daily tasks,

such as having a particular meals time, study time, play time etc. can provide essential structure to the child's daily life.

5. Break tasks into manageable pieces: Everyday tasks should be broken down into small discrete tasks. E.g., if a child has been asked to clean their room, it may be helpful to break this task into smaller tasks, by instructing him to make the bed, put any toys on the floor back into cupboard, or fold their clothes. Similarly break study time into slots. Don't expect your child with ADHD to go for a marathon study time. Allow the child to have regular breaks after every 10 minutes during the study time.
6. Limit distractions: Since a child with ADHD gets easily distracted, creating a special, quiet space for your child to read, do homework, and take a break from the chaos of everyday life may help reduce unnecessary distractions. Things that can cause distraction and encourage impulsive behaviors such as television, mobile, video games, computer etc. should be regulated. Your child can have a better outlet for pent-up energy if you decrease their time with electronics and increase their time doing engaging activities outside the home. Outdoor activities can also help them develop better social skills if properly guided.
7. Encourage exercise: Physical activity burns excess energy in healthy ways. It also helps a child focus their attention on specific movements. This may decrease impulsivity. Exercise may also help in improving concentration, decrease the risk for depression and anxiety, and stimulate the brain in healthy ways.
8. Regulate sleep patterns: Children with ADHD may have difficulty handling themselves during the bedtime. Indiscipline in sleep schedule and lack of sleep thereof may exacerbate inattention, hyperactivity, and recklessness. To help your children get better restful sleep, eliminate stimu-

lants like caffeine, and decrease television time especially around bedtime.

9. Keep it interesting: Complex tasks usually attract and interest children with ADHD and they are less likely to get distracted during such tasks. Such children often get distracted if a task is not challenging enough. So if a child enjoys challenging activities and can focus while doing them, it is worth encouraging them to continue.
10. Remember that all children misbehave: Don't label every act of your child as a part of his or her ADHD. Remember that all children misbehave sometimes. Learn which behaviors need supervision, and which ones are normal parts of their childhood.
11. Accept the fact that your child — like all children — is imperfect: Try to love your child unconditionally irrespective of the mistakes he or she does on daily basis. It may help the child feel less guilty and encourage him or her to work on their issues.
12. Be kind to yourself and your partner: Be kind to yourself while helping your child. Blaming yourself or your partner for the problems your child has is not going to help.
13. Take breaks: Tending to the needs of the child with ADHD can be very draining task and can lead to building up of frustrations. So you'll need your own breaks to ease out. Scheduling alone time is important for any parent.

- Good break options include:
- going for a walk
- going to the gym
- taking a relaxing bath

14. Calm yourself: In order to help your child with ADHD, you need to compose your behavior. Children imitate the behaviors they see around them, so if you remain calm and controlled during an anger outburst, it will help your child to do the same. Take time to breathe, relax, and be thoughtful before trying to pacify your child. The calmer you are, the calmer your child will become.

Understanding your child with ADHD and tending to their needs is an uphill task, but a team effort between Clinical psychologists, Psychiatrists, Teachers and Parents can turn the tables and facilitate the child with ADHD to live a productive and purposeful life. Let us join hands and make it happen!

Views expressed in the article are the author's own responsibility and are not a substitute for medical advice. These are for educational purposes only.

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Srinagar City, the summer capital of Kashmir is famous worldwide for its natural environment, gardens, waterfronts, and houseboats. Emperor Jahangir (a Mughal king in the 17th century) said, if there is a heaven on earth, it's here, it's here, it's here. But that is history today Kashmir is not what it used to be. In the latest government's "Ease of living index" Srinagar ranked at the bottom in Indian's most liveable cities. There are many factors responsible for Srinagar's poor performance; mismanagement of garbage is the most important one. Srinagar City produces 400 metric tons of waste each day. The real problem is not generated waste but poor management of waste. After collecting waste from house's hundreds of SMC sweepers empty their trolleys at open temporary sheds which mostly include Srinagar's busy roads, piles of garbage are formed and these piles of garbage stay there for hours until finally cleaned and transported to landfills. This method of collection and transportation of waste seems a much-uncivilized thing to do, but in this part of the world, this is normal. 2020, taught humans the true value of the clean environment and sanitation, but in Kashmir even during the pandemic, this piling of garbage on streets was practiced. During the rush full morning hours, when streets are jammed with traffic, people rush to offices, children's going to their schools, etc. SMC workers throw their collected waste on the streets which is not only ridiculous to watch. But in the summers it becomes almost impossible to breathe there due to production of gases from decomposing organic waste, decomposing organic wastes are also hotspots of microbial growth, which makes people and animals living around these areas' vulnerable to disease. And Viruses like "Bird flu" can also largely spread through these sites. These open dumping

Srinagar Facing a Garbage Crisis

Haseeb Wani

sites also pose a different kind of challenge, these sites act as feeding and breeding grounds for local stray dogs, "the exponential growth of stray dogs in the city deserves an article of its own", as it is among the major problems faced by the residents of the city. I have personally seen and survived far too many near misses between my car and dogs. There are a ton of strays who wander all day around these street dumping sites. A fatal accident can happen so fast, and I feel very fear-

6 The SMC needs to replace old steel bins with the colour coded ones, which can properly store and segregate waste. Educating people about the importance of waste management, storing and disposing of waste is also important

ful watching dog's running around these areas. There are many accounts of people who got attacked by the stray dogs in these areas, especially at night. These incidents can sometimes lead to serious injuries, even death. It is easy to understand why dogs prefer to stay on street's as these

garbage sites are a good source of easily available food. It is like a giant feast which SMC employees so kindly offer them. When it comes to the mismanagement of waste, the people are equally responsible. In Srinagar City, people seem to lack a basic sense of proper waste disposal. People prefer to throw waste in all sorts of places possible parks, rivers, ponds, lakes, or in the corners that are off site. Segregation of waste is largely not practiced. Organic waste and plastic waste are stored togeth-

er and most of the time plastic waste finds its way into rivers and lakes. It is not hard to notice plastic bag wrappers, bottles, floating in Srinagar's water bodies. Which are facing serious deterioration. The downtown area of the Srinagar city is worst hit by the garbage crisis, the downtown or

often called as the Sher-e-Khas, the old city is famous for its historic places, religious monuments, etc. The "Sher-e-Khas" may look inviting in portrait shots but in reality the old city is devastated by garbage crisis. Allie filled with garbage, lack of dustbins, is just a glimpse of how worst the conditions really are. Walking along the river Jhelum one can easily notice the river embankment covered with plastic bags and all kinds of waste all the way from "Habba Kadal" to "Safa Kadal" it seems like garbage has rained down from the sky and accumulate along the embankment of the river Jhelum. Deteriorating lakes, overflowing dustbins, streets covered with filth and dogs feeding on them. The city is facing a serious garbage crisis and quick reforms are urgently needed!

Solid waste management is not rocket science; it is a simple way of segregating and reusing waste. The SMC needs to replace old steel bins with the colour coded ones, which can properly store and segregate waste. Educating people about the importance of waste management, storing and disposing of waste is also important. Plastic waste can be reused and recycled easily; organic waste can also be used to make compost and manures. Hence, solving the waste management problem. We also need to learn from European nations like Sweden, which produces 4.4 million tons of waste per year and only 1% of that goes to landfills the rest is either recycled or used to produce electricity. Only if we could only implement 5% of it our problems will be solved. Kashmir is well known for its clean environment and clean water, but that reality is changing thanks to our uncivilized ways of waste management.

The author can be reached at wanihaseeb6@gmail.com



Lack of exercise linked to depression risk amid pandemic

Agencies

Exercise has for long been recommended as a cognitive-behavioural therapy for patients of depression, yet new evidence suggests that the Covid-19 pandemic changed the nature of the relationship between physical activity and mental health.

The study of college students, conducted before and during the

pandemic, revealed the average steps of subjects declined from 10,000 to 4,600 steps per day and rates of depression increased from 32 per cent to 61 per cent.

The research, published in the Proceedings of the National Academy of Sciences, also revealed short-term restoration of exercise does not meaningfully improve mental well-being.

"This raises many possible explanations, including that the impact of

physical activity may require a longer-term intervention," said co-author Sally Sadoff from the University of California - San Diego.

"At the same time, our results clearly show that those who maintained physical exercise throughout the pandemic were the most resilient and least likely to suffer from depression," Sadoff added.

For the study, the team used a longitudinal dataset linking biometric

and survey data from several cohorts of nearly 700 young adults before and during the Covid-19 pandemic.

In addition to filling out surveys, participants received wearable devices that track their activity levels.

Among the subjects, sleep increased by 25 to 30 minutes per night, time spent socializing declined by more than half (less than 30 minutes per day), and screen time more than doubled to five or

more hours per day.

The researchers found large declines in physical activity during Covid-19 was most strongly associated with higher rates of depression.

Those who experienced declines of one to two hours of physical activity per day were most at risk for depression during the pandemic. While participants who were able to maintain their daily habits were at the lowest risk for depression, the team said.

Study finds new way to halt excessive inflammation in body

Agencies

Researchers at the Royal College of Surgeons in Ireland (RCSI) have discovered a new way to 'put the brakes' on excessive inflammation by regulating a type of white blood cell that is critical for our immune system.

The discovery has the potential to protect the body from unchecked damage caused by inflammatory diseases.

The paper, led by researchers at RCSI University of Medicine and Health Sciences, is published in Nature Communications.

When immune cells (white blood cells) in our body called macrophages are exposed to potent infectious agents, powerful inflammatory proteins known as cytokines are produced to fight the invading infection. However, if these cytokine levels get out of control, significant tissue damage can occur.

The researchers have found that a protein called Arginase-2 works through the energy source of macrophage cells, known as mitochondria, to limit inflammation. Specifically they have shown for the first time that Arginase-2 is critical for decreasing a potent inflammatory cytokine called IL-1.

This discovery could allow researchers to develop new treatments that target the Arginase-2 protein and protect the body from unchecked damage caused by inflammatory diseases.

"Excessive inflammation is a prominent feature of many

diseases such as multiple sclerosis, arthritis and inflammatory bowel diseases. Through our discovery, we may be able to develop novel therapeutics for the treatment of inflammatory disease and ultimately improve the quality of life for people with these conditions," commented senior author on the paper Dr Claire McCoy, Senior Lecturer in Immunology at RCSI.

The study was led by researchers at the School of Pharmacy and Biomolecular Sci-



ences, RCSI (Dr Claire McCoy, Dr Jennifer Dowling and Ms Remsha Afzal), in collaboration with a network of international researchers from Australia, Germany, and Switzerland.

The research was funded by Science Foundation Ireland, with initial stages of the research originating from a grant from the National Health Medical Research Council, Australia.

Study unveils association between gender assumptions and climate adaption

Agencies

A study led by Dr Jacqueline Lau from the ARC Centre of Excellence for Coral Reef Studies at James Cook University (Coral CoE at JCU) and WorldFish, suggested that gender - alongside other identities like race, class, and age - has a powerful influence on people's experience of, and resilience to, climate change.

The findings claimed that outdated assumptions regarding gender continue to hinder effective and fair policymaking, along with the action for climate mitigation and adaptation.

She said the four most common and interlinked assumptions found are: women are innately caring and connected to the environment; women are

a homogenous and vulnerable group; gender equality is a woman's issue and; gender equality is a numbers game.

"Although there is a global mandate to work towards gender equality in climate change mitigation and adaptation, efforts are hindered by a set of assumptions about gender, long critiqued in development studies," Dr Lau said.

The study draws on post-2014 gender and climate change literature, to give an overview of how the gender assumptions manifest across recent work in adaptation, mitigation, and broader climate change policy, practice, and research.

The review of the literature takes a closer look at how these assumptions narrowly diagnose the causes of gender inequality.

"As a result, we see too many strategies that have unintended-

and even counterproductive-consequences," said Dr Pip Cohen, from WorldFish.

"For instance, strategies that target women only may overburden them, cause a backlash, or obscure the vulnerabilities of other groups."

The study offers lessons for a more informed pursuit of gender equality in climate change research, policy, and practice.

The authors said progressing gender equality means breaking down stereotypes and prejudices about gender-creating environments to enable all people to exercise their agency to cope, change and adapt.

Dr Lau said she was surprised to find so many examples of gender assumptions in climate change practice. She explained that a first step in disrupting these assumptions is to lay them bare and explain why develop-

ment research has found them to be problematic.

"The social and cultural expectations about what it is to be a woman or a man in any given society will shape people's wellbeing," Dr Lau said.

She said alongside efforts to dismantle broader barriers to gender equality, better and more coordinated efforts are needed from practitioners and researchers to disrupt and counteract unhelpful assumptions.

"Pursuing gender equality in climate change policy and practice is critical, and decades of experience in development offer lessons for how to do it well," Dr Lau said.

"Ultimately, we want to see equitable opportunities for all people to realize their full potential. Where no one is left behind."

Study says, attitudes based on feelings, emotions can stand test of time

Agencies

Washington: Depending on the topic, people's attitudes can change frequently or last a lifetime. New research from the Association for Psychological Science reveals that attitudes based on feelings and emotions can also stand the test of time.

Past studies have demonstrated that opinions based on hard facts and data can remain constant over time, but new research published in the journal Psychological Science reveals that attitudes based on feelings and emotions can also stand the test of time. This research has implications for both predicting whose attitudes are fixed versus fleeting

and how to nudge people to form more long-lasting opinions.

"We have known that encouraging people to think carefully and rationally can produce attitudes that change less in the future," said Matthew Rocklage, a researcher with the University of Massachusetts, Boston, and co-lead author on the paper. "Our research, however, shows that opinions based on people's emotional reactions can be particularly long-lasting as well."

As part of their study, the researchers asked more than 1,000 people to what extent they believed attitudes based on feelings or emotional reactions were more stable over time than those based on thinking and rational analysis. Only 15 per cent expressed

any belief that attitudes based on emotion would be more stable over time.

To test the role that emotion plays in forming long-lasting attitudes, the researchers conducted seven independent studies involving more than 20,000 participants in a variety of real-world situations.

The first survey, which was conducted the day after Christmas, measured feelings about recently received gifts. The timing of this survey allowed the researchers to measure real-world reactions to a relatively newly formed attitude.

The participants were given a list of adjectives to describe their attitudes toward their gifts. Adjectives like "worthwhile"

were associated with a practical reaction to the gift, whereas words like "delightful" were more strongly associated with an emotional reaction.

One month later, the participants completed a follow-up survey to test the endurance of their opinions. The results showed that the stronger the initial positive emotional reaction, the more likely that opinion remained fixed one month later.

The researchers conducted similar tests using virtually the same procedure but involving other scenarios, such as how much the participants supported consumer brands over time and how favorable their online restaurant reviews were between visits.

"India No Longer Democratic Country": Rahul Gandhi Tweets Swedish Report



Agenceis

NEW DELHI: Congress leader Rahul Gandhi today claimed India is "no longer" a democratic country, quoting media reports on Swedish Institute's democracy report that downgraded India.

"India is no longer a democratic country," he said on Twitter, tagging a news report citing Sweden's V-Dem Institute's democracy report that has downgraded India from "world's largest democracy" to "electoral democracy".

This comes after another global report by US government-funded

NGO Freedom House downgraded India's status from "free" to "partly free" and claimed that "political rights and civil liberties have eroded in India since Narendra Modi became prime minister in 2014".

The government has strongly rebutted the Freedom House report and called it "misleading, incorrect and misplaced", while asserting that the country has well established democratic practices.

Rahul Gandhi has been attacking the government over the issue of freedom of speech and expression.

Ambani Security Scare: Cops Find Link To Spot Near Delhi's Tihar Jail



Agenceis

MUMBAI: A Telegram channel through which an organisation named Jaish-ul-Hind had claimed responsibility for placing an explosives-laden SUV near industrialist Mukesh Ambani's residence was "created in the Tihar" area of Delhi, a senior Mumbai police official said on Thursday.

The Delhi police has been informed about it, he added.

The police took the help of a private cyber agency to track the location of the phone on which the Telegram channel was created, the official said. During the investigation, the location of the phone was traced near Delhi's Tihar Jail, he added.

A Mahindra Scorpio car with gelatin sticks was found parked near "Antilia", the multi-storey residence of Ambani, in south Mumbai on February 25.

According to police sources, the Telegram channel was created on February 26 and the message claiming responsibility for placing the vehicle outside Ambani's resi-

dence was posted on the Telegram messaging app late in the night on February 27.

The message had also demanded payment in cryptocurrency and mentioned a link to deposit the same.

During the probe, the link was found as "not available", due to which the investigators suspected it to be mischievous, the official said.

On February 28, another message from Jaish-ul-Hind surfaced on a social media platform, claiming that the organisation did not have any role in the incident.

The investigation in the case was initially conducted by the Crime Branch of the Mumbai police.

After the mysterious death of Thane-based auto parts dealer Mansukh Hiran, who was in possession of the SUV that was later found parked outside Ambani's residence, the probe was transferred to the Maharashtra Anti-Terrorism Squad (ATS).

On Monday, the National Investigation Agency (NIA) took over the case related to the recovery of the explosives-laden vehicle.



More Than 1 In 5 Smartphone Users At Risk Of Over-Dependence

Agenceis

SEOUL: More than 20 per cent of South Korean smartphone users are at risk of being overly dependent on the devices, a survey showed.

The Ministry of Science and ICT said 23.3 per cent of smartphone users in the country were at risk last year, up 3.3 percentage points from the previous year, citing a survey carried out by the National Information Society Agency.

The survey, which interviewed 15,000 people across the country on their smartphone usage, found that 19.3 per cent were at potential risk, while 4 per cent were at high risk of being too reliant on mobile devices.

The survey characterised users who have weak control over their smartphone usage and start to have problems with health and daily life as being at potential risk while grouping those that have lost control and experience severe

problems as being at high risk.

The majority of the respondents, 61 per cent, said individuals were responsible for solving their dependency problem on the devices, followed by companies at 21.8 per cent and the government at 17.2 per cent, reports Yonhap news agency.

South Korea ranked as the top country in terms of smartphone ownership among adults at 95 per cent, according to the U.S.-based Pew Research Center.

THE SURVEY CHARACTERISED USERS WHO HAVE WEAK control over their smartphone usage and start to have problems with health and daily life as being at potential risk while grouping those that have lost control and experience severe problems as being at high risk.

Trinamool Congress Postpones Manifesto Release Following "Attack" On Mamata Banerjee

Agenceis

KOLKATA: The Trinamool Congress on Wednesday postponed the release of its manifesto for the upcoming elections in West Bengal, following the alleged attack on Chief Minister Mamata Banerjee, party leaders said.

Ms Banerjee, the party's chairperson, was scheduled to release the manifesto in the afternoon at her residence in Kalighat.

"The manifesto release has been postponed for the time being. It will be released after Mamata Banerjee gets well and is back home. Although our manifesto is ready, there is no question of releasing it without her," a senior TMC leader said.

The chief minister is at present undergoing treatment at the SSKM Hospital in Kolkata with injury to her left leg, waist, shoulder and neck, according to doctors.



She alleged on Wednesday evening that during her campaign in Nandigram, she was attacked by four-five men who pushed her, besides banging on her the door of her car, leading to the injuries.

Ms Banerjee had released the party's list of 291 candidates on March 5.

West Bengal will be voting in eight phases, beginning March 27. The votes will be counted on May 2.

5 Years After Return From Pakistan, Geeta May Have Finally Found Her Family



Agenceis

No DNA test has been conducted yet but for 29-year-old Geeta, who returned to India from Pakistan in 2015 after going there when she was nine, the search for her biological mother may have ended, an NGO says.

Geeta, who returned to India on October 26, 2015 after intervention by then External Affairs Minister Sushma Swaraj, was initially lodged at a facility of a hearing and speech impaired institute run by an Indore-based NGO. The over five-year-long search to find Geeta's family led to Parbhani in Maharashtra, where she is now being trained in sign language by Pahal, an NGO working for the hearing and speech impaired.

Speaking to PTI, Dr Anand Selgaokar of Pahal said Geeta was handed over to Anand Services Society, another Indore-based NGO, on July 20, 2020 and Gyanendra Purohit of that NGO first came to Parbhani in December last year.

The search in the last five years involved screening process of at least a dozen families from Uttar Pradesh, Bihar, Telangana and Rajasthan after claims that they were Geeta's blood relations. Purohit said the search led the NGO to Meena Waghmare (71) who lived in Jintur in Parbhani district, when her daughter Radha (Geeta) went missing.

"Meena told us that her daughter has a burn mark on her stomach and when we checked, it turned out to be true," Purohit said.

Geeta's father and Meena's first husband Sudhakar Waghmare died some years ago and she now lives near Aurangabad with her second husband, Purohit said.

Tears rolled down Meena's eyes as she met Geeta for the first time, he said. Geeta did not understand a word of what Meena said as being speech and hearing impaired, she communicates only through sign language.

It is likely that Geeta reached Parbhani and boarded the Sachkhand Express to Amritsar and later boarded the Delhi-Lahore Samjhauta Express, Selgaokar said. Geeta has now spent around a month-and-a-half in Parbhani and often meets with Meena and the latter's married daughter, who also lives in the Marathwada region.

"It is for the government authorities to decide on when to conduct a DNA test. Till then Geeta will continue to receive training at Pahal," Selgaokar said. Pakistani media reported that Geeta, who was rescued by a social welfare organisation in Pakistan after she mistakenly ended up in that country before being sent back to India in 2015, has been reunited with her real mother in Maharashtra.

Bilquees Edhi the wife of late Abdul Sattar Edhi, who now runs the world famous Edhi Welfare Trust and who developed a close bond with Geeta said the Indian girl had finally been reunited with her real mother in Maharashtra state, Dawn newspaper reported.

"She has been in touch with me and this weekend she finally told me the good news about meeting her real mother," Bilquees said.

Bilquees said they had found Geeta when she was around 11-12 years old at a railway station and gave her shelter at their centre in Karachi.

"Somehow she strayed into Pakistan and was shelterless when we found her in Karachi," she said.

Fake Doctor Gets 40 Years In Jail For Raping 2 Sisters In Chhattisgarh

Agenceis

A fast-track court in Chhattisgarh's Raipur has sentenced a fake doctor to two jail terms of 20 years each for raping two sisters on the pretext of treating them in 2017.

The court, in its order on Wednesday, said the two sentences will run consecutively, which amounts to a 40-year jail term, Special Public Prosecutor Tarachand Kosale said.

Additional Sessions Judge Pooja Jaiswal convicted Samay Lal Dewangan, 48, a resident of Gandhi Nagar, under section 376(2)(n) (committing rape repeatedly on the same woman) of the Indian Penal Code (IPC) and sentenced him to two jail terms of 20 years each for raping the two women, he said.

The court also imposed a fine of 10,000 on the convict, Mr Kosale added.

In December 2016, the family members of the victims, then aged 21 and 19, took them to the accused for the treatment of their abdominal and waist pain.

The accused started raping the siblings since early 2017 on the pretext of curing them through "black magic" and threatened them with dire consequences if they informed about it to anyone, the prosecutor said.

The crime came to light in September 2017 when the victims narrated their ordeal to their parents, following which a complaint was lodged at the Gudhiyari police station, he said.

The accused was subsequently arrested and a case was registered against him.

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