



Maximum : 15°C
Minimum : 7°C
Humidity : 68%

SUNSET
Today 06:56 PM
SUNRISE
Tomorrow 06:10 AM

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..... LIFE & TIMES / 06

CONSUMPTION OF 3-6 EGGS PER WEEK LOWERS CARDIOVASCULAR RISK

Consumption of three to six eggs per week lowers the risk of cardiovascular disease, suggests a recent study. The study conducted by Xia and her colleagues from Fuwai Hospital, Chinese Academy of Medical Sciences, suggests



WHY WHAT DOES NOT KILL US MAKES US PANIC
No one knows where or how fast a new virus will spread. We cannot calculate the risks with confidence, and we will know only in hindsight whether we overreacted or underreacted. Given this uncertainty, how we respond to a viral outbreak is as crucial as the nature of the pathogen.....

05 / WORLD.....

WORLD OPINION SHIFTS IN FAVOUR OF MASKS AS VIRUS FIGHT DEEPENS
The United States is now urging people to wear face masks when they go outside amid growing evidence suggests that even a simple cloth mask can be an effective tool against the coronavirus if it is used.....



News Digest

Cop Injured In Accidental Fire

Srinagar- A policeman of SSG wing was injured in an accidental fire after his service rifle went off accidentally at Gupkar area of Srinagar City on Monday morning. A police officer said that the cop posted with SSG wing namely Bilal Ahmad Rather sustained bullet wound in his leg. "The incident occurred while he was cleaning his service rifle at SSG Line in Gupkar, reported news GNS. Bilal, a resident of Mirgund Pattan was immediately taken to SMHS hospital where his condition is said to be stable, the officer said. He said that police has taken cognizance of the incident and initiated further investigations in this regard.

Tehsildar Suspended For 'Degraded' Senior Officer

Srinagar: A Tehsildar in north Kashmir's Kupwara district on Monday was suspended for "degrading a senior officer" and using "unparliamentary language" against him in a message on social media. Deputy Commissioner Kupwara today placed under suspension Tehsildar Kralpora over his misconduct for allegedly uploading a post in an official Whatsapp group the district administration, reports said. "It obtains that the post uploaded on the official group ● P-02

LAWDA Demolishes 3 Illegal Structures

Srinagar: The Lakes and waterways development authority (LAWDA) on Monday demolished three illegal structures during a drive in this capital city. An official spokesperson said that the Enforcement Wing of LAWDA carried out a demolition drive green belt areas of Konakhan, Dalgate, Drogjan and Shahdud Bagh, Habak, here today. During the drive three illegal structures were demolished including two residential houses and two shops which were raised illegally.

4 Gamblers Held In City

Srinagar: Police on Monday claimed to have arrested four gamblers from Khayam area of this capital city. Acting on specific input, a police team raided a gambling site in Khayam area and arrested four gamblers from the spot, an official spokesperson said today. He said an amount of Rs 9630 was also seized from the accused. Police identified the alleged gamblers as AqibMustaqPampori, Manzoor Ahmad Lone , LiyaqatJavid Darand Asif Ali Reshi. "Case FIR No. 18/2020 under relevant sections of law has been registered in Police Station Khanyar," the spokesperson said.

India, Pak Troops Trade Fire

Jammu: India and Pakistan troops on Monday exchanged heavy gunfire along the Line of control (LoC) in Poonch district of Jammu and Kashmir. Pakistani troops violated the ceasefire and resorted to small arms firing and mortar shelling along the LoC in Poonch district, officials said. "At 5.15 pm, Pakistan initiated unprovoked ceasefire violation by firing with small arms and shelling with mortar in the Mankote sector," a defense spokesperson said, adding that the Indian Army retaliated befittingly.

4 Houses At Rainawari Cave In

Srinagar: At least four residential houses caved-in at Rainawari area of Srinagar's downtown in the intervening night of April 04 and April 05. Officials said that four residential houses belonging to Ghulam Muhammad Gilkar, Late GhulamQadirGilkar, Noor Muhammad Gilkar and Muhammad YousufGilkar were damaged in Sikandarpore area of Rainawari in Srinagar. The incident took place in the intervening night of Sunday-Monday, causing damage to four residential houses. The owners as per officials have approached the concerned police station to file a report in this regard. (KNO)

Anti-Terror Mechanism Used To Track People Escaping Quarantine

Press Trust Of India

NEW DELHI/SRINAGAR- Human Intelligence, a weapon used for busting militant groups in Jammu and Kashmir, has come in handy to trace people who concealed their travel history, besides in retracing the steps of coronavirus positive patients, in an operation that led to tracking of over 1,000 people who have since been quarantined in various parts of the union territory.

Fighting this new battle, officials said the authorities roped in the state intelligence machinery who were tasked to track, identify and bring such people to quarantine facilities.

The intelligence personnel along with the regular police, which remain at the forefront in the fight against militant groups in the union territory, were now complementing the district administration in its efforts to ensure the success of the lockdown, besides tracking people who hid their travel history from the authorities.

According to a report submitted to the Centre, over 1,000 people who had either traveled out of the state or abroad were brought to quarantine centres between March 15 and 31 and their identification and verification was going on, the officials said.

Also, more than 28,000 people are under surveillance which included 10,600 who have been either quarantined at government facilities or in home-isolation, the officials said.

There have been 92 positive cases so far in the union territory out of which two have died.

A total of 34 hotspots have been identified in Jammu and Kashmir which include: seven in Pulwama, five in Srinagar, and four each in Bandipora and Budgam; ● PAGE 02



A VIEW OF SNOW-CAPPED PEAKS CAPTURED By Ko Lensman Abid Bhat From The Deserted Rambagh Flyover On Monday.

Covid-19: 3 More Test Positive In Kashmir, J&K Tally At 109

Observer News Service

SRINAGAR: Three fresh cases of coronavirus on Monday were recorded in the Valley taking the number of positive cases cross the Union Territory of Jammu and Kashmir to 109, an official said.

Among them, one is from border town of Uri in Baramulla district while two others are from Srinagar district, reports said.

The case from the Uri is said to be 41-year-old woman whose husband, a teacher had tested positive last week. Her

sample was sent from GMC Baramulla to SKIMS and it came out to be positive, the sources said. The Srinagar cases are said to be from Nowshera and Chattabal Srinagar.

The total number of positive cases in the Union Territory has now reached 109.

Out of total confirmed cases, there are 103 active case (85 in Kashmir and 18 in Jammu division) as four have recovered, while two others have died.

Meanwhile, a government spokesperson in the daily media bulletin said that 35243 ● PAGE 02

2 Run Away From Quarantine, Booked

SRINAGAR: Two people on Monday escaped from quarantine facilities in Jammu and Kashmir Union Territory, before police brought them back and booked them for negligent behavior.

A youth escaped from a quarantine centreset up at Islamic University of Science and Technology (IUST) Awantipora, but he was apprehended and brought back to the facility and booked ● P-02

POLICE TEAMS WERE FANNED TO HOMES OF THOSE WHO HAD TRAVELLED ABROAD
and the persons were taken to quarantine centres, they said, adding at some places altercation took place while and others there was no resistance.

Entry In Gurez Valley Banned

BANDIPORA: The district authorities on Monday imposed ban on the entry of people into Gurez valley as a precautionary measure to prevent spread of Covid-19.

The Deputy Commissioner (DC), Bandipora, Shahbaz Ahmad Mirza, today imposed ban on the entry of people into the picturesque valley and cancelled all movement passes for travel to Gurez issued by any authorities, an official spokesperson said. He said no new passes will be issued without prior permission from the District Magistrate. ● P-02

G'bl Village Is Red Zone

GANDERBAL: The district authorities on Monday declared Guzhama of this central Kashmir district as a 'Red Zone' after the village recorded first case of novel coronavirus.

The District Magistrate (DM), Shafqat Iqbal declared the village Guzhama of tehsil Wakura as 'Red Zone' today and urged people to cooperate with the district administration to stem the community spread of infection. The surrounding villages including Batpora and Khanpora were declared as Buffer Zones.

Iqbal ordered the concerned to ensure strict ● P-02

Chattabal Sealed After Cases Surge

SRINAGAR: The district administration on Monday sealed off Chattabal locality of this capital city to contain spread of coronavirus from the area, where many positive cases have surfaced recently.

All entry and exit routes to the locality were sealed today on the directions of District Magistrate Srinagar Shahid Iqbal Choudhary, an official spokesperson said. The area was sealed in wake of its declaration as containment zone after several cases of Co-

vid-19 were reported from there. Choudhary, according to the spokesperson said the sealing of the area is aimed at preventing spread of the coronavirus infection out of this area having reported several positive cases

"He said it is also aimed at enabling smooth conduct of the survey in the area being a declared containment zone as ordered by the government," the spokesperson added.

He said that the proposed ● P-02

Fever Clinics To Come Up In Valley

SRINAGAR: The Jammu and Kashmir administration on Monday announced establishment of fever clinics in several parts of the Valley for treatment and on-spot sampling of the patients.

This was stated by officials during the visit of Divisional Commissioner Kashmir, Pandurang K Pole to the round the clock Control Rooms at NHM, Old Secretariat here, an official spokesperson said.

He was informed that the Control Rooms have all the requisite facilities, including contact tracing, dedicated four land lines for 24x7 helpline, patients counseling and setting up institutional quarantine facilities at various locations. He was also informed that an effective mechanism was in place, for regular monitoring and proper surveillance of home quarantine at all wards and mohallas, the official ● P-02

144 More Set Free After Quarantine

SRINAGAR: The district authorities on Monday discharged 144 people on completion of their two-week quarantine period at the government run centres here in this capital city.

All these persons, who had returned to Srinagar two weeks ago, were put for quarantine at private hotels acquired by the district administration, an official spokesperson said today. Most of the people discharged

today hail from Srinagar, while some were residents of other districts of Valley.

The group like all others, the official spokesperson said was under thorough medical supervision throughout their quarantine period and was discharged after clearance from doctors and health authorities.

The district administration had arranged SRTC buses to ferry people to their respective ● P-02

17 Lockdown Violators Held

SRINAGAR: Police on Monday claimed to have arrested 17 people and seized nine vehicles for alleged lockdown violation in parts of this capital city.

A police spokesperson said that action tough against the people violating prohibitory orders, police arrested 17 people, including a shopkeeper from Nishat and Harwan areas of the city. One vehicle was also seized by police in the area for lockdown violation.

"Cases under relevant sections of law have been registered in respective police stations and ● P-02

LG To Donate 30 % Salary For Next 1 Year

JAMMU: Lieutenant Governor, Girish Chandra Murmu on Monday announced to donate 30 % of his salary for the next 1 year towards the fight against the spread of COVID-19.

The LG observed that collective effort is imperative to fight the dreaded virus, and as a citizen, it is our responsibility to contribute our bit to combat the emerging situation, an official spokesperson said.

"With an aim to contribute towards the steps being taken to mitigate the spread of COVID-19 in the country, I shall, out ● P-02

Kupwara Gunfight: 3 More Soldiers Succumb, Death Toll Mounts To 13

Observer News Service

SRINAGAR- Three more soldiers, who were injured in a gunfight with militants in Kupwara woods, have succumbed to their wounds, taking the number of army personnel killed in the operation to eight, official said on Monday.

Five militants were also killed in the gunfight which continued for nearly a week reaching the climax on Sunday.

Official sources said that while one soldier died on the spot, a number of others were injured in the fierce gunbattle in the woods. Four of the injured military personnel, including a JCO from elite para force, succumbed to injuries on Sunday while three others lost the battle for

life at the army's base hospital here today, reported news agency GNS.

However, an army spokesperson confirmed death of only five soldiers, three on the encounter site, and two others while being airlifted to a military hospital.

"Four soldiers under the command of a Junior Commissioned Officer from the Para SF Units were heli-dropped at the encounter site in a hostile terrain near LOC. An intense hand to hand battle ensued and all five infiltrators were killed," a media report quoting an army spokesman said.

"In this battle, however, Army lost five of its best soldiers, three on the site and two more succumbed while they were airlifted to a nearby military hospital," ● PAGE 02



Soldiers during an operation against militants in Kashmir countryside- File photo

IN THIS BATTLE, HOWEVER, ARMY LOST
five of its best soldiers, three on the site and two more succumbed while they were airlifted to a nearby military hospital."

Govt Quashes PSA Of 18 Prisoners

Agencies

SRINAGAR: The Jammu & Kashmir government on Monday revoked the Public Safety Act (PSA) detention orders of 18 persons lodged in different jails of the Union Territory.

The government has revoked detention orders of 18 persons languishing in three jails of Jammu & Kashmir. "Of them, 16 are lodged in Central Jail Srinagar and one each in Kotbhalwal jail Jammu and special Jail (Correctional Home) Pulwama," sources said.

With this development, the number of PSA detainees released after the outbreak of coronavirus has reached 65. Last week, the J&K High

Court directed the High Powered Committee (HPC), convened to decongest jails by releasing prisoners on parole in the wake of the COVID-19 outbreak, to examine the allegations that no detainee booked under the Public Safety Act (PSA) was being considered for any parole.

The HPC maintained that release of detainees under the Public Safety Act(PSA) does not fall within the terms of guidelines issued by the Supreme Court to decongest jails.

The panel is headed by executive chairman State Legal Services Authority Justice Rajesh Bindal and comprises Principal Secretary Home Shaleen Kabra and Director General of Prisons VK Singh. ● PAGE 02

Omar Abdullah's Poll Posturing In Times Of Political Pandemic

Gowher Nazir

SRINAGAR: Beyond a brewing 'storm in a teacup' over the controversial domicile law in the erstwhile state of Jammu and Kashmir, one man's political posturing has come to define the deafening political silence in the region, now known for its new nomenclature, and crumbling old order.

With riled Jammu forcing New Delhi to inflict job amendments within three days of the new domicile law notice, the prominent Kashmiri unionist with a new twitter bioline—'former PSA Political detainee, former CM of J&K state, former Union Minister, former MP, former MLA'—is apparently playing safe on the issue.

Even his father, the veteran Farooq Abdullah, whom India's "Joan of Arc", Indira Gandhi, once perceived as a potential threat for "India's second partition" has largely lowered his 'blazing gun' guards.

Lately eulogized by the grand old party National Conference's loyalists as "tiger", the senior Abdullah has only maintained a dubious foot-dragging over the issue so far.



Detention, many say, creates its own discipline. And it seems no different for the mercurial Abdullah.

Earlier, on a shower-soaked March day, as he walked out as a bearded and liberated captive brandishing modish outfits and an old school umbrella, the Abdullah scion, schooled in Atal Behari Vajpayee's NDA regime, curtly sought time, before sharing his views on the abrogation of J&K's Special Status.

"From day one of his release, he [Omar] has only followed his family suit," said Zahoor Rehman, a Kashmiri Political Science scholar, based out of New Delhi.

"His grandfather binned Plebiscite Movement on pretext of 'political ● PAGE 02