



Maximum : 10°C
Minimum : -3°C
Humidity : 82%

SUNSET Today 05:56 PM
SUNRISE Tomorrow 07:30 AM

OBSERVER

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..... LIFE & TIMES/ 08
THIS IS HOW DIET AND BODYWEIGHT CHANGE AS WE AGE
A recent study has tried to understand how transitioning into professional life after graduating from school leads to decrease in physical activity, while at the same time



PALESTINIANS PROTEST AGAINST TRUMP'S MIDEAST PLAN
The Israeli army announced an increased presence in the West Bank and near Gaza on Wednesday evening as US President Donald Trump's controversial Middle East plan sparked outrage among Palestinians.....

TI/SPORTS.....

LIVERPOOL SINK WEST HAM TO GO 19 POINTS CLEAR
Liverpool continued their relentless march to first English title in 30 years, easing to a 2-0 victory at West Ham United on Wednesday to move 19 points clear at the Premier League summit.....



News Digest

Alleged Militant Arrested From Kupwara

Srinagar: Government forces on Thursday arrested an alleged militant from Kupwara district of Jammu and Kashmir. Kaiser Ahmad Rather was nabbed from Lalpora in Kupwara district, officials said. Rather was arrested during an anti-militancy operation in his native village in the north Kashmir region. The militant was being questioned by police.

Indo, Pak Troops Trade Fire In Poonch

Jammu: India and Pakistan troops on Thursday exchanged heavy gunfire along the Line of Control (LoC) in Poonch district of Jammu and Kashmir on Thursday. A defence spokesperson said Pakistani troops shelled forward posts and villages along the LoC in Poonch district today. The unprovoked small arms firing and mortar shelling in Degwar sector started around 1330 hours, prompting befitting retaliation by the Indian Army, he said. Officials said mortar shells fired by Pakistan overnight hit other Poonch sectors also.

CRPF Trooper Ends Life

Srinagar: A Central Reserve Police Force (CRPF) trooper committed suicide by shooting self at world famous health resort of Pahalgam in south Kashmir district of Anantnag, official sources said on Thursday. CRPF trooper identified as Ishwarappa, a resident of Karnataka, was critically injured when he allegedly shot himself with his service rifle at a camp in Pahalgam. "The injured was immediately taken to a hospital where he was declared brought dead," they said. It was not immediately clear why he took this extreme step, sources said, adding police has registered a case and initiated investigation to ascertain the circumstances which forced the trooper

30 Cycles Given To Bandipora Fishermen

Bandipora: The Department of Fisheries distributed as many as 30 cycles among the registered fishermen here. The cycles were distributed among the fishermen by the Deputy Commissioner Bandipora Shahbaz Ahmad Mirza today. On the occasion DC Bandipora urged the fishermen community to avail the benefit of welfare schemes. He said the administration recently established a fish market in the town and assured that every possible support will be provided for uplifting the fisherman community. District Fisheries Officer and other senior officials were also present on the occasion.

Gunman Shoots Jamia Students, Shouts 'Ye Lo Azadi'

Pistol Borne Man Shouting 'Jai Shri Ram' Opens fire, Student Hailing From Doda Injured

PRESS TRUST OF INDIA

NEW DELHI: Tension spiralled in Jamia Nagar on Thursday after a man fired a pistol at a group of anti-CAA protesters, injuring a Kashmiri student of Jamia Millia Islamia before walking away while waving the firearm above his head and shouting "Yeh lo aazadi" as the police watched the event unfolding as mute spectators. Massive protests erupted in the area after the incident with hundreds of agitated people gathering near the university, breaking barricades and clashing with police personnel. The man, who identified himself as "Rambhakt Gopal", was subsequently overpowered by police and detained. He was taken into custody and was being interrogated, police said. The entire drama, which triggered panic in the area, was captured



Live Manifestation Of Spectre Of Hate: Cong

The Congress on Thursday accused the BJP of "polarising" the Delhi assembly polls and said the firing incident at Jamia Millia Islamia is a live manifestation of the "spectre of hate and terror perpetrated by the NDA government" at the Centre. Congress spokesperson Manish Tewari said the hate that assassinated

HM Assures Action

Home Minister Amit Shah on Thursday said he had asked the Delhi Police Commissioner to take the strictest action over a juvenile opening fire in Jamia area and injuring a varsity student and asserted that no such incident will be tolerated. Shah said in a tweet that he has spoken to Delhi Police Commissioner Amulya Patnaik over the matter and the guilty will not be spared. "I have spoken to the Delhi Police Commissioner over the

- The Gunman Went Live On Facebook Before Brandishing The Gun.
- Posts "Shaheen Bhag Khel Khatam" Before The Attack On His Facebook Page
- Walks On Road Barricaded By Police, Turns Around And Shouts 'Ye Lo Azadi' Before Firing Shots
- His Facebook Profile Was Deleted After Screenshots Of His Posts Went Viral

Warring Abdullah Families Unite After Article 370's Repeal

AGENCIES

SRINAGAR: After nearly four decades of estrangement, the families of detained National Conference (NC) leader Farooq Abdullah and his elder sister and leader of the Awami National Conference Khalida Shah have patched up. "It's a tough period for the family. But we are one family, we are not divided," said a relative of the siblings. The reconciliation happened after the siblings were detained in their homes after the abrogation of Article 370 in August 2019. According to sources, Farooq and Khalida speak regularly on phone. Khalida's son Muhammad Farooq's younger sister Safiya Mattoo and daughter Safiya Abdullah, who are his neighbours at Gupkar Road,



frequently visit him and his son and former Chief Minister Omar Abdullah, detained at Hari Niwas. According to sources, the family members often talk about the sufferings endured by their elders. Safiya, according to sources, also visits Khalida at M.A. Road, here, every week. The relation between Khalida and Farooq was at odds after her husband and

Bukhari Led Group To Meet PM, HM Over Statehood, Domicile Rights

PRESS TRUST OF INDIA

JAMMU: A delegation of Jammu and Kashmir citizens led by former state minister Syed Altaf Bukhari will call on Prime Minister Narendra Modi and Home Minister Amit Shah to press for restoration of statehood and domicile rights. On Thursday, a meeting of senior political leaders, academicians, legal luminaries and social activists took place in Jammu, a spokesman of the group said in a statement. It was unanimously decided that the group, led by Bukhari, will call on Modi and Shah and press for issues like restoration of statehood and domicile rights for land and jobs, he said. The meeting also took stock of the present socio-economic and political situation in Jammu and Kashmir and stressed



on the need to provide the people with a viable, democratic political alternative, he said. Hectic deliberations were also held to reach out to the people to mobilise a democratic grassroots movement aimed at developing strong local structures on the ground, spokesman said. During the course of the meeting two committees were set up, he said. The meeting also

Cold Wave Tightens Grip Over Kashmir

Gulmarg Shivers At Minus 11 Degree Celsius



AGENCIES

SRINAGAR: On the first day of 20-day-long 'Chilai Khurd', the chilly weather conditions during the night have intensified as the mercury dipped due to open skies across Kashmir valley, where weather is expected to remain dry during the next couple of days. However, there was some improvement in the temperature during the day as bright sunshine greeted people in the afternoon in the valley. The 40-day-long 'Chalail-Kalan', the severest period of winter, which commenced from December 21 last year, ended on Wednesday. Meanwhile, 'Chilai Khurd' which began from Thursday, will be followed by 10-day-long 'Chilai Bacha' in the valley, where people are facing frequent power failure, coupled

with bad roads. Meanwhile, Drass was the coldest place in the region as the mercury dipped about 7 degree from Wednesday and settled at minus 22.9 degree, followed by border town of Kargil, where the night temperature settled at minus 19.1 degree. A Met department spokesperson said that weather will remain dry during the next 24 hours in Kashmir, which would result in further dip in the night temperature. "Light rain and snow is expected to occur on Friday at some places though weather will again become dry from Saturday onwards," he added. After witnessing slight dip in the night temperature, people woke up to a chilly Thursday morning in the summer capital, Srinagar. However, as the day progressed, sun came out

Avalanche Kills Man, Injures 3 Others In Ganderbal

A man was killed while three others sustained injuries on Thursday after a snow avalanche hit Gangengeer area of central Kashmir's Ganderbal district. According to reports, four persons working with IFFCO Company came under the snow avalanche when they were working at

Pak Reacts To Modi's War Talk

AGENCIES

ISLAMABAD: Pakistan has taken objection to Indian Prime Minister Narendra Modi's statement that the country won't be able to stand against India for even 10 days in case a war breaks out between the two South Asian nuclear-powered nations. Terming Modi's statement as "irresponsible and warlike", Pakistan also condemned the Indian leader's statements on militancy in the Kashmir region. Pakistan Foreign Ministry spokeswoman Aisha Farooqui on Wednesday said "Pakistan rejects the Indian Prime Min-

ister's statement". She said the statement is yet another attempt to divert attention from the domestic and international criticism of the Indian government by turning to the "unpredictable Pakistan craze". Farooqui described Modi's statement as provocative. "No one should underestimate the resolve to effectively thwart any of their offensive operations by the Pakistani armed forces and the people," she said. She also referred to India's airstrikes on Balakot in Pakistan in which India claimed to have killed many militants.

Post-August 5, Tourism Arrivals In Kashmir Down By 86 Percent

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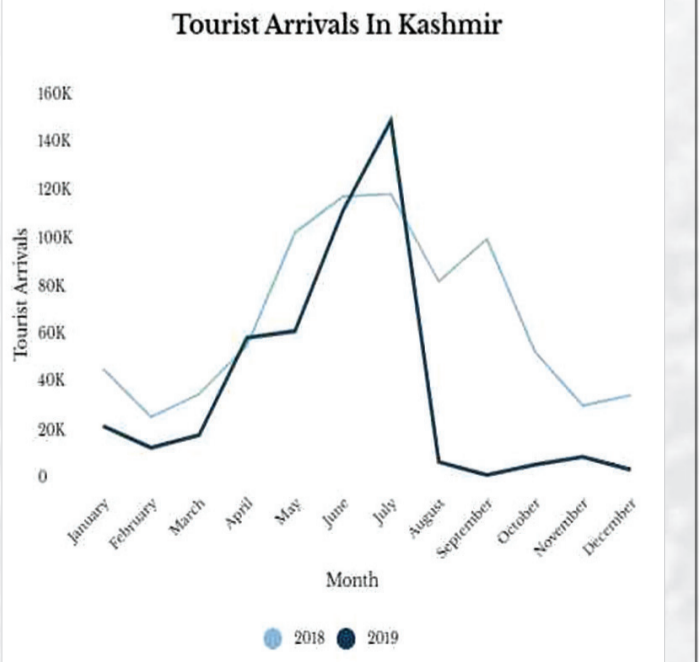
This spring, if tourists do not arrive in Kashmir in large numbers, Ghulam Jeelani, 52, could well lose his job. The manager of a hotel in Srinagar's tourist hub, Boulevard Road bordering the Dal Lake, has been warned by his employer. Tourist arrivals in Kashmir fell after the Centre abolished its semi-autonomous status on August 5, 2019, and followed this with a communication clampdown in anticipation of unrest. While security restrictions were relaxed amid heavy troop deployment, the internet shutdown has yet to be lifted after nearly six months. Following a Supreme Court order on January 10, 2019,

the government announced it would restore 2G mobile data on post-paid mobile phones in all districts in Kashmir. But access was only allowed to a whitelist of websites as per the order, leaving internet curbs largely unchanged. Just the day before August 5, 2019, Jeelani's hotel - he did not wish it to be named - was almost fully booked. Of its 88 rooms, 63 were reserved. The day after the abrogation announcement, the bookings fell to three and have not risen beyond that number to date. Some days it does not have a single guest, Jeelani said. In numbers

In 2018, Kashmir had received 316,434 tourists between August and December. In 2019, this number fell to 43,059 for the same period, a decline of 86%, showed tourism department data accessed by IndiaSpend. In July 2019, Kashmir received 152,525 tourists but August 2019 saw only 10,130 arrivals and most of them in the first few days of the month. This number further fell to 4,562 in September 2019, and grew to 12,086 in November 2019. "The number slightly improved in November during the winter games at Gulmarg," a tourism official said. In December 2019, the numbers again fell to 6,954. Despite this slump, on November 19, 2019, Union Tourism Minister Prahlad Singh Patel maintained that the state's tourism had not been impacted

by the Centre's moves. Patel, while answering a question in Parliament, had clubbed together tourism figures for Jammu and Kashmir. Jammu draws pilgrims in large numbers to its Vaishno Devi shrine. The communications blockade in the state has impacted it on multiple fronts, affecting enterprise, people's access to critical health services and their mental health, as IndiaSpend reported in a series in September 2019. Tourism accounts for 7% of the state's gross domestic product. To assess the impact of the conditions following the orders of August 5, 2019, IndiaSpend analysed comparative figures for tourist arrivals in the valley during 2019 and 2018. In August and September 2018, 85,534 and

103,195 tourists, respectively, visited Kashmir. In 2019 these figures stood at 10,130 and 4,562 - an 88% and 95% drop, respectively. Comparable data for other months are shown in the table. There have been 144,500 job losses in Kashmir's tourism and handicrafts sector - mostly dependent on earnings from travellers - since August 5, 2019, as per an estimate of the Kashmir Chamber of Commerce and Industry. Overall, commercial losses in the state caused in the aftermath of the August 5, 2019, decisions have been pegged at over Rs 15,000 crore and total job losses at 496,000, as per KCCI estimates. "The back of Kashmir's tourism sector has been broken because



Source: Deputy Director, Tourism (Enforcement), Kashmir