



Maximum : 19°C
Minimum : 8°C
Humidity : 59%

SUNSET
Today 06:59 PM
SUNRISE
Tomorrow 06:06 AM

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..... LIFE & TIMES / 06

HOW TO MAINTAIN MENTAL HEALTH DURING COVID-19 OUTBREAK

COVID-19 is a novel Coronavirus that was first detected in China and has now spread all over the world, including in Jammu, Kashmir and Ladakh. Pandemics are not just a medical phenomenon;.....



CORONA VIRUS AND QUARANTINE

While returning after a trip, everyone wants to reach home the earliest so that they can meet family members, relatives and friends. However, due to the requirement of staying in quarantine to prevent corona virus from spreading, a traveler today has wait for at least two weeks before he can go home.....

05 / WORLD.....

AS PANDEMIC DEEPENS, TRUMP CYCLES THROUGH TARGETS TO BLAME

United States President Donald Trump is falling back on a familiar political strategy as he grapples with the coronavirus pandemic: deflect, deny and direct blame elsewhere. As he tries to distance his White House



News Digest

Pak Violated Ceasefire In Poonch: Army

Jammu: Army on Thursday accused Pakistani troops of violating the ceasefire by resorting to small arms firing and mortar shelling along the Line of Control (LoC) in Poonch district of Jammu and Kashmir. The shelling from across the border started at 5.45 pm in Shahpur and Kirni sectors of the district, a Defence public relations officer (PRO) said. The Indian Army retaliated befittingly, he added.

Jaish Militant Held In North Kashmir: Police

Srinagar- A local militant of Jaish-e-Mohammad (JeM) outfit was arrested by state forces on Wednesday night in Shumlaran area of north Kashmir's Baramulla district, police said. A police officer said that a joint team of army's 52 RR, 161 TA, 176 CRPF and police apprehended the militant from Shumlaran area of Chandus, reported news agency GNS. The officer identified the militant as Bashir Ahmad Beigh son of Ghulam Mohiuddin. **● P-02**

Woman Injured In Solar Battery Blast Dies

Srinagar: A woman, who was injured in a solar battery blast in Pampore area of Pulwama district on Wednesday, succumbed to her injuries at a hospital here on Thursday. 21-year-old Shafieeqa, daughter of Ghulam Nabi Mir succumbed to injuries at the SMHS hospital this afternoon, a police officer told news agency GNS. She was admitted at the hospital along with her sister and a cousin after a solar battery exploded at her home in Khrew on Wednesday evening leaving her. **● P-02**

Pak Army Claims Indian Drone Shot Down

Srinagar: Pakistan army on Thursday claimed to have shot down an Indian drone for 'violating the country's airspace' along the Line of Control (LoC) in Sankh Sector, reports said. Quoting Pakistan army's media wing Inter-Services Public Relations (ISPR), Dawn reported today that an Indian quadcopter intruded 600 metres into Pakistan's territory to conduct surveillance. "This blatant act was aggressively responded to by Pakistan Army troops shooting down. **● P-02**

Man Held For Raping Deaf And Dumb Girl

Srinagar: A middle-aged man was arrested for allegedly raping a deaf and dumb girl over the course of several months in south Kashmir's Shopian district, reports said Thursday. The case was registered after the family of the girl approached police, accusing the 57-year-old man identified as Abdul Gani Tantray (57) of Poterwal village of raping the deaf and dumb girl and leaving her pregnant. The family had approached Police Station. **● P-02**

SC Seeks Centre, J&K Govt's Reply On 4G Restoration



Press Trust Of India

NEW DELHI: The Supreme Court asked the Centre and the Jammu and Kashmir administration on Thursday to respond to a plea seeking directions to them to restore 4G internet in the Union Territory in view of the prevailing COVID-19 pandemic.

A bench of Justices N V Ramana, R Subhash Reddy and B R Gavai issued notices to them and sought their reply within a week on the plea filed by 'Foundation for Media Professionals' which has assailed an order of the J&K administration on March 26 that restricted to the internet speed to 2G only in the UT.

Senior advocate Huzefa Ahmadi, appearing for the petitioner, contended that in view of the

ongoing lockdown it is very necessary to enhance the technology and connectivity in the Union Territory.

He said that the virtual classes of students, whose schools are shut due to the lockdown, can only be done through enhancement of technology and better connectivity.

The bench said it is issuing notice which may be served through e-mail on standing counsel of the Jammu and Kashmir administration and the Centre.

The plea filed through advocate Shadan Farasat, while seeking restoration of 4G internet services, alleged that the action of the government was violative of Articles 14 (right to equality), 19 (freedom of speech) and 21 (right to life) of the Constitution. **▶ PAGE 02**

‘#Restore4G’ Campaign Returns, As SC Sends Notice To Raj Bhavan

Observer News Service

SRINAGAR: he Supreme Court of India on Thursday issued notice to the government of union territory of Jammu and Kashmir (J&K) regarding the restoration of high-speed internet in the region.

The repeated demands for 4G restoration, even raised by the veteran politicians like Farooq Abdullah and other civil society members have so far been brushed aside in the name of security situation in J&K.

However, Thursday's judicial intervention curtly recreated the online demand for the restoration of the high-speed internet services in J&K.

Twitter users while expressing optimism over the SC announcement restarted the restoration campaign.

"SC notice on restoration of #4G #mobile #internet in #JammuAndKashmir," tweeted Ashish Tripathi.

In the current global pandemic lockdown, when various the world governments are encouraging people to work from home and promoting online classes for students, Kashmiris are grap-

pling with the slow speed of 2G internet services.

"Supreme Court issues notice to the Jammu and Kashmir Administration on restoration of 4G services, gives them a week to respond. This comes after a PIL which said 2G speeds are not enough for virtual classes, tweeted Nidhi Razdan.

4G internet services remain suspended in J&K since last August, when New Delhi scrapped the special status of the erstwhile state and downgraded it into two union territories.

"Is this a face saving week for JK admin or they really will come up with excuses after one week before the court! Your take friends. #4G #Kashmir," tweeted Sarkar Javadi.

While the broadband and 2G services were restored early this year, amid the mounting international pressure and bad press, the high-speed internet mandatory for the online businesses, education, research and other purposes remains suspended in the name of security.

"#4G Update! #SC issues notice to the #JK Administration **▶ PAGE 02**

Kashmir Records 24 New Covid-19 Cases, J&K Tally At 184

Observer News Service

Srinagar: Coronavirus cases continue to shoot up rapidly in Kashmir Valley as twenty four more people, half of them family members of a Covid-19 deceased, tested positive to the dreaded infection on Thursday, taking the number of total cases across Jammu and Kashmir to 184.

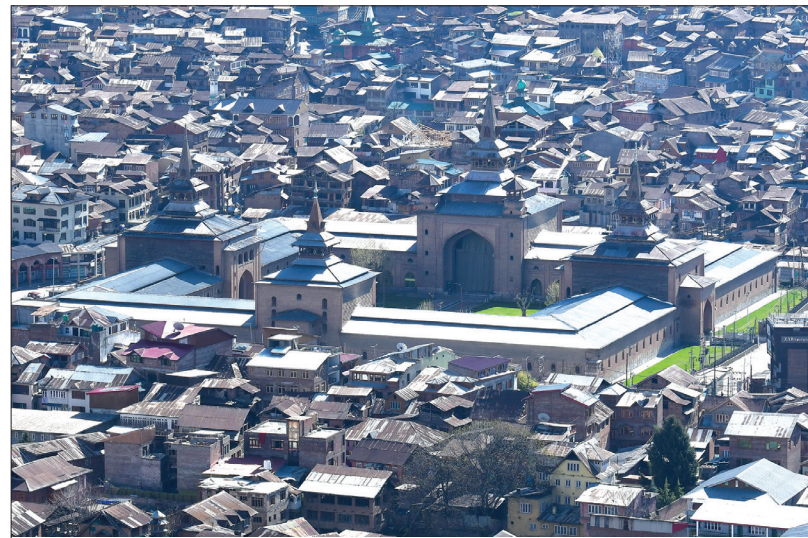
"24 more positive in Kashmir. Total 184. 32 in Jammu, 152 in Kashmir. All are contacts. A result of aggressive testing," Government spokesperson Rohit Kansal tweeted this afternoon.

Among the fresh cases recorded today, twelve are the family members and relatives of a middle-aged Bandipora man, who died of coronavirus at SMHS hospital on Tuesday, becoming third victim of the dreaded disease. The infected family members include the deceased man's wife, two daughters and a granddaughter, a resident of Amarghar in Sopore.

Other eight contacts include the deceased's brother, two sisters-in-laws, 3 nephews, niece and a 22-year-old male relative from Naidkhai area of the Bandipora district, news agency GNS reported.

Eight other people who tested positive to Covid-19 are the contacts of a teacher from Tangmarg, who is already under treatment for the deadly infection. Among the infected are his in-laws: a family of five—48-year-old male, his wife (40), son (12) and two daughters—one aged 14 years and other 20 years—besides 3 others one of them a widow (75) and her son (23) besides a 29-year-old woman, all resident of Sullanda Tangmarg.

The four other cases which surfaced today include that of a 22-year-old from Muqam-e-Shahwali in Kupwara district who had returned from New Delhi on March 20. He was quarantined only two days ago, the sources said. **▶ PAGE 02**



No Prayers in Mosques, Shrines On Shab-e-Baraat

No night prayers were held at any major mosque or shrine in Kashmir on Shab-e-Baraat (night of forgiveness) as people stayed indoors due to **● P-02**

Surveillance Stepped Up In Kashmir To Track COVID-19 Cases

Press Trust Of India

SRINAGAR: Authorities in Kashmir have intensified ground surveillance to track travellers, who hid their recent travel history, to contain the spread of coronavirus, even as restrictions on the movement of people across the valley remained in force for the 22nd consecutive day on Thursday, officials said.

The tracking of those per-

sons who have travel history but are absconding is being taken up on a war-footing basis, the officials said.

These measures have been taken after a group of five persons, who had travelled to an African country recently, tested positive for COVID-19. These persons were placed in administrative quarantine upon their arrival in Kashmir last month.

They said ground surveil-

lance teams in every district are being strengthened to trace such persons immediately so as to put them for proper screening and quarantine.

The steps are being taken after Divisional Commissioner, Kashmir, Pandurang K Pole, directed all Deputy Commissioners (DCs) in the valley to track-down all absconding travellers on a war-footing basis in their respective districts and put **▶ PAGE 02**

People Hiding Travel History Must Come Forward: DC Srinagar

Srinagar: The administration in Srinagar, the summer capital of Jammu and Kashmir, urged people on Thursday to cooperate with the authorities in defeating the COVID-19 pandemic and appealed to those hiding their travel history to come forward voluntarily to get tested for coronavirus.

"I can say that 90 per cent of people are cooperating while 10 per cent are not. But I want to emphasise the fact that even if there is a one-per cent loop-

hole, it will create a lot of problems in the recovery from this situation (lockdown)," District Magistrate (DM) Shahid Iqbal

Chaudhary told reporters here. As the number of COVID-19 cases saw a spike in the city over the past few days **▶ PAGE 02**

2 Booked For Hiding Travel History

JAMMU: Two persons who had attended the Tablighi Jamaat congregation in Delhi's Nizamuddin were booked for allegedly concealing travel history in Jammu and Kashmir's Udhampur district, officials said Thursday. Upon receiving information from the medical authority, Ramnagar, that two persons have concealed their travel history in order to evade necessary **▶ PAGE 02**

39 More Walk Home After Quarantine

SRINAGAR: The district authorities on Thursday discharged another batch of 39 people who completed mandatory two-week quarantine period in this capital city upon their arrival in the Valley last month.

Except one, all these persons belonged to Srinagar and were under thorough medical supervision throughout **▶ PAGE 02**

Kashmiri Man Dies Of Covid-19 In England

SRINAGAR- A retired government employee from Kashmir died at a hospital in the United Kingdom on Wednesday after contracting coronavirus from his doctor son, family said Thursday.

The retired employee of Sales Tax Department along with his wife reached Kent, a county in South East England on November 27 to meet their

two sons, both doctors settled in the country. A resident of Peerbagh, the man contracted Covid-19 from his doctor son and lost the battle with life after remaining in hospital for 12 days.

"My two brothers, both doctors, are settled there. My parents contracted the disease from one of my doctor brothers, following which **▶ PAGE 02**

24 Worshippers Arrested In Bandipora

SRINAGAR: Police said on Thursday that two dozen worshippers in Bandipora district of north Kashmir were arrested for violating prohibitory orders imposed to contain the spread of coronavirus.

Two dozen persons have been arrested by police who had gathered for congregational prayers at a mosque in Nesbal Sumbal by violating the prohibitory orders over Covid-19, a police spokesperson said.

"Accordingly a case under relevant sections of law has been registered at Police Station **▶ PAGE 02**

One More Tests Positive In Ladakh

SRINAGAR: One more person has tested positive for Coronavirus in Ladakh, taking the total number of active positive cases in the Union Territory to four, a senior government official said on Thursday.

Of the nine results which came today, one is positive, officials said, adding that Leh and Kargil districts have **▶ PAGE 02**

Doctors Halt Work In Hajin Against DC's 'Misbehaviour'

HAJIN- The doctors in Hajin block of North Kashmir's Bandipora on Thursday went on strike after the Deputy Commissioner allegedly misbehaved with their senior colleagues.

The doctors alleged that they were abused by DC Bandipora when he was on a visit to Hajin block.

Dr Muzafar Zargar said that it the second time that the DC Bandipora misbehaved with the staff. He said, despite Hajin Block is working day and night during present Covid-19 crisis, but the block are not getting an effective cooperation from district administration.

He said the entire medical staff of the block will keep their strike on till the further investigation is taken place by the higher authority. They raised slogans against DC Bandipora demanded his immediate suspension forthwith.

The disease is spreading throughout Kashmir during these days and we doctors and medical staff, work very hard

to stop its spread despite this we are being mistreated.

The Deputy Commissioner Bandipora, Shabaz Mirza, did not respond to repeated call from this reporter to seek his comments about the said matter. It is pertinently mentioned here that Hajin block

of Bandipora is still leading the Covid-19 disease so far while as the number of cases in the block is increasing day by day.

When contacted Block medical officer (BMO) Dr. Ajaz Hajin said that he is also a part of this protest, and strike will not end until and **▶ PAGE 02**

DAK Asks DC Bandipora To Step Down

SRINAGAR: The Doctors Association Kashmir (DAK) Thursday condemned the alleged 'inhuman behaviour' of Deputy Commissioner Bandipora towards frontline health workers and sought his resignation on moral grounds.

"It is very unfortunate that during these trying times and crisis he has used flight and unparliamentary language with the doctors of Block Hajin and forced them to go for immediate strike," the doctors body said in

a statement issued here today.

The statement stressed for making the DC Bandipora to step down in the larger interest of upholding the prestige of medical employees and better patient care 'otherwise under his command there is every chance of health deficit'

General Secretary DAK, Dr Owais Dar said the current crisis have a huge psychological impact that the frontline warriors need to be supported by sections of **▶ PAGE 02**

Is Current Lockdown Changing Perceptions About Kashmir

Mrinal Pathak

NEW DELHI: Caught in a captive lockdown for the first time in his life, Gagandeep Sharma keeps thinking about the restriction-ridden Kashmir these days.

But even as the weary indoor routine gets on his nerves, the 22-year-old student from Punjab University feels that the acerbic TV media's biased Covid-19 coverage might once again rob the room for introspection.

"I don't think there's any

change in the state of mind or point of view," Sharma, a confident chap, says in a cheery style.

"I talked to some of my Hindu middle-class uncles and they just say we're in a health emergency and Kashmir is facing another crisis. They don't think there's any comparison."

Unless Hindu middle class understands Kashmir from the point of view of a Kashmiri and commentary of people who have worked in Kashmir, Sharma continues, there cannot be any change in the thought of

the majority of Indians.

"This debate has just been reduced to another tool which is eroding liberals and left-wingers who've chosen to express their thoughts by comparing the two lockdowns," he says.

Parallels are being drawn between the chronic political lockdown of Kashmir and the pandemic lockdown in India at a time when the world is witnessing the worst crisis, after World War-II.

The COVID-19 pandemic has engulfed the entire globe. More than 14 lakh people have

been reported infected by novel coronavirus worldwide with the gigantic death toll of 88 thousand.

The death toll due to COVID-19 rose to 166 with the number of cases of 5,734 in India. The Government of India has imposed the world's biggest ever lockdown by restricting the movement of over 1.3 billion people.

In J&K, four persons, three from Kashmir and one from Jammu, have already lost their lives due to COVID-19.

But while India **▶ PAGE 02**